

# FREE Sports Physicals for Middle School and High School Student-Athletes

## Play it safe!



The Upper Chesapeake Sports Medicine team is having a **health fair** and offering **FREE** sports physicals for Harford County middle school and high school student-athletes.



### UM Upper Chesapeake Medical Center

Pavilion III:  
515 S. Tollgate Road,  
Suite 200 in Bel Air

**Saturday, June 7 • 8 am to 1 pm**

**Appointments for sports physicals are required. To make an appointment, please go to the athletics page on [hcps.org](https://hcps.org) or talk with your athletic director.**

### Or come anytime between 8 am to 1 pm for our free health fair and learn:

- How to safely play the sports you love
- The importance of warm-ups and cool-downs
- Recognizing the possible signs of concussion
- When is a twisted ankle something more serious
- And much more!

*Health fair is open to student athletes in both middle and high school.*

**Sports physicals must be completed on or after June 1 for the 2025-2026 school year.**

Physicals are valid from the date of the exam through June 2026. Student athletes under 18 years of age must bring a parent/guardian signed copy of the HCPS Pre-participation Physical Evaluation History Form **OR** have a parent/guardian present at the physical. For more information, including HCPS physical forms, visit [hcps.org](https://hcps.org).