

# FREE

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



### Play it safe!

Sports physicals are supported by the **UM Upper Chesapeake Health Sports Medicine team and ATI Physical Therapy. Bailey's Heart and Soul Foundation will be onsite to provide CPR demonstrations.**

**Saturday, June 20, 2026  
8:00 am to 1:00 pm**

**UM Upper Chesapeake Medical Center**  
Pavilion III  
515 S. Tollgate Road, Suite 200  
Bel Air, MD 21014

Appointments for sports physicals are required. To make an appointment, visit the athletics page on [hcps.org](http://hcps.org) or talk to the athletic director at your school.

**Sports physicals must be completed on or after June 1 for the 2026-2027 school year.**

Physicals are valid from the date of the exam through June 2027. Student athletes under 18 years old 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 the HCPS physicals form, visit [hcps.org](http://hcps.org)

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