

A photograph of several swimmers in a pool, leaning forward on their starting blocks, ready for a race. They are wearing swim caps and goggles. The background shows a pool deck with spectators and other swimmers.

High School Sports

Preparticipation physicals

Adventist Health Sonora is proud to provide low-cost sports physicals for our local high school athletes, ensuring they have their preparticipation examination forms completed in time for the start of their season.

2024 Sports Physical Clinic Schedule

- Dates:** **Monday, May 20**
Summerville High School and
Big Oak Flat School District
- Tuesday, May 21**
Sonora High School
- Time:** Drop-in visits from **4:30 to 8 p.m.**
- Location:** **Adventist Health Sonora Health Pavilion**
900 Mono Way
- Cost:** A fee of **\$25*** will be collected at the time of service. Please be prepared with cash or check made payable to Adventist Health Sonora.

*Proceeds will be split between the schools' athletic programs and the Adventist Health Sonora Injured Athlete fund.

Sports physical exams include:

- Height and weight
- Blood pressure
- Vision check
- Musculoskeletal evaluation
- Medical exam
 - Ears, nose, throat
 - Lymph nodes
 - Heart and pulse
 - Lungs
 - Abdomen

Questions? Please talk to your coach or athletic director.