



# SPORTS PHYSICALS

**Mon., 6/18 @ Stoney Creek** (use Pool entrance)  
**Tues., 6/19 @ Adams** (use Athletics entrance)  
**Wed., 6/20 @ Rochester** (use Athletics entrance)

**“Stations” format set up in the gym**

**Cost: \$30 (cash/check payable to RCS)**

**5 p.m – 8 p.m.**

**(last appointments are scheduled at 7:30 p.m.)**

**\*\*New This Year\*\***

**reserve your appointment online using  
Sign Up Genius!**

Stoney (6/18): <https://www.SignUpGenius.com/go/30E0C4DA8A622A2F49-sports2>

Adams (6/19): <https://www.SignUpGenius.com/go/30E0C4DA8A622A2F49-sports>

Rochester (6/20): <https://www.SignUpGenius.com/go/30E0C4DA8A622A2F49-sports1>

**These links and the 2018-19 physical form also are available online at: <http://www.rochester.k12.mi.us>; click on the “Athletics” tab at the top; scroll down to “Forms” or “Appointments for Sports Physicals” links.**

- Appointments take between 35 and 40 minutes
- Save time by completing the physical form before you arrive
- Athletes of all ages (elementary through college) are welcome; bring the applicable physical form
- Stations check flexibility, strength, posture, height, weight, blood pressure, etc., and include an exam by a physician
- Completed physical forms are turned in at the end, and students receive a copy for their records
- Have the physical done at whichever school’s date best fits your schedule; students don’t have to attend the school where their exam is done

**Questions? Contact Amy Ritt, Athletics Secretary, at (248) 726-3138 or at [aritt@rochester.k12.mi.us](mailto:aritt@rochester.k12.mi.us). Thank you!**