

BONITA HIGH SCHOOL

\$\$\$ FOR PHYSICALS FUNDRAISER—MORE PHYSICALS = MORE \$\$\$

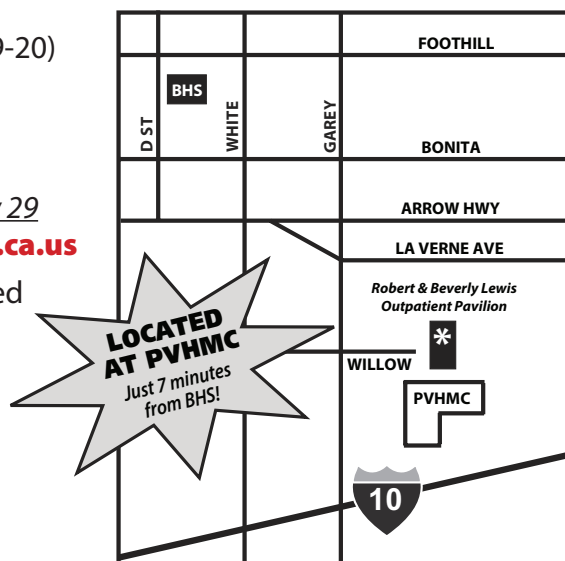
Team physicals will be performed at Pomona Valley Hospital Medical Center (PVHMC) by BHS team physician, Dr. James Meyers, along with the staff of physicians and physical therapists from the Sports Medicine Center (SMC). CIF rules mandate all student athletes must complete and pass a Pre-Participation Examination (PPE) by a qualified physician each year before they will be allowed to play. This physical will satisfy the CIF requirement for one year from the PPE date.

Cost: \$25.00 cash or check only / Checks made payable to: PVHMC Sports Medicine Center

Where do the \$\$ go? All proceeds will support your school's athletic program in return for marketing opportunities throughout the year.

THURSDAY – MAY 30, 2019

- WHO:** All BHS Athletes and Cheer (including incoming 2019-20)
Parents or guardians are encouraged to accompany their athletes throughout the PPE
- TIME:** Starting at 6:00 PM—**BY APPOINTMENT ONLY**
Contact **Michelle Okayama at BHS** by Wednesday, May 29 for an appointment time / m.okayama@bonita.k12.ca.us
- PLACE:** Pomona Valley Hospital's Rehab Services Clinic located in the Robert & Beverly Lewis Outpatient Pavilion at PVHMC / **1798 B N. Garey Avenue, Pomona**
- BRING:** 1) **PAYMENT – \$25**
2) **HISTORY** triplicate form* – completed/signed
3) **GLASSES** or **CONTACT LENSES**
- WEAR:** Gym clothes or loose fitting clothing
- FORMS:** Available in the BHS Athletic Training Room
- INFO:** Michelle Okayama, ATC – BHS Athletic Director / m.okayama@bonita.k12.ca.us



***Athletes MUST use the SMC History (triplicate) form attached to this flyer**

CAN'T MAKE IT? HERE ARE TWO OTHER WAYS TO GET IT DONE

A parent/guardian MUST accompany the athlete

REHABILITATION SERVICES

at Pomona Valley Hospital Medical Center

SMC Physician Clinic
909.865.9810

Most Mondays and Thursdays
5:00 pm
Appointment only

\$31.00 due upon arrival
Bring completed PPE forms

URGENT CARE

at Pomona Valley Health Center (PVHC)

Claremont: 909.865.9977
Chino Hills-Crossroads: 909.630.7868
La Verne: 909.392.6511

Monday-Friday: 8:00 am-8:00 pm
Weekends: 9:00 am-5:00 pm
Appointment or walk-in

\$40.00 due upon arrival
Bring completed PPE forms



The Sports Medicine Center at Pomona Valley Hospital Medical Center is happy

to provide our local teams with pre-participation examinations as a community service. Here's to a healthy, injury free season!

Hanh Larson, DO – SMC Medical Director
Rick Rossman, MS, PT – SMC Administrative Director



Sports Medicine Center

Athletic Care From Injury Through Return To Play ... Since 1983

Proudly serving the communities surrounding

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