

# BONITA SPORTS PHYSICALS

Bonita student-athletes in need of a Preparticipation Physical Exam for the upcoming winter and spring sports season.

Download forms [www.gobearcats.org](http://www.gobearcats.org)

**TUESDAY OCTOBER 22 @3:00PM**  
**\$25 Cash Only**

Physicals will be held at 3:00pm in the athletic training room. Bring the CIF physical form and health history completed with parent/athlete signatures.

Contact: [m.okayama@bonita.k12.ca.us](mailto:m.okayama@bonita.k12.ca.us) with any questions.