

MINNESOTA STATE HIGH SCHOOL LEAGUE-SANCTIONED ACTIVITIES

2026 Sports Physicals



Date/Time: Wednesday, June 17, 2026
12:00 – 7:00 PM

Location: OMC - Sports Medicine &
Athletic Performance
5155 55 St NW
Rochester, MN

Cost: \$25

Call [507.535.1977](tel:507.535.1977) for an appointment.

Sports physicals billed to insurance:

Olmsted Medical Center provides scheduled, nondiscounted well-child visits during which the sports physical requirements will be reviewed and necessary forms completed. These are available at all clinic locations. These will be billed to your health insurance as a "Well-Child Visit." It will be the responsibility of the parent to contact their insurance company to determine coverage under their insurance plan.

Required paperwork:

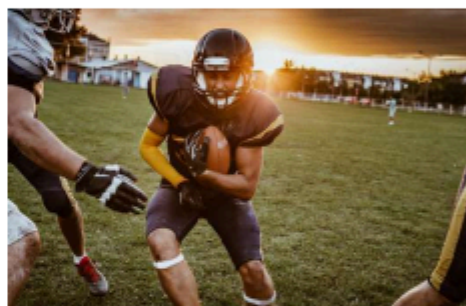
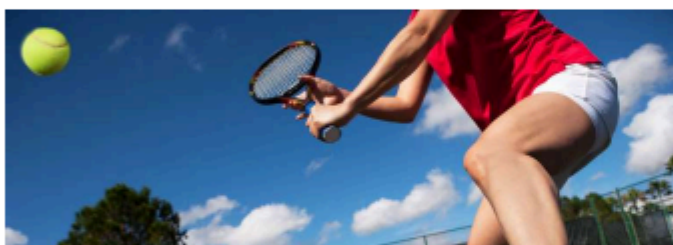
The parent and patient sections of the **MSHSL Sports Qualifying Physical Examination Form** *must be fully completed and signed prior to the examination. We require that a parent or guardian be present at the time of the exam.*

Bring the following to the appointment:

- The student's immunization record.
- Glasses or contact lenses, if the student wears them.
These must be worn or brought to the appointment



Orthopedics and
Sports Medicine



Pre-participation Physical Examinations

Mayo Clinic Orthopedics and Sports Medicine will be conducting pre-participation sports physicals at Dan Abraham Healthy Living Center (DAHLC) for students entering 7th-12th grades. This will be by appointment only.
Cost: \$20 (cash or check only)

SATURDAY, JULY 26, 8-11 AM

Dan Abraham Healthy Living Center
4th Floor
Rochester, Minnesota

Sign up for a time to be called by our team for scheduling your athlete's high school sports pre-participation physical examination. Use the QR code below to choose the time frame that's best for our team to contact you to schedule the physical. We will call you during your chosen time option **2-3 business days** after you submit the online form.



Reserve your time and learn about our other services by scanning the QR code.