

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 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