



BMHS Athletic Physicals

FREE & OPEN TO ALL STUDENTS

Bishop Montgomery and Exer Urgent Care (Redondo Beach) are partnering this year to provide our students and athletes a comprehensive athletic physical.

*Please note that all Bishop Montgomery student-athletes are required to have an updated physical exam on file with our training office in order to compete.



Wait for your physical where you want.

Scan the QR Code (at left) to join Exer's Virtual Line and receive text updates about your place in line.

Exer Urgent Care in Redondo Beach is providing **FREE** athletic physical exams to BMHS students.

June 13-June 19

9:00am-8:00pm

Open to all students grades 9-12

All students must bring:

- completed Preparticipation Physical Evaluation Questionnaire*
- blank BMHS physical form*

*available to download at www.bmhs-la.org/athletics/

Exer Urgent Care

725 S. Pacific Coast Highway
Redondo Beach, CA 90277

(424) 296-3100

If under 18, a parent or legal guardian must be present.

Questions? Contact Ms. Jamie Haagsma, Head Athletic Trainer, at jkamiya@bmhs-la.org