



Grant Impact: Sports Physicals

Grant Year	2025
Program Name:	Sports Physicals
Agency:	Atwater High, Buhach Colony, Bellevue, Mitchell Peggy Heller, Winton Middle Schools
Grant Award:	\$52,000

Program Overview

Bloss Memorial Healthcare District (BMHCD), in collaboration with Brandon Boggs, MD has invested \$52,000 to ensure over 1,300 local students have access to free sports physicals. This initiative removes financial and transportation barriers for families, ensuring that all students who wish to participate in athletics can do so without concern for the cost of required medical clearance.

The program provides convenient on-site sports physicals at local schools, including Atwater High School, Buhach Colony High School, Mitchell Senior, Peggy Heller, Bellevue Middle School and Winton Middle School. These physicals ensure student athletes are cleared for safe participation in sports and support the health and wellness of the youth in our community.



Community Impact

The availability of free sports physicals has significantly improved access to school athletics. By eliminating the cost barrier, more students have been able to join athletic programs, which foster physical fitness, teamwork, and discipline. Participation in sports also contributes to improved mental health and academic performance, while decreasing the likelihood of youth involvement in risky behaviors such as drug and alcohol use.

Increased Participation and Positive Outcomes

According to school officials, participation in athletics has increased since implementing on-site free physicals. Students who previously could not afford or have access to the required exams are now active in various sports, keeping them engaged and healthy throughout the year.

"With the support of Bloss Memorial Healthcare District providing no-cost sports physicals, participation in athletics is up 10% from last year."

– Mr. Medeiros, Athletic Director, Atwater High School

Benefits of the Program

- Increased athletic participation among middle and high school students
- Improved physical health and early detection of medical concerns
- Strengthened community partnerships between healthcare and education sectors
- Reduction in youth delinquency and substance abuse
- Promotion of lifelong healthy habits and active lifestyles



Conclusion

Through this collaboration, Bloss Memorial Healthcare District continues to demonstrate its commitment to community health, youth development, and equitable access to care. The program not only supports the physical well-being of students but also fosters a stronger, healthier, and more connected community.

Prepared by: Bloss Memorial Healthcare District

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