

Physical dated after May 1, 2020 required to condition/tryout in VBCPS

# ATHLETIC PHYSICALS for 2020-21 SCHOOL YEAR

Available by  
calling  
(757) 410-3231  
Monday-Friday

**\$20 Cash**

**Remember your form!**

Provider:

**Dr. Saunora Prom, D.O.**

Tidewater Sports & Osteopathic  
Medicine

1100 Volvo Pkway  
Suite 100  
Chesapeake, VA

Due to the COVID-19 regulations, schools may no longer provide pre-participation physical examinations. All physicals must be performed in a physician's office.

Contact Dr. Prom's office and mention that you are a TALLWOOD HS athlete. Many times there are same-day appts. available.

You MUST provide a completed VHSL physical form, which is available to print by clicking [here](#).

This physical will be good for all athletic seasons through 2020-21 School year.