



## 2019 SPORTS INJURY CLINICS

**\*\*FREE TUESDAY & THURSDAY AFTERNOONS\*\***

WHO: ALL **SUHSD** Student Athletes  
COST: **FREE**  
WHEN: Tuesday & Thursday Afternoons at **3:00 PM\*\*BY APPT ONLY**

### WINTER / SPRING DATES 2019:

#### TUESDAYS 2019 at 3:00 PM: \*\*

January 22<sup>nd</sup>, 29<sup>th</sup>

February 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>

April 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>

#### THURSDAYS 2019 at 3:00 PM: \*\*

January 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>

February 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>

April 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>

WHERE: **SUHSD Sports Injury Clinic & Wellness Center** (*New Location*)  
ADDRESS: 670 L Street, Suite G, Chula Vista 91911

#### **\*\*BY ONLINE APPOINTMENT ONLY\*\***

*See your Coach, Athletic Trainer or School Nurse at your school site to set-up sports injury clinic appointment.*

**Directions:** SUHSD's Sports Injury Clinic & Wellness Center is located on L street in the building east of the Harbor Freight store. Parking on side of building. Entrance on west side of the building.

#### **\*\*IMPORTANT\*\***

- Bring **Completed** Referral FORM with you! (*On reverse side*)
- Please note, **NO CONCUSSION** injuries will be seen at these Sports Injury Clinics!

*The Sports Injury Clinics are underwritten and financed by **SWSWF**. The Southwest Sports Wellness Foundation (**SWSWF**) was established in 2010 to fill a need in the under-served areas of the San Diego community by underwriting high school sports screenings, assessments, and evaluations. These various programs provide free high school sports injury clinics, access to educating physicians, physical therapists and certified athletic trainers, and provide curriculum for students with an interest in sports medicine and field of healthcare. **SWSWF** supports the specialized sports medicine injury assessment. Independent medical professionals assist in the evaluation and treatment plan for the injured student-athletes. The goal is to return the athlete to sports safely and in a timely manner. Learn more at: [www.swswf.org](http://www.swswf.org).*