



Heart of a Champion Day

Saturday, May 2nd 2026

Free Sports Physical with EKG Screening



Free high school sports physicals for student-athletes entering grades 9 through 12.

Students must be enrolled at an Atrium Health partner high school to participate.

Saturday, May 2, 2026 • 8 a.m. to 2 p.m.

Schools will be assigned a specific time slot. Physical should take approximately one hour to complete

**Atrium Health Sanger Heart & Vascular Institute
Kenilworth 1237 Harding Place, Charlotte, NC 28204**

Each student-athlete will receive the following free services from our team of expert providers:

- Review of medical history
- General wellness sports screening for North and South Carolina
- Electrocardiogram (ECG) - This is a heart screening for sudden cardiac death to detect health risks before they become issues
- Echocardiogram (ECHO) to be scheduled if needed
- Orthopedic screening (musculoskeletal exam)
- Vision exam
- Registered Dietitian
- Hands-Only CPR training

Please register using the link or QR code between February 2nd and April 10th:

REGISTER HERE



For registration questions, please email hocday@atriumhealth.org

Please note:

The exam is a screening for school sports—not a complete physical—and does not replace the need for an annual physical with your doctor

Click here to [LEARN MORE](#) or visit atriumhealth.org/heart-of-a-champion

* Photo and video will be taken at each event and used for marketing purposes.



Atrium Health

OFFICIAL PARTNER OF THE CAROLINA PANTHERS