

2026-2027 SPORTS PHYSICALS FOR DEER VALLEY UNIFIED SCHOOL DISTRICT



Deer Valley Unified School District athletes must undergo a physical examination – dated after Sunday, March 1, 2026 – to participate in any Arizona Interscholastic Association (AIA) athletic practices or competitions.

SPORTS PHYSICALS

The HonorHealth Sports Medicine team is partnering with Deer Valley Unified School District to offer physical exams for student athletes at a reduced cost. The exam is performed by certified athletic trainers, physical therapists and licensed physicians. It will involve a comprehensive orthopedic and general medical evaluation plus a comprehensive heart screening, including an EKG, at no additional cost.

Our team provides care for athletes at Deer Valley Unified School District throughout the school year through athletic trainers and sports medicine physicians.

Time, date and location

7 a.m. – noon on Saturday, August 15, 2026
HonorHealth Peoria Medical Campus
15000 N. 83rd Ave., Suite 200, Peoria, AZ 85381

Can't make it Saturday, August 15?

Visit an HonorHealth Urgent Care to receive your physical at the standard \$50 co-pay fee.

Appointments

Appointments are required. For questions or scheduling assistance, please contact your school's head athletic trainer (see backside).

Cost: \$25. We accept cash or checks.

100% of profits will go directly to your school's athletic training program.

Preparing for your appointment:

- Loose-fitting T-shirt or tank top
- Athletic shorts (you may wear pants over your shorts)
- Athletic shoes
- Corrective eyewear (contacts, glasses)
- Completed AIA forms with athlete's information, medical history, and all required signatures before arriving.

**Scan the QR code
below to schedule your
appointment or [click this link.](#)**



SCAN ME

SPORTS MEDICINE

At HonorHealth Sports Medicine, our team of board-certified experts are here with the expertise to help you achieve your goals. If you're looking to improve performance, prevent injury, or treat and manage an existing one, HonorHealth Sports Medicine is here to help.

Featured services:

- Primary care sports medicine
- Sports orthopedics
- Physical therapy
- Athletic training
- Imaging and testing
- Concussion testing and treatment
- Injury prevention and treatment
- Sports cardiology, cardiopulmonary testing and treatment

Learn more at HonorHealth.com/sportsmedicine

MEET THE HEAD ATHLETIC TRAINERS



Jessica Rushforth, ATC, LAT

Head athletic trainer at Deer Valley High School

Contact: jessica.rushforth@dvusd.org



Kim Rodgers, MS, ATC, LAT

Head athletic trainer at Mountain Ridge High School

Contact: kim.rodgers@dvusd.org



Liz Henawi, MS, ATC, LAT

Head athletic trainer at Sandra Day O'Connor High School

Contact: ehenawi@honorhealth.com