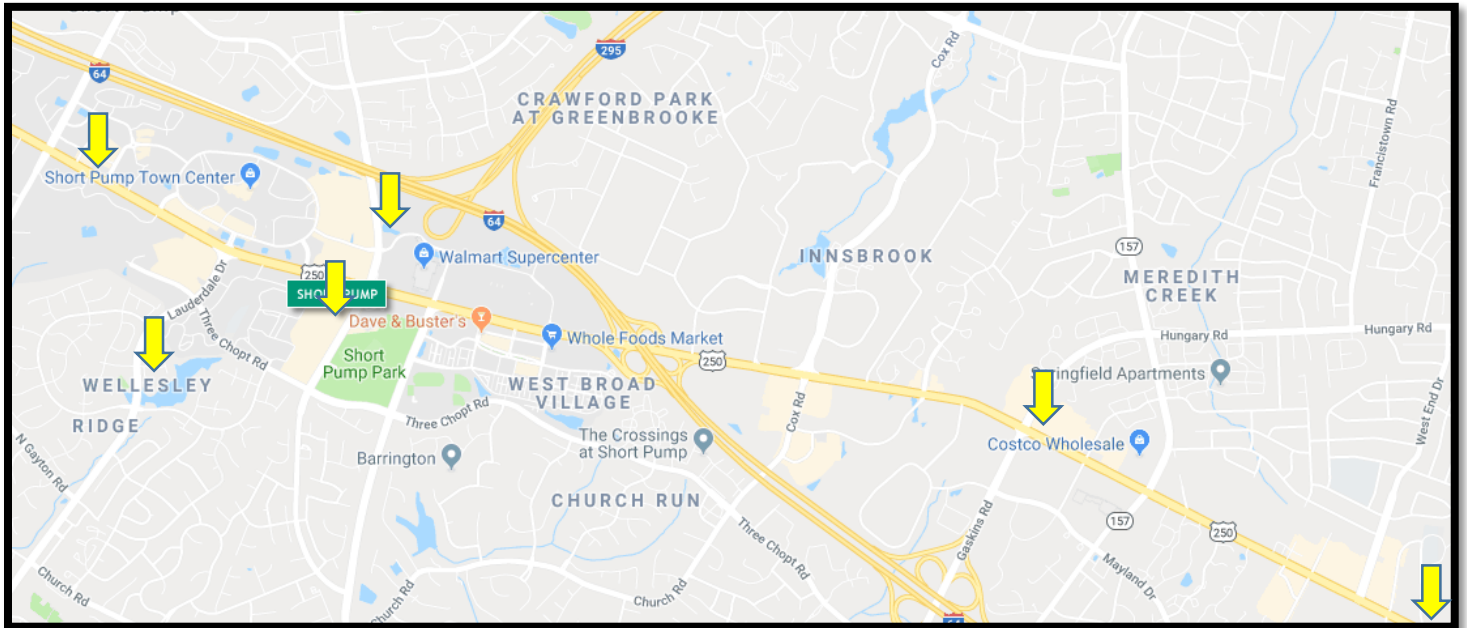


# 2019-20 Pocahontas Sports Physicals and Concussion Information

Every student that intends to participate in one of Pocahontas’s thirteen athletic offerings must have a [Henrico County Middle School Physical](#) (and [Concussion Form](#)) on file with the school’s athletic director [Felicia Schooley](#) Room 1603), before they are eligible to try out.

*Interactive Map - Click on arrow near your home for office location.*



## Short Pump Medical Offices and Costs



### Patient First Urgent Care

#### Short Pump

3370 Pump Road  
Richmond, VA 23233-1130

Phone  
(804) 360-8061

**Cost:** \$49, No Appointment Necessary. Walk Ins Welcome.

**Hours**  
Open from 8 am to 10 pm



[Link to HCPS MS Physical Form](#)



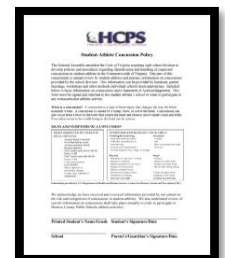
### Kid Med - West End

4687 Pouncey Tract Road  
Glen Allen, VA 23059

Phone  
(804) 422-KIDS (5437)

**Cost:** \$25, No Appointment Necessary. Walk Ins Welcome.

**Hours**  
Monday - Friday: 2 pm - 10 pm  
Saturday & Sunday: 10 am - 9 pm



[Link to HCPS Concussion Form](#)



### MinuteClinic - Inside CVS Pharmacy

3001 Lauderdale Drive  
Richmond, VA 23233

**Phone**  
(804) 360-7598

**Cost:** \$69, No Appointment Necessary. Walk Ins Welcome.

**Hours**  
Mo-Tu-We: 8:30 AM - 1:30 PM & 2:30 PM - 7:30 PM  
Th-Fr: 8:30 AM - 1:30 PM & 2:30 PM - 7:30 PM  
Sat: 9:00 AM - 1:00 PM & 1:30 PM - 5:30 PM  
Sun: 9:00 AM - 1:00 PM & 1:30 PM - 4:30 PM



### MedExpress Urgent Care

8040 W. Broad St.  
Richmond, VA 23294

**Phone**  
(804) 346-0927

**Cost:** \$30, No Appointment Necessary. Walk Ins Welcome.

**Hours**  
8:00 am - 8:00 pm



### Concentra - Innsbrook

9900 West Broad Street  
Suite C  
Glen Allen, VA 23060

**Phone**  
(804) 358-0361

**Cost:** \$35, No Appointment Necessary. Walk Ins Welcome.

**Hours**  
Open from 8 am to 6 pm



### HCA - VA Primary Health Group - Short Pump

12018 West Broad St, Suite 101  
Richmond, VA 23233

**Phone**  
(804) 217-9091

**Cost:** FREE with Insurance Annually, \$300 w/o insurance, Appointment Necessary.

**Hours**  
Mon - Fri: 7:00am - 4:30pm

## Fall Sports

*Tryouts Begin:*  
Wednesday, September 5th

Football  
Girls' Tennis  
Girls' Basketball  
Boys' Soccer  
Cheerleading (*Fall and Winter*)

## Winter Sports

*Tryouts Begin:*  
Monday, November 12th

Boys' Basketball  
Wrestling  
Gymnastics (*tryouts in January*)

## Spring Sports

*Tryouts Begin:*  
Tuesday, March 19th

Baseball  
Girls' Soccer  
Softball  
Track and Field  
Boys' Tennis

Any questions concerning sports programs at Pocahontas Middle School should be directed to Mr. Jimmy Milcarek, Athletic Director.