

Community improvement needs just three easy steps—collaborate, cooperate, and act.

Virginia Amateur Sports, Centra Health, Centra Lynchburg Family Medicine Residency and Liberty University School of Medicine have handled the first two steps. They have collaborated on a plan to host a sports and education clinic that will allow up to 25 youth in Lynchburg an opportunity to receive free physicals for the 2022-2023 school season that can be used to fulfill the requirements placed on all athletes who participate in scholastic sports sanctioned by the Virginia High School League.

It is free to register for the clinic, but an appointment for the sports physicals must be made in advance through the registration link on the VAS web site.

The final step—the act itself—is Saturday, May 14, 10 am – 12:30 pm at the Jubilee Family Development Center on Florida Street in Lynchburg. Centra and its Lynchburg Family Medicine Residency, and Liberty University School of Medicine will be on-site for an hour providing physicals. The event is concurrent with the Soccer Skills Clinic being offered by the Central Virginia Soccer Club and health education sessions by Molina Complete Care. Both are available, although each can be done independent of the other, so students who need a physical can get one without participating in the sessions and not all session participants will get a physical. Lunch will be provided and each participant will receive a free soccer ball.

For its part, Centra Health is happy to work with VAS on a program that helps the youth of the community, said Pat Young, Centra's Director of Community Health.

"Virginia Amateur Sports came to us and asked if we would provide healthcare providers to do youth physicals," Young said. "As an organization, we are committed to improving the health of the community. Staying active and playing sports is a big part of that effort, so helping kids get physicals so they can play in school is important to us."

The Jubilee Family Development Center, along with Lynchburg Parks and Recreation and the Boys and Girls Club have been invited to participate, although the event is not limited to those constituencies.

Young said Centra sees the benefits of health care through preventive measures by keeping the community healthy, rather than treating ailments as they arise.

"Centra Health is a non-profit so part of our obligation is to provide community benefits outside of the bricks and mortar of our hospitals, by providing programs that promote health. We do that through grants and sponsorships as well as outreach and direct services in the community," Young said.

Centra Health is a primary sponsor of the Commonwealth Games and a supporter of VAS and its mission. The organizational goals align in the effort to promote wellness within the community.

"We are really committed to improving the health of the communities we serve, and that's a 9,000-square-mile area, from Bedford all the way over to Amelia County," she said.

By collaborating and cooperating with VAS on an event that offers physicals, as well as providing soccer skills and health education to groups who might not be active in that sport, Centra demonstrates its commitment to work with the community. The sponsorship is more than funding, it's action. As for VAS, it's another opportunity to act on their mission statement; *"to promote awareness and benefits of physical fitness and healthy lifestyles through sports education, training, and competition"*.

The Greater Lynchburg Community Foundation has provided grant funding for the project.

The clinic is open to all middle school and high school students. For more information on the clinic and to register your youth [click here](#).