

Forms! It's school, camp and sports form season!

- If your child has an upcoming well visit or sports physical, *please bring any forms to the visit* (do NOT send in advance). Please have all parent sections completed! This is the optimal time to get your forms completed and most efficient.
- Any forms needed outside of an in-office visit should be submitted via portal. This helps keep an electronic trail of your form and avoids any loss of paperwork!
 - Please have all parent sections completed and upload as a PDF (not JPG).
 - NEW [VHSL form](#) (all public high school sports and Arlington Public School middle school sports) and [FCPS Middle School sports form](#) as of April 2025! Please complete pages 1, 2, 4 and 5 before submitting your form.
 - Medication forms - Please write the name of the medication(s) whether prescription or over the counter.
 - Upload forms specific to each child in your family (not multiple siblings to one child's chart).
 - Please do not send multiple messages about the same form - this only creates duplication of work and delays your form.
 - Turnaround time is typically 5-7 business days and we will return your form via portal. We are flooded with forms, often with multiple for each child, so please be mindful of allowing us time to complete them correctly.
 - Charge is \$15 per separate form.
 - Commonly used forms are also available on our [website](#).