

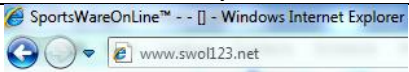

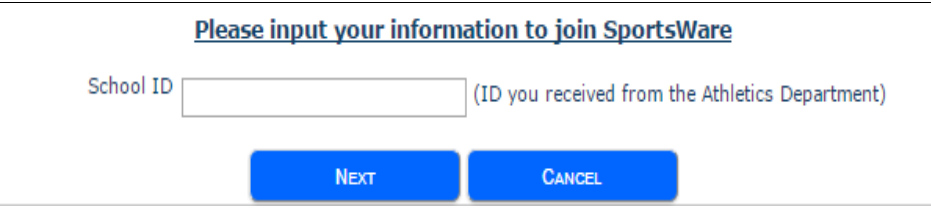
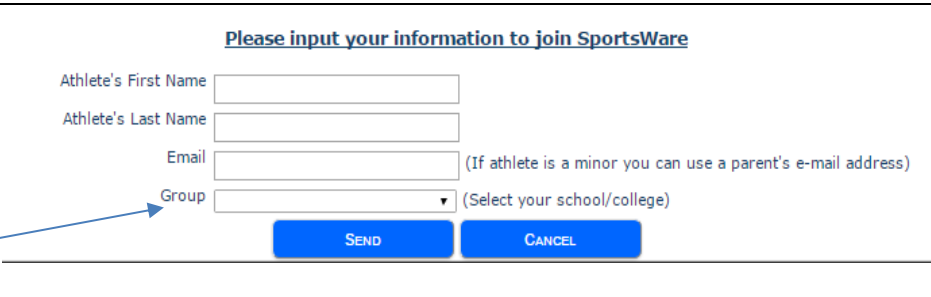
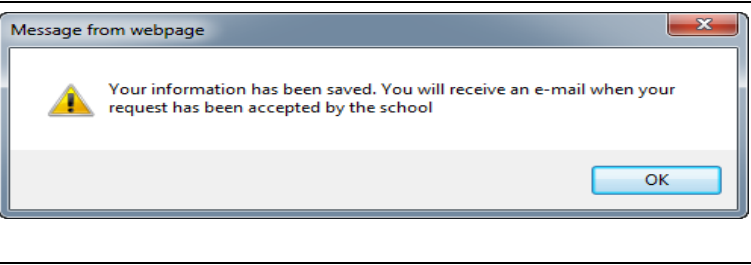



Dear Parents and Guardians:

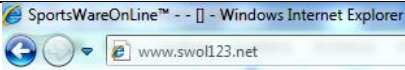
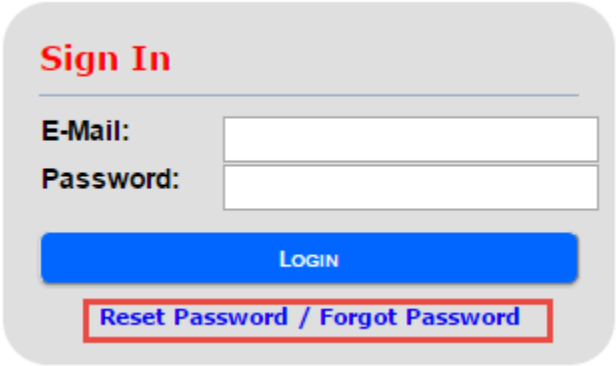
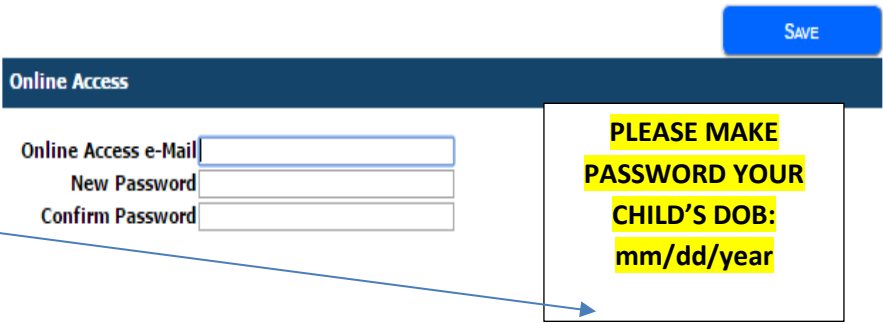
Prior to participating on a team for Rocky Mountain High School, athletes must provide the Athletic Department with current address, emergency contact, insurance, medical alert and health history information **yearly**. To expedite this process Rocky uses an online data entry system.

To enter your information, visit www.swol123.net. The **first time** you visit the website you will need to join SportsWareOnline using the instructions below. **If you already have an account, please scroll down to Page 2: "Updating Your Information"**.

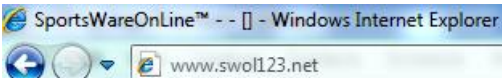

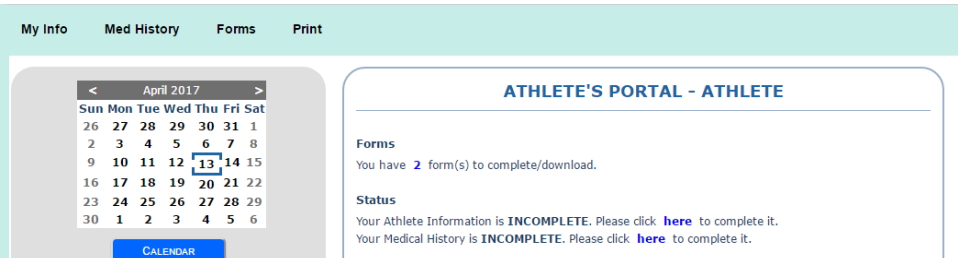
A. Joining SportsWareOnLine

Instruction	Example
1.Go to www.swol123.net .	
2.Scroll to the middle of the screen and click the Join SportsWare button.	
3.Enter your School ID Rockyathlete	
4.Enter athlete First Name, Last Name, PARENT Email address and click the Send button. NOTE: This process is only completed one time (per child). Please make note of the email address provided for future use. You can use the same email. Can leave Group section blank	
5.Your request to join SportsWare will then be sent to the Athletic Trainer for review. You will likely be approved quickly but may take as long as 24 hours depending on circumstances.	
6.Once your request is accepted you will receive an e-mail with the Subject " <i>SportsWare request accepted</i> ". Open the e-mail and click the link that corresponds with the athlete. Make the password the athlete's Date of Birth mm/dd/year. For twins: do not use DOB, create something you will remember. GO to STEP C	 <p>**Please notify your Athletic Trainer ONLY if request acceptance takes longer than 24 hours.</p> <p>Send an email to Kraack.monica@westada.org OR white.kelly@westada.org</p>

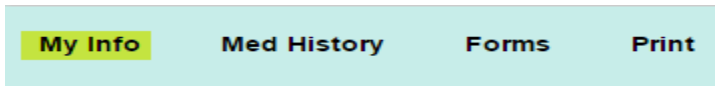
B. Setting Your Password (only use this if you forgot password or want to make a new one)

Instruction	Example
1. Go to www.swol123.net	
2. Enter the Parent Email Address from prior step and click the Reset Password button.	
<p>3. You will receive an e-mail with the Subject <i>"SportsWareOnLine Password Request"</i>.</p> <p>Open the e-mail and click on the link to reset your password. Enter your e-mail address, new password (child's DOB) and click the Save button.</p> <p>NOTE: If you are registering more than one child (currently or in the future) you will use the same email address but different passwords for each child.</p>	

C. Updating Your Information (start here if you already have made account)

Instruction	Example
1. Go to www.swol123.net.	
2. Enter parent Email Address and password (child's DOB), click the Login button.	
<p>3. You will be taken to your student athlete's "Athlete's Portal" (mint green tool bar)</p> <p>Here you will see the required forms (My Info, Med History, Forms) and information needed to be completed.</p>	

4. Select: My Info:

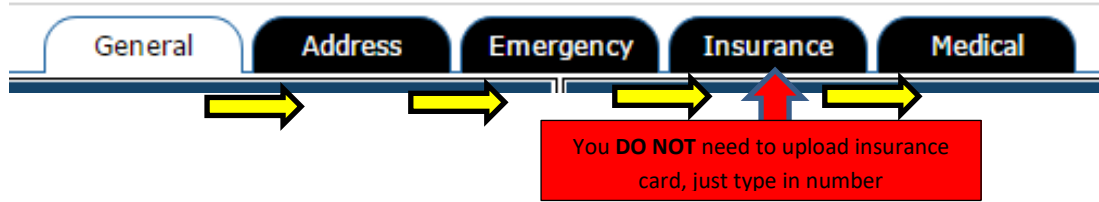


5. Start entering Athlete's required information indicated with *

Under **General tab**: Choose to: 1) copy and paste Parent email from athlete online access into parent online access and make a new password. OR 2) keep it the way it is.

You will need to have an Athlete email in this section, you can put athlete's email and tell them the password. **(DOB)**

6. Complete the remaining required Black tabs for – Address, Emergency, Insurance, and Medical. ****you DO NOT need to upload insurance card, just type in #**



7. Under **Medical tab: Alerts**, please select **(or type in)** any medical conditions and or allergies your child may have.

If there are none, please choose "No Known Allergies" for one box and "No Known Med Problems" for the second box.

Under the Drugs Taken section, please type in any medications that your child takes regularly. If there are no medications, please type in "None."

Under the Doctor Section, please type in your Family or Primary Care Physician. If you do not have one, just type in "None." Click: **SAVE. This will take you back to Athlete portal.**

If a GO BACK button appears you are missing required information. Click GO BACK and fill in required info.

8. Once done with My Info go to:

Click: Med History:

Complete the Medical History questionnaire.
Click **SAVE** when finished



9. Click: Forms:

(You can click forms from mint green tool bar or from middle of screen.)

View/complete required paperwork.

- RMHS IQ Form (insurance)
- RMHS Concussion Handout

To complete each form, click "Select" for the form, then "Open". Do this for each form.

ONLY fill in all the PURPLE boxes and click the "Save and Submit" Button when completed in order for it to reach Rocky and be recorded

You will be prompted to electronically sign after you click "Save and Submit".

If you forgot an area, you will be prompted back to the form to complete it

Forms
You have **2** form(s) to complete/download.

	Title	Required
Select	RMHS IQ (insurance questionnaire) form	<input checked="" type="checkbox"/>
Select	RMHS Concussion Education Handout	<input checked="" type="checkbox"/>

SAVE & SUBMIT

By entering my name, checking the Electronic Signature box, and clicking on the button, I certify that the information provided herein is true and complete to the best of my knowledge.

First Name: MI: Last Name:

I acknowledge that I am electronically signing this request.

SUBMIT **CANCEL**

Repeat these steps for **RMHS concussion education Handout**. Click OK when **both** are complete

10. Your athlete's portal should look like this:
Disregard the "clear to play: no" it is a default that we can't seem to fix

ATHLETE'S PORTAL - PARENT

Forms
You have **0** form(s) to complete/download.

Status

Game Status:
Practice Status:
Cleared To Play: No

NOTE: The Pre-Participation Physical Exam process has not changed. This form needs to be completed and signed by a physician! Physicals are to be completed during the athlete's **9th and 11th** grade years (per IHSA rules). Physical Exams will still be hard copies and are turned in to the Rocky Mountain High School athletic trainers (Monica Kraack or Kelly White) prior to participation in any Rocky Mountain High School athletics. IQ and Concussion Education forms are to be completed yearly.

If you have any questions, please contact Monica Kraack (Kraack.monica@westada.org) or Kelly White (white.kelly@westada.org)

Sincerely,
Monica Kraack, Head Athletic Trainer

Kelly White, Associate Athletic Trainer