


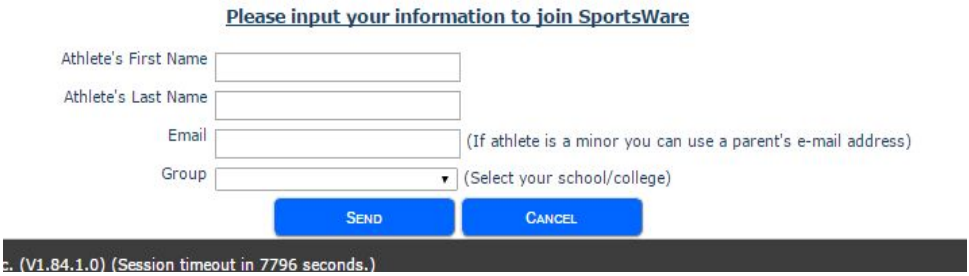
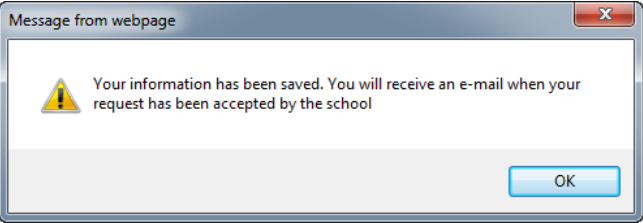


Dear PFPS Athletes and Parents:

In order to participate on a team from Pope Francis Preparatory School, athletes must provide the Athletic Department with current address, emergency contact, medical alert and health history information. To expedite this process Pope Francis Preparatory School uses an online data entry system.

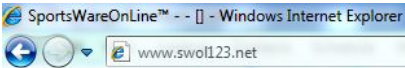
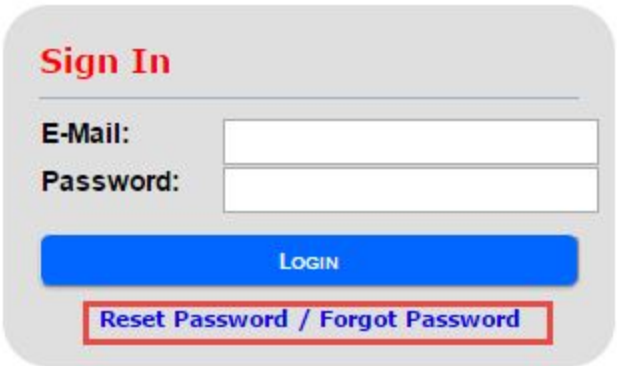

To enter your information, visit www.swol123.net. The first time you visit the website you will need to enter your personal email address and click Get Password. The "School ID" is **PF Cardinals**

Joining SportsWareOnLine


Instruction	Example
Go to www.swol123.net .	
Scroll to the middle of the screen and click the Join SportsWare button.	
Enter your School ID <i>You should have received a School ID from the athletic trainer. This is required to join the correct school.</i>	
Enter your First Name, Last Name, Email address and click the Send button.	
Your request to join SportsWare will then be sent to the Athletic Trainer for review.	
Once your request is accepted you will	<p>SportsWare OnLine Password Request • You received this e-mail because either: 1) You requested to reset your SportsWare Online password OR 2) You are an athlete who's</p>

<p>receive an e-mail with the Subject "SportsWare request accepted".</p> <p>Open the e-mail and click the www.swol123.net link to continue to SportsWareOnLine.</p>	
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Setting Your Password

Instruction	Example
<p>Go to www.swol123.net</p>	
<p>Enter your Email Address and click the Reset Password button.</p>	
<p>You will receive and e-mail with the Subject "SportsWareOnLine Password Request".</p> <p>Open the e-mail and click on the link to reset your password. Enter your e-mail address, new password and click the Save button.</p>	

Updating Your Information

Instruction	Example
<p>Go to www.swol123.net</p>	

Enter your Email Address and click the **Login** button.



Sign In

E-Mail:

Password:

LOGIN

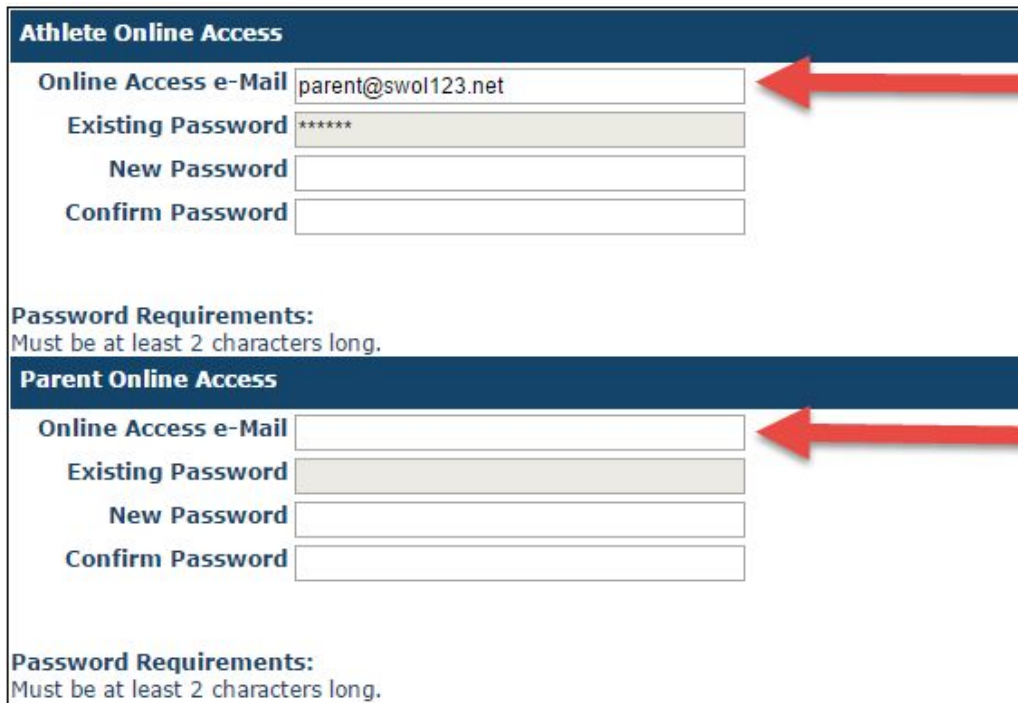
[Reset Password / Forgot Password](#)

Select My Info:
Update your address, emergency contact and insurance information. *school.*




My Info **Med History** **Forms** **Print**

Start entering Athlete's information. Complete the Athlete Online Access section by updating it with the Athlete's email address (defaults with Parents initially). Then Update The Parent Online Access section with email and password. Continue to complete the remaining tabs.



Athlete Online Access

Online Access e-Mail 


Existing Password

New Password

Confirm Password

Password Requirements:
Must be at least 2 characters long.

Parent Online Access

Online Access e-Mail 

Existing Password

New Password

Confirm Password

Password Requirements:
Must be at least 2 characters long.

Once done with My Info go to:

Med History:
Complete a Medical History questionnaire.

Forms:
View/complete required paperwork. Note: SportsWare will also display "You have ? forms to complete/download".

Print: Print My Info and Medical History data.



Forms

You have **5** form(s) to complete/download.

Thank you for your prompt help. If you have any questions, please contact the athletic trainer, Sarah Myers, smyers@popefrancisprep.org for assistance.

Sincerely,

Sarah Myers