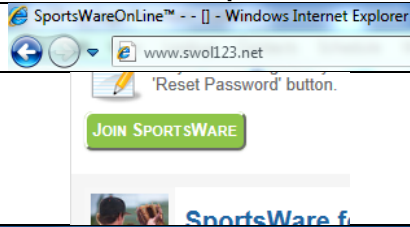
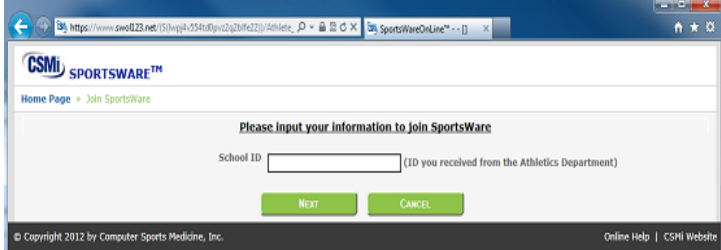
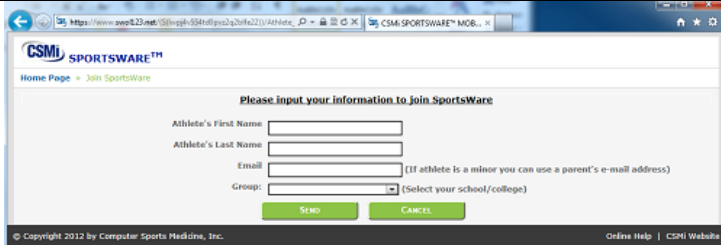
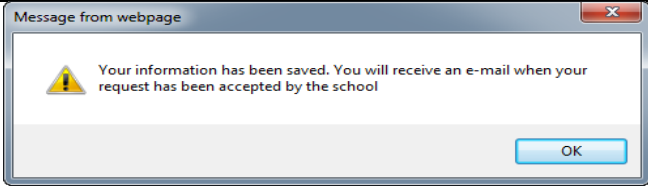
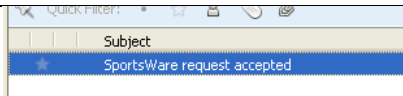


Dear Ram Athlete:

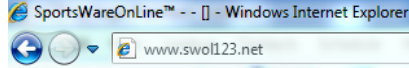
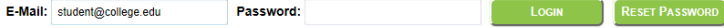
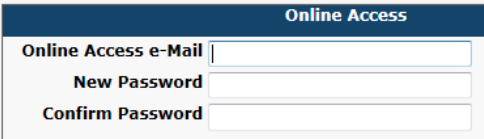
Prior to participating on a team for Huston-Tillotson University, athletes must provide the Athletic Department with current address, emergency contact, insurance, medical alert and health history information. To expedite this process HT uses an online data entry system.

To enter your information, visit www.swol123.net. The first time you visit the website you will need to enter your HT email (or personal for parents) and click Get Password, and then wait for an acceptance email.

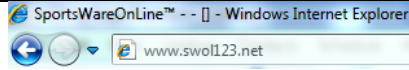

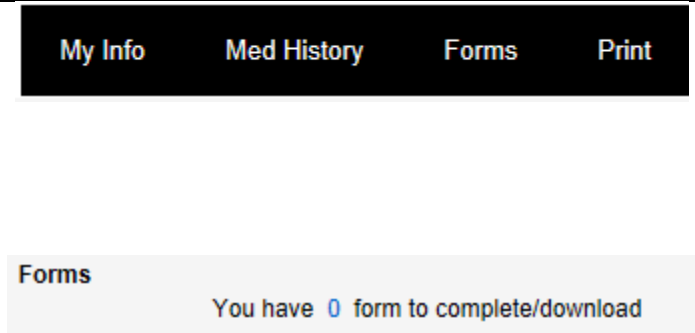
Joining SportsWareOnLine

Instruction	Example
Go to www.swol123.net	
Scroll to the middle of the screen and click the Join SportsWare button.	
Enter your School ID: 357700 <i>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 receive an e-mail with the Subject <i>"SportsWare request accepted"</i> . Open the e-mail and click the www.swol123.net link to continue to SportsWareOnLine.	

Setting Your Password

Instruction	Example
Go to www.swol123.net	
Enter your Email Address and click the Reset Password button.	
You will receive an e-mail with the Subject <i>"SportsWareOnLine Password Request"</i> . 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.	

Updating Your Information

Instruction	Example
Go to www.swol123.net	
Enter your Email Address and click the Login button.	
At the top of the page is the Menu Bar. My Info: Update your address, emergency contact and insurance information. Med History: Complete a Medical History questionnaire. Forms: View/complete required paperwork. Note: SportsWare will also display <i>"You have ? forms to complete/download"</i> . Print: Print My Info and Medical History data. Does NOT print FORMS	

Please complete these steps before participating in any athletic practice, conditioning, or event. Thank you for your prompt help. If you have any questions, please contact the Sports Medicine office for assistance.

Sincerely,

Rams Sports Medicine

512-505-3199

hwillard@htu.edu