

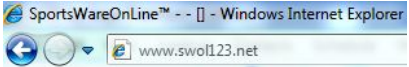
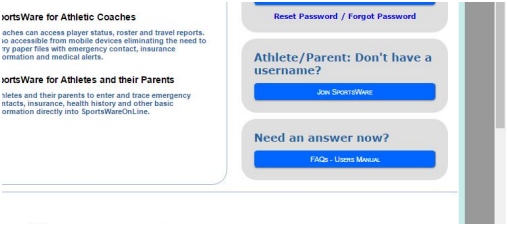
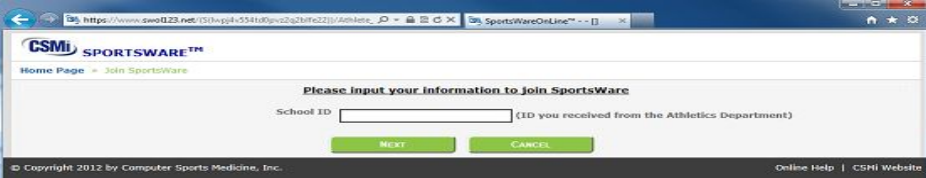
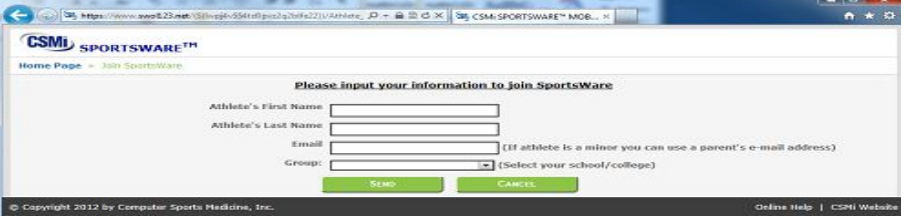


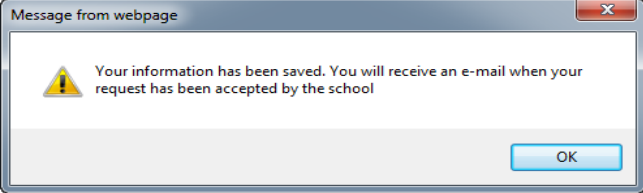
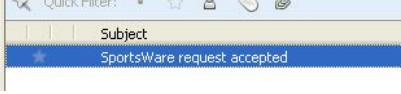
Dear Parent,

Prior to participating on a team at Cabot Public Schools, athletes must provide the Athletic Department with current address, emergency contact, insurance, medical alert and health history information. To expedite this process Cabot Public Schools uses an online data entry system.

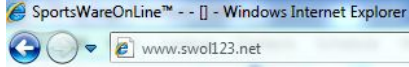
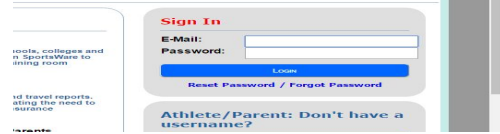

To enter your information, visit www.swol123.net.

Joining SportsWareOnLine

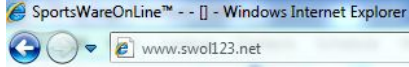

Instruction	Example
Go to www.swol123.net .	
Scroll to the middle of the screen and click the Join SportsWare button on the right.	
Enter your School ID All School IDs are CabotPanthers And hit "Next"	
Enter your Student's First Name, Last Name, Email address, School group and click the Send button. You will have to set up a second account for any additional Students. You may use the same email address but set up a different password for each account.	

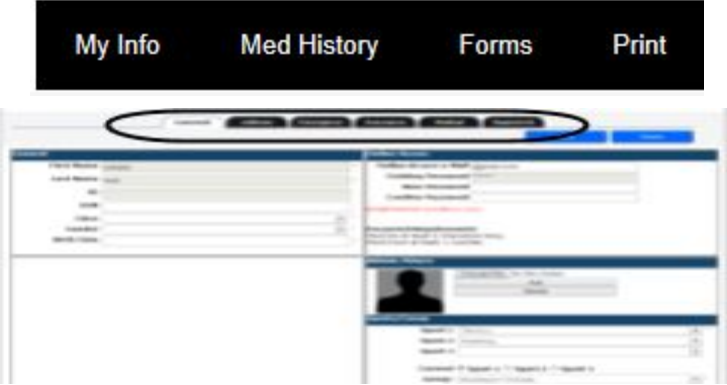
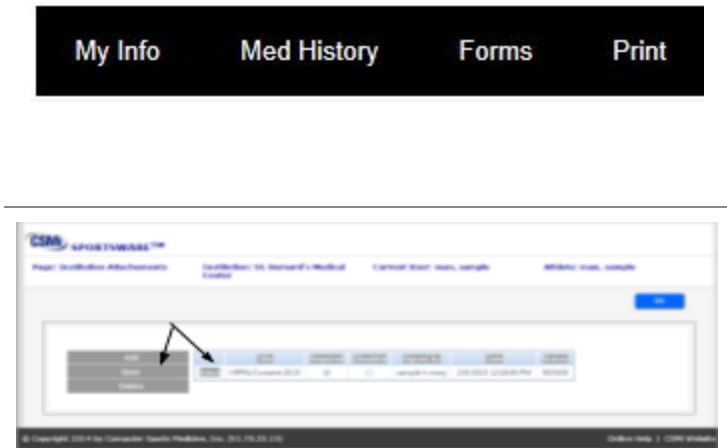
<p>Your request to join SportsWare will then be sent to the Athletic Trainer for review. This could take up to 24 hours.</p>	
<p>Once your request is accepted you will receive an email with the Subject "SportsWare request accepted".</p> <p>Open the email and click on the link to setup your password.</p>	 <p>Once you receive your email from the athletic trainer you can proceed with registration as follows. Once the email is sent you have 24 hours to set up a password before the link expires. If this happens simply email your Athletic Trainer and they can help with any problems.</p>

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 an email with the Subject "SportsWareOnLine Password Request".</p> <p>Open the email and click on the link to reset your password. Enter your email address, new password and click the Save button.</p>	

Updating Your Information

Instruction	Example
<p>Go to www.swol123.net</p>	
<p>Enter your Email Address and click the Login button.</p>	

<p>At the top of the homepage is the Menu Bar.</p> <p>Go to: My Info tab: Fill in required fields in the General Information page. Don't forget to scroll down to the bottom right side of the page and click at least one sport. Some information might be already present. Please make sure it is accurate then Click on the Emergency tab circled in the picture on the right. Fill out required fields and then add any medical alert information under the Medical tab. Once this is completed hit save.</p>	
<p>RETURN TO THE HOME PAGE TO FINISH ENROLLMENT see next page</p>	
<p>From the homepage again...</p> <p>Go to: Med History tab: Complete a Medical History questionnaire as all areas are required.(Even questions that are irrelevant click "NO")</p> <hr/> <p>Forms Tab: 1. Click the tab that says Forms. 2.. Click "select" until the row is highlighted. 3. Click "open" 4.. READ and fill out the form for submission. Be sure to click the acknowledgment box at the top when it pops up at the end. Then Click the "Save and Submit" button. You will do this for all the forms listed. **REQUIRED**</p>	

Thank you for your participation. If you have any questions, please contact one of our staff athletic trainers via email or phone.

Sincerely,

Jason Cates
 jason.cates@cps.k12.ar.us
 (501) 743-3541