



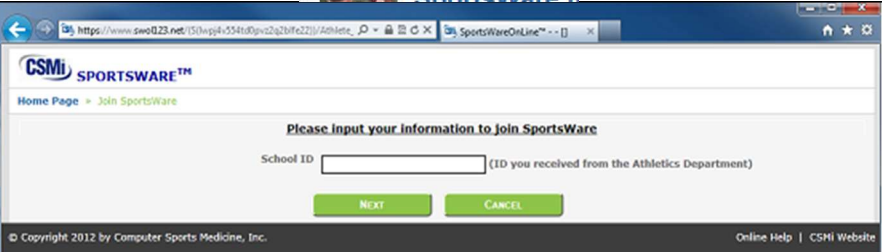
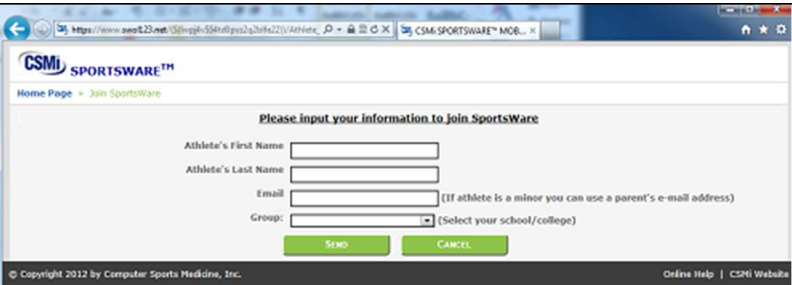
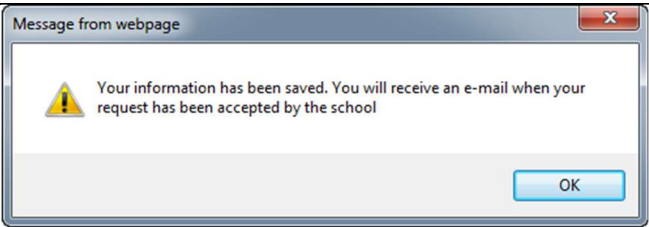
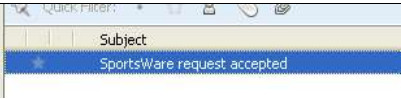
Dear Parent/Guardian:

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

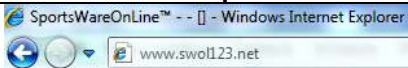


To enter your information, visit www.swol123.net. The first time you visit the website you will need to enter your personal email address and click Get Password.

The School ID you will use is: FortLeeHS

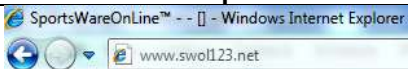
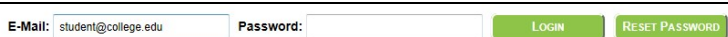
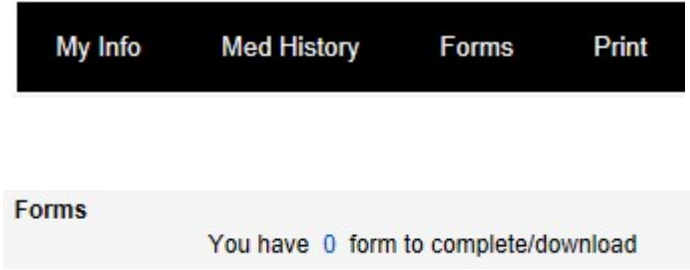
Joining SportsWareOnLine

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> **The School ID is listed above.**	
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. **Your request should be approved within 24-48 hours. If you do not receive an email within that time frame, please check your SPAM folder.**	

Setting Your Password

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

Updating Your Information

Instruction	Example
Go to www.swol123.net	
Enter your Email Address and click the Login button.	
<p>At the top of the page is the Menu Bar.</p> <p>My Info: Update your address, emergency contact and medical information.</p> <p>Forms: View/complete required paperwork. Note: SportsWare will also display <i>"You have ? forms to complete/download"</i>.</p> <p>**Please note that it is recommended that the online paperwork be completed on a desktop computer and not on a mobile phone.**</p>	

Thank you for your prompt help. If you have any questions, please contact the athletic trainer's office at 201-585-4675 x6531 for assistance.

Sincerely,

Tom Hur
Athletic Trainer
Fort Lee High School