

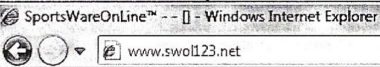

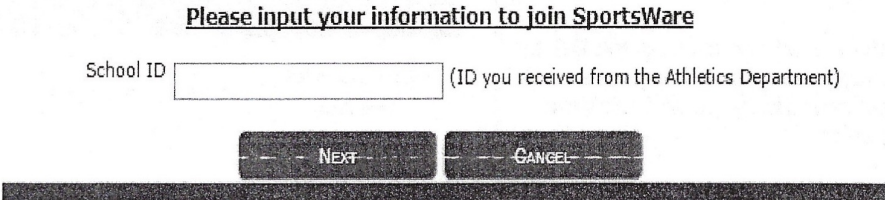
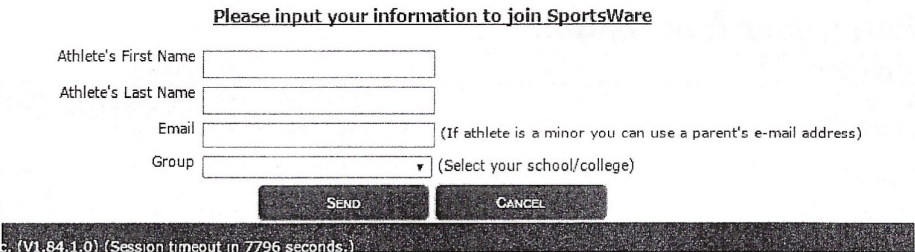
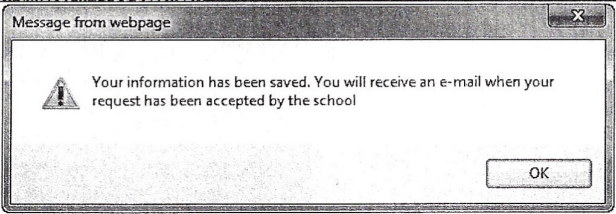
DUE JULY 1

Dear Parents:

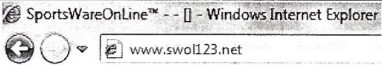
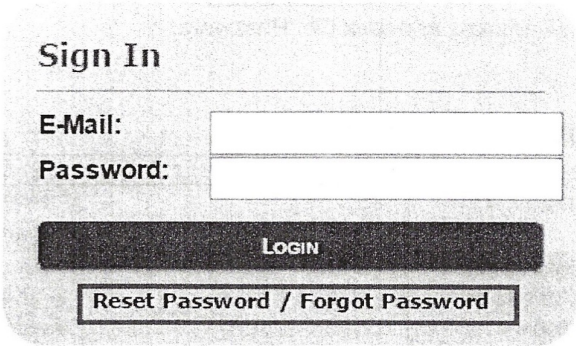
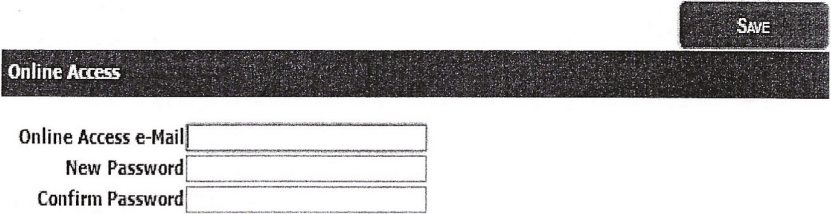
Prior to participating on a team from Houston High School, athletes must provide the Athletic Department with current address, emergency contact, insurance, medical alert and health history information. To expedite this process Houston High School uses an online data entry system.

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.

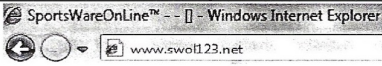
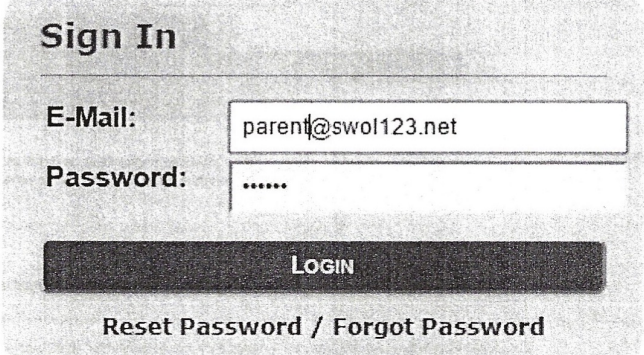
Joining SportsWareOnLine

| 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>Houston High School</i> |  |
| Enter the Athlete's First Name and Last Name. Then enter Parent's 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 "SportsWare request accepted". Open the e-mail and click the www.swol123.net link to continue to SportsWareOnLine. | <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 request has been accepted.</p> |

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 "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 |
|---|--|
| Go to www.swol123.net. |  |
| Enter the Parent's Email Address and click the Login button. |  |

| | |
|--|--|
| <p>Select My Info: Update your address, emergency contact and insurance information.</p> | <div> <div>My Info</div> <div>Med History</div> <div>Forms</div> <div>Print</div> </div> |
| <p>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.</p> | <div> <div> Athlete Online Access <div> <div>Online Access e-Mail</div> <div>Existing Password</div> <div>New Password</div> <div>Confirm Password</div> </div> <div> <div>parent@swol123.net</div> <div>*****</div> <div></div> <div></div> </div> </div> <div> Password Requirements: Must be at least 2 characters long. </div> <div> Parent Online Access <div> <div>Online Access e-Mail</div> <div>Existing Password</div> <div>New Password</div> <div>Confirm Password</div> </div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> Password Requirements: Must be at least 2 characters long. </div> </div> |
| <p>Once done with My Info go to:</p> <p>Med History: Complete a Medical History questionnaire.</p> <p>Forms: View/complete required paperwork. Note: SportsWare will also display "You have forms to complete and/or download".</p> <p>Print: Print My Info and Medical History data.</p> | <div> <div>My Info</div> <div>Med History</div> <div>Forms</div> <div>Print</div> </div> <div> <div>Forms</div> <div>You have 5 form(s) to complete/download.</div> </div> |

Thank you for your prompt help. If you have any questions, please contact me for assistance.