

# SportWare Online

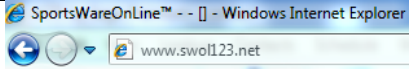
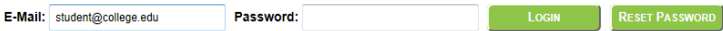
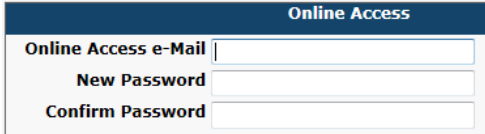
Dear Student-Athlete,

May 2016

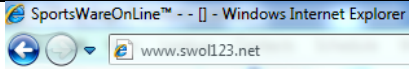

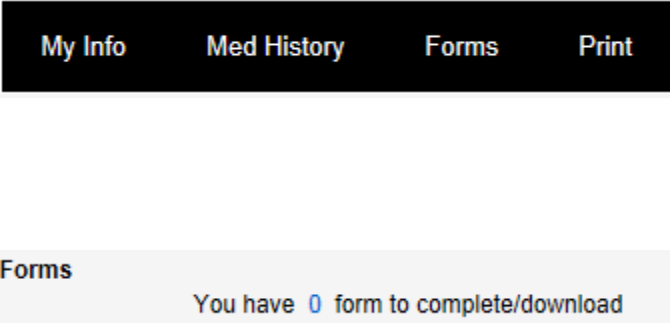
Prior to participating on a team at Eastern Connecticut State University, student-athletes must provide the Athletic Department with medical clearance information. To expedite this process, Eastern Connecticut State University uses an online data entry system.

If you are a returning member of a team, recruit or transfer participating for the first time, please follow the directions below to set up a SportsWare Online account.

## Setting Your Password

Instruction	Example
Go to <a href="http://www.swol123.net">www.swol123.net</a>	
Enter your Eastern Email Address and click the <b>Reset Password</b> button. (New athletes, please enter the email address that you provided to your coach.)	
<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 <b>Save</b> button.</p>	

## Updating Your Information

Instruction	Example
Go to <a href="http://www.swol123.net">www.swol123.net</a>	
Enter your Email Address and click the <b>Login</b> button.	
<p>At the top of the page is the Menu Bar.</p> <p><b>My Info:</b> Update your address, emergency contact and insurance information.</p> <p><b>Med History:</b> Complete a Medical History questionnaire.</p> <p><b>Forms:</b> View/complete required paperwork. Please refer to "Medical Clearance Instructions for Student-Athletes" for all requirements.</p>	

Thank you for your prompt response. If you have any questions, please contact the athletic training office for assistance.

Sincerely,

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