

Welcome to the 2022–2023 athletic year at Westminster Academy! We are excited for another successful year of athletics and look forward to working with our student-athletes. We are also excited to announce that moving forward all sport physicals/athletic paperwork will be uploaded via an online platform called SportsWearOnline.

Some friendly reminders as we work through this transition:

- Sports Physicals (specific to the FHSAA) can be found on SportsWearOnline once you have created an account
- The general health physical required by the school (titled DH 340) is a separate entity, they can be turned into the WA School Nurse
- If your child participated in a spring sport and/or handed in a new physical that will be valid in the 2022–2023 school year please obtain a copy of from your physician and re-uploaded it to SportsWearOnline. This will aid in the smooth transition of going paperless.
- The following four items are required for sport participation at WA. ALL ITEMS MUST BE COMPLETED PRIOR TO THE FIRST DAY OF TRYOUTS. If your child does not have the requirements completed, they will be asked to sit. Please be cooperative as this is to ensure your child's safety.


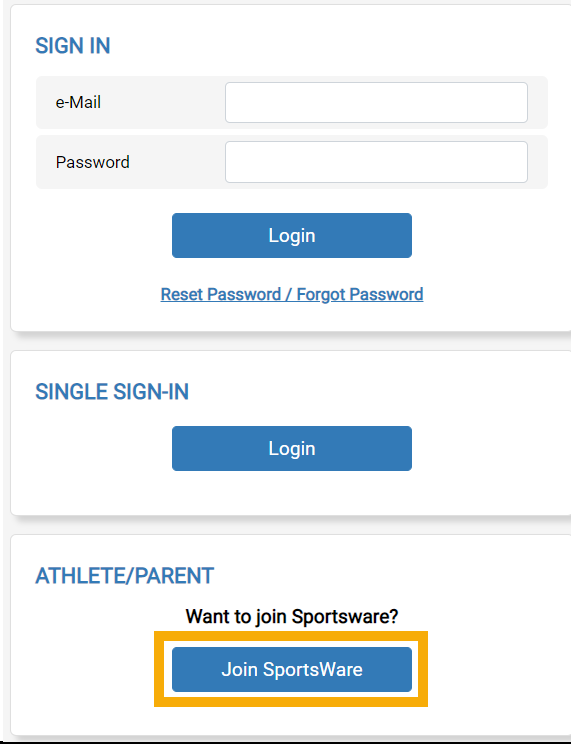
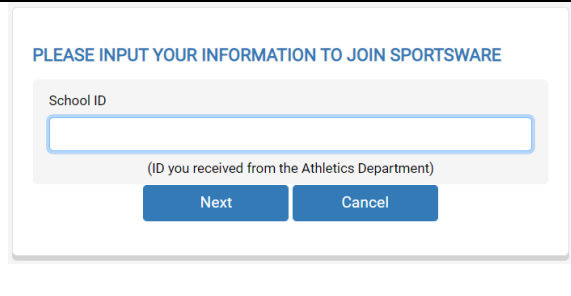
### **WA Sport Participation Requirements Outlined**

1. Sports Physical- Print directly from SportsWearOnline, completed by licensed physician and then re-uploaded to SportsWearOnline
2. WA Parent Understanding/Travel Info form- Completed and signed directly on SportsWearOnline
3. FSHAA EL3 pages- Completed and signed directly on SportsWearOnline
4. NFSH Safety Videos- Certificates uploaded to SportsWearOnline after completion by student-athlete
  - a. Please go to [nfhslearn.com](https://nfhslearn.com)
  - b. Create an account in top right corner
  - c. Search for courses: Concussion for Students, Heat Illness Prevention, Sudden Cardiac Arrest
  - d. Purchase the courses (it's free). You will need to select your state of Florida from the drop-down menu.
  - e. Watch/read through course (it will take 35-45 minutes each). Take quiz at the end
  - f. Screenshot/download the certificates, upload all 3 certificates to your SportsWearOnline account

**On the following pages step by step instructions can be found on how to create a SportsWearOnline account and how to properly upload all documents.**

# SportsWareOnline Step by Step Instructions

## Section 1- Creating an Account

Instruction	Example
<p>Go to <a href="http://www.swol123.net">www.swol123.net</a>.</p>	
<p>On the right side of the screen, under ATHLETE/PARENT, click the <b>JOIN SPORTSWARE</b> button.</p>	
<p>Enter School ID: &lt;&lt; WALIONS&gt;&gt;</p> <p>*This ID is unique to your school or institution. This School ID is assigned by your Athletic Trainer, it is not your Student ID. Westminster's code is <b>WALIONS</b>.</p> <p>Click the <b>NEXT</b> button.</p>	

Enter the following information to request an account:

- Athlete's First Name
- Athlete's Last Name
- Athlete's Date of Birth
- Athlete's Email (WA Emails Only)
- Athlete's GROUP (WA Middle or High school)

Click the **SEND** button.

PLEASE INPUT YOUR INFORMATION TO JOIN SPORTSWARE

Athlete's First Name

Athlete's Last Name

Athlete's Date of birth

No  Register as a Parent

Email

(If athlete is a minor you can use a parent's e-mail address)

Select your school/college

Send

Cancel

Your request to join SportsWare will then be sent to the Athletic Trainer for review. Please allow 2-3 days for the Athletic Trainer to accept your request.

If you are a parent requesting to join multiple children, repeat this process for each child.

\*You may not see this message if you have a pop-up blocker enabled.

www.swol123.net says

Your information has been saved.

After your Athletic Trainer accepts your request to join SportsWare, you will receive an e-mail to set up your password.

If you have any questions, please contact your Athletic Trainer.


OK

Once your request is accepted you will receive an e-mail with the subject "*SportsWareOnLine Password Request*".


Open the e-mail and click the password reset link to continue to SportsWareOnLine or follow the directions below on how to set a password.

\*If you do not see this email check your spam folder.

SportsWare OnLine Password Request

 admin@swol123.net  
To




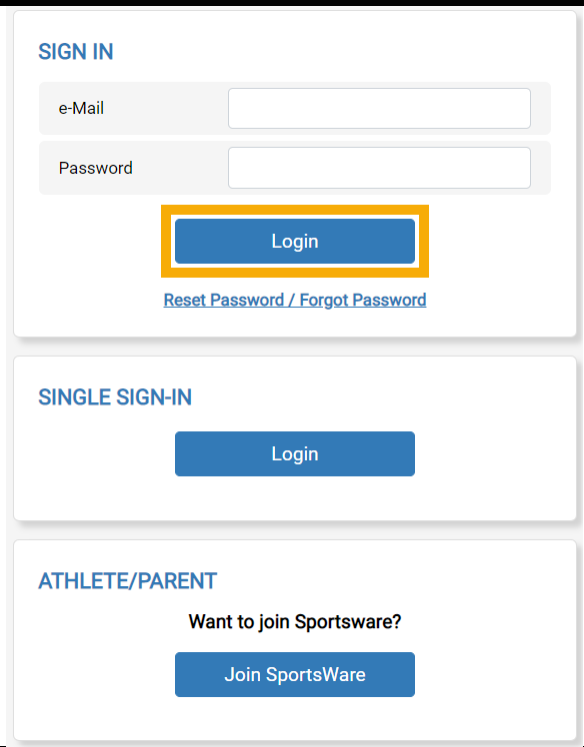
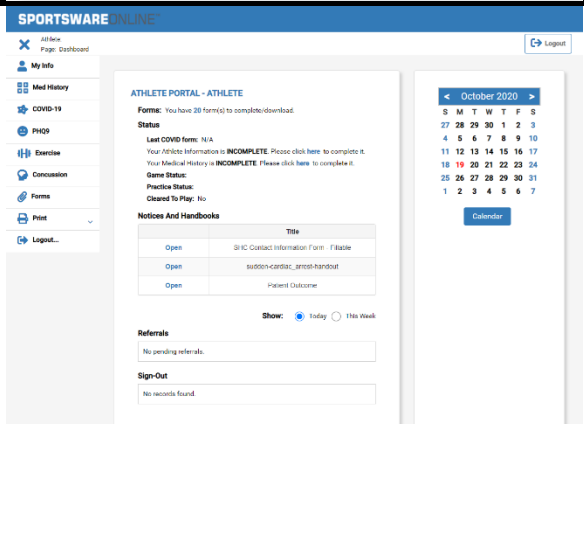
 We removed extra line breaks from this message.

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 to Join SportsWare Online has been approved by the school and the next step is to set your password.

To reset your password, click the following link (or copy and paste it into a browser address bar)

## Section 2- Updating Your Information

Instruction	Example
<p>Go to <a href="http://www.swol123.net">www.swol123.net</a>.</p>	
<p>Under SIGN IN enter your e-mail address and password.</p> <p>Click the <b>Login</b> button.</p>	
<p>You are now on the dashboard of the Athlete Portal. Your page may look different depending on what information/forms your school has chosen to collect through SportsWareOnline.</p> <p>If you cannot see the main menu on the left, click the navicon (☰) to expand it.</p> <p><b>Under Notices and Handbook</b> your will see THREE attachments. The Sport Physical (2 attachments) is required for all athletes. Please print both pages and have them completed by a licensed physician. Once filled out by physician re-upload to SportsWear. The third attachment is instructions for the NFHS Safety Videos that are required for all athletes. Please have your child follow the instructions attached to complete and upload videos.</p>	

**My Info:** Includes demographic, sport, address, emergency contact, insurance, medications, medical alerts, immunizations and other paperwork

**Med History:** A Medical History questionnaire. This must be completed by all student athletes.

**Forms:** View/complete required paperwork. \*SportsWare will also display the number of forms you must complete. Here is where you will find the athletic forms required by WA\*.


-FSHAA EL3 1-4 is listed. Please completed and submit directly on SportsWearOnline.

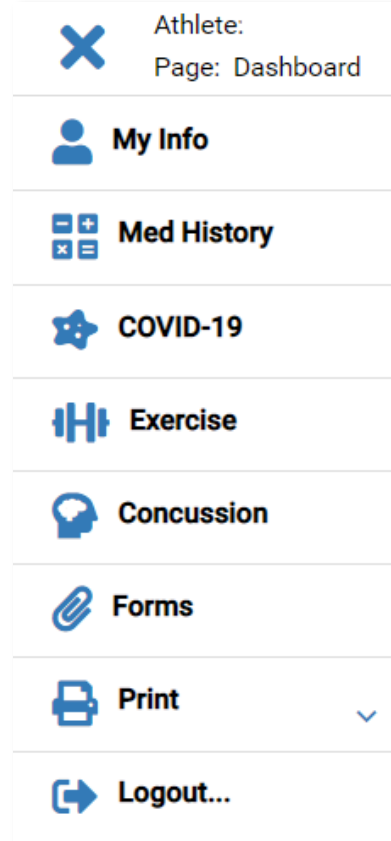
-WA Travel Info/Parent Understanding listed. Please completed and submit directly on SportsWearOnline.

At the top of the forms page you will see an "ADD" button. Here is where you will upload the following items










- Sport Physical (2 pages)
- NFHS Safety Videos certificates (3)

Changes will not be saved if you exit a window without clicking the **SAVE** button.

When you have completed your session be sure to **LOGOUT** (  Logout ) of SportsWare



Athlete:  
Page: Dashboard

-  **My Info**
-  **Med History**
-  **COVID-19**
-  **Exercise**
-  **Concussion**
-  **Forms**
-  **Print** 
-  **Logout...**