



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

To enter your information, visit [www.swol123.net](http://www.swol123.net). The first time you visit the website you will need to enter your email address and click Get Password.

## Joining SportsWareOnLine

Instruction	Example
Go to <a href="http://www.swol123.net">www.swol123.net</a> .	
Scroll to the middle of the screen and click the <b>Join SportsWare</b> button.	
Enter your School ID  <b>YorkCollege1</b>	
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-	<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 rec</p>



<p>mail with the Subject "SportsWare request accepted".</p> <p>Open the e-mail and click the <a href="http://www.swol123.net">www.swol123.net</a> link to continue to SportsWareOnline.</p>	
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## Setting Your Password

Instruction	Example
Go to <a href="http://www.swol123.net">www.swol123.net</a>	
Enter your Email Address and click the <b>Reset Password</b> 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 <b>Save</b> button.</p>	

## Updating Your Information

Instruction	Example
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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. Note: SportsWare will also display “<i>You have ? forms to complete/download</i>”.</p> <p><b>Print:</b> Print My Info and Medical History data.</p>	

Thank you for your prompt help. If you have any questions, please contact the Sports Medicine office at 718-262-5212 for assistance.

Sincerely,

Amy O'Connor, ATC/L, CSCS, CEAS I

Head Athletic Trainer