



**Welcome to Timberline Athletics!** Since your child is a **RETURNING Athlete to Timberline**, all you need to do to complete your child's online paperwork, is to

- **Check and Update, if necessary**, the basic information you provided when you first completed SportsWare,
- **Complete a NEW Medical History**
- **Complete the BSD Forms** for the 2022-2023 School Year

### STEP 1 - Logging Into SportsWare

- Please login to [www.swol123.net](http://www.swol123.net) your email that you used to register with SportsWare the first time and the password you established at the time. This will take you to our child's Landing page to begin the online portion of the athletic paperwork.
- IF you have forgotten your password, there is a hotlink below the sign-in, where you can reset your password

### STEP 2 - Athlete Information

- Once in your child's Landing page, you will see a Menu Bar on the left side of the landing page. An example of the Menu Bar is below



1. Please Click on **My Info Icon**

- a. **CHECK and UPDATE**, if necessary, the information under

- i. **Address**

- ii. **Emergency**

- iii. **Insurance**

1. *I only need the NAME of your Insurance*

2. *If there is no insurance, just type in **No Insurance***

- iv. **Medical**

1. *If there are No Allergies, just type in **No Known Allergies***

2. *If there are no Medical Conditions, such as Diabetes, Epilepsy, etc, then type in **No Known Medical Conditions***

2. Please Click **Med History Icon**

- a. This is to be completed EACH each school year

- b. Answer those questions pertaining to your child's **current** medical history for the **2022-2023 School year**

3. Please **Click Forms Icon**.

- a. These THREE FORMS need to be completed EACH each school year

- b. Select each of the **3 BSD forms**, fill them out on your **desktop computer** (no need to print off) and hit **Save and Submit for each**

- i. **IT IS IMPORTANT TO HIT SAVE AND SUBMIT**

- ii. **THESE CAN NOT BE COMPLETED on a Device or Phone**