



Prior to participating on a team from Jesuit High School, athletes must provide the Athletic Department with the following:

- Current address
- Emergency contact information
- Health insurance information
- FHSAA Pre-participation Physical (EL-2) <https://www.fhsaa.org/forms/general-forms/general-eligibility/el2>
- FHSAA Pre-participation Consent Form (EL-3) <https://www.fhsaa.org/forms/general-forms/general-eligibility/el3>
- FHSAA Pre-participation Video Certificates (Heat Illness, Cardiac Arrest, Concussion) [https://www.fhsaa.org/sites/default/files/orig\\_uploads/eligibility\\_compliance/nfhslearn\\_course\\_s.pdf](https://www.fhsaa.org/sites/default/files/orig_uploads/eligibility_compliance/nfhslearn_course_s.pdf)

To streamline this process **Jesuit High School** has moved to an online data entry system. This information needs to be updated each academic year. We highly recommend this process be completed prior to the start of the new academic year for both incoming freshmen and returning students. Please note, medical forms required by the FHSAA are good for one calendar year.

To enter your information, visit [www.swol123.net](http://www.swol123.net). The first time you visit the website you will need to enter the primary parental email address the school **registrar** has on file.

From there:

- Reset Password/Forgot Password
- Retrieve password link from email
- Set New Password
- Once logged in please update athlete demographics and emergency contact (In the MY INFO tab)
- Complete the quick medical history questions (Medical History Tab)
- Finally, (In the FORMS tab) upload a copy of pre-participation physical (EL-2), Pre-participation consent (EL-3), a picture of your insurance card, and the 3 certificates from videos watched on the FHSAA website. [https://www.fhsaa.org/sites/default/files/orig\\_uploads/eligibility\\_compliance/nfhslearn\\_course\\_s.pdf](https://www.fhsaa.org/sites/default/files/orig_uploads/eligibility_compliance/nfhslearn_course_s.pdf)
- **ALL DOCUMENTS ABOVE WILL NOT BE ACCEPTED IN PERSON, THEY MUST BE UPLOADED**

If you have any questions, please contact the athletic trainer at [smedicine@jesuittampa.org](mailto:smedicine@jesuittampa.org) for assistance.