

Date: 02.27.2020  
Schools: Jonesboro, Nettleton, Valley View, Westside, Brookland, Bay,  
Attention: Riverside Coaches and Parents



## 2020-2021 ATHLETIC PRE-PARTICIPATION EVALUATIONS

St. Bernards Sports Medicine is proud to provide this year's physicals for our covered schools. We are excited to announce the continued partnership of St. Bernards Sports Medicine and St. Bernards Medical Group in an effort to provide the most comprehensive athletic physical possible. The physicals will be held on SUNDAY – APRIL 19th during the St. Bernards Medical Group Health & Fitness Expo at the First National Bank Arena. Athletes and their parents MUST enter the BLUE ENTRANCE. Only clear bags will be allowed in to the Arena. You will proceed to the registration tables. Please note that junior high is for those students entering 7th-8th grade this fall, and senior high is for those students entering 9th – 12th grade. Please read the instructions below to assist you in helping make our event a success.

### SCHOOL TIMES:

11:00 a.m. - Brookland  
11:30 a.m. - Nettleton Jr. High  
11:45 a.m. - Nettleton Sr. High  
12:00 p.m. - Bay  
12:30 p.m. - Annie Camp, Jonesboro  
1:00 p.m. - MacArthur, Jonesboro  
1:30 p.m. - Jonesboro  
2:00 p.m. - Riverside  
2:15 p.m. - Valley View Jr. High  
2:30 p.m. - Valley View Sr. High  
3:00 p.m. - Westside

**To ensure proper flow, please  
arrive at your designated time  
slot. (Unless you are unable)**

### IMPORTANT:

1. Parents – You must create an account with SportsWare Online and complete the athlete information section, medical history section and HIPAA electronic form. The HIPAA section ensures confidentiality of information collected during the physicals and management during the school year by the Certified Athletic Trainer and medical staff. The SportsWare forms must be completed by April 9th.
2. The Optional Healthy Blood Draw is for any student who did not receive one during an EXPO Pre-participation Evaluation last year. Healthy Blood Screenings are recommended at least once during your lifetime but can be done yearly to identify chronic health conditions. This screening is available to all student athletes and their parents for FREE. This screening area is located between the red and yellow entrance.
3. Wear appropriate clothing – wind pants or gym shorts. No skirts or tight blue jeans. Sport bra recommended for females under their shirts.
4. Physicals are for all athletes entering Grades 7-12 during the 2020-2021 school year. This includes current 6th graders planning to play school sports next season.
5. Coaches are encouraged to be present to help with crowd control.
6. NO MAKE UP DATE!

### ELECTROCARDIOGRAM (EKG)

In collaboration with Drs. Devi Nair & David Vance, Electrophysiologists with St. Bernards Heart & Vascular here in Jonesboro, St. Bernards Sports Medicine will be providing FREE EKG screenings to our SENIOR HIGH (those students entering 9th – 12th grades) athletes. This screening procedure examines the heart rhythms and can identify abnormalities that could be life-threatening. It is important to note that EKGs are not mandatory for athletic participation; however, we highly recommend taking advantage of this opportunity.

I would like to thank you in advance for your cooperation in this event. We are proud to serve our athletic community and look forward to assisting you in the future. If you have any questions about our Sports Medicine program located at St. Bernards Health & Wellness Institute feel free to contact me. Thank you and have a great year!

A handwritten signature in black ink, appearing to read "AShatley".

Andy Shatley, PT, SCS  
Director, St. Bernards Sports Medicine  
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ashatley@sbrmc.org

Dear Parent,

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

To enter your information, visit [www.swol123.net](http://www.swol123.net).

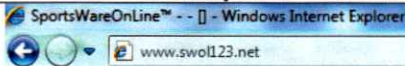
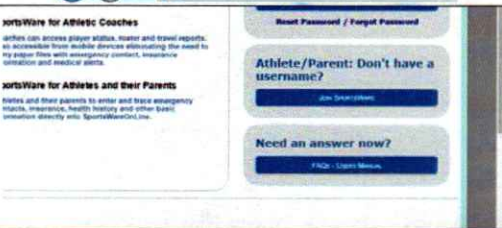


### Registered Last year?

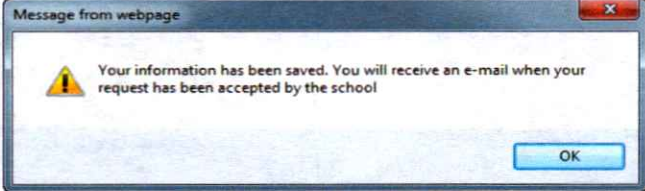
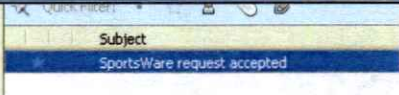
If you have an account and registered last year simply log in with your username and password. Once logged in update your information. Directions are below, if needed..

### Forgot your Password?

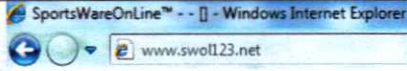

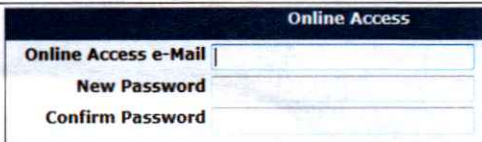
*If you have forgotten your password, Enter your email address in and click on the "Reset Password" button to be directed to reset your password.*

## 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>All School IDs are 20007.</b> And hit "Next"	
Enter your Student's First Name, Last Name, Email address, School group and click the Send button. You will have to set up a second account for any additional Students. You may use the same email address but set up a different password for each account.	

<p>Your request to join SportsWare will then be sent to the Athletic Trainer for review. This could take up to 24 hours.</p>	
<p>Once your request is accepted you will receive an email with the Subject "SportsWare request accepted".</p> <p>Open the email and click on the link to setup your password.</p>	 <p>Once you receive your email from the athletic trainer you can proceed with registration as follows. Once the email is sent you have 24 hours to set up a password before the link expires. If this happens simply email your Athletic Trainer and they can help with any problems.</p>

## Setting Your Password

Instruction	Example
<p>Go to <a href="http://www.swol123.net">www.swol123.net</a></p>	
<p>Enter your Email Address and click the <b>Reset Password</b> button.</p>	
<p>You will receive an email with the Subject "SportsWareOnLine Password Request".</p> <p>Open the email and click on the link to reset your password. Enter your email address, new password and click the <b>Save</b> button.</p>	

## Updating Your Information

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

At the top of the homepage is the Menu Bar.

Go to:

**My Info tab:** Fill in required fields in the General Information page. Don't forget to scroll down to the bottom right side of the page and click at least one sport. Some information might be already present. Please make sure it is accurate then **Click on the Emergency tab** circled in the picture on the right. Fill out required fields and then add any medical alert information under the **Medical tab**. Once this is completed hit save.



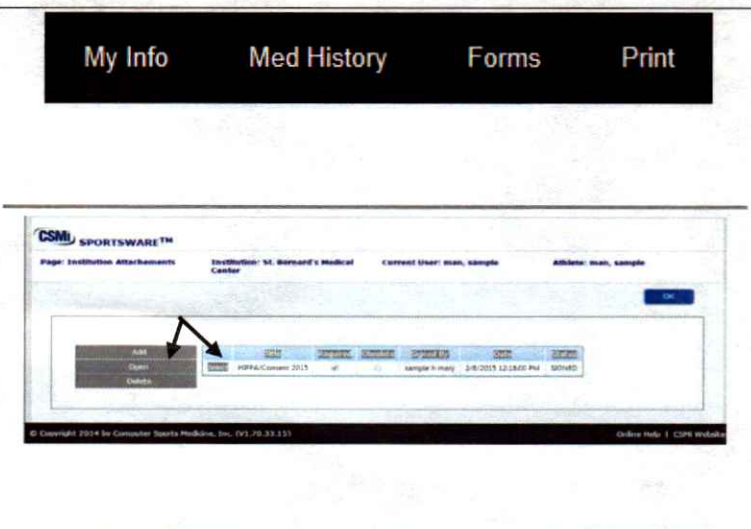
RETURN TO THE HOME PAGE TO FINISH ENROLLMENT  
see next page

From the homepage again...

Go to:

**Med History tab:** Complete a Medical History questionnaire as all areas are required. (Even questions that are irrelevant click "NO")

**Forms Tab:** 1. Click the tab that says Forms. 2.. Click "select" until the row is highlighted. 3. Click "open" 4.. READ and fill out the form for submission. Be sure to click the acknowledgment box at the top when it pops up at the end. Then Click the **"Save and Submit"** button. You will do this for all the forms listed.



Thank you for your participation. If you have any questions, please contact your athletic trainer via email or phone.

Sincerely,

Leah Hill

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