

Dear NOC Student Athlete:

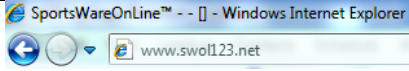

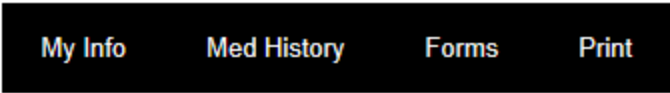
Prior to returning for the upcoming school year, you must update the Athletic Training Department with current address, emergency contact, insurance, medical alert and health history information. To expedite this process Northern Oklahoma College uses an online data entry system.

To update your information, visit [www.swol123.net](http://www.swol123.net). To sign in you need to enter the email address and password that you used last year when entering your information. If you do not remember your password, please follow the instructions on resetting your password.

## Updating Your Information

### Things you will need in order to properly complete the forms:

1. Up to date addresses and phone numbers for yourself, parents/guardians, emergency contacts.
2. A digital copy of both the front and back of your insurance card(s), health, dental, vision if applicable.  
The copy must be saved to the device you are completing these forms on in order to upload it.  
**\*\*NOTE: you can upload additional copies of cards by choosing "ADD" under the "FORMS" tab.**
3. Immunization record (dates).

Instruction	Example				
Go to <a href="http://www.swol123.net">www.swol123.net</a>					
Enter your Email Address, password, 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 "You have 4 forms to complete/download".</p> <p><b>Notices and Handbooks:</b> Find the NJCAA Physical Exam form and Student Accident Shield Insurance Policy Information Links in this section.</p>	 <p>Forms You have 0 form to complete/download</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p><b>*Select <u>Save</u> and <u>Submit</u> on all forms EXCEPT the Eligibility Affidavit* Simply <u>Save</u> the Eligibility Affidavit. It will be printed and signed at a later date.</b></p> </div> <p><b>Notices And Handbooks</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #d9e1f2;"> <th style="text-align: center;">Title</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">NJCAA Physical Exam Form 2017-18</td> </tr> <tr style="background-color: #d9e1f2;"> <td>2017-18 Northern Oklahoma College Student Accident Shield Provider Letter</td> </tr> <tr> <td>2017-18 Student Accident Shield Insurance Policy Highlights and Exclusions</td> </tr> </tbody> </table>	Title	NJCAA Physical Exam Form 2017-18	2017-18 Northern Oklahoma College Student Accident Shield Provider Letter	2017-18 Student Accident Shield Insurance Policy Highlights and Exclusions
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NJCAA Physical Exam Form 2017-18					
2017-18 Northern Oklahoma College Student Accident Shield Provider Letter					
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Thank you for your prompt help. If you have any questions, please contact the athletic training office for assistance.

Sincerely,

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