



How to upload your physical form

1. Log in to sportsware (www.swol123.net)
2. Click on "FORMS"
3. Click "ADD" (blue button located on the left side of the screen)
4. Upload file → "choose file"
5. Title file using specific format: Daughter's first initial and last name followed by Physical 2018
 - a. Ex. "*J Doe physical 2018*"
6. Click "OKAY"