Parents and students,

We have few changes to the Pre-Participation (physical) Paperwork for 2020-2021.

Conroe ISD and the UIL have modified the physical requirements for 2020-2021.  Incoming 7th graders, new students to CISD, and new participants for Athletics, Marching Band, Cheerleading, Drill Team, and ROTC will need to get a physical for 2020-2021.  If a student has a current and completed physical for this 2019-2020 year on file in the coach’s office, then the parents have the option to use their child's physical for the upcoming 2020-2021 year due to the Covid-19 situation. However, everyone must complete the 2020-2021 Pre-Participation Form and Medical History Form online. ​If you choose to use your child's 2019-2020 physical, please note that family history or other medical conditions may warrant the training staff to request further medical documentation and/or an updated physical.

All paperwork will be submitted online through a program called Sports Ware.   This program will help expedite the submission process and allow the Moorhead Coaches and the Caney Creek Athletic Trainers to communicate about the paperwork better.

Below is the Website for Sports Ware:

[www.swol123.net](http://www.swol123.net)

\*\*\* Important information as you start and create your account\*\*\*\*\*

1. Once you create an account:
	1. You will create a log in and password
	2. Then you will wait for the coach or trainer to accept them:
		1. Do not create a new account. (it could take a day or so to be approved)
	3. Then you will get an email – it might go to your spam or junk mail folder – so check that first.
	4. Then you can log in and fill out all of the forms.
2. EVERY box on each page must be answered and filled in – or it will not allow you to submit
	1. If you do not know the answer – put N/A in the box
3. Medical History Page
	1. Has to be filled out online – even if you go to your own Dr. and use their form, you must still fill out the medical history online.
4. Once you have completed the Medical History page - Print the medical history page to take to your Dr. and have them complete the physical and finish filling out the medical history page. You will then turn in the completed medical history page to the Moorhead coaches office or the Caney Creek athletic trainers.

If you have any questions – please contact Coach Pickett at Moorhead Jr. High or if you are going into Caney Creek – contact Chad Miller – the head athletic trainer.