Returning Student-Athlete Summer Responsibilities

Congratulations on completing another semester! Over the summer please remember to complete the following items so you are ready to play next August:

- Complete an athletic physical with Millersville University health services
- Update your insurance information on your Sportware account
- Keep your athletic trainer informed on any injury updates or new injuries

Scheduling a Physical with Health Services

As your non-traditional season has ended you may schedule your physical with health services at any time now. You must have an updated physical in order to participate in any summer workouts on campus. Schedule your appointment by calling 717-871-5250. Please remember to mention that you are a student-athlete scheduling a pre-participation physical for athletics. Once your physical is completed health services with provide the athletic trainers with a copy.

Health Services Spring Semester Hours
Mon. – Thurs: 9AM – 5PM
Fri.: 8AM–4PM

Health Services Summer Hours
Mon.-Fri: 8AM – 4PM
Fax: 717-871-7926
Phone: 717-871-5250
Email: hservices@millersville.edu
https://www.millersville.edu/healthservices/
Updating Your Sportware Information

1. After June 1 access www.swol123.net
   - Do not try to complete this process prior to June 1; the system does not reset until June

2. Enter your email and password; your email is the one that receives team messages from the athletic trainer. Your password is typically your M-number; if you forget your password select the reset/forgot password option.

3. Select the “Incomplete Athlete Information” Section

   ATHLETE’S PORTAL - ATHLETE

   Forms
   You have 0 form(s) to complete/download.

   Status
   Your Athlete Information is INCOMPLETE. Please click here to complete it.
   Your Medical History is INCOMPLETE. Please click here to complete it.

Navigating through the first four tabs at the top of the screen go through review and update all information designated with a red start (*). Please also make note of the following:

   - Upload photos of the front and back of your insurance card

When you are finished be sure to click “Save” in the top right corner or your information will be lost.

Current or New Injuries

If you are currently being treated for an injury and want to continue your treatment on campus this summer an athletic trainer will be available; hours are still being determined but will be communicated soon.

If you are seeing an outside physician or physical therapist for your injuries, you must provide documentation of your progress. You can bring your notes with you back to campus or send the notes to your athletic trainer via fax or email. Remember that only athletic related injuries disclosed to the athletic trainer prior to seeking outside
treatment are eligible for Millersville University's athletic insurance. If you have questions about this please contact your athletic trainer.

If you sustain an injury this summer, even if it is unrelated to your sport, contact your athletic trainer and inform them. This allows for the proper injury prevention measures to be put in place when you return to campus. You will also need to provide any doctor's or physical therapy notes to your athletic trainer.

If you have any questions or concerns about this process, please feel free to contact Heather Wolfe.

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Athletics
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