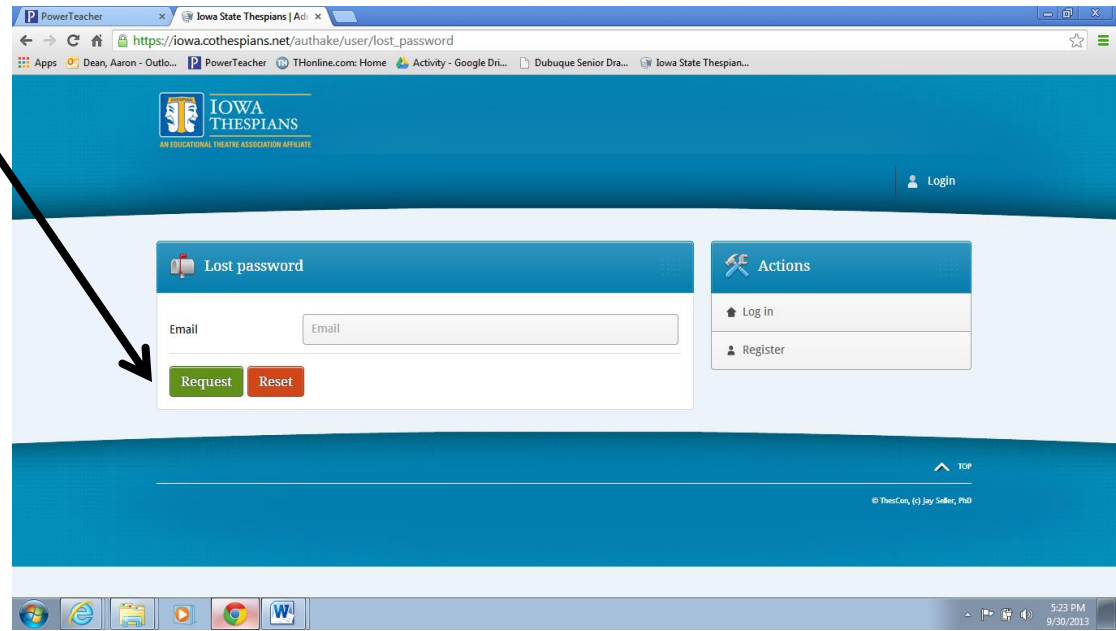
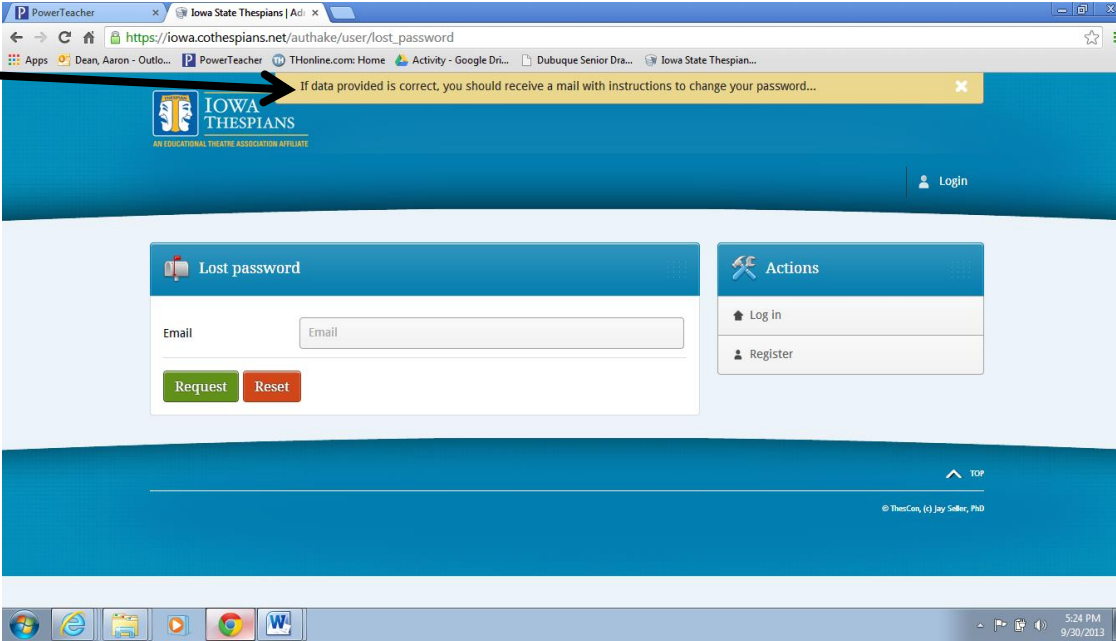


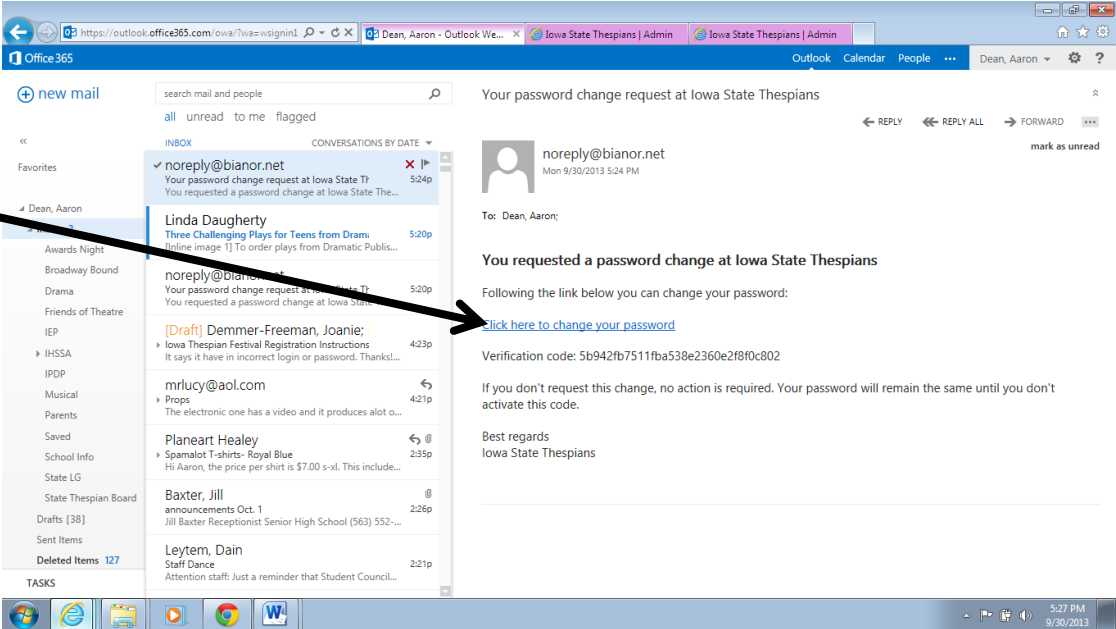
FIRST PAGE – Enter your email address and hit the green “REQUEST” button



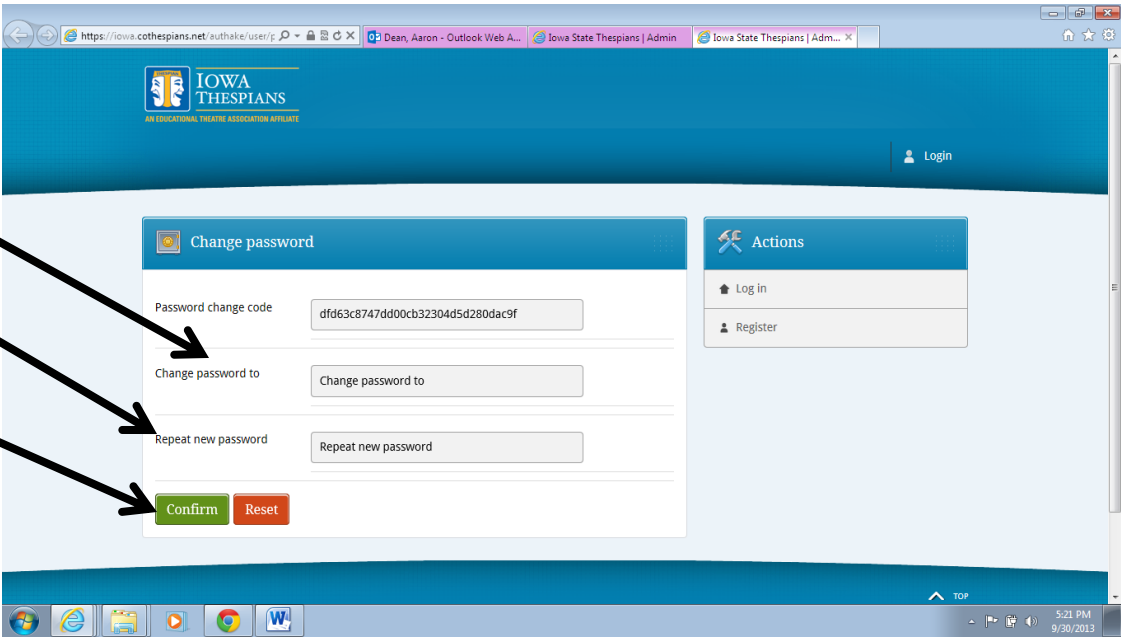
After you hit “REQUEST” – the top of the page should read “If data provided is correct...”



In your email, click on the link that says “Click here to change your password”



The link in your email should take you to this screen. Input your new password and repeat. Then click on the confirm button



Once you have confirmed your new password, go back to <https://iowa.cothespians.net/> and log-in with your email address and new password