```php
<?php
include ("../Connection/Connection.php"    );
    session_start ();
      $selQry ="select * from tbl_team where team_username='"     .$_SESSION['username' ]."'" ;
      $sel =mysql_query  ($selQry ,$d)or die (mysql_error ());
      $row =mysql_fetch_array  ($sel )or die (mysql_error ());


if (isset ($_POST['btnSubmit'  ]))
{
    $contact =$_POST['txtContact'  ];
    $email =$POST['txtEmail'  ];


  $upQry ="update tbl_team set team_email='"    .$email ."',user_contact='"   .$contact ."' where team_username='"   .$_SESSION['
  username' ]."'" ;
  //echo $insQuery;
        mysql_query  ($upQry ,$d)or die (mysql_error ());
        echo "<b>Updated Completed Successfully!"    ;
        header ("Location:Homepage.php"    );
    }
    ?>










<!DOCTYPE html PUBLIC  "-//W3C//DTD XHTML 1.0 Transitional//EN"    "http://www.w3.org/TR/xhtml1/DTD/xhtml1-transition
al.dtd" >
<html xmlns= "http://www.w3.org/1999/xhtml"    >
<head>
<meta http-equiv= "Content-Type"   content= "text/html; charset=utf-8"    />
<title> Untitled Document  </title>
</head>

<body>
<form id= "form1"   name="form1"  method= "post"  action= "" >
  <table width= "200"  border= "1" >
    <tr>
     <td>Contact </td>
     <td><label  for= "txtContact"  ></label>
     <input type=  "text"   name="txtContact"   id="txtContact"    value= "<?php echo $row['team_contact'];?>"/></td>
    </tr>
    <tr>
     <td>Email</td>
     <td><label for="txtEmail"></label>
     <input type="text" name="txtEmail" id="txtEmail" value="<?php echo $row['team_email'];?>" /></td>
    </tr>
    <tr>
     <td colspan="2"><input type="submit" name="btnSubmit" id="btnSubmit" value="Submit" /></td>
    </tr>
  </table>
</form>
</body>
</html>
```