

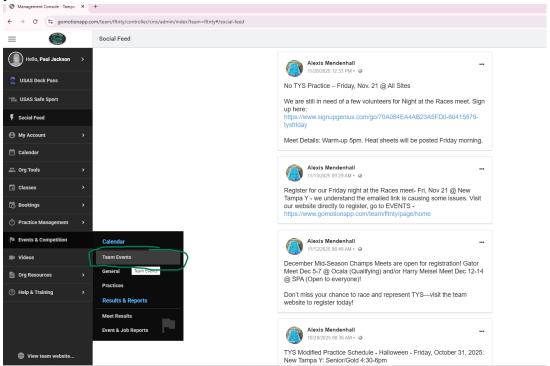
#### Step 1 — Go to the Team Website and Sign in

Visit: https://www.gomotionapp.com/team/fltnty/page/home

# Step 2 — Open the Events Section

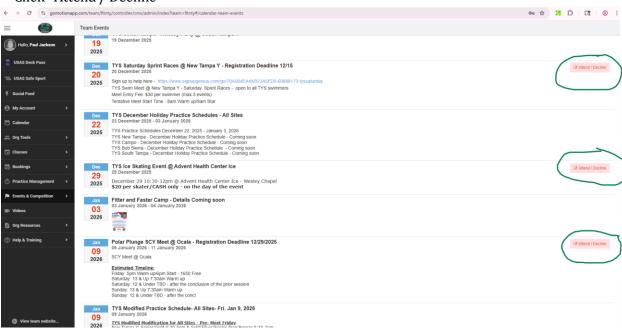
On the left side menu, click:

Events & Competition → Team Events



Step 3 — Find an Event with "Attend / Decline" Events open for registration show a red "Attend / Decline" button.

# Step 4 — Click "Attend / Decline"





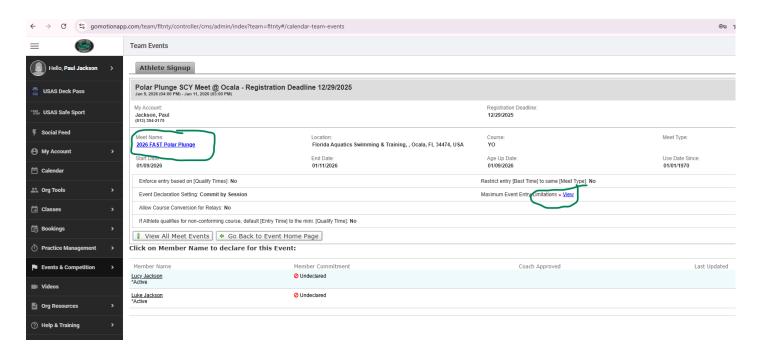
Example meet: Polar Plunge SCY Meet @ Ocala (01/09/26 – 01/11/26)

Blue Link #1 — Meet Name

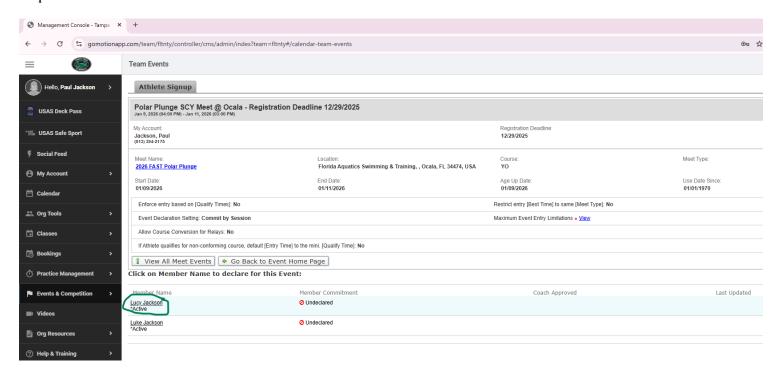
Shows day, session, event number, event type, category, age group, distance, stroke, and qualifying times.

Blue Link #2 — Event Entry Limits

Shows maximum events per day/session.

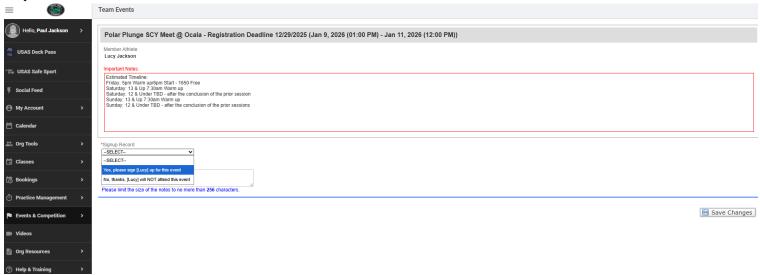


#### Step 5 — Click Your Child's Name



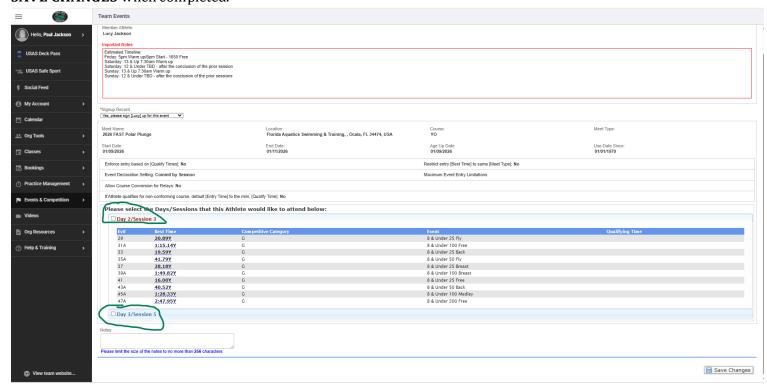


## Step 6 — Select "Yes" or "No"



### Step 7 — Select Eligible Sessions

Choose the sessions your child CAN attend. Sessions your swimmer CANNOT attend must be left BLANK. **SAVE CHANGES** when completed.



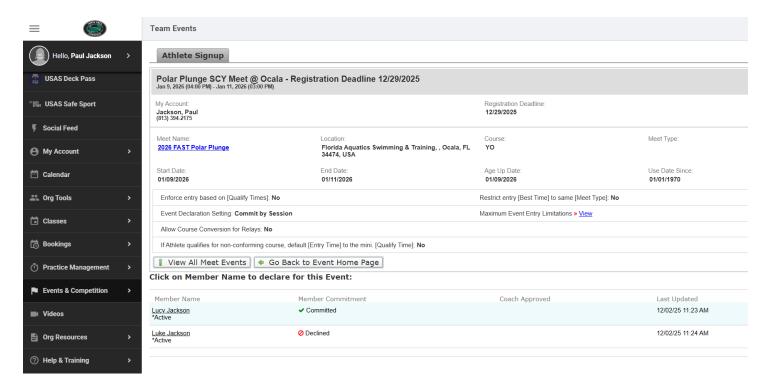
Notes Section: Use the notes box to communicate with coaches about meet-specific details. Examples:

- "We need to leave by 11:30 am due to another commitment."
- "She would like to try 100 IM if you feel she's ready."

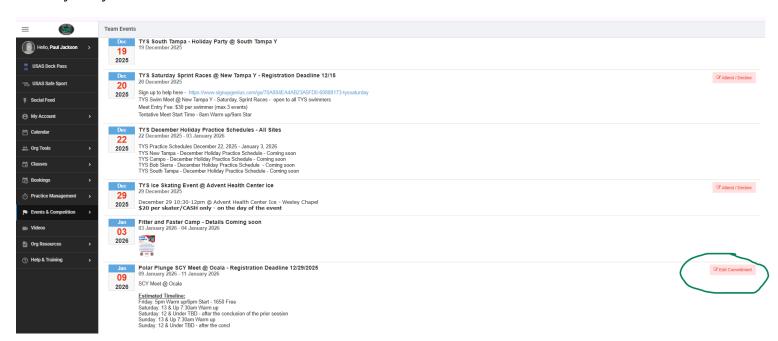


## After Saving:

You will see your swimmer listed as Committed or Declined.



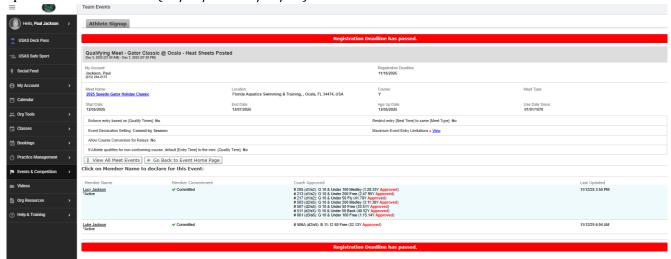
You may edit your commitment until the meet deadline.





#### After You Enroll:

Coaches will select your swimmer's events. Chosen events can be viewed by clicking edit commitment Example: Gator Classic Meet (12/05/25 - 12/07/25)



As the meet approaches (24–72 hours before), timeline, heat and psych sheets, and relay info will be posted.

