

Welcome to Sheridan Swim Team!

We are so happy you made the commitment to join our team! We know how overwhelming it can be in the beginning, so hopefully this packet will help answer all of your questions.

First Steps:

1. Create an account on our team website
<https://www.gomotionapp.com/team/issst/page/team-registration>
2. Register for the season you are participating in:
Short Course – competitive, USA Swimming league from August-March
Long Course – competitive, USA Swimming league from March-July
River Country – local, recreational league from May-July
3. If you select Short Course or Long Course, you have to register with USA swimming.
[USA Swimming](#) in order to practice or compete this is needed annually
4. Add a credit card to your account for easy payments
5. Contact **Coach Thomas** to find out which practice group will be appropriate for your child.
Email stormcoachthomas@gmail.com
The practice groups are linked here:
<https://www.gomotionapp.com/team/issst/page/competitive-team/practice-groups>
The practice schedule is linked here:
<https://www.gomotionapp.com/team/issst/page/competitive-team/calendar#/views/month>
The recommended equipment list is linked below: (also available at practice if needed)
<https://www.gomotionapp.com/team/issst/page/competitive-team/equipment-lists>
6. Download the free app **On Deck** for easier accessibility to the website
Here you can see the meet schedule, practice schedule, sign up for meets, look at your swim team fees, and even sign up to volunteer! You will use the same username/password as you used to register on the website.

How do I sign up for a swim meet?

- Open OnDeck app → Tap Events/Jobs → Tap Events & Meet Entries
- Tap Declare to confirm whether or not you plan to swim at each meet
- Tap your swimmer's name to select which sessions you plan to attend
- Tap the name of the event for details about the address, warm up times, etc.

How do I pay my swim team fees?

- Swim meet fees will be applied to your account during the week of the meet
- Credit Cards registered to your account it will automatically be charged on the 20th of the month
- You can also drop a check off in the drop off box at the pool (located on wall near lost and found)
- Coach traveling fees will be applied to your account – see registration packet for more details

