

AquaForce Start of Season Checklist

- Get registered at the front desk
- Review with your swimmer, complete and turn in the “Code of Conduct” form for each swimmer
- Complete and turn in the “Contact Information” form *for each swimmer* (this information will be used to send your website log-in information)
- Create a message folder and put in the file box (1 per family)
- Pick up an Equipment Check List for your family
- Ask questions during the parent meeting
- Meet someone new
- Talk to a coach
- Visit www.TeamUnify.com/mnnha to see the calendar with meets and events, practice times, to order meet suits and other equipment, and to *verify your information*
- Request to join the AquaForce’s facebook *closed* group at www.facebook.com/groups/95957928612/