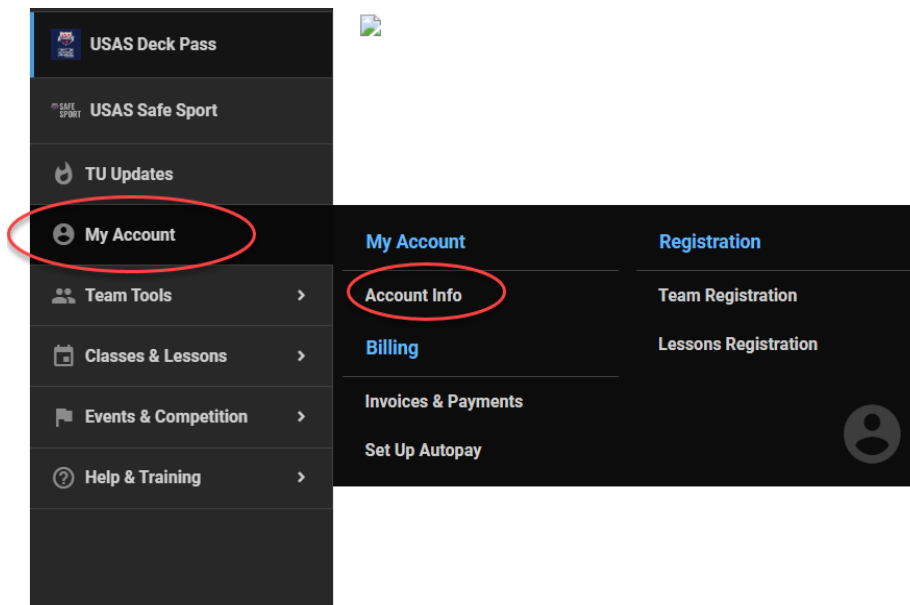


Steps to find the practice group your swimmer is in:

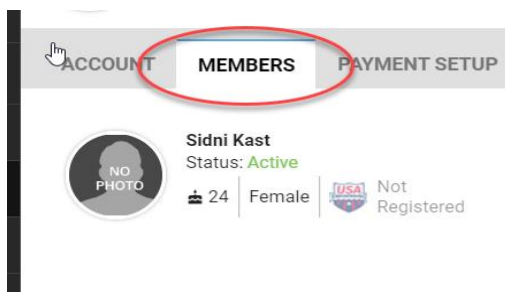
Sign in to your online account:



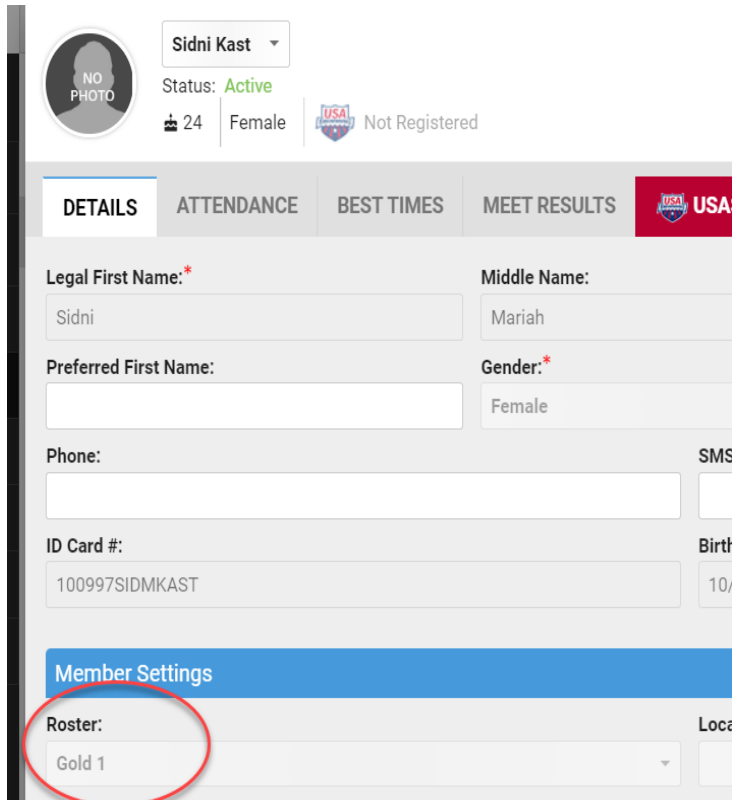
1. Click "My Account" on the left side of the screen.
2. Click "Account Info" on the submenu



3. Click "Members" tab



4. Click the swimmer's name.
5. Scroll down to the field "Roster". This will indicate the practice group.



The image shows a swimmer's profile page. At the top left is a circular placeholder for a photo with the text "NO PHOTO". To its right is a dropdown menu showing "Sidni Kast". Below the name, the status is "Active" in green. Further down, there is an age field with "24", a gender field with "Female", and a "USA" logo with the text "Not Registered".

Below this information is a navigation bar with four tabs: "DETAILS", "ATTENDANCE", "BEST TIMES", and "MEET RESULTS". The "DETAILS" tab is selected and highlighted in blue. To the right of the "MEET RESULTS" tab is a red "USA" logo.

The main content area contains several form fields:

- Legal First Name:** A text box containing "Sidni".
- Middle Name:** A text box containing "Mariah".
- Preferred First Name:** An empty text box.
- Gender:** A dropdown menu with "Female" selected.
- Phone:** An empty text box.
- ID Card #:** A text box containing "100997SIDMKAST".
- Member Settings:** A blue header section containing a dropdown menu for "Roster" with "Gold 1" selected. This dropdown is circled in red.

On the right side of the form, there are partial labels for "SMS", "Birth", and "Loca".