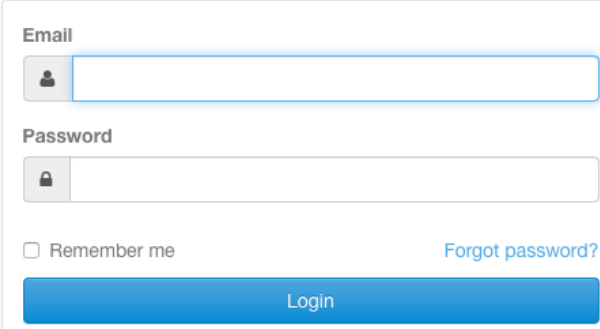


Swim Meet Commitment (TeamUnify)

1. Go to: <http://www.lakelinganoredolphins.com>
2. Sign in to your account (NOTE: your login is the email/password used to register - email lldolphinsswim@gmail.com if you need assistance).

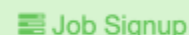


Form showing login fields: Email, Password, Remember me checkbox, Forgot password? link, and a Login button.

3. Select **Events & Competition** from the menu > Select **Team Events** tab.

4. Select the **Edit Commitment** button next to the desired meet.

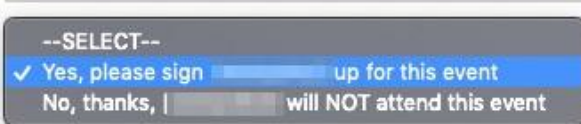
 Edit Commitment

 Job Signup

5. Select the athlete's name you want to declare for the meet. **NOTE: repeat the following steps for each athlete.**

  Undeclared
*Active

6. Select the "Yes" or "No" from the dropdown.



Dropdown menu showing options: --SELECT--, Yes, please sign up for this event, No, thanks, I will NOT attend this event.

7. Select the checkbox for the Session (Day 1/Session 1)

Please select the Days/Sessions that this Athlete would like to attend below:

☒ Day 1/Session 1

8. Use the **Notes** section to request specific events or communicate any limitations to coaches (e.g., swimmer can only attend the first half of the meet).

Notes:



Text area for notes.

9. Select the **Save Changes** button.

10. You will receive an email confirmation:

Lake Linganore Dolphins

Divisionals Swim Meet (at Braddock Heights) Declaration Confirmation

Thank you for your declaration for Divisionals Swim Meet (at Braddock Heights). This event starts 07/20/2019 and ends on 07/20/2019. Below is a summary of your choices.

Athlete Name  Declared for the below events:

- Day 1 Session 1

11. You can also complete Meet Sign-up through the **OnDeck mobile app** - View the [Tutorial](#) (scroll to the DECLARE (sign up) for events section)