

PARENT HOW-TO-DO's

How to Sign Up (Pre-enter) for Meets:

You must pre-enter your swimmers in order to participate in meets.

Step 1: Log in.

Step 2: Click on the Calendar tab to go to the Meets/Events page.

Step 3: Click on "Attend/Decline."

Step 4: Click on your swimmer's name – choose from the dropdown either Yes or NO.

Step 5: Click Save.

If you sign up for a meet but *then cannot attend*, make sure to let your coach know or text 435-669-6093 and let Coach Dani know that you won't be there. Make sure to do this as soon as you know you can't be there. We assign relays and lanes approximately 45 minutes before the meet start time.

How to Sign Up to Help:

Step 1: Log in.

Step 2: Click on the Calendar tab to go to the Meets/Events page.

Step 3: Locate the correct meet and click on Job Signup.

Step 4: Choose the job you want to do and click the small button top left that says "Sign Up."

We need 22 parent helpers at every meet. Our year-round team helps at meets doing meet jobs, but we need parents to help fill in the blanks. The two essential tasks for parents at meets are: 1) lane timers, and 2) staging area. Descriptions of these jobs can be [found here](#). Instructions will be given about 30 minutes prior to the meets.

What to do at meets...

1. When you get there, check in at the clerk of course. Coaches will be writing event numbers on their arms. There are specific times for check-in for each group. Please get those times on the website under the meet information (Calendar page).
2. Swimmers then meet at the blocks for warmup at the time their coach tells them.
3. After warmup, swimmers may sit in the team area or with parents. Make sure they talk to their coach 10 minutes before their race. The coach will give them reminders for their race and then send them to the staging area.
4. After their race, they should immediately go to their coach. Then they can go sit with their parents or in the team area.
5. There are relays at meets. Those relays are assigned at the meet. So before you leave, be positive that your swimmer is NOT in any more relays. If assigned swimmers don't show up for relays, the relay is disqualified.

How to Find Meet Results:

Step 1: Log in.

Step 2: Go to My Account > Account Info > Members

Step 3: Click on the name of the swimmer whose times you want

Step 4: Click on Best Times and apply filters

Additionally, the meet result PDF will be posted online under Calendar > Meet Schedule.

How to Sign Up for Text Messages:

(if you choose not to do this, be diligent about checking emails!)

1. Log in.
2. Go to My Account > Account Info.
3. Add your mobile number and carrier info (T-Mobile, Verizon, etc). Click Save.
4. It will send you a text message to verify. Click on the link.
5. You should get a message: "Success! We have validated your primary mobile/SMS."