

MANTA RAYS SWIM TEAM PRE-SEASON CHECKLIST

FOR ROOKIE FAMILIES

FOR YOUR SWIMMER(S):		FOR YOU/YOUR FAMILY:	
	9/8: Registration Opens on Team Website-Get your athlete registered no later than 10/23/25!		Complete "Registration Part 2" Jot Form (Link is on team website)
	Ensure your athlete(s) have an active Muscatine Community YMCA membership. ***Required by YMCA of the USA league rules***		Download and Join our team app: HEJA Team Code: NE-152443 Anyone that needs to be kept in the loop about practices, meets, etc... may join (including athletes). This app is not for the general public, friends, etc...
	Ordered Required Practice Gear: *On your own: Please be sure it meets team standards and everything is labeled with your child's name! *Through the Post Registration Form by 10/13 (you will be invoiced on your Team Unify account after shipping has been calculated).		Like/Follow the team on social media (Facebook & Instagram)
	Ordered an athlete headset (through post registration form by 10/13 or purchased previously used from HEJA "For Sale" chat group)- <u>EVERY ATHLETE MUST HAVE A HEADSET!</u>		Download the "SE Motion" mobile app. This connects to your Team Unify account.
	Obtained appropriate competitive practice suits, goggles and caps. Practice suits should not be the same suit worn in competition. Please wear team suit for competition.		Signed up for Check in/Check out shifts (Link is in team newsletter and on website)
	Plan to Attend Rookie's Academy: 10/20-10/24 (at MHS: TIME TBD by age (except on 10/23 @ YMCA)-Info will be emailed and posted on HEJA		

FOR VETERAN FAMILIES

FOR YOUR SWIMMER(S):		FOR YOU/YOUR FAMILY:	
	9/8: Registration Opens on Team Website		Complete a "Post Registration Required Information Form" (Link is on team website)
	Double Check your practice gear bags!!! Make sure everything fits, isn't moldy or rotting & your bag is free of garbage.		Double check all your team apps: Heja (Team Code: NE-152443), On Deck (this is connected to your Team Unify account).
	If your swimmer needs anything new (practice gear, etc...) orders through the team must be placed by 10/13.		Like/Follow the team on social media (Facebook & Instagram)
	Double check your practice suits, goggles, caps-make sure they fit. Order/obtain new as needed		Book marked the Team Newsletter
	Regular Practices begin 10/27		Download the "SE Motion" mobile app. This connects to your Team Unify account.
			Signed up for Check in/Check out shifts