



LY New Swimmer Checklist

- ☐ Activate your YMCA membership and get a scan tag. Swimmers can be an individual member or part of a family membership and swimmers should scan in using the tag every day when they arrive at the Y. Membership can be initiated at the front desk of the Jamerson or Downtown YMCA.
- ☐ Create your password for lyswimming.org and log in. You should have received an e-mail prompt to do this. Your username is the primary e-mail address that you entered on the registration form. If you didn't receive a prompt or have difficulty, please email Abby (abby2swim@gmail.com).
- ☐ (Recommended) Download the OnDeck app from TeamUnify for your phone ([iOS](#) and [Android](#)), and log in using the same credentials that you established for our website in the first item in this checklist. This app is for parents and will allow you to easily commit to meets, see your swimmer's times, and more.
- ☐ Sign up for our [emergency text alerts](#) to receive any urgent communication relating to weather, practices, and meets.
- ☐ Make sure you know the [practice schedule](#) for the group your swimmer is in. If your swimmer is in the Bronze Group make sure you have [chosen your days](#).
- ☐ Get a competitive-style swimsuit and goggles. A competitive suit would be one-piece with no frills or lace, and not swimming trunks. You can see examples on [our team portal with our vendor Swim&Tri](#).
- ☐ Follow LY on your favorite social media: [facebook](#), [Instagram](#), and [twitter](#).
- ☐ Read our [Team Attire policy](#) and buy a team suit (for meets). Keep in mind that a suit with the logo is not required – it just needs to be a solid blue suit. You can order a suit through our [team portal](#) or via Amazon ([girls' suit](#) or [boys' suit](#)).
- ☐ Understand how to commit to meets by reading our [Meet Entry Procedures](#).
- ☐ Check the [required equipment list](#) for your swimmer's group and order anything you need via our [team portal](#). We recommend that swimmers in the Gold group and above use a mesh bag to keep track of their equipment.
- ☐ If you have any questions, email Abby (abby2swim@gmail.com) or Ryan (ryanwoodruff@ymcacva.org).