

WELCOME TO CST E

BRONZE GROUP NEW MEMBER ONE-SHEET

PRACTICE SCHEDULE

THE PRACTICE SCHEUDLE CAN BE FOUND

WEEKLY PRACTICE SCHEDULE

WHEN PRACTICE SCHEDULE CHANGES OCCUR, WE WILL EMAIL YOU WITH AS MUCH ADVANCE NOTICE AS POSSIBLE

FOR AN IDEA OF HOW PRACTICES WORK, PELASE REFER TO THE LINK BELOW:

SWIM PRACTICE 101

GEAR & EQUIPMENT

MOST TEAM GEAR CAN BE PURCHASED THROUGH OUR TYR TEAM STORE

LINK

ACCESS CODE: 02787

ONCE IN OUR PORTAL, SCROLL DOWN TO FEATURED ITEMS AND IT WILL SHOW YOU OUR RECOMMENDED EQUIPMENT

BRONZE NEEDS THE FOLLOWING GEAR
KICKBOARD / SNORKEL / LONG FINS /
SWIM SUIT / GOGGLES

VOLUNTEERISM

WE HAVE VOLUNTTER OPPORTUNITIES THROUGHOUT THE SEASON AT MEETS AND TEAM EVENTS THAT WE NEED YOUR HELP WITH!

A MEMBER OF THE TEAM WILL REACH OUT BEFORE EVENTS ABOUT SIGNING UP FOR VARIOUS TEAM NEEDS

MEETS & EVENTS

HOW TO SIGN UP

ONCE YOU HAVE CREATED YOUR TEAM UNIFY ACCOUNT:

1. GO TO EVENTS & COMPETITION
2. SELECT TEAM EVENTS
3. SCROLL TO THE SPECIFIC MEET
4. SELECT THAT MEET
5. CLICK ON YOUR MEMBER YOU WISH TO SIGN UP
6. SELECT "YES/DECLARE" FOR MEET UNDER THE DECLARATION DROPDOWN

WE WILL THEN ASSIGN EVENTS FOR YOUR SWIMMERS AND SEND ENTRIES TO THE MEET HOST. WE WILL SEND OUT A MEET INFO EMAIL USUALLY 2-3 DAYS BEFORE THE START OF THE MEET

WHAT TO BRING

WATER
HEALTHY SNACKS
SWIMSUIT / GOGGLES / CAP
TOWEL
CHAIR
WARM CLOTHES

HOW MEETS WORK

WE WILL LET YOU KNOW:
WHERE / WHEN TO BE
SWIMMER EVENTS
OTHER IMPORTANT INFO

AS FAR AS HOW MEETS OPERATE, PLEASE VISIT THE BELOW LINK:

SWIM MEET 101

THIS IS NOT ALL-ENCOMPASSING BUT WILL GIVE YOU A STRONG IDEA OF WHAT TO KNOW!

FAQ DIRECTORY

WE ARE HERE TO ANSWER ANY QUESTIONS YOU HAVE! FOR SPECIFIC QUESTIONS, PLEASE CONTACT:

ANY QUESTIONS: **HC BRADFORD HANCOCK**
VOLUNTEERING/BILLING: **ADMIN MEL EISENHAMER**
MEETS/EVENTS: **ASSOC HC JAYCEE FRASER**
BUSINESS SIDE/OTHER: **OWNER PETE MCVEY**

BRADFORD@SWIMCSTE.COM
MEL@SWIMCSTE.COM
JAYCEE@SWIMCSTE.COM
PETER@SWIMCSTE.COM