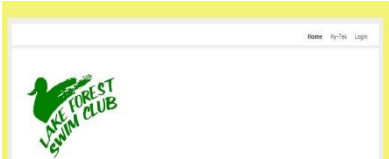





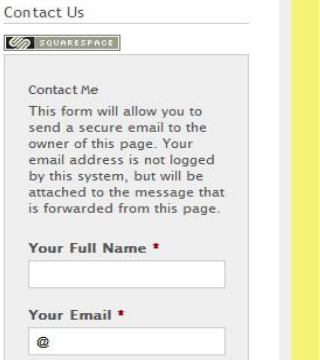
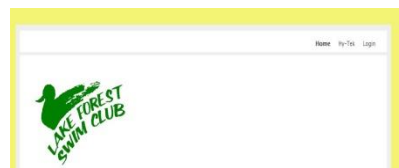


<p>Go online to <a href="http://www.swimlfsc.org">www.swimlfsc.org</a>, our Home page looks like this →</p> <ul style="list-style-type: none"> <li>● <b>HOME</b>-- returns you to the Home page</li> <li>● <b>HY TEK</b> takes you to Meet Entries</li> <li>● <b>LOGIN</b> is a special Member login feature we have not yet activated.</li> </ul>	
<p><b>On the right side is the Navigation area. These links take you to the various features and information pages on our website. Brief descriptions and highlights are below; most are self-explanatory.</b></p>	
<p>Not sure what to do first? Try these features:</p> <ul style="list-style-type: none"> <li>● What's New—this is a good place to start; as the website is updated it is recorded here.</li> <li>● Search—can't find it? Can't remember? Try our search function.</li> <li>● Download—many files posted on the site are available here</li> <li>● Links—other swim sites</li> </ul>	
<p>We're still building out this section.</p> <p>Online registration, forms and other membership information will be available here soon. For now you can learn more about our various practice squads.</p>	
<p>Two very important links here, VISIT OFTEN:</p> <ul style="list-style-type: none"> <li>● Practice Schedule—the regular practice schedule for each squad</li> <li>● Club Calendar—practice schedule changes and club activities are found here.</li> </ul>	
<p>Another very important area to VISIT OFTEN:</p> <ul style="list-style-type: none"> <li>● Hosted Meets—all swimmers are expected to compete in these meets.</li> <li>● Meets—our meet schedule (to be protected for Members)</li> <li>● Championship Meets—(to be protected for Members)</li> </ul>	
<p>Our instructional programs are here:</p> <ul style="list-style-type: none"> <li>● Clinics—information and online registration</li> <li>● Swim School—here's where it all begins!</li> </ul> <p>The Coach's Corner section is still very much under construction. We post interesting articles and educational information here.</p> <p>Notes from our coaches are planned for the section, check in from time to time.</p>	
<p style="text-align: center;"><b>Questions? Send us a note or call 847 295 8343</b></p>	

Go online to [www.swimlfsc.org](http://www.swimlfsc.org), our Home page looks like this →

- **HOME**-- returns you to the Home page
- **HY TEK** takes you to Meet Entries
- **LOGIN** is a special Member login feature we have not yet activated.

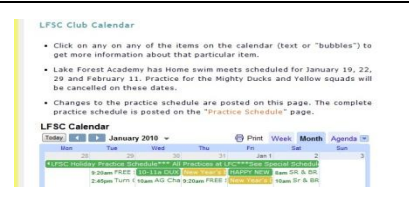


## Practice Schedule, Calendar and Schedule Changes.

The PRACTICE SCHEDULE link takes you to the current regular practice schedule. This is the daily practice schedule for all squads. Unless a change is posted on the Club Calendar or otherwise communicated, this is our practice schedule.



The CLUB CALENDAR link brings you to our online Google calendar. Club activities and practice schedule changes are posted here. It is important to check here regularly for any practice schedule changes.



## Entering Swim Meets

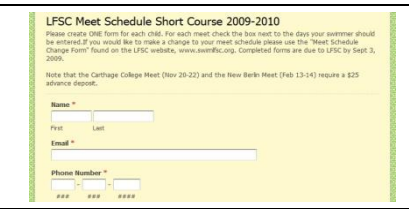
From the MEETS navigation area click on MEET SCHEDULE



Click the REGISTER ONLINE TODAY link



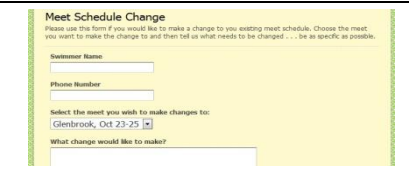
Complete the online meet sign-up form. Be sure to print a copy for your records. All meet schedule forms are stored in an online database and downloaded for our records in excel spreadsheet format.



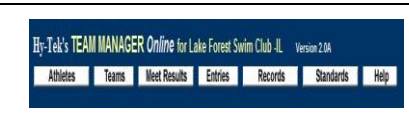
If you want to check your meet entries click the HYTEK ONLINE Link. To make a change to your meet schedule click the MEET SCHEDULE CHANGE FORM link.



Complete the MEET SCHEDULE CHANGE FORM to submit the change.



On the HYTEK ONLINE section click any link for more information



**Questions? Send us a note or call 847 295 8343**

