

# M.E. LYONS YMCA/ANDERSON BARRACUDAS

## GETTING STARTED CHECKLIST

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### 1. SETTING UP A TRYOUT

- Complete a FREE evaluation at **M.E. Lyons YMCA (8108 Clough Pike, Cincinnati, OH 45244)**.
- Contact Nik Balmer at [nbalmer@myy.org](mailto:nbalmer@myy.org) or 513-474-1400 ext. 2324 to set up an appointment.
- Bring a suit, towel, goggles, and meet your new coach!

### 2. AFTER THE TRYOUT – REGISTER & BILLING MUST BE DONE PRIOR TO ATTENDING YOUR FIRST PRACTICE

- Receive your welcome email from the team admin.
- Read over the registration instructions included in the informational packet provided at your tryout or found [here](#). Make sure you understand all the costs, how you will be billed and the requirements for parent participation (if applicable).
- Complete your registration by clicking [here](#). It is recommended to complete this step on a laptop or desktop computer.
- Stop by M.E. Lyons or Campbell County YMCA and ensure that you have an *active* YMCA Membership account (mandatory for all Competitive Team members e.g. those groups not Masters or Pre-Competitive).
- Fill out the payment form provided in your welcome email and email it to [nbalmer@myy.org](mailto:nbalmer@myy.org).
- [Click here](#) to check the equipment requirements for your group. Follow the instructions to order any necessary equipment including your team suit.

### 3. SWIM PARENTING BASICS

- Read up on how to sign up for meets and volunteer jobs [here](#).
- Check out the Safe Sport material listed [here](#). Make sure that you understand all material listed on the parent page and have read over the MAAPP policy for ABLY.
- Download the OnDeck app on your mobile phone to track attendance, sign up for meets/jobs, check best times, and access your team information on the go.
- Familiarize yourself with the layout of our website, [ablyswim.org](http://ablyswim.org). Note the following tabs and the information contained: "Schedules", "Travel", "General Info", and "Team"



**QUESTIONS?**  
**EMAIL [NBALMER@MYY.ORG](mailto:nbalmer@myy.org) OR VISIT [ABLYSWIM.ORG](http://ablyswim.org)**

