

Team Unify Meet Sign-Up

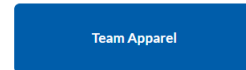
Below is a step by step guide for signing up to Swim Meets for this Summer. Hopefully this helps, and please reach out to Coach Nate or Coach Derek for answers to any questions!

1. Login to Team Unify. www.teamunify.com/ohlf
2. Click on the Summer Swim Team Tab. Then Deerfield Hammerheads.



Life Time Swim Ohio

Our team is a year-round competitive USA Swimming team offering high quality, professional coaching and technique instruction for all ages and abilities. The goal of our team is to promote a lifetime of wellness through the sport of swimming.





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DRF Life Time Hammerheads Practice Schedules

- 2022 Life Time Hammerheads Summer Practice Schedule May 16th - May 27th
- 2022 Life Time Hammerheads Summer Practice Schedule May 31st - July 28th
- 2022 Life Time Hammerheads EVENING OPTION Practice Schedule May 31st - July 28th
- 2022 Life Time LTSO Summer Practice Schedule May 31st - July 28th

DRF Life Time Hammerheads Important Dates

- Monday, May 16th 2022** Hammerheads Practice Begins!!! (See above for practice schedules)
- Thursday, May 19th 2022 @ 11:59pm** Spirit Wear Order Due
- Sunday, May 22nd 2022** Meet the Team Night
 - Location: Life Time Outdoor Pool
 - Time: 5:30p-6:30p
- Tuesday, May 31st 2022** Morning Practice Begins

3. Select the Meet you would like to Sign-Up for by clicking the blue name of the meet

DRF HOME Life Time Hammerheads Intrasquad Meet

Friday, June 3rd 2022

Location: 8310 Wilkens Blvd, Mason, OH 45040

Registration Deadline: Tuesday, May 31st at 11:59pm

Warm Ups

13&Over Swimmers: 8:00a-8:15a ***Please be at the pool by 7:55a**

12&Under Swimmers: 8:15a-8:30a ***Please be at the pool by 8:05a**

Meet Starts around 8:30a and will conclude by

THERE WILL BE NO SWIM PRACTICES FRIDAY, JUNE 3rd

- Athlete Roster
- Heat Sheet
- Relays
- Meet Results

DRF AWAY Life Time Hammerheads vs Landen Stingrays

Tuesday, June 7th 2022

Location: 8873 Creekwood Ln, Maineville, OH 45039

***Registration Deadline: May 31st, 2022**

Life Time Warm ups

12&Unders: TBD

13&Overs: TBD

Meet will begin around

- Athlete Roster
- Volunteer Signup

4. Select Edit Commitment

Team Event Details [Edit Commitment](#) ✕

DRF Life Time Hammerheads Intersquad Meet

Jun 03, 2022 - Jun 03, 2022 | [8310 Wilkens Blvd, Mason, OH 45040](#) |

EVENT INFORMATION

Event Location: 8310 Wilkens Blvd, Mason, OH 45040

Start Date Time: Jun 03, 2022 08:00 AM End Date Time: Jun 03, 2022 12:00 PM Registration Deadline: May 31, 2022

Job Signup Deadline:

DESCRIPTION

This is our first unofficial meet of the Summer Season! This is an opportunity for all of our swimmers to become familiar with the meet format for the Summer! No Practices will be held on June 3rd as a result.

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THERE WILL BE NO SWIM PRACTICES FRIDAY, JUNE 3r

[Close](#)

5. Click on Athletes that are under your account

Athlete Signup

DRF Life Time Hammerheads Intersquad Meet

Jun 3, 2022 (08:00 AM) - Jun 3, 2022 (12:00 PM)

My Account: Berkmeier, Nate (913) 779-8822 Registration Deadline: 05/31/2022

Click on Member Name to declare for this Event:

[VIEW DEMO](#)

Member Name	Member Commitment	Last Updated
Nate Berkmeier Active	Declined	05/19/22 11:03 AM

6. Select Yes or No then SAVE CHANGES in the Bottom right

DRF Life Time Hammerheads Intersquad Meet (Jun 3, 2022 (08:00 AM) - Jun 3, 2022 (12:00 PM))

Member Athlete:
Nate Berkmeier

*Declaration
(Yes, please sign /Note/ up for this event)

Notes
(days cannot attend, etc.):

[Save Changes](#)

Side Notes:

- Meet Sign-Ups will close a week in advance (the only exception is the DRF Life Time Hammerheads Intersquad meet). Any other entries past that date will be handled case by case.
- If you have a sudden change in plans and cannot attend a Meet, PLEASE LET COACH DEREK OR COACH NATE KNOW ASAP. Relays and events will need to be changed accordingly, the sooner we know the better.
- You MUST ATTEND TWO MEETS, otherwise you will be unable to sign up for Champs. The more meets you attend, the more events your swimmer can compete in at Champs.