

Hello PSL Families,

Welcome to [www.pacificasealions.com](http://www.pacificasealions.com). Our new website is current and filled with information about upcoming meets, events and the amazing accomplishments of all of our swimmers.

We hope our new website address will be easier to remember so you can access it from anywhere and from any mobile device like your smart phone or tablet. We have included new functionality that can help you track your swimmer’s practice attendance, progress, meet times, best times and comparisons to motivational standards so you can be more informed and involved in your swimmer’s success. This has also made it easier for our Coaches to stay up to date with this information to provide the best possible coaching experience. We are working on even more online capabilities that will be available soon.

Much of [www.pacificasealions.com](http://www.pacificasealions.com) is public, like the News and Calendar, but creating a login will allow you access to more information specific to your swimmers that are not visible to others. Creating a log in is also necessary to use OnDeck, the mobile application for any mobile device like your smart phone or tablet that lets you keep track of your swimmer’s best times at a swim meet right on the pool deck. See more information on going mobile below.

**To log on for the first time:**

1. Go to [www.pacificasealions.com](http://www.pacificasealions.com)  and click on “Sign In”.
2. Follow the instructions to “Reset your password” by clicking on the link provided.
3. In the new window, enter the email address you provided when you signed up and click “Submit”.
4. Password instructions will be sent to your email address and will guide you through the final logon process.

**Once logged on:**

* Use the “**Calendar**” to plan for upcoming meets and events.
* Check out the “**Team News**” for the latest accomplishments of our competitive swimmers. Did you get some great pictures from the last meet? Send them to [kablard13@gmail.com](mailto:kablard13@gmail.com?subject=Pacifica%20Sea%20Lions%20website%20or%20mobile%20app) to be included. Meet results are usually posted by the Wednesday after a weekend meet.
* Use “**Links**” for shortcuts to enter meets, see current time standards and get more information from swimming specific websites.
* From the left hand navigation bar, click on “**My Account**” to update your account information or to change or add an email address.
* Click on “**My Meet Results**” to view all your swimmer’s performances since September 2012. Use the filters to fine-tune the information you receive.
* Be sure to check out the “**Top Times”** tab to see the three fastest PSL swimmers in each event. We’ve also added a tab that shows **PSL Team Records**…. Will your child hold this prestigious distinction for years to come?
* Did you know we are on **Facebook**? Click on the link to access our page and don’t forget to “like” us. Please feel free to view and share!

**Go Mobile on your ipad, iphone or Android device**, (note: you need your login/password from our website to access the online app which has a much better features related to standards comparison):

1. Shop for “OnDeck Parent” from TeamUnify through the appropriate app store to match your device.
2. Your user name/password  is your email login/password from our website. Our alias is “psl” (lowercase). Follow the set up instructions. While the app will automatically refresh, use the “Sync” after you make any significant changes.
3. Set the standards to compare under “Prefs”. Our specific standards are located under “PC”. For all the current standards, choose: PC 2013 SC Times (displays both “B” and “A” times), PC 2013 SC PRT and PC 2013 SC JO & FW (displays both JO and FW times). As soon as Long Course season starts, add the current year standards for Long Course. Make sure you SAVE your preferences!
4. Click on Account home to view your swimmers. Click on your swimmer to view attendance, meet performance and best times. From best times, click on the specific event to view each performance, then on the tab show standards to compare.

If you have questions, please feel free to email me....***Enjoy!***

Karen Ablard-Rhodes

[kablard13@gmail.com](mailto:kablard13@gmail.com?subject=Pacifica%20Sea%20Lions%20website%20or%20mobile%20app)

Interim Webmaster

