



# Support Your Swimmer: Volunteering is Mandatory!

I want to thank all of our Barracuda families in advance for stepping up, supporting our team and most importantly, serving your swimmers with the care and encouragement they need and desire. Being a volunteer has many benefits. Here are seven mental health benefits of volunteering:

1. Reduce stress (who doesn't like a sno cone?)
2. Combat depression (spirit tent wheel of fortune – everyone's a winner!)
3. Prevent feelings of isolation (if you like crowds, you'll love ready bench!)
4. Increase confidence (timers – they're never wrong!)
5. Gives a sense of purpose and meaning (stroke & turn judges – feedback is a gift!)
6. Ignites passion (our coaches love teaching your kids!)
7. Makes you happy (social events are the bomb, who wants a chocolate chip pancake?!)

I've put together a few tips to help your volunteerism run smoothly this season:

***Make sure all communication avenues (email addresses, cell phone numbers, etc.) are updated in TeamUnify.*** This will ensure you never miss any important information, including volunteer reminders.

***Communicate proactively.*** If you know you have a conflict or cannot commit to volunteering at a meet please let me know ASAP.

***Respond to my requests.*** If I send you an email asking you to sign up for a volunteer job, I need to hear from you. If I don't, I can only assume you are ignoring my request and this will jeopardize your standing with the team.

***Failure to volunteer has repercussions.***

- 1st offense: missing one volunteer assignment will result in filling TWO volunteer jobs at the next meet.
- 2nd offense: missing a second volunteer assignment will result in your child being scratched from the meet.
- 3rd offense: missing a third volunteer assignment will result in dismissal from the team.

***Get credit for volunteering!*** This season we are asking families to sign in at the NEW VOLUNTEER CHECK-IN TENT (located under the lanai near the outside entrance of the men's locker room). We ask that you sign in at the beginning of your shift to ensure you are on deck and ready to go! Failure to sign in may result in repercussions. We will give special awards this season for those families who show up, step up and simply get the job done. Thank you in advance for being present. The volunteer tent will be staffed with two volunteers from 6:30am-12:30pm to assist with check in and answer any volunteer questions.

Thank you for all you do!

Jennifer Harmon

Parent Volunteer Coordinator > barracuda.swim@gmail.com

## EMAIL NOTIFICATIONS:

Please check your Team Unify account. Add any emails you would like to receive communication. Your logon email is your "main" email, all others are secondary but will be "cc'd" on team communication.

## SMS TEXT NOTIFICATIONS:

Log into your Team Unify account.

1. Enter an SMS cell number and select its *Carrier*.

SMS: Unverified Carrier:

541-555-1212 Verizon

2. Click **Save** in the upper right and it will send that number a verification text.
3. Check your cell phone for a "Verify your SMS" text from *notifications+alias*, where *alias* is your team's alias, and open it. Note that some cell carriers can take a while to deliver the message. Tap the link and you should see one of three possible messages.
  - a. "Success! We have validated your primary SMS." (or "secondary SMS" if that's what you were verifying) The SMS number is verified and ready to receive texts from the team. You may skip the rest of the steps.
  - b. "Sorry, your primary SMS has already been validated." Sometimes just opening the text will verify the number, resulting in this message. The SMS number is verified and ready to receive texts from the team. You may skip the rest of the steps.
  - c. "Sorry, the code XXXX did not match any codes." Continue to the next step.
  - d. If tapping the link doesn't work, note the four-digit code number in the text message. Back in your team's website, click the **Unverified** button above the SMS number.

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Enter the verification number into the field below and click "Verify" to verify this phone number.

### Verification Code:

Resend Verification

Verify

Cancel

- 4.
5. If you got the error on your mobile device, click **Resend Verification** and go back to step 3.
6. Enter the four-digit code from your text message in the *Verification Code* field and click **Verify**.
7. You will see *Verified* in green above the SMS number. You may need to refresh the screen to see this.

SMS: Verified

541-555-1212