

LESD PARENT QUICK GUIDE TO COMMIT

The essentials for managing your LESD account

COMMIT AT A GLANCE

- **TEAM APP** Download Commit Swimming - Team (blue icon) and turn on notifications.
 - **MEETS** Commit or Decline by the posted deadline. Add availability or requests in Notes. Coaches select events.
 - **VOLUNTEERING** Find and sign up for volunteer jobs directly in Commit under JOBS
 - **SERVICE HOURS** Check Jobs > My Credits to monitor progress toward the 20-hour family requirement.
 - **SWIMMER PROFILE** Keep contact, emergency, medical, T-shirt size, and other requested information current.
 - **BILLING** Review invoices, charges, payment methods, and LESD LLC/Booster account authorizations.
 - **STAY INFORMED** Watch for LESD emails, Commit notifications, schedules, and the Friday Weekly Update.
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GOOD WEEKLY HABIT Open Commit > Check Events & Meet Signups > Check Volunteer Opportunities > Review LESD Communications

1 | GET THE COMMIT TEAM APP

The Commit Swimming - Team app is the easiest way to access LESD information from your phone. Families can view meets, volunteer jobs, messages, billing, and team events.

Quick Steps

1. Search Commit Swimming in the App Store or Google Play.
2. Download Commit Swimming - Team with the [blue icon](#).
3. Sign in using the same email and password you use for your Commit account.
4. Allow notifications so you don't miss team messages, meet deadlines, volunteer opportunities, or other important information.

LESD TIP: Parents only need the blue Team app. The black Workout app is designed for coaches. You can also access Commit from a web browser.

Need More Help? [Commit Help: Get the Mobile Apps](#)

2 | STAY CONNECTED WITH LESD

LESD uses email, Commit notifications, the LESD website, and our Friday Weekly Update to keep families informed throughout the season.

Friday Weekly Update

LESD sends a Weekly Update each Friday with information families need for the upcoming weeks.

- Important dates and deadlines
- Meet and event information
- Practice schedule updates
- Team reminders and announcements
- Important links and resources

Check Your Notifications: Make sure your Commit notifications are enabled so you don't miss time-sensitive information.

LESD TIP: Taking a few minutes each week to review the Weekly Update and upcoming events in Commit is one of the easiest ways to stay informed

3 | MEET SIGNUPS

When your swimmer is invited to a meet, please respond in Commit by the posted registration deadline. Even if your swimmer cannot attend, please decline the invitation rather than leaving it unanswered. **Meet registration deadlines are typically 3–5 weeks before the meet**

Quick Steps

1. Open Meet Signups on the web or find the meet under Events in the Team app.
2. Select your swimmer.
3. Choose Commit if attending or Decline if not attending.
4. Review the meet information, dates, and registration deadline.(this is done by clicking on the open/view meet button)

5. Add any important information for the coaches in the Notes section.
6. Submit your response before registration closes.

Coaches Select Events

LESD coaches select all individual events for swimmers. Families do not need to choose events. Use the Notes section to share information that may affect your swimmer's entries.

- Can only swim Saturday; Unavailable Sunday morning
- Would like to swim the 500 Free if appropriate
- Must leave by 2:00 PM
- Other information the coach should know when selecting events

Need to Make a Change?

Before the registration deadline, families can generally update their Commit/Decline response or notes directly in Commit. **After registration closes, meet changes must go through the LESD office.**

Once a meet closes, LESD prepares and submits entries to the host team and USAS. Depending on when a change is requested, entries may already have been submitted and meet fees paid.

MEET FEE REMINDER: Once entries have been submitted meet fees may still apply even if a swimmer later withdraws or is unable to attend.

Need More Help? [Commit Help: Commit to a Meet](#)

4 | VOLUNTEER JOBS & SERVICE HOURS

LESD uses Commit to post volunteer opportunities and track family service credits. Families are responsible for signing up for available opportunities and monitoring their service hours throughout the season.

Sign Up for a Job

1. Look for Jobs on your Commit dashboard or in the Team app's Events feed.
2. Open the event and review available jobs and shifts.
3. Select the job you would like to work.
4. Choose the family member who will work the shift.
5. Confirm your signup.

Check Your Service Hours

- **Web:** Jobs > My Credits
- **Team app:** More > Jobs > My Credits

Credits are applied to your account upon sign up. Volunteer coordinator and staff will review jobs after events and remove incomplete or add additional items

LAST MINUTE CHANGES: sign-ups typically close 3–5 days before a meet to allow time to finalize. Once sign-ups have closed, if you need to cancel/change your assignment, **please email Jess (Volunteer Coordinator) and the LESD Office directly** as soon as possible, including for any day-of changes, so we can coordinate coverage

LESD SERVICE REQUIREMENT: 20 hours of service per family during the season. Unworked required hours are billed at \$30 per hour.

SERVICE HOUR QUESTIONS ?

If you have questions about Job signups, service credits, requirements, or finding an appropriate opportunity. Please reach out to

Volunteer Coordinator: Jess Munn

jess.a.munn@gmail.com

(773)-294-9380

If you have questions about Hospitality jobs, food/beverage donations, meet hospitality needs, or helping with hospitality. Please reach out to

Hospitality Coordinator: Tera Madow

lilpaws4@aol.com

(216)-402-1500

LESD TIP: This is our first season using Commit to manage the volunteer program, so there may be a learning curve. Please monitor My Credits throughout the season rather than waiting until the end of the year.

Need More Help? [Commit Help: Sign Up for Jobs](#)

5 | KEEP YOUR SWIMMER'S INFORMATION CURRENT

Your swimmer's Commit profile contains important information used by LESD throughout the season. Please review your family's information periodically and update it whenever something changes.

Quick Steps

1. Log into Commit.
2. Select Swimmers.
3. Select your swimmer and open Profile.
4. Review the available information and make any necessary updates.
5. Repeat for each swimmer in your family.

Please Review

- Parent and swimmer contact information
- Emergency contact information
- Medical information
- T-shirt size
- Primary training site
- Other LESD-specific profile questions

LESD TIP: Some information cannot be changed directly by families. Training groups, registration groups, USA Swimming information, and certain team fields may be managed by LESD staff. Contact us if something needs to be corrected and you cannot edit it.

Need More Help? [Commit Help: Update Swimmer Information](#)

6 | BILLING & PAYMENTS

LESD uses Commit for team billing, including training fees, meet fees, registration-related charges, and other account charges.

Review Your Account

Web: Payments

Team app: More > Payments

- Review open invoices and individual charges
- Review past invoices
- Add or update payment methods
- Manage your default payment method

Important: LESD Has Two Accounts

LESD LLC: Primarily training and registration Fees

LESD Boosters: Booster fees, Meet entries, Apparel, Travel events and other

Because these are separate accounts, your bank account may need to be authorized separately for each account.

YELLOW 'AUTHORIZE' NOTICE? If you use a bank account and see an Authorize notice under Payment Methods, please complete the authorization. Until authorization is complete, LESD may not be able to process automatic payments from that bank account.

Need More Help? [Commit Payments Help Center](#)

REMEMBER: Check Commit regularly, respond by deadlines, and keep your information current. A few minutes each week can help you stay on top of meets, volunteer opportunities, schedules, billing, and other important LESD information.

CONTACT GUIDE

General Team questions: Lakeeriesilverdolphins@gmail.com

Coaches: can be messaged through Commit

Volunteer Coordinator: jess.a.munn@gmail.com

Hospitality Coordinator: lilpaws4@aol.com