



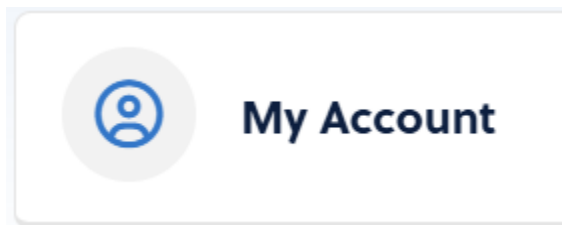
Quest Swimming will utilize the text message feature through Captyn to communicate important announcements, reminders, schedule changes and other pertinent information for each Quest training group. Email will be the primary means of communication, but we will use the text message alerts through Captyn for shorter, time sensitive messages and reminders like inclement weather changes and meet deadlines.

All parents and athletes ONLY ages 13 & older with parent approval are encouraged to sign up in order to receive important announcements via text. Swimmers ages 12 & Under are NOT permitted to sign up for text alerts, regardless of parent approval to ensure we are compliant with USA Swimming policies - most importantly the SafeSport guidelines set forth in the Minor Athlete Abuse Protection Policy (MAAPP).

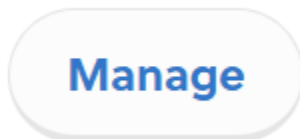
- Quest will no longer be using the Remind app as in previous years.

Please follow the below instructions to sign up additional email addresses as well as cell phone numbers in order to receive time sensitive text alerts.

1. Log in to your Captyn account – [CLICK HERE](#)
2. These directions are best used on a computer. You can accomplish this on a cellular device, but these directions are based off of computer usage.
3. Go to My Account:



4. Click on “Manage” on the right of the screen:



5. Add additional email addresses and cell phone numbers – including those of 13+ year old athletes – to your account. These people will receive ALL Quest Swimming email and text message communications

