

FitClub How To

A. Creating and setting up your account:

1. You will receive an email from info@fitclub.site with the subject line **"FitClub Invite [Litchfield Hills Rowing Club]"**
2. Click the link in the Email which will take you to a site that will fill in all of your information for creating your account
 - a. **While creating your account it will ask you if to select Calendar Notifications, if you select days and times you will get email that will send you the calendar for the week at those times. We'd recommend selecting either Sunday or Monday so you can get a snapshot at what the week ahead will look like.**
3. If you do not receive an email link, register an account on FitClub and then search for Litchfield Hill Rowing Club and send us a request to join.
4. Once your account has been created you will be prompted to log in to your account, if you are not prompted to then click the square at the top of the screen that says "Log In"
5. Now that you are logged hover your mouse over the blue box at the top of your screen that says "Me"
 - a. **Note: if you are on a mobile device click on the square on the top of your screen that says "Me"**
6. Select the dropdown tab labeled "Profile"
7. Select the option labeled "general"
8. Once you've entered the general section enter in your emergency contact information and year of birth, and if necessary you can change your account password or any contact information. Click "Update" once completed.
 - a. **Note: Any info you enter is in not public to anybody except admins**
 - b. **Note: Birth year is very important when we are registering for regattas. Please be sure to enter your birth year.**
 - c. **Note: Height and weight are very helpful to coaches when assigning hulls.**
9. Now that you have filled out your contact info, once again go to the blue box labeled "Me" at the top of your screen, and select the dropdown menu labeled "Profile"
10. Select the option labeled "Activities"

11. **Once in activities select the yes or no options on: Starboard, Port, Sculling, Steering, and Coxing. It is very important for us to know what, at current, you can comfortably row. There will be many opportunities to row in many seats and many types of boats. But coaches need to know what you are comfortable rowing so we can put together lineups.**
 - a. Below “Rowing Points” and “Sculling Points” you can enter in any notes you have. Click “Update” once completed. **An example of a rowing point would be “injured shoulder preventing me from rowing port”**
12. Your FitClub account is ready to go!

B. Marking days you will be at practice:

1. Hover your mouse over the blue box at the top of your screen that says “Me”
 - a. **Note: if you are on a mobile device click on the square on the top of your screen that says “Me”**
2. Click “Availability”
3. Click the blue box in the top left of your screen labeled “Filter”
 - b. **Note: if you are on a mobile device it will not say filter, it will just be a blue icon with the shape of a funnel. Below is a picture of the icon.**



4. Under “Event Title” each of our programs will be listed and selected by default, **Deselect any program you are not signing up for**
 - a. **For example: If you are only signing up for Masters AM, make sure only Masters AM is selected**
 - i. **If you do not do this your calendar will become cluttered with every practice for every single program**
5. Click “Go”
6. You will now see each practice for your session for the season.
7. On the very left the options “Y” and “N” will be next to each practice
8. Click “Y” for practices you will be attending, or “N” for practices you will not be attending.
9. Next to the “Y” and “N” buttons, there is a button with a speech bubble symbol. If you press that you can add any notes you would like coaches to see for the day you choose.
10. You have now marked your availability!
 - a. **Note: we encourage you to attend practices of the session you are not normally in! To mark yourself as attending a different session,**

follow these instructions from the start. When you get to step 4, also select the other program you would like to attend practices at and those practices will populate the availability list.

C. Viewing lineups:

1. Hover your mouse over the blue box at the top of your screen that says “Me”
 - a. **Note: if you are on a mobile device click on the square on the top of your screen that says “Me”**
2. Click "Availability"
3. On the right side of the screen there will be a column of boxes labeled “Lineups”
 - a. **Note: on mobile devices you will have to scroll to see this**
4. Click the box labeled “Lineups” For the date you’re looking for
5. You can now see the day's lineups!

D. Adding an Erg or Missed Workout

1. Under Me, select “Calendar” and then any of the dropdown options (I like “Schedule” and “Month”).
2. Select the workout you erged instead of rowed.
3. Click “My Results” at the top.
4. Click “Create” and then “Rowing.”
5. If the workout was meters or time intervals, write your average split
6. If the workout was time, write your average split and your meters rowed.
7. Under visible to,
 - a. For a make-up workout or a landed erg workout, select “Admins.”
 - b. For a required monthly or weekly workout, select “Group Members.”
8. On Friday, May 12, we did 2 workouts: 6x500 and 10x100. You will need to create two entries.

E. Adding website as an app on your phone (iPhones only)

1. Log in to the FitClub website on safari
 - a. **Note: You have to use safari for this, using any other browser will not work**
2. Press the blue share symbol at the bottom-middle of your screen, directly below the website URL
 - a. **Note: Below is a picture of what that symbol looks like:**



3. Scroll down to the option and press “Add to Home Screen”
4. Press “Add” in the top right corner of your screen
5. You can now access the website from your iPhone’s home screen just as you would any other app!

F. Adding website as an app on your phone (Android only)

1. Log in to FitClub on your browser
2. Press the three dots icon on the top right of your screen
3. Press the option “Add to Home Screen”
4. Press “add” when it pops up on your screen
5. You can now access the website from your Android’s home screen just as you would any other app!