



You've been invited to join

LHS Powerlifting

Use your **unique access code** below and follow the instructions.

Access Code

4YEC-6LWH

Join via Website

New Users

1. From your computer or phone, go to **sportsyou.com**
2. Click **Get Your Free Account** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish set up

Existing Users

1. From your computer or phone, go to **sportsyou.com** and login
2. In left column, click **Join Team/Group**
3. Click **Enter Access Code** to enter code

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Tap **Create Account** or **Continue with Google**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device login
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue + button**, then tap **Join Team/Group**



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