

1. From the Raiders Home Page: <http://sykesvilleraiders.org/>

Click on the "Parent Log In" tab

The screenshot shows the Freedom Lacrosse Program website. The left navigation menu includes: Home, Programs, FLP Board Members, Equipment, Register, Volunteer, Spirit Wear, Tournaments, MD Lac Clubs, Vendors and Other Links, Fields, **Member Log-in** (highlighted with a red arrow), Freedom Lac Sponsors & Partners, Events Calendar, Documents, and ADA Services. The main content area features a welcome message, a calendar for March 2013, a headlines section with items like 'Freedom Lacrosse Day at the M&T Bank Face-Off Classic', and a 'Freedom Lac Sponsors & Partners' section with a 'USA Lending' logo.

2. Enter the email address and password you used to register.

a. If you have forgotten your password: enter your email address and then click "forgot?"

b. If you have forgotten what email address you have on file please contact your coach or team manager

The screenshot shows the 'Sign in' page of the Freedom Lacrosse Program website. The page has a blue header with the text 'FREEDOM LACROSSE PROGRAM of Sykesville/Eldersburg, MD'. The left navigation menu is the same as in the first screenshot. The main content area contains a 'Sign in' form with fields for 'Email' and 'Password'. A red arrow points to the 'forgot?' link next to the password field. Below the form is a 'Continue' button and a security notice: 'The information you enter on this website is always secure. Under no circumstances will your information be shared with any third-parties.' At the bottom, there are links for 'Privacy Policy / Terms of Use'.

3. Select the user you would like to update
  - a. you can also select "Family Schedule" to show multiple players schedules

The screenshot shows the 'Family Members' page of the Freedom Lacrosse Program website. The page features a blue header with the text 'FREEDOM LACROSSE PROGRAM of Sykesville'. Below the header is a navigation menu with options like 'Home', 'Programs', 'FLP Board Members', 'Equipment', 'Register', 'Volunteer', 'Spirit Wear', 'Tournaments', 'MD Lac Clubs', 'Vendors and Other Links', 'Fields', 'Member Log-in', 'Freedom Lac Sponsors & Partners', 'Events Calendar', 'Documents', and 'ADA Services'. The main content area is titled 'Family Members' and contains two tables. The first table lists 'Member(s):' with 'Kristen Ferguson' and 'David Ferguson'. The second table lists 'Children:' with 'C. Bryce Ferguson' and 'Jonathan 'JT' Ferguson'. Each child entry includes a 'Registration History' table with columns for 'Registration History' and 'Date'. A red arrow points to the 'Family Schedule' button at the bottom of the page.

4. Update your personal information
  - a. Add multiple email addresses by separating them with a semicolon
  - b. Get automatic updates on games and practices

The screenshot shows the 'Registration Wizard' form for 'Participant Information'. The form includes the following fields and options:

- \*First Name:** Kristen
- \*Last:** Ferguson
- \*Address:** 891 Caren Drive
- \*City, ST, Postal:** Eldersburg MD 21784 (zip code)
- \*Country:** UNITED STATES
- \*Home Phone:** 410-549-1403
- Work Phone:** (empty)
- Cell Phone:** 757-576-9217
- Provider:** Sprint
- \*Email Address:** k.ferguson@hotmail.com; kdferg2
- Do not email
- \*Password:** (masked)
- \*Enter it again:** (masked)
- \*Gender:**  Male  Female
- Date of Birth:** (empty)
- Remind me of:**  Games  Practices

Red arrows point to the 'Email Address' field and the 'Remind me of' checkboxes.

5. Hit "submit" at the bottom of the page and your information has been updated!