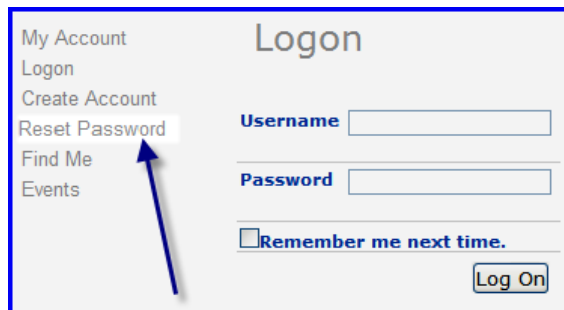


U.S. SQUASH

Box League Player Features

1. Logging in to www.ussquash.com

- Players must be logged in to the site in order to enter scores. Anyone with a U.S. SQUASH account (membership is not necessary) has a username and password on the website.
- Go to the www.ussquash.com homepage, click on “Logon” on the top left of the site.
- Once on the logon page, enter your username and password. If you do not know your username and password, you can select the “reset password” button to have a new one emailed to you.



- If you have further problems with logging in to your account, please contact membership@ussquash.com for assistance.

2A. Finding Your Box League (Non-Life Time Fitness leagues)

- Click on “Play” on the top of the page, and then select “Clubs and Districts” on the left side of the page. Search for your club (or district if it is a district-wide league) and select it.



Status	Event
Contact club	Life Time Allen Box 9/7/09

- On the club page, the box league is displayed.
- Alternatively, players and administrators can find the league directly from their personal profile if they are participating in the league. When logged in, click on “Play”, and then “My Profile”. When looking at the profile, select the “leagues” tab, and the box league will be displayed there.
- ***TIP*** - Bookmark the url (web address) for the box league in your browser. When you go to the league, if you click on logon and then enter your username and password, the site will automatically re-direct you back to the last page you were on, which in this case will be the box league.

2B. Finding Your Box League (Life Time Fitness affiliated leagues)

- On the Life Time Fitness website, click on the league on your personal Life Time Fitness webpage.
- Click on Logon and enter your username and password to be able to enter scores

3. Entering Scores

- Click on the radio button next to the opponent's name (the example below is logged in as Mauricio Sanchez, note how only the matches he has not yet played are available to select)

Enter the player's name to enter a match. Played at

Choose a box to display: 1 2 3 4 5

Box #4		Legend: W=Won, L=Lost, ()=Points				
Enter result	Player	Points	Won	Lost	Mauricio Sanchez	Kimlee Wong
	1. Mauricio Sanchez	6	1	0		W(6)
<input checked="" type="checkbox"/>	2. Kimlee Wong	1	0	1	L(1)	
<input type="checkbox"/>	3. Christopher Gordon	0	0	0		
<input type="checkbox"/>	4. Gilly Lane	0	0	0		
<input type="checkbox"/>	5. Olivia Blatchford	0	0	0		

- The results entry screen will appear. Enter results as described in section 3A, and click "Save and Exit" to submit the score.

4. Changing Incorrect Scores

- League Participants do not have the ability to edit previously submitted scores. They must contact the league administrator who can then make the necessary adjustments as described in section 3.B.

5. Emailing Other Participants in the League

- Players have the ability to email other participants in their specific boxes.
- On the main box league page, click on "Email this group"

Box #1		Legend: W=Won, L=Lost, ()=Points earned					Email this group			
	Player	Edit	Points	Won	Lost	Ben Oliner	Julian Illingworth	Nathan Beck	Preston Quick	Richard Chin
<input type="checkbox"/>	1. Ben Oliner		0	0	0					
<input type="checkbox"/>	2. Julian Illingworth		0	0	0					
<input type="checkbox"/>	3. Nathan Beck		0	0	0					
<input type="checkbox"/>	4. Preston Quick		0	0	0					
<input type="checkbox"/>	5. Richard Chin		0	0	0					

- On the next page, select which players are to be emailed.
 - ***Note*** In order to receive emails from the website, players must select in their profile that they would like to receive emails. To do this, when logged in, go to "View" and then "My Profile". Select the "Preferences" tab, and then check the box for "Allow members to email you".

Enter in the subject and text of the email, and then click "Submit".