

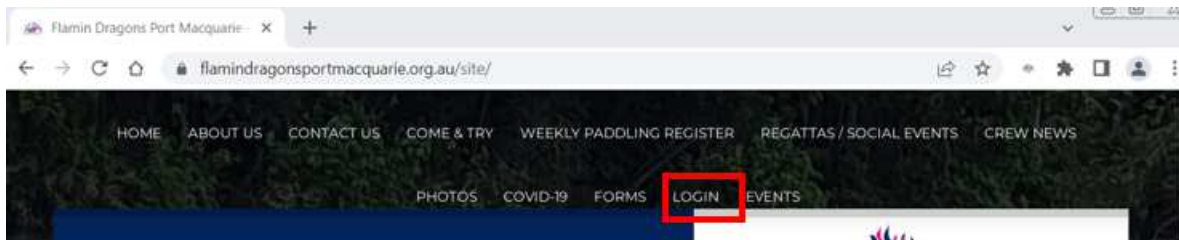


# FLAMIN' WEBSITE!

## QUICK REFERENCE GUIDE

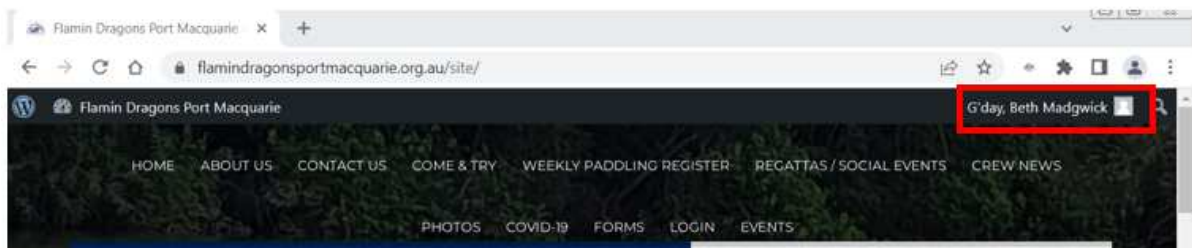
1. <https://www.flamindragonsportmacquarie.org.au/>

2. Login:

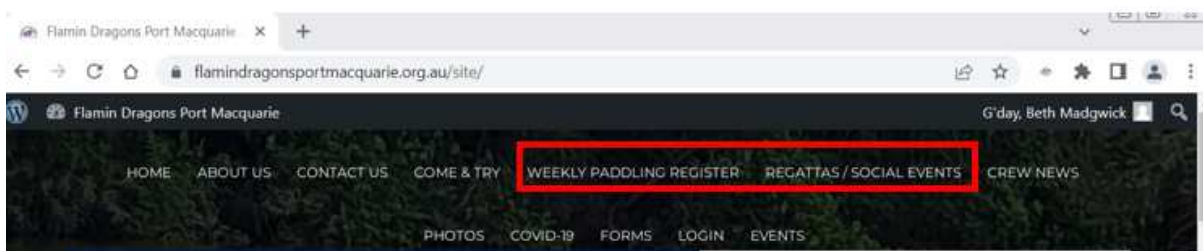


If you are accessing from a your phone - use the 3 bars (hamburger) on the top right of the screen to access your menu items – scrolling to the bottom to see the Login option.

Once you have successfully logged in, you will see your name at the top right:



3. Registering your intention to attend Training sessions or Regattas:



Select the required session date/ time – these can be booked weeks in advance. Once you have session open confirm your attendance by clicking on the “Send your Booking”.

### Weekly Paddle Events

- April 16, 2023 - 7:00 am  
SUNDAY – 1hr Regatta Training Session  
Port Macquarie
- April 18, 2023 - 6:30 am  
TUESDAY – 1 hour medium – high intensity  
Port Macquarie
- April 18, 2023 - 6:30 am  
TUESDAY – social / new / returning paddlers
- April 19, 2023 - 4:45 pm  
WEDNESDAY – 1hr Training Session  
Port Macquarie

SEND YOUR BOOKING

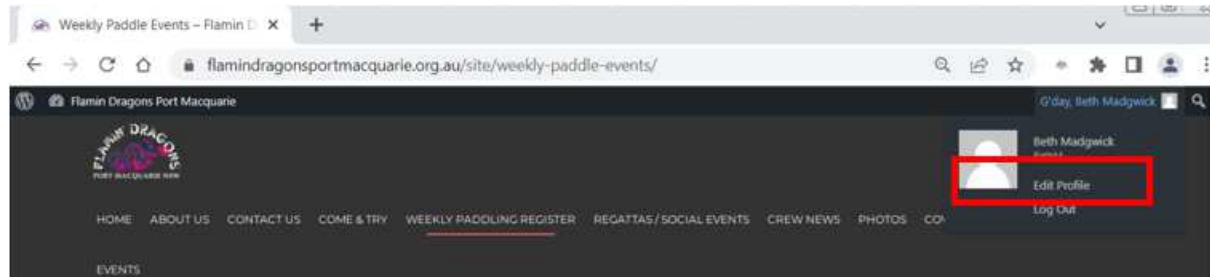


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### 4. Cancelling your Booking

To access your current bookings – click on the click on your name as displayed in the top right of the site – then **EDIT PROFILE**.

Scroll to the bottom of your profile and you will be presented with the listing of your current booking and the option to cancel individual session.



#### Bookings made for future events

April 16, 2023 7:00 am: SUNDAY – 1hr Regatta Training Session (1 seats). [Cancel booking](#)  
April 19, 2023 4:45 pm: WEDNESDAY – 1hr Training Session (1 seats). [Cancel booking](#)  
April 22, 2023 7:00 am: SATURDAY 1A – 1 hour (1 seats). [Cancel booking](#)  
April 23, 2023 7:00 am: SUNDAY – 1hr Regatta Training Session (1 seats). [Cancel booking](#)  
April 25, 2023 6:30 am: TUESDAY – 1 hour medium – high intensity (1 seats). [Cancel booking](#)  
May 7, 2023 6:45 am: KALANG RIVER – Sunday 7th May (1 seats). [Cancel booking](#)

## GENERAL HOUSEKEEPING – Training Sessions

As a courtesy to the Coaches and Sweeps :

- Please register your name for upcoming sessions by 5PM the evening before the session.
- Update your profile page to remove sessions if you are no longer able to attend.
- If you unable to attend at short notice please SMS the coach as early as possible ( the Coach's Mobile number is always shown on the session registration page)

These general housekeeping points enable our wonderful coaches to know how many paddlers to expect , to plan session appropriately and arrange additional Sweeps if required.