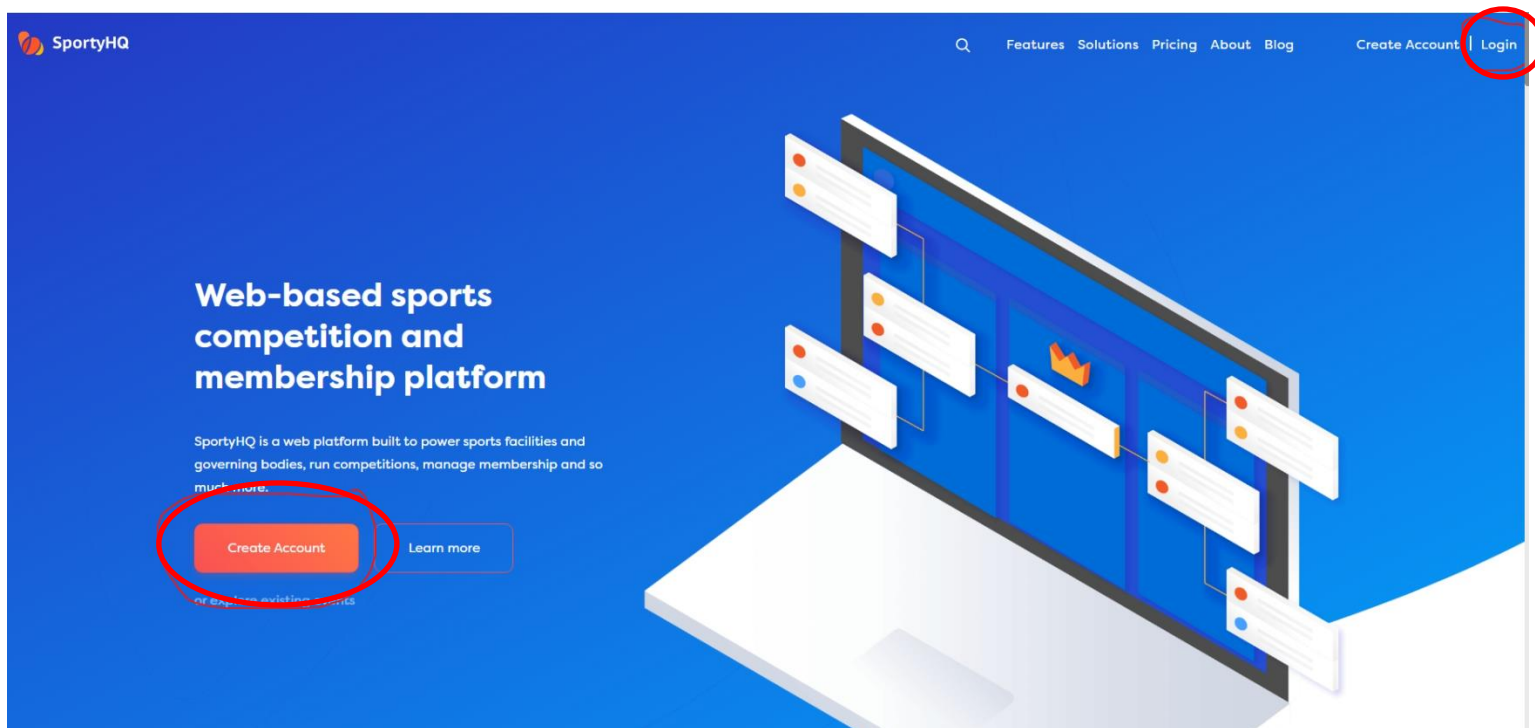
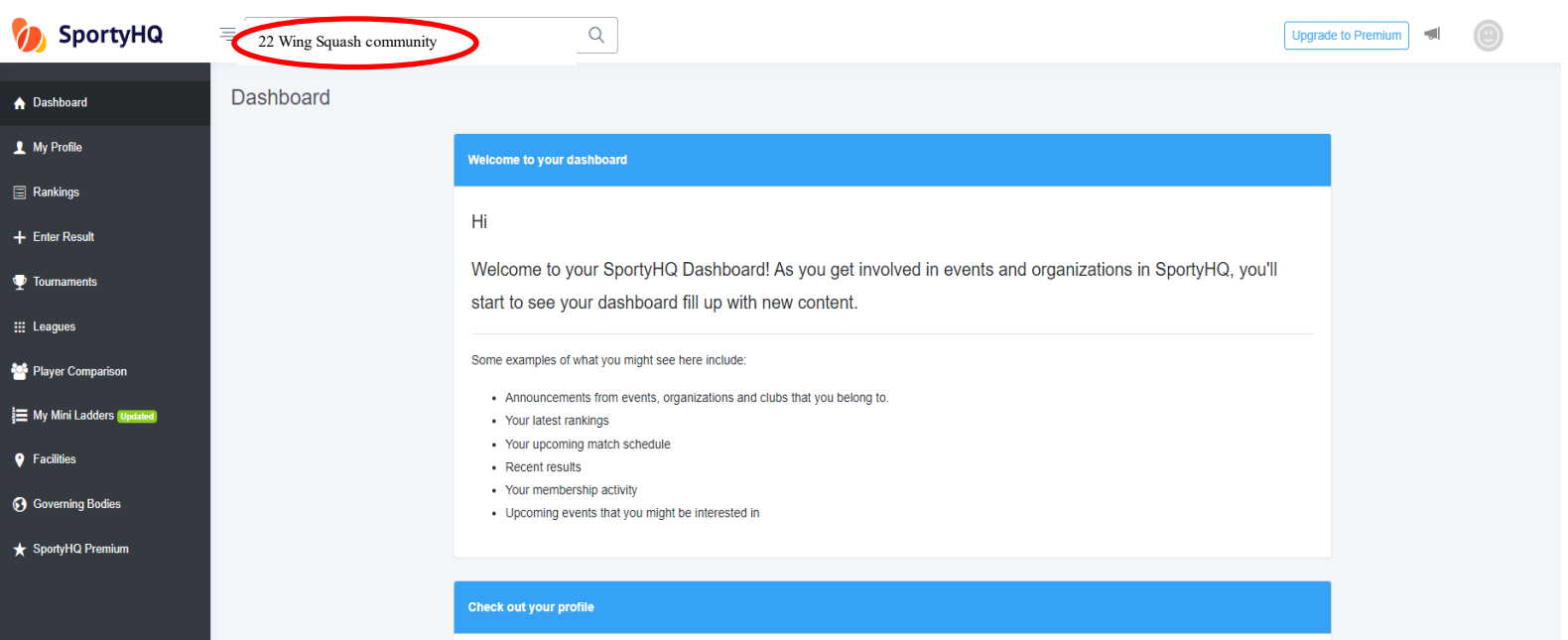


1. When you log onto www.SportyHQ.com you have the option to either Create an Account or Login if you are already an existing user.



2. Once you've gone ahead and created an account (or logged in), in the search bar above, you are going to type in "22 Wing Squash Community" and the group page should pop up.



3. The Squash league home page will should look like the mage below, click the green “join Today” button to be a part of the league. On the right-hand side, you can also see the leagues announcements.

The screenshot displays the SportyHQ website interface for the CFB North Bay - 22 Wing Squash Community. The left sidebar contains navigation links: Dashboard, My Profile, Rankings, Enter Result, Tournaments, Leagues, Player Comparison, My Mini Ladders (Updated), Facilities, Governing Bodies, and SportyHQ Premium. The main content area is titled 'CFB North Bay - 22 Wing Squash Community' and includes a search bar, a club logo, a 'Join Today' button, and sections for Membership, Links, and Map. The right-hand sidebar features an 'Announcements' section with three posts: 'Facilities Closed - September 30', 'Calendar Dates & Events', and 'Renew your Membership and Manage Box League Status'. Below the announcements are sections for 'About' and 'Parking and Directions'. A yellow arrow points to the 'Join Today' button.

4. Should you have any additional questions, you can contact the league coordinators below through the website.

The 'Club Contacts' section lists four coordinators:

- Christina Viscardi** | Compare Us
🇨🇦 Ontario, CA
✉ Email
- Jeff Lacarte** | Compare Us
🇨🇦 North Bay, Ontario, CA
✉ Email
- Lindsay Seguin** | Compare Us
🇨🇦 North Bay, Ontario, CA
✉ Email
- 22 Wing Squash Admin** | Compare Us
🇨🇦 North Bay, Ontario, CA
✉ Email