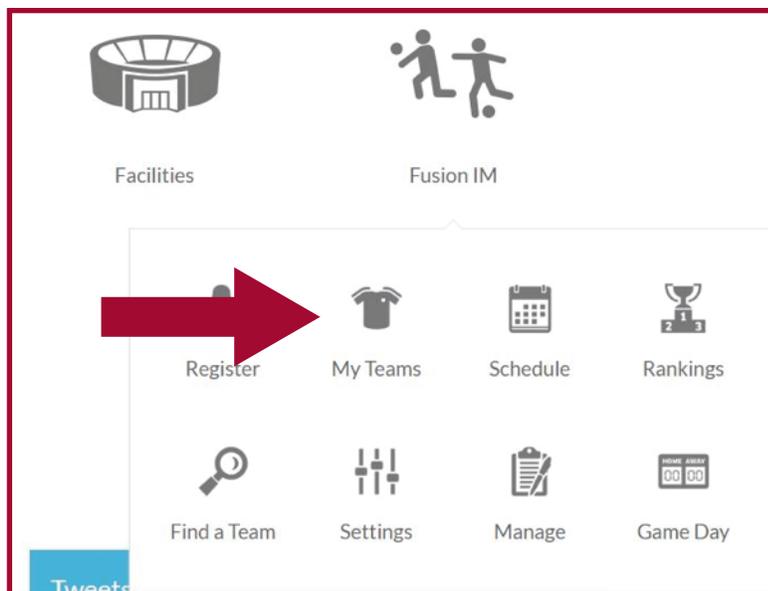
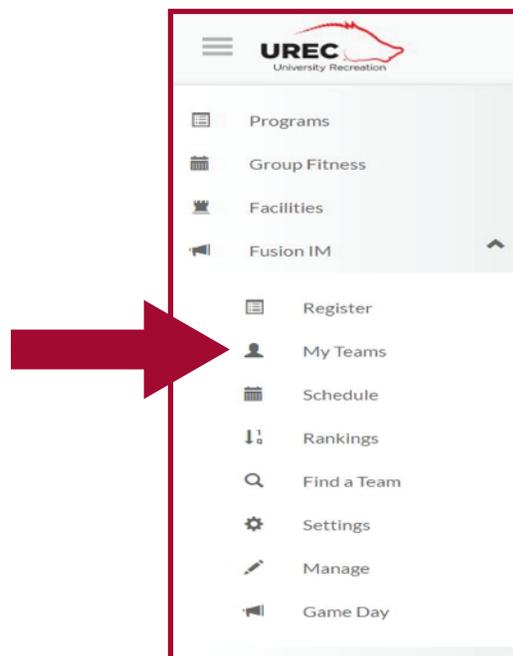


1. Click the "My Teams" button from the Member Services home screen
OR from the drop down menu located on the left hand side of your screen.

a. Member Services home screen



b. Drop-Down menu



- 2.** Once in the "My Teams" page, you can perform multiple actions such as: sending team invitations, view your pending rosters and see the past and current teams of which you are a part.
- a. You can look at more details of each team of which you are a part by clicking on the team name (in red text) at the upper left hand corner of each team card.
 - b. If you cannot accept a team invitation from the email and link that is sent to your UARK account, you can accept your team invitations under the "My Invites" tab.

Use these 3 tabs to see your current teams and any team invitations you might have.

Click on the team name to enter each team for more details such as **viewing your entire roster and pending invitations.**

The screenshot shows a user interface with three tabs: "My Teams", "My Invites", and "My Requests". Below the tabs are two team cards. The first card is for "Test Team" (TEST SPORT) and the second is for "UREC Bosses" (TEST SPORT). Both cards show "CoRec TEST" and "Wednesday 3:00pm". Each card has a "Next Game:" section with "No Schedule Set" and a "Captain: Brooke Cochran". At the bottom of each card is a "Games" button and a "Your Role: Captain/Player" label. A note at the bottom of the second card reads "**This Team is on the waitlist for their division**".