

FOR SENIOR PREP SWIMMERS + FAMILIES

Own your training.

Set a goal. Build a routine. See your progress.

THIS IS A BETA. YOUR FEEDBACK HELPS.

We're still refining the app. Report a problem, ask for help or tell us what could work better.

Beta help + feedback: jdugan@ridgewoodymca.org **My Journey**

Swimmers: bring your best times, goal times and progress tracking together. Choose a goal and see how your swimming develops.

 Family Overview

Parents: keep linked swimmers, schedules and alerts in one place. Family Overview stays your home each time you return.

 Fall Practice Schedule

Launching September 9, 2026. Switch between Team Calendar and Weekly Practices. Parents and swimmers open on practices.

 Guided mindfulness

Find your focus with four guided sessions: before practice, after practice, before a meet and after a meet. Follow the breathing cues.

 At-home dryland

Explore 13 GoMotion-listed exercises beyond the pool. Use the library's safety and supervision guidance as you build your routine.

 Upcoming meets

See the countdown to upcoming meets and plan ahead. Open the official event page to commit or register.

YOUR FIRST FEW MINUTES

Check Senior Prep in Schedule. Swimmers: open My Journey and choose one goal. Parents: check your linked swimmers in Family Overview. Missing a swimmer? Email Beta support above.

More app screens + help: rybreakers.com/app → **Before practice** >
2 min · arrive ready **After practice** >
2 min · reset and learn **Before a meet** >
3 min · calm race focus **After a meet** >
2½ min · release the result

Train · mindfulness sessions (detail)

**MEET REGISTRATION + TEAM EVENTS****Use the official pages, not this app.**

GoMotion is the official schedule and results source for meet registration, team events, event commitments and charges. The app links out to GoMotion. It does not replace it.

QUICK START

Get in. Get started.

Install the Beta on iOS or Android, then choose one way in.

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iOS Beta TestFlight

Scan with your camera, or tap this box.



Android Beta Google Play

Scan with your camera, or tap this box.



CHOOSE ONE WAY IN

1 Create a new parent account

On the website, open rybreakers.com/parent/login. Choose **Create your family account**.

Enter your name and the email the team has on file. Enter the emailed **6-digit code**, then **set your password**.

In the app: **More** → **Parent account**. Use that email and password.

2 Set up a swimmer's device

Parent: open **Parent account** → **My Swimmer**. In the swimmer's device card, choose **Generate setup code**.

Swimmer: on your own device, open **More** → **Swimmer mode**. Enter the code and tap **Activate Swimmer mode**.

No swimmer email or password. One use; expires in **15 minutes**.

3 Sign in to an existing parent account

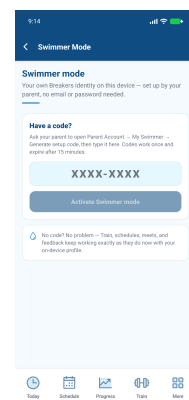
Open **More** → **Parent account**. Enter your email and your Breakers password. Tap **Open parent account**.

INSTALL HELP

iOS: install TestFlight first.

Android: tap **Become a tester**, then install from Google Play.

Stuck? Email us.



Swimmer mode



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