

# Varsity Spirit 'V' VIRTUAL SPRING TRAINING LIVE

## Frequently Asked Questions:

For general Virtual Spring Training questions – contact Michele Shetzer, [mshetzer@varsity.com](mailto:mshetzer@varsity.com).

**Q: What time zone are the classes in?**

- Times listed on the website are all in Central Time

**Q: When will I receive my zoom log in?**

- You should have received the email by 10:00 am CT the day of your class.

**Q: I did not receive my zoom log in email.**

- Did you put in the same email address in the shop check out? Be sure to check that email.
- Did you check your spam?
- Still no, please send email to Victoria Tilson ([vtilson@varsity.com](mailto:vtilson@varsity.com))

**Q: My passcode doesn't work:**

- It is case sensitive and make sure there are no spaces.
- Still no, please send email to Victoria Tilson ([vtilson@varsity.com](mailto:vtilson@varsity.com))

## Zoom Best Practices:

- Although your Zoom session can be used via a web browser, it is recommended that you download the Zoom app to your computer or mobile device.
- Make sure you have a strong Wi-Fi/cellular connection.
- Lighting is everything! Do your best to avoid backlighting.
- Clear audio is a must, so use Bluetooth earbuds and/or minimize ambient noise in the room.
- Make sure to place your mic on mute, unless otherwise instructed.
- "Pin" the demo/presenter to you screen or use "Speaker View".
- Using the chat feature is a great way to ask a question in the class.
- You are in a safe space, free of obstructions.
- You are on a safe training surface.
- You are wearing the proper attire to do the workout.
- You are working out at your own risk, and if you feel uncomfortable doing any activity, you have the right to opt out.
- If you are a minor, make sure you always have an adult present.