

How to 'Join' or 'Login' for an interactive coaching session or meeting

An email invitation from SpinClinic will be sent to you to allow you to join (login) to your session

1. Open the **email invitation** you receive from 'coaching@spinscience.co.uk'.
2. Click (or touch) the link you will see under 'Please join my meeting' – when it's time to start.
3. The 9 digit code should work automatically to log you in, enabling the session to start. If the automatic login fails, then please enter the 9 digit code manually in the box where you are asked to enter it.
4. If you are on a **Desktop Computer**, first download the '**Citrix Online Launcher**' App to be able to start the session. If you already have this App installed on your desktop, you can join by clicking the 'daisy' icon.

If you are joining a Meeting or Webinar from your mobile device, download the **GoToMeeting App** for **Android** or **iOS** to enable you to join.

For more detailed information and support about making an online connection with the specific device you want to use to attend your online coaching session - click on the **GoToMeeting Support** Link:

http://support.citrixonline.com/en_US/Meeting/downloaddocument/G2MD00002

System requirements for joining a session

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|----------------------------|---|
| Operating system | Windows XP – Windows 10 Mac OS X 10.8 (Mountain Lion) – 10.11 (El Capitan) |
| Web Browser | Google Chrome v39 or later Mozilla Firefox v34 or later Internet Explorer v8 or later Microsoft Edge Apple Safari v6 or later |
| Internet connection | 1 Mbps or better (broadband recommended) |
| Software | GoToMeeting desktop app JavaScript enabled |
| Hardware | 2GB or more of RAM Microphone and speakers (USB headset recommended**) Webcam (to use HDFaces) |

Visit the website to find out more about **SpinScience** and **SpinClinic** Cricket Coaching Services.

Please send an email to coaching@spinscience.co.uk to make a booking. If you have booked a coaching session and you need urgent assistance, call 0800 084 2303.

OUR FULL TERMS AND CONDITIONS APPLY TO ALL BOOKINGS.

All Coaching Services bookings are accepted subject to the Terms and Conditions published on the SpinScience website.

Our Coaching Services 'Terms and Conditions' and 'Privacy Policy' Statement can be found on the SpinScience website, please read these before making a booking enquiry.