

Sullivan Community Unit School District No. 300

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SUPERINTENDENT

Ted
Walk

HIGH SCHOOL PRINCIPAL

Dan
Allen
217/728.8311

MIDDLE SCHOOL PRINCIPAL

Nathan
Ogle
217/728.8381

ELEMENTARY PRINCIPAL

Heather
Ethell
217/728.2321

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Students,

We will be using a digital fitness app to continue our training while operating remotely. Please follow the steps below and watch all video links.

How to register for PLT4M:

Our School Join Code is: **Sullivan19**

To Sign up via the App on your Phone:

1. Download App: **PLT4M** and on the Home Screen choose **Athlete**
2. On the next screen, choose "Sign up with join code" shown at the bottom
3. Enter the **Join code** and follow the steps

To Sign up on the Web:

1. Go to **PLT4M.com**
2. Click "**Log-In**"
3. Choose "**Join Code**" option.
4. Enter code and fill out required information.

Join Groups

I have created a group called **Sullivan High School**. Please join the group.

Welcome Video

Please watch this [Student Getting Started Video](#)

How to Access Training:

I have shared the **Remote Fitness** program with you. [PLEASE WATCH THIS VIDEO](#) to understand how you can navigate between the different workout options.

I will communicate with you what workouts I want you to do. You will access these on your app or computer and perform them. We will be able to see your progress, what you logged, and how long it took!