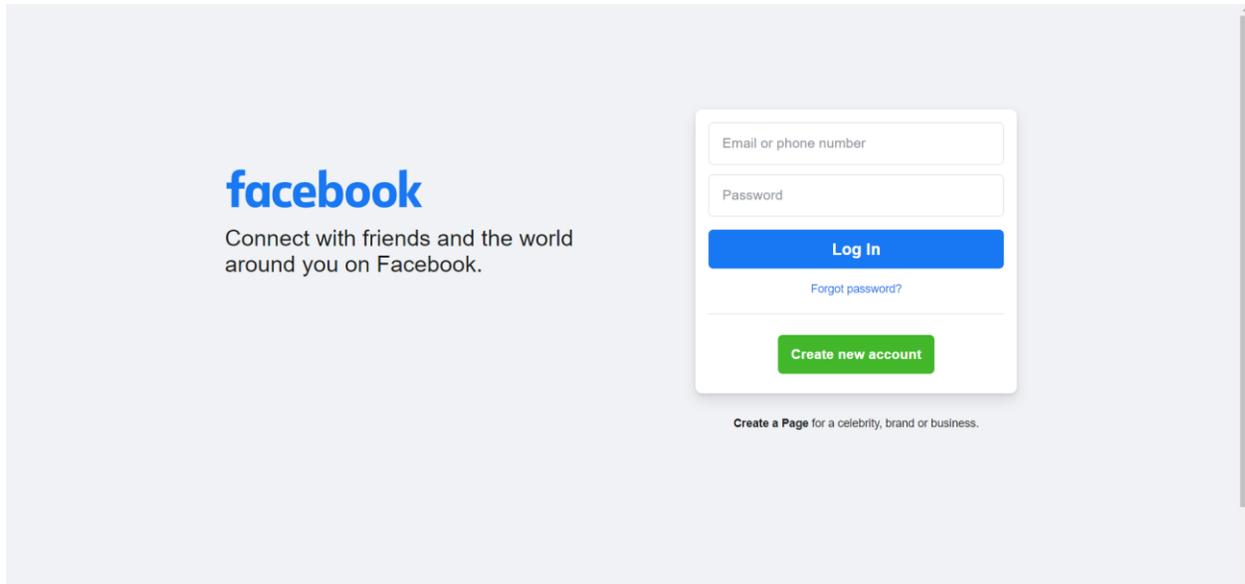


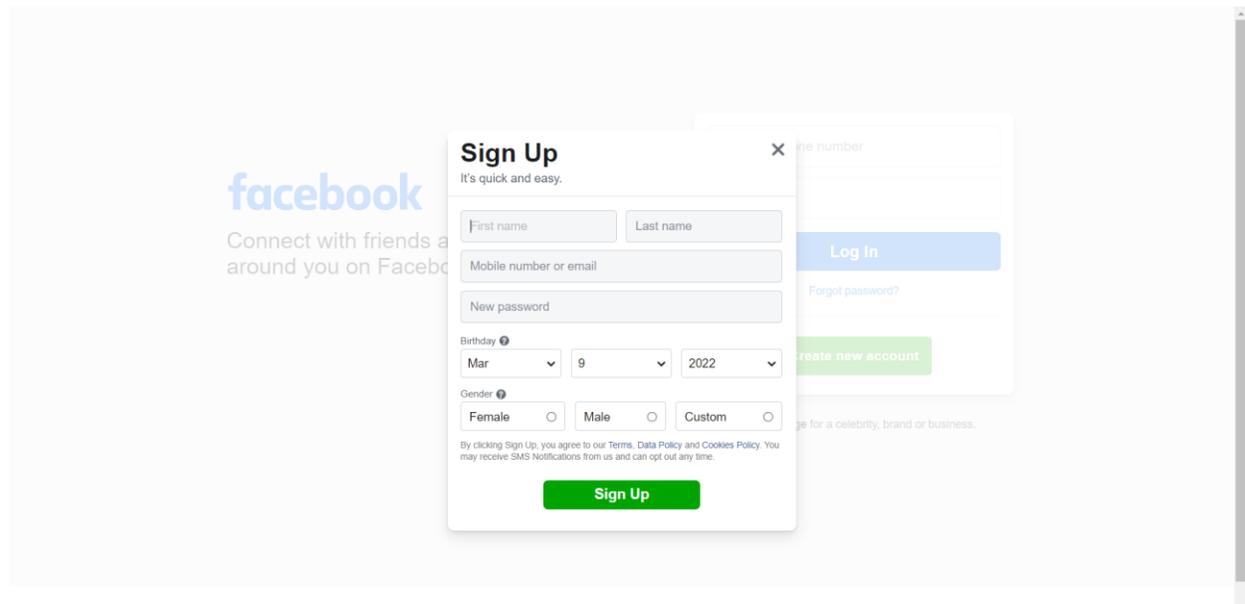
How to Make a Facebook Account and Page for your League

In order to create a Facebook page for your League, you need to have a Facebook account.

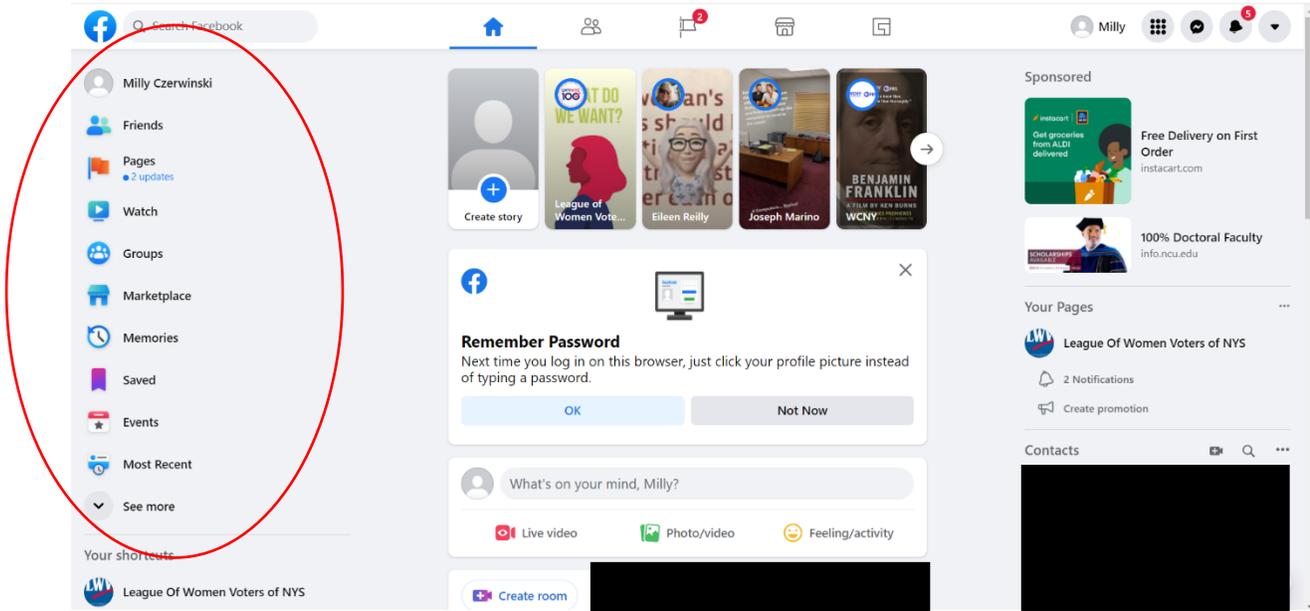
- 1.) Go to Facebook.com. Click on the “Create New Account” button.



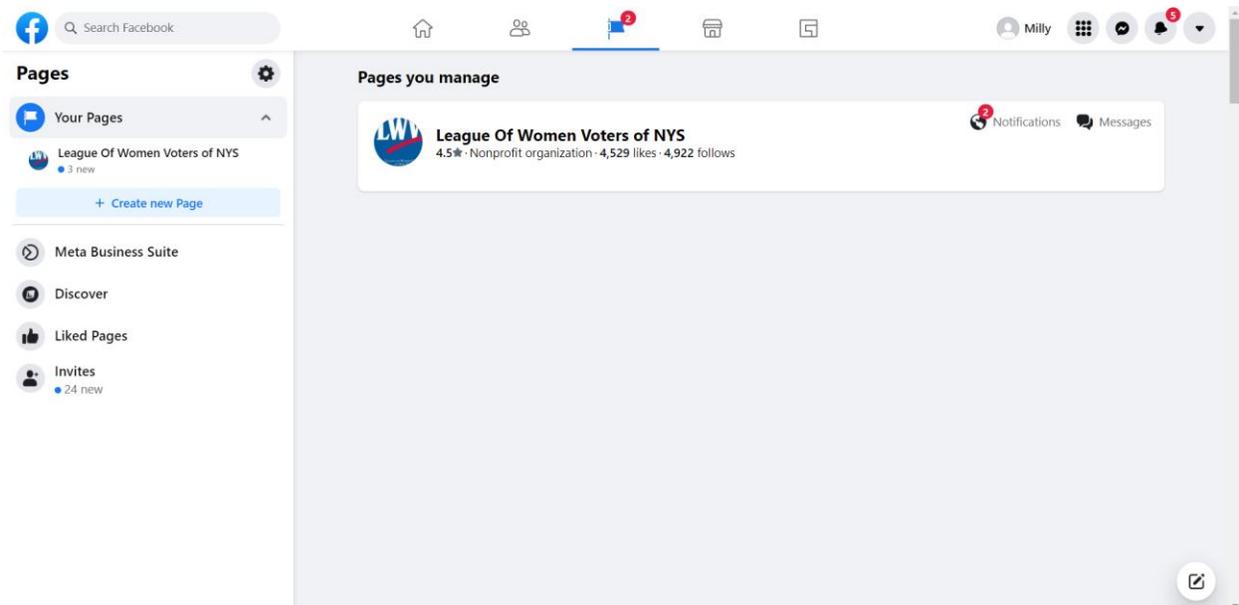
- 2.) Enter your information, then click “Sign Up.” You now have a Facebook account!



3.) You can now make a Facebook page. Log-in to your Facebook account. Your home page will look like this. Click on the option on the menu on the left of your screen that says “Pages.”



4.) You'll be redirected this page. To make your page, click on the “Create new Page” button in the menu on the left.



5.) Fill out your League's information in the boxes that are to the left of your screen. When you're finished, click on the "Create Page" button.

The screenshot displays the Facebook 'Create a Page' interface. On the left, the 'Page information' section is visible, containing the following fields:

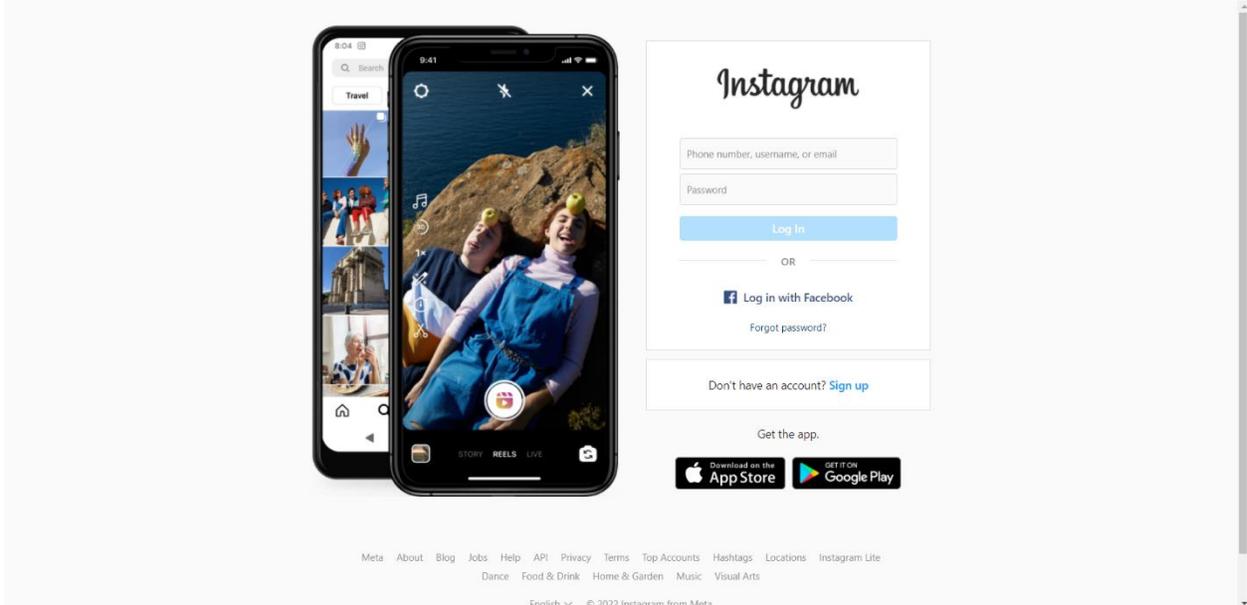
- Page name (required):** My League's Name (with a green checkmark)
- Category (required):** Nonprofit organization (with a green checkmark)
- Description:** A text input field with a green checkmark icon at the bottom right.

Below the description field, there is a 'Create Page' button. The main area of the interface shows a 'Desktop Preview' of the page. The preview includes a cover photo, a profile picture, the name 'My League's Name', and the category 'Nonprofit organization'. Navigation tabs for 'Home', 'About', 'Photos', 'Videos', and 'More' are visible, along with a 'Message' button and a search icon. At the bottom of the preview, there is a 'Create post' button and options for 'Photo/video', 'Tag people', and 'Check in'.

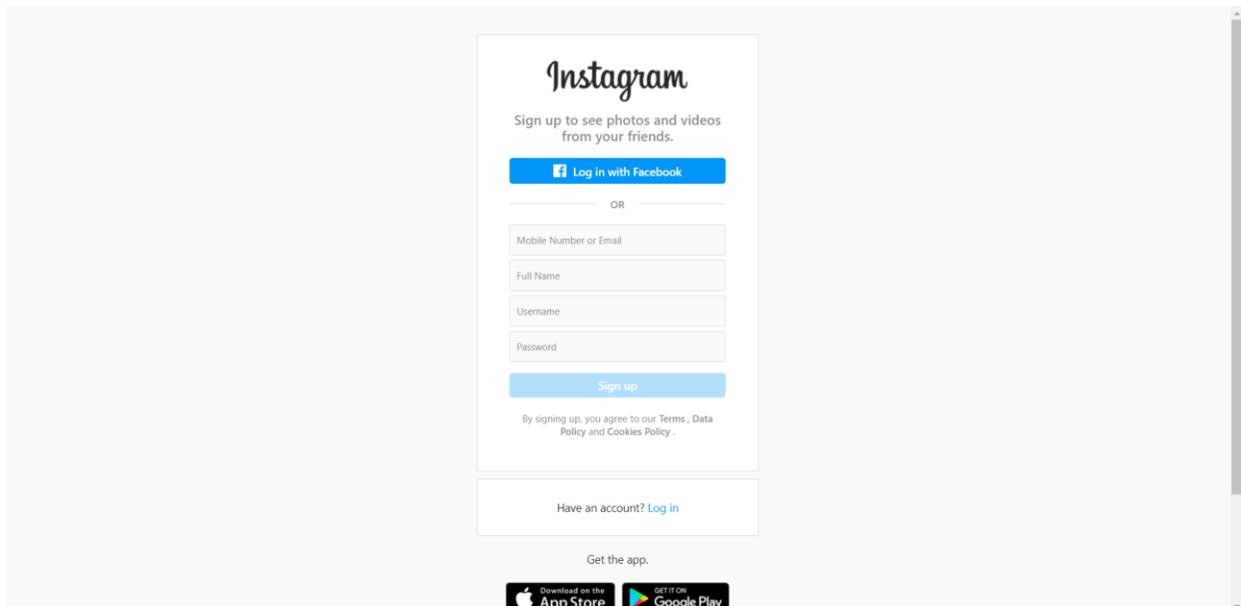
6.) You've successfully created a Facebook page for your League - Congratulations!

How to Create an Instagram Account

- 1.) Go to Instagram.com. Click on the blue text that says “Sign Up” under the initial log-in box.



- 2.) Fill out the boxes with your information, then click the blue “Sign up” button. Be sure that your username identifies your League!



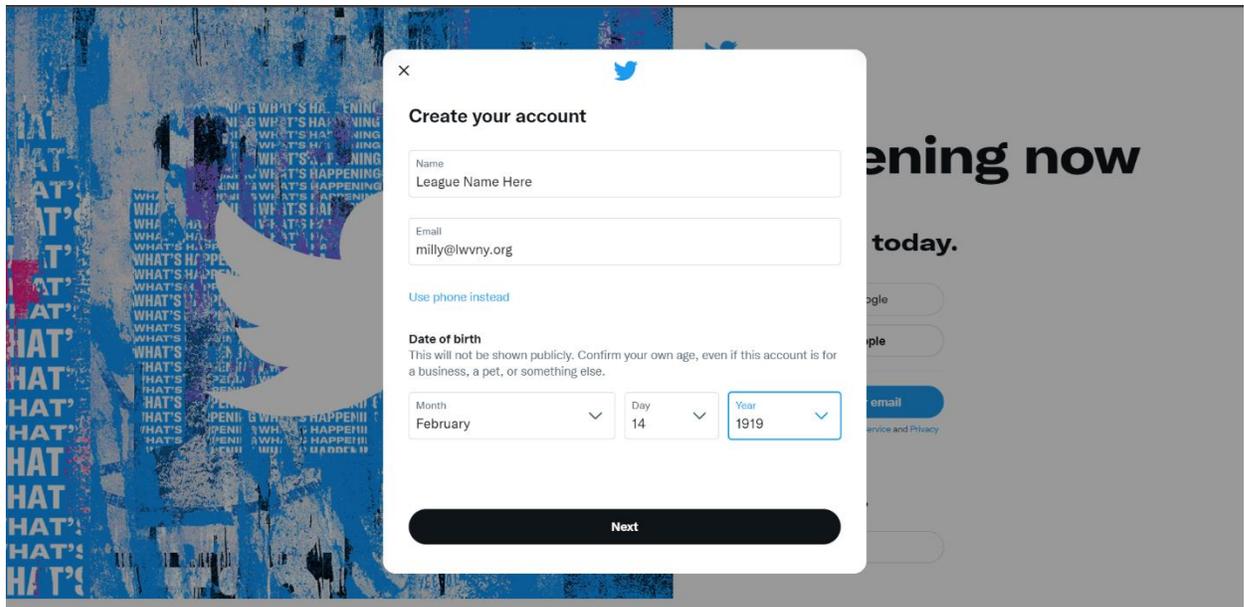
- 3.) You’ve successfully created an Instagram account for your League – Congratulations!

How to Create a Twitter Account

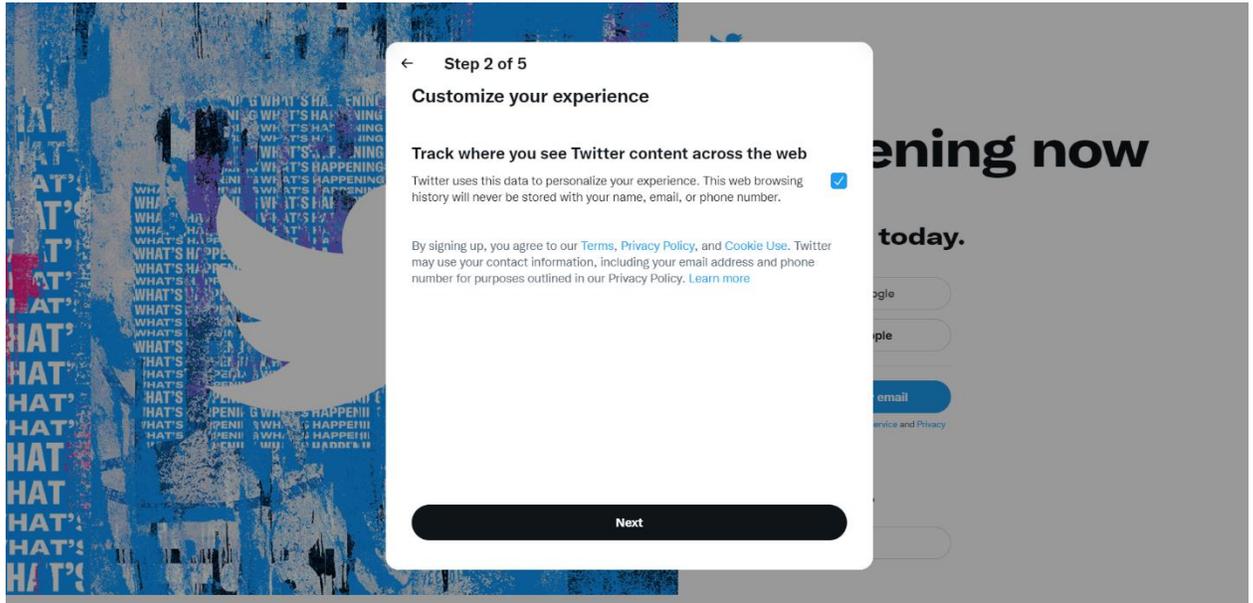
1.) Go to Twitter.com. Click the blue “Sign up with phone or email” button.



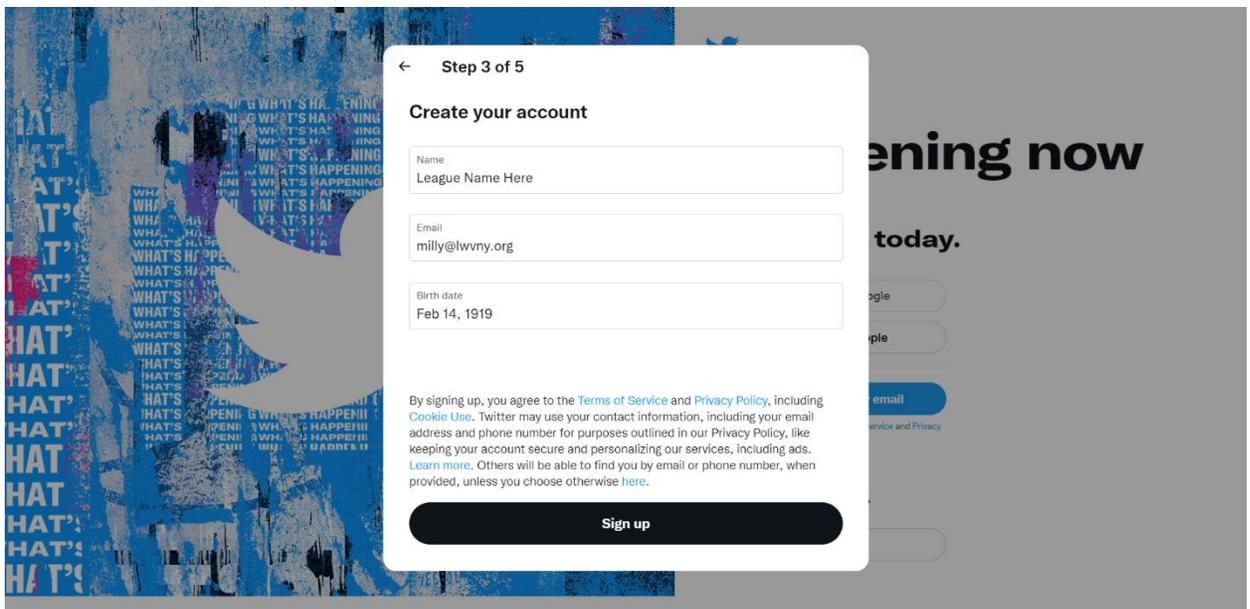
2.) This box will pop up. Fill out the boxes with the required information. Under “Name” put the name of your League. After you’re finished, click the black button that says “Next.”



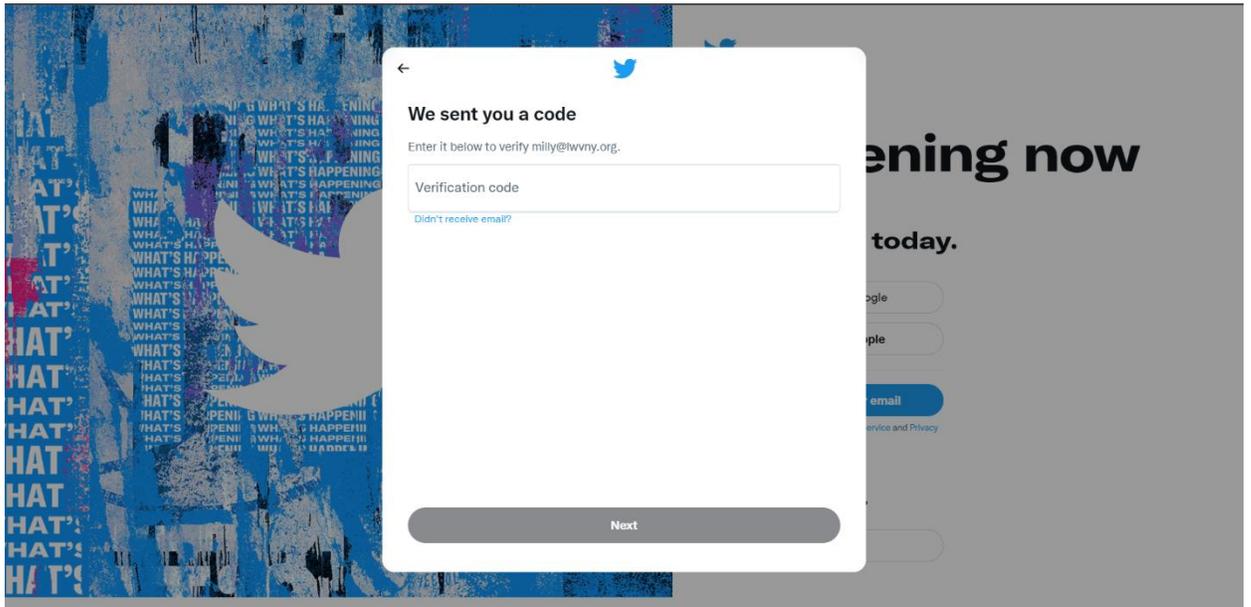
- 3.) You will then be asked if you want Twitter to track where you see Twitter content across the web. If checked, Twitter will know when you visit specific webpages. This is a personal preference, and you can choose to opt-in or opt-out. After you make your decision, press the black button that says “Next.”



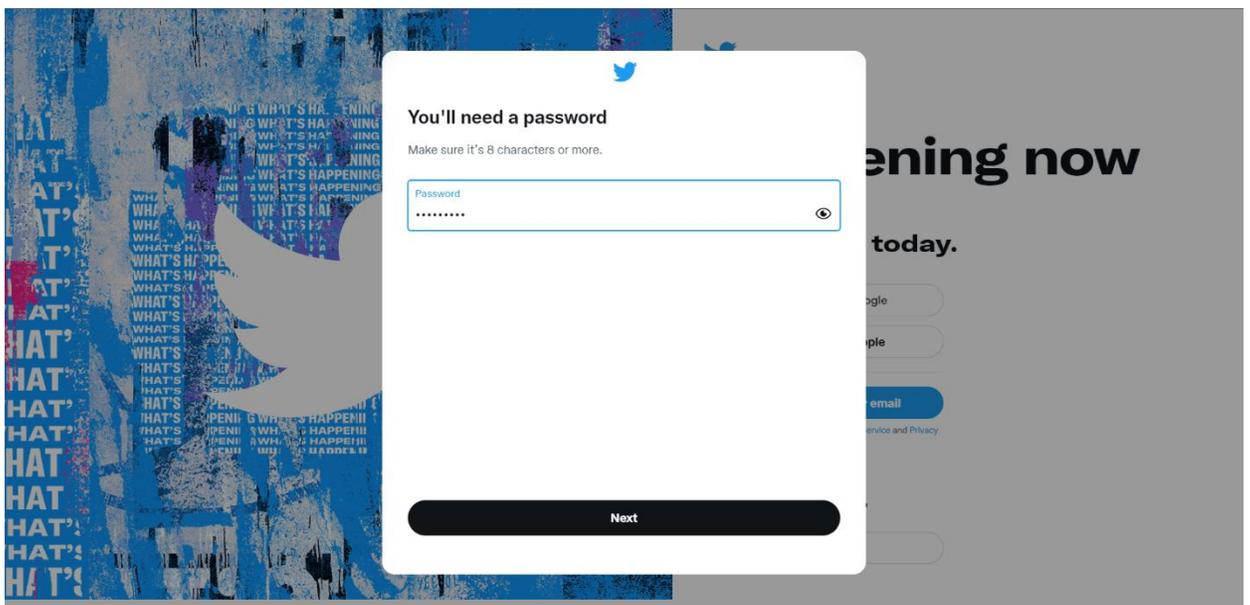
- 4.) A page similar to the first one will pop up, this time with the information you already put down filled in. If you would like to change any of the information, you can do so now. If not, click the black button that says “Sign up.”



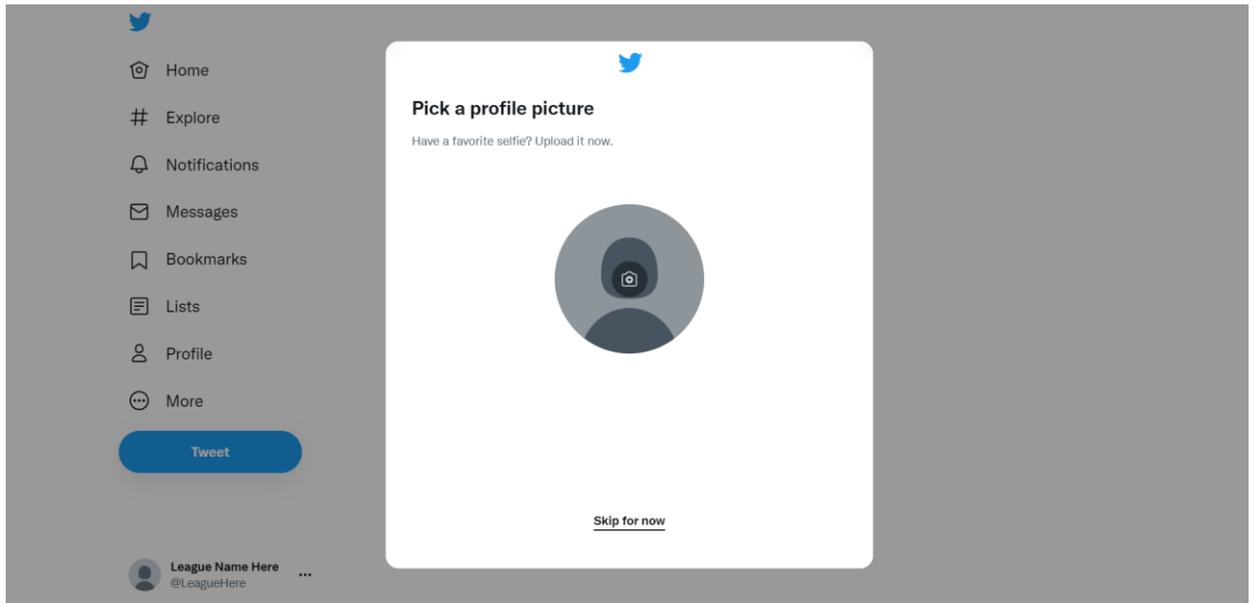
- 5.) A verification code will be sent to your email. If you can't find it in your inbox, check your junk mail! After you have received the code, enter it in the box below, then click on the button that says "Next."



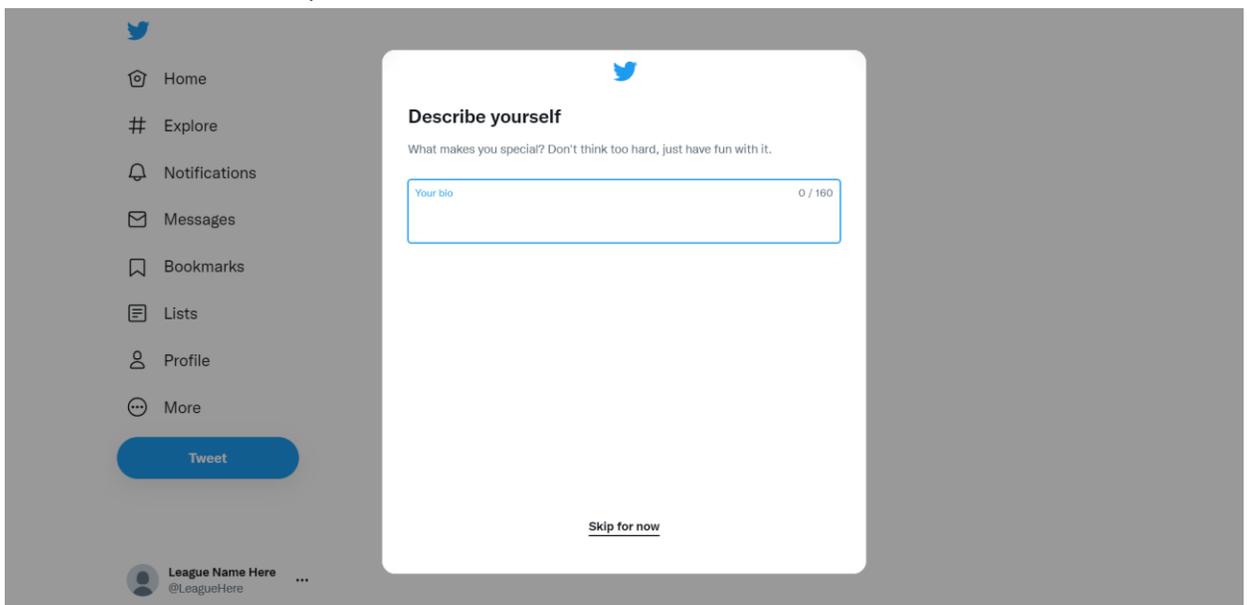
- 6.) Enter a password, then click the button that says "Next."



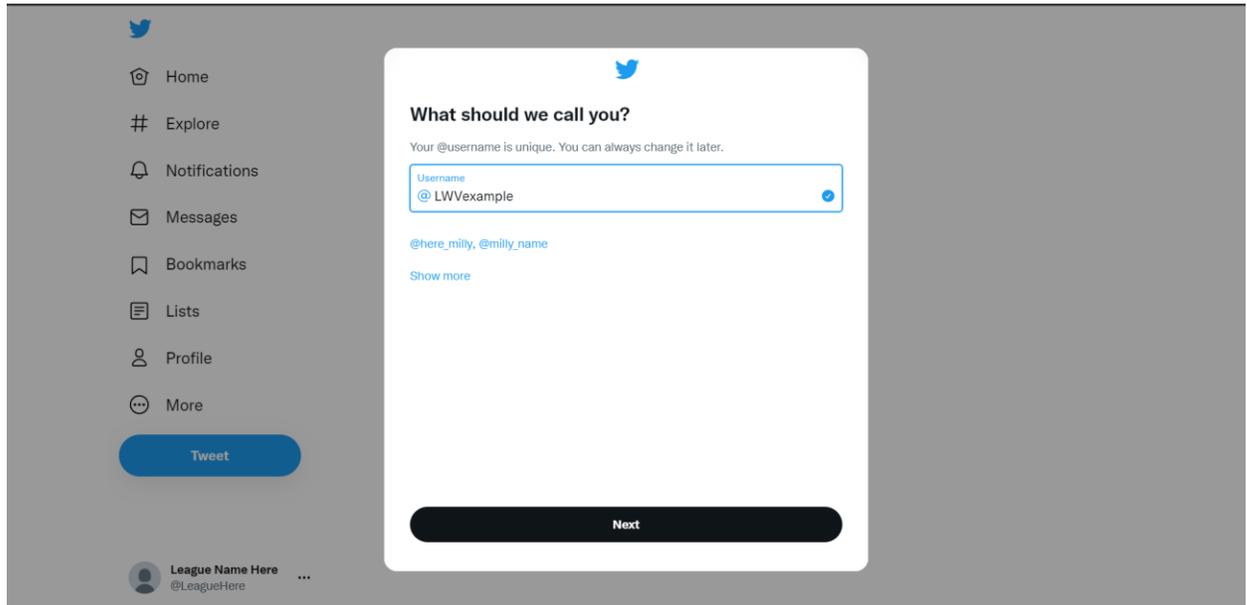
7.) You will then be redirected to a new page. Pick a profile picture or click on the “Skip for now” option towards the bottom of the screen.



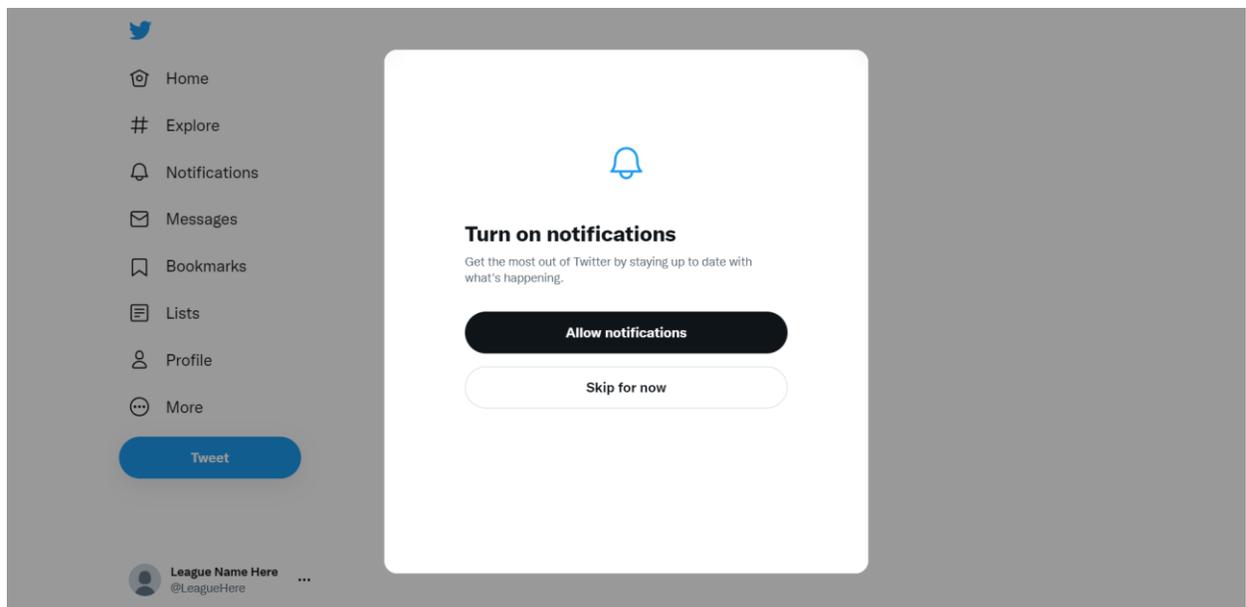
8.) Write a brief paragraph that describes your League, or click on the “Skip for now” option towards the bottom of your screen.



9.) Choose a username for your account. Be sure that your username identifies your League! After you're done, click on the button that says "Next."



10.) Choose if you would like to receive notifications. Notifications let you know when someone has liked, commented, or retweeted your tweet, or if someone sends your account a message. Choose to opt-in or opt-out by clicking on the button that says "Allow notifications" or the button that says "skip for now."



11.) You've successfully created a Twitter account for your League – Congratulations!