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Switch or leave a team

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Join a school or club team with a code or search, or leave a membership.

You can belong to one school team and one club team. Journal history stays with you if you leave.

Join a team

1. Tap **More**, then **Teams**.

   Under **Find a team**, do one of these:

   - **With an invite code:** type it in **Invite code (for invite-only teams)** and tap **Join with invite code**.
   - **Without a code:** type the team name in **Search team name**. You can add a state in **State filter (optional, e.g. PA)**. Tap **Search**, then tap **Join** next to your team. This works if the team lets anyone join. Invite-only teams need the coach's code. Some teams need your coach to approve you first.

Your teams show under **Your memberships**, with a status such as **Member** or **Waiting for coach approval**, and whether the journal is **Journal shared with coaches** or **Journal private from coaches**.

Leave a team

On **Your memberships**, tap **Leave** next to an active or pending membership.

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