# Welcome, Coach.

Your program is set up. These five steps get your team in and using it, and take about 15 minutes.

## GET SET UP

1. **Get your players in**
   Print the player guide that came with this email and hand it out at a team meeting. Players scan its QR code, get the app and join. Or send the code in your team group chat.
   `Settings (the gear) › Teams and codes › Player guide or Share`

2. **Approve your players**
   Nobody sees your team until you approve them, so a forwarded code never lets a stranger in. Approve or decline each request.
   `Team tab › requests at the top`

3. **Add your other teams**
   JV, Sophomore, Freshman. Each team gets its own code, and you see every team from one account.
   `Settings › Add a team`

4. **Make it look like your program**
   Pick your colors, logo and a team mantra. Players see it every time they open the app.
   `Settings › Team look`

5. **Bring in your lifting program**
   Take a photo of the sheet you already use, or pick a PDF or Excel file. It reads it in for you to check over before you save. Players log their sets, and maxes update on their own.
   `Lifting tab › Build your lifting program`

> **Players sign in with a code, not a password.** When a player says they can't get in, it's almost always the spam folder or an older code. Use the newest email.

## YOUR FIRST WEEK

- **Do it with them the first time.** Hand out the player guide at a team meeting and have everyone join before they leave. You'll have the whole roster in five minutes.
- **Turn on leaderboards for two or three lifts.** Kids log more when they can see where they rank.
- **Post one announcement right away.** It shows players where team news lives now.

ATHLETE SUITE

COACH QUICK START

## EVERYTHING IT DOES FOR YOU

**Lifting**
Your program in the app. Players log every set, maxes and PRs update on their own, and leaderboards rank the lifts you pick. See who logged each day.
`Lifting tab`

**Schedule and results**
Snap a photo of your printed schedule and the whole season goes on the calendar. Enter finals, write recaps, keep the record.
`Schedule tab › Import schedule`

**Lineups**
Set the batting order and starter, or snap a photo of your lineup card and it fills in. Players see it at first pitch, not before.
`Tap a game › Set lineup`

**Lineup graphics**
One tap makes a lineup post in your colors, logo and mantra, sized for Instagram story, post, Facebook or X.
`Tap a game › Create lineup graphic`

**Season and game stats**
Import GameChanger exports, CSV or Excel. Each player sees their own line; box scores match your lineup.
`Team › Season stats · tap a game`

**Pitch counts**
Who can pitch today under UIL, TAPPS, Pitch Smart or your own chart. Pitches thrown for a select team count too, and you get a heads-up.
`Home · Team › Pitch counts`

**Bullpens and swings**
Import Trackman or Rapsodo pens and Rapsodo or Blast swings. Players see their own.
`Team › Bullpens · Swing data`

**Test day**
60, home to first, throwing velo, pitching velo, exit velo, long toss. Every player sees their trend.
`Team › Test day`

**Your roster**
Add it from a file, a photo or GameChanger names. Split into Varsity, JV and Soph later with Sort teams.
`Team › Add players · Sort teams`

**Habits and announcements**
Players track sleep, arm care and more. Post announcements to the program or one team and see who read them.
`Habits tab · Home › Announcements`

**Recruiting profiles**
A one-page profile any player can share with college coaches: testing, stats and strength, with no account needed.
`Player card › Recruiting profile`

**Monday email**
Last week's lifting, PRs, tests and games, plus this week's calendar, in your inbox Monday morning.
`Settings › Monday email`

## GOOD TO KNOW

- **Don't make new teams every year.** Settings › Start next season moves everyone up and moves seniors to Graduated, with their profiles kept.
- **Assistants are free.** Send them the coach code from Settings › Coaches, then approve them.
- **Lost or shared code?** Make a new one in Settings › Teams and codes. The old one stops working.