

Coach: Getting Started

Welcome to Upside! It's never been easier to extend your influence off the court. There are a few easy steps to go; let's get started!

1. Register on www.sportupside.com.



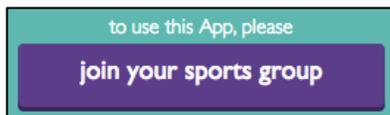
account type coach

If you have an Apple device, download the Sport Upside App.

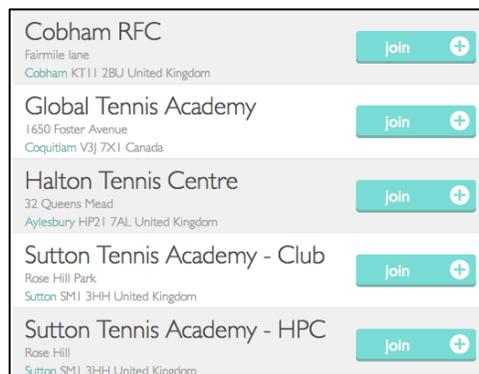


Please confirm your email so we know that you aren't a robot!

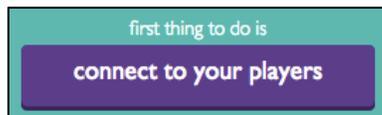
2. You need to join your sports group.



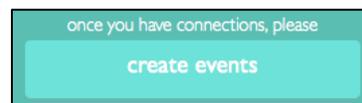
For privacy reasons, you need to wait for the group contact to accept you into the group.



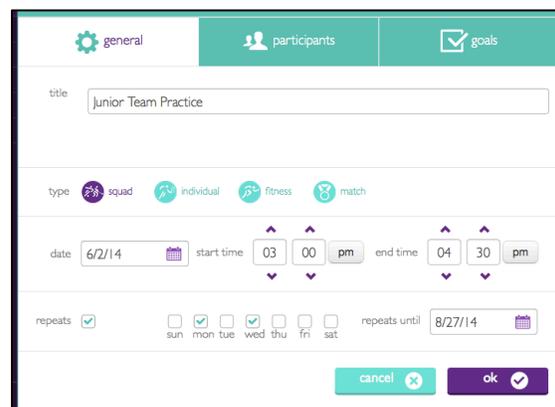
3. Once you've been accepted, make sure to connect to your players, or invite them to join.



4. You can start adding events to your calendar once you are connected to players.



- The general tab is for the event details.
- The participants tab is where you add coaches and players.
- The goals tab is where you can enter goals for all of the players on the event.



general participants goals

title Junior Team Practice

type squad individual fitness match

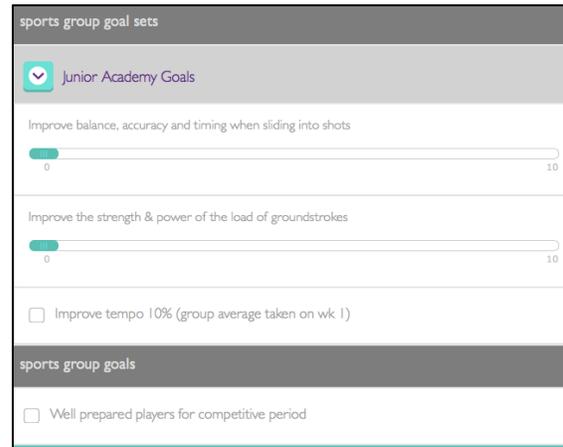
date 6/2/14 start time 03:00 pm end time 04:30 pm

repeats sun mon tue wed thu fri sat repeats until 8/27/14

cancel ok

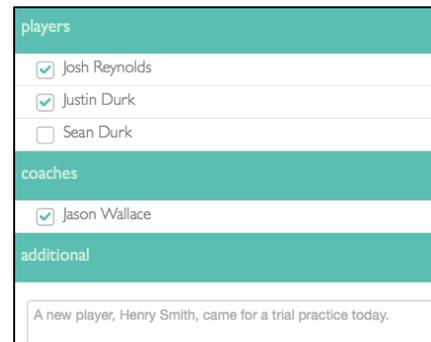
Goals

You can add goals or sets of goals to events. You can do this by creating your own or using the ones created by the group contact. There are two types of goals: checkbox and slider.



Attendance

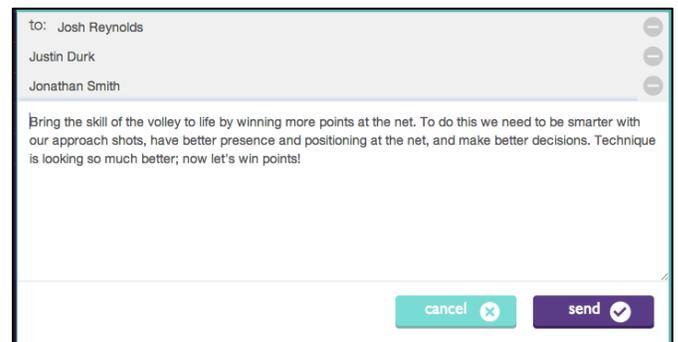
Sessions on your calendar have an absence icon. Click it to complete the player & coach register or add additional notes that are required.



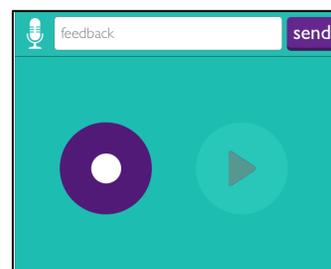
Feedback

There are 3 types of feedback you can give to your players so they know what they are working on and how they are doing.

The first is text feedback. To do this, click the feedback button on a session in your calendar. You will see all players who attended the session are listed. By tapping a player name, you can remove them from the recipient list.

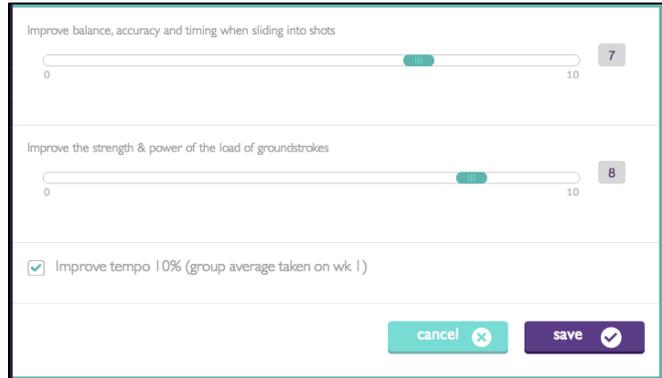


If you have an Apple device, you can record voice feedback. Press the microphone on the bottom left and a record button will display. Press the button again to stop recording. You can add text feedback to the text field as well and send both together.



The third type of feedback is goal achievement feedback. Too often players don't get reinforcement at the time they achieve a goal, just on a report at the end of the term. To send, press the goals button on a session, select the player and update the goal status.

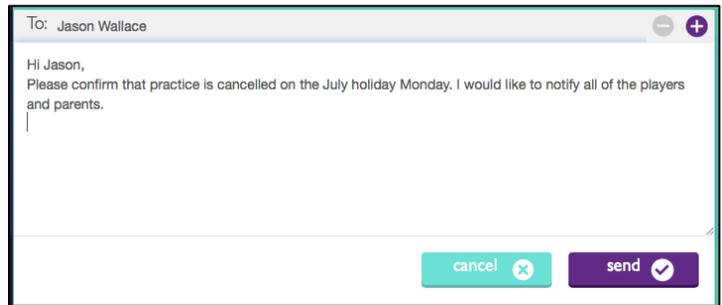
If the player achieved a checkbox goal, tick the box (or swipe right on an Apple device). To send a slider goal, tap along the slider to the number desired.



Messaging

You can message all coaches, players, parents and the group contact as long as you are connected to them.

They can message you as well!



Settings

In settings, you can decide if you want to receive message notifications via your email.

That's it! Things only get easier from here. talk_to_us@sportupside.com if you have any questions, suggestions, complaints or compliments.