

# **QUICK START GUIDE**

For Athletes

# Download App

## SETUP INSTRUCTIONS

- 1. Download the App or use the desktop version app.pandastronger.com
- 2. Click "Create Account"
- 3. Select "Athlete" as your profile type
- 4. Setup your Profile
  - \*Enter birthday, weight, gender (Birthdates cannot be changed, so make sure it is correct)
  - \*Choose your privacy settings
  - \*Add additional profile info
  - \*Save Info
- **5. Confirm your account via email** (Check your spam folder if you do not see the confirmation email)
- 6. Log back into the app or desktop version
- **7.If registering for a school or club team,** click on the registration link and follow the instructions
- **8.**Once your registration is accepted, your Athletic Director will invite you to a team

### **BENEFITS**

Access team store

Athletic Resume
College Recruiting
Access to 94K College Coaches
Send your profile to recruiters
Store and share highlight videos
Connect and follow other athletes
Join teams
Team and group chats
Create workout groups
Add game results
Track and record workouts
View fitness analytic tools
Social media tools



### Need Help?

Contact support@PANDASportsTech.com or call 833.TEAMMGT (833.832.6648)