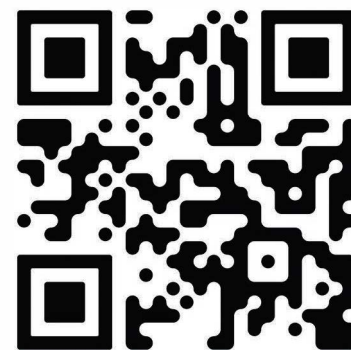




## QUICK START GUIDE

For Coaches



Download App

### SETUP INSTRUCTIONS

- 1. Download the App** or use the desktop version [app.pandastronger.com](https://app.pandastronger.com)
- 2. Click "Create Account"**
- 3. Select "Coach" as your profile type**
- 4. Setup your Profile**
  - \*Enter birthday, weight, gender (weight is used for analytics, use 999 if you don't want to participate)
  - \*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 your App or desktop version**
- 7. Create a team/club** - go to "Registrations," click "+Registrations" to build a registration and create/add teams
- 8. Join a team**, your Athletic Director can add/invite coaches to teams through the individual team management tools.

### BENEFITS

Team Management  
Create & Build Teams  
Store Videos  
Notifications  
Manage rosters  
Team calendar  
Notice Boards  
Document library  
Connect & follow other coaches  
Team, Parent, and Group Chats  
Create workout groups  
Add game results  
Use fitness analytic tools  
Social media tools  
Make a team store



### Need Help?

Contact [support@PANDASportsTech.com](mailto:support@PANDASportsTech.com)  
or call 833.TEAMMGT (833.832.6648)