

CAGE WORK

ATHLETE QUICK START

Your coach put you in Cage Work. Here is how to get in and what is waiting for you.

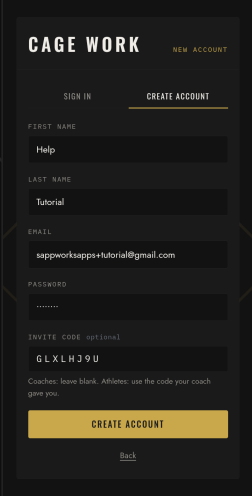
Getting in

1 Get your code from your coach

It looks like ABCD1234. It is yours, not shared with the team.

2 Create your account

Go to getcagework.com and tap Create account. Put your code in the Invite code field. That is what drops you into your coach's program instead of an empty one.

A screenshot of the 'CAGE WORK' 'NEW ACCOUNT' sign-up form. The form has a dark background with white text. At the top, it says 'CAGE WORK' and 'NEW ACCOUNT'. Below that are two tabs: 'SIGN IN' and 'CREATE ACCOUNT', with 'CREATE ACCOUNT' being the active tab. The form fields are: 'FIRST NAME' with the placeholder 'Help', 'LAST NAME' with the placeholder 'Tutorial', 'EMAIL' with the placeholder 'sappworkapps+tutorial@gmail.com', 'PASSWORD' with a masked input, and 'INVITE CODE optional' with the placeholder 'GLXLHJ9U'. Below the invite code field, there is a note: 'Coaches: leave blank. Athletes: use the code your coach gave you.' At the bottom of the form is a yellow 'CREATE ACCOUNT' button and a small 'Back' link.

Your code goes here

3 Confirm your email

Check your inbox and tap the link. If it is not there in a minute, check spam.

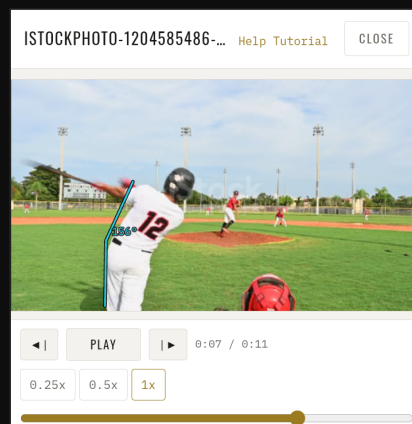
4 Put it on your home screen

iPhone or iPad: open getcagework.com in Safari, tap Share, then Add to Home Screen. Android: install Cage Work from the Play Store. Do this now or you will not open it again.

What you will see in there

Film

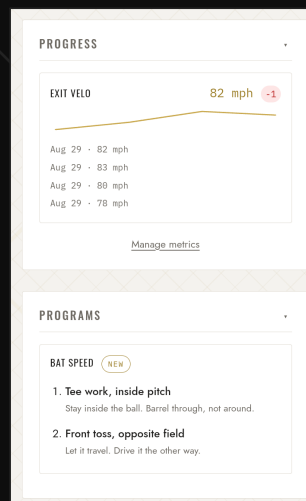
Your clips, with your coach's marks on them. Tap a mark to jump to that exact frame, see what he drew, read the note, and hear him talk you through it. Watch these before your next session, not after.



A coach mark on your swing

Programs and progress

What you are supposed to be doing, and your numbers over time. Drills often have a video link attached, so if you are not sure what one looks like, tap it.



Your program and your numbers

Schedule, messages and handouts

When and where, with a text if something moves. Message your coach directly instead of losing it in a group text. Handouts is where the sheets and plans he sends you live.

How to actually get something out of this

- Watch the coach mark on a clip before you swing again. That is the whole point of it being in here.
- Log your numbers honestly. A chart you fudged is worth nothing to you.
- If a drill does not make sense, message your coach and ask.

Under 18? Add a parent or guardian in Settings so they can see your schedule too. This guide lives at getcagework.com/help.