

CAGE WORK

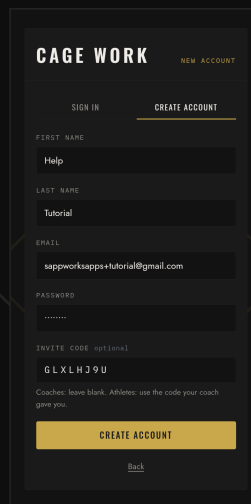
COACH QUICK START

Everything you need in the first twenty minutes. Read it once, then keep it for the parts you forget.

Getting set up

1 Create your account

Go to getcagework.com and tap Create account. Leave the invite code field blank — that field is for athletes joining a program, not for coaches starting one. Confirm the email that lands in your inbox.



The screenshot shows the 'CREATE ACCOUNT' form on the CAGE WORK website. The form has a dark background with white text. At the top, it says 'CAGE WORK' and 'NEW ACCOUNT'. Below that, there 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 field, and 'INVITE CODE (optional)' with the placeholder 'GLXLHJ9U'. Below the fields, there is a note: 'Coaches: leave blank. Athletes: use the code your coach gave you.' At the bottom, there is a yellow 'CREATE ACCOUNT' button and a 'Back' link.

2 Name your program

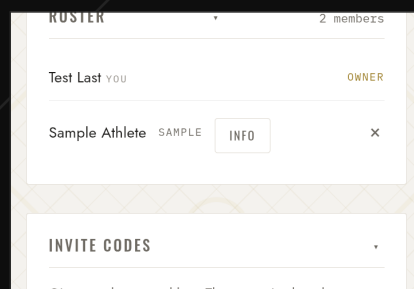
This is what your athletes see everywhere in the app, so use the name they already know you by. You can change it later in Settings. Naming it starts your 30 day trial.

3 Add it to your home screen

On an iPhone or iPad, open getcagework.com in Safari, tap Share, then Add to Home Screen. On Android, install Cage Work from the Play Store. It runs like a normal app either way.

4 You already have a sample athlete

Your roster starts with one, complete with a marked-up swing, an assigned drill program and some progress history. Nothing to set up. Remove it whenever you like.

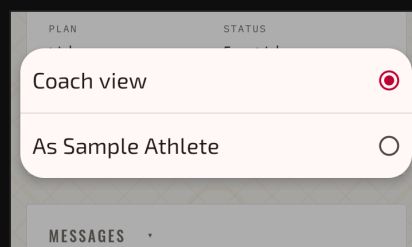


The screenshot shows the 'ROSTER' screen in the CAGE WORK app. At the top, it says 'ROSTER' and '2 members'. Below that, there is a table with two columns: 'Name' and 'Role'. The first row has 'Test Last YOU' and 'OWNER'. The second row has 'Sample Athlete SAMPLE' and 'INFO'. Below the table, there is a yellow 'INVITE CODES' button.

Roster with the sample athlete

5 See what your athletes see

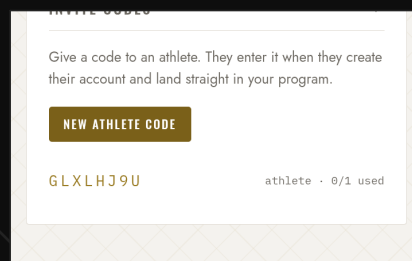
The dropdown at the top of the screen switches you into any athlete's view. Use it on the sample athlete to look around both sides before you invite anyone real. Nothing you do in preview is saved.



Preview as any athlete

6 Then invite a real athlete

Open the Invite codes panel and tap New athlete code. Text the code to the athlete. When they create their account they enter that code and land straight in your program. One code per athlete.

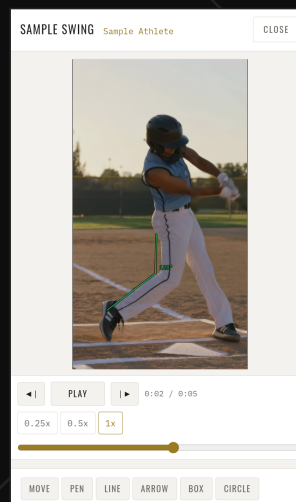


One code per athlete

Film review

◆ Upload and step through it

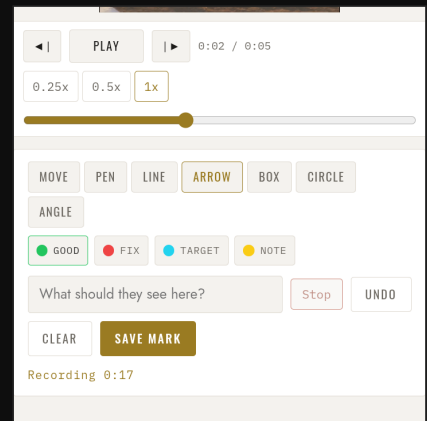
Tap Upload clip, pick the athlete, choose a video. Open it to review. Step frame by frame with the arrows, drop the speed to 0.25x, and draw on the frame with the pen, line, arrow, box, circle or angle tools.



Angle tool on a swing

Talk over it

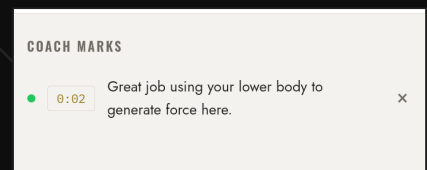
Tap Record and the clip replays from the start while you narrate. Everything you do to the video is recorded with your voice, so the athlete watches exactly what you watched while hearing what you said.



Recording a voice note

Save the mark

Type what they should see, pick Good, Fix, Target or Note for the colour, and tap Save mark. It lands on the athlete's clip at that frame.

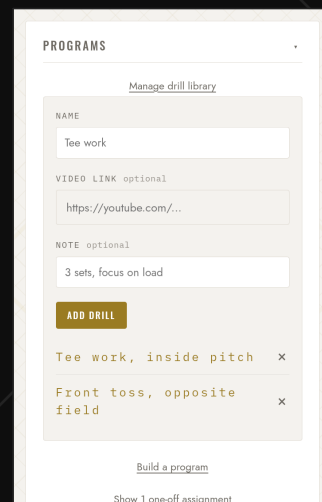


The saved mark

The rest of it

Programs

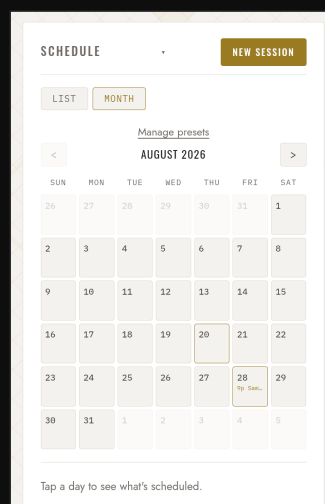
Build your drill library once under Manage drill library, then assign drills out. A drill can carry a video link and a note, so the athlete sees what to do and how to do it.



Drill library

Schedule

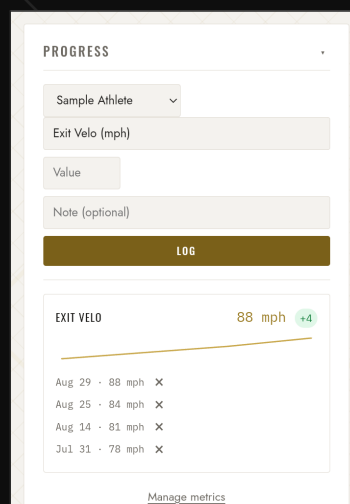
Put sessions on the calendar. Athletes get a text when you create, move or cancel one, so you stop fielding what time again on Sunday night. Leave the title blank and it names itself.



Month view

Progress

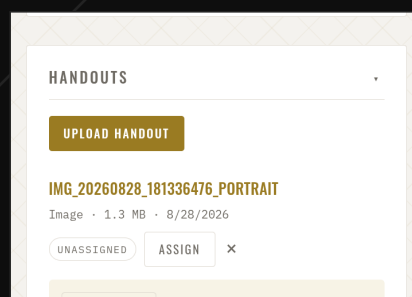
Set up the metrics you actually track under Manage metrics, then log numbers as you go. Exit velo, sixty time, whatever you use. The athlete sees the trend, not just the last number.



A metric over time

Handouts

Upload a PDF or image once and assign it to as many athletes as you want. Arm care sheets, offseason plans, the athlete quick start guide that came with this one.



Assign to one or all

Worth knowing on day one

- Payments is a ledger, not a processor. Log what you charged and what they paid, and both of you see the running balance. Money still moves however it already moves.

Both guides live at getcagework.com/help — send the athlete one to your athletes, or assign it under Handouts. Stuck on something? Text me. I built it and I answer.