



FieldSync Pro

Getting your team started

One account works everywhere. Sign in with the same email on your phone and on the website and everything follows you.



iPhone

App Store, search FieldSync Pro

apps.apple.com/app/id6812147578



Android

Google Play, search FieldSync Pro

play.google.com/store/apps/details?id=live.fieldsync.pro



Web browser

For a computer, Chromebook or any other device

pro.fieldsync.live

For coaches about ten minutes

1 Create your account

Open the app and tap **Sign up with email**, or continue with Apple on iPhone or Google on Android. Choose Coach, pick your school or club, and enter the code we email you.

2 Create your team

Give your team a name and tap **Create team**. Your school is already filled in. Your team gets its own code, something like AB10CD20. You can always find it at the top of the Team page.

3 Bring in your athletes

Use whichever is easiest for your group.

- Share the team code. Athletes type it on their Home screen.
- Invite by email from the Team page.
- Send an athlete link from Invite links on the Team page.

Approve athletes before they join is on for every new team.

Approve or decline each request on the Team page, or turn it off there.

4 Schedule practices and meets

Open Schedule and tap **Schedule a practice or meet**. The app walks you through it one question at a time, including repeating days and where to meet. Your team hears about every change.

5 Plan the work

Open a practice and pick the event groups that are practicing to give each group its work. For running sessions, tap **New session** in Workouts.

6 Follow along

Results show up as athletes log them. Analytics has one line per athlete. Open any athlete to see their marks and reply.

Everything else you can do

Announce	One message to the whole team, parents included, by notification and email. You can see who has read it.
Messages	A team chat, and chats where any athlete under 18 always has another adult with them.
Parents	Add a parent by email on the Team page, or approve parents who ask with your team code.
More coaches	Send an Assistant coach link from the Team page.
Your roster	Set an athlete's events, remove someone, or tap Make owner to hand the team to another coach.
Graphics	Result cards and meet recaps in your team colors, from the Media Room.

Every feature is explained step by step in the Coach Guide. Hand out the Athlete Guide and the Parent Guide too.

For athletes about three minutes

1 Get the app and sign up

Tap **Sign up with email**, choose Athlete and pick your school or club. If you are 13 to 17 you can add a parent's email so they can follow along.

2 Answer a few quick questions

Pick imperial or metric units, then turn on notifications so you hear when a practice moves or gets cancelled.

3 Join your team

On Home, type the code your coach gave you and tap **Join**. You see Waiting for approval until a coach lets you in.

4 Choose your events

This puts you in the right practice group, so you get the work meant for you.

5 Train

Training shows your practices and the work your coach set. Log your splits as you go, or mark a rep done.

6 Track your marks

Tap Progress, then **Log progress** after a meet or practice. PRs come from meets, indoor and outdoor kept apart, and your charts fill in on their own.

Good to know

- From iPhone app 1.0.4, add the FieldSync widget to see your next practice on your Home Screen.
- On iPhone, bring your runs in from Apple Health under Training, then Runs.
- Circles share your progress with friends or family. Start one from Profile.

Parents

Sign up as Parent and enter the team code, or use the invite your coach emails you. You see the schedule, every change and team announcements, never anyone's results.

We want to hear from you

- Something not working, or an idea? Open Messages and tap **FieldSync Support**, or email support@fieldsync.live. We read every message.
- Follow us on Instagram at [@fieldsyncpro](https://www.instagram.com/fieldsyncpro). Want to be in a post or a video? Coaches and parents, message us there. Athletes under 18, ask your coach or a parent to reach out for you. We never film or post anyone under 18 without a parent's written OK.