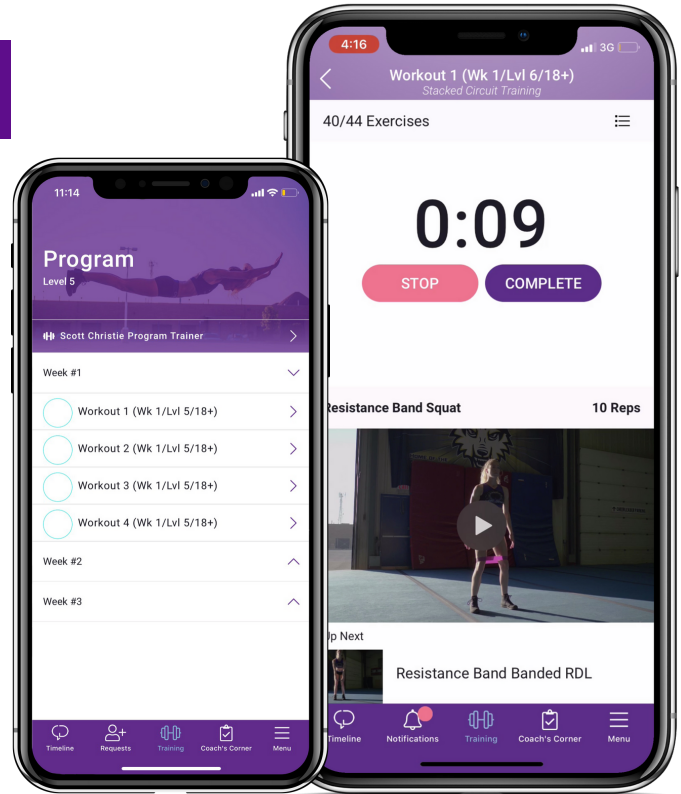


< APP DETAILS

CHEER-SPECIFIC TRAINING

- Name of exercise
- Number of reps or time
- Video demonstrations
- Type of workouts
 - Strength Training
 - Circuit Training
 - Stacked Circuit Training
 - Cardio



COACH'S CORNER

- Never-before-seen analytics
- Tumbling analytics
- Stunting analytics - coach appointed
- Analytics are pulled based on the team level assigned
- Each athlete contributes to the aggregate score/percentage

APP DETAILS >



SKILL TRACKER

- Check off skills in each level
- Add skills throughout the season
- All skills must be approved by a coach to be an "official" skill
- Skills awaiting approval will stay in "Pending"

EDUCATION THROUGH SOCIAL

- Connect with friends, coaches, parents and industry professionals
- Educational content from credible sources directly to your athletes and yourself
 - Nutrition
 - Stretching Series & Injury Prevention Series
 - Mental Health Advice
 - Training Tips

