

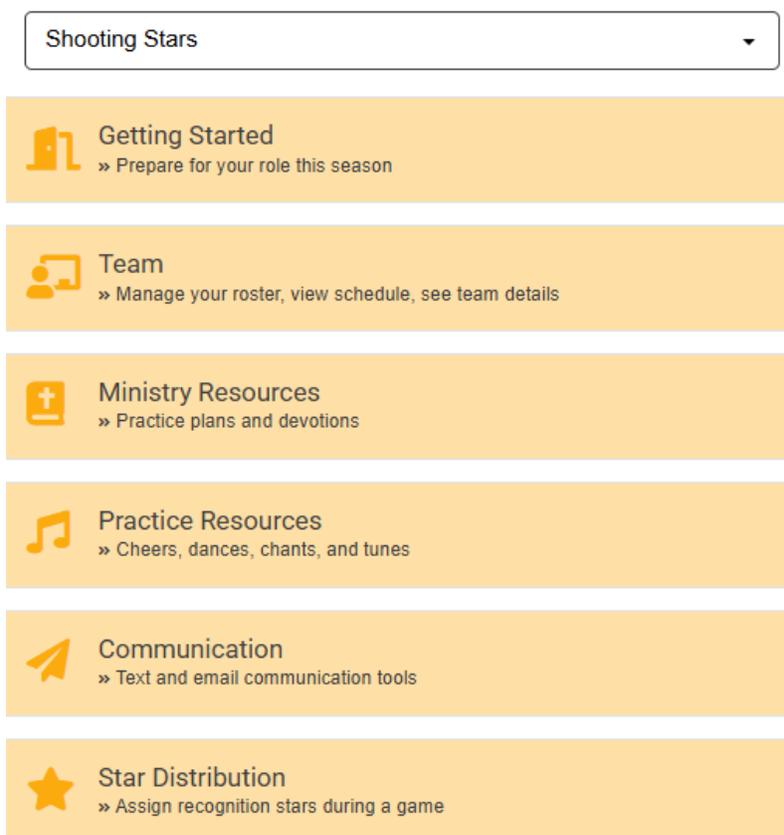
# HOW TO USE THE COACH APP



## ACCESSING THE COACH APP

The Coach App is your primary tool as a coach. The league director will send you an invitation to access resources on MyUpward.org. After you accept the invitation and create a username and password, you should create an icon on the home screen of your mobile device for quick and easy access.

Six tabs on the Coach App contain different resources to help your coaching journey.



## Getting Started

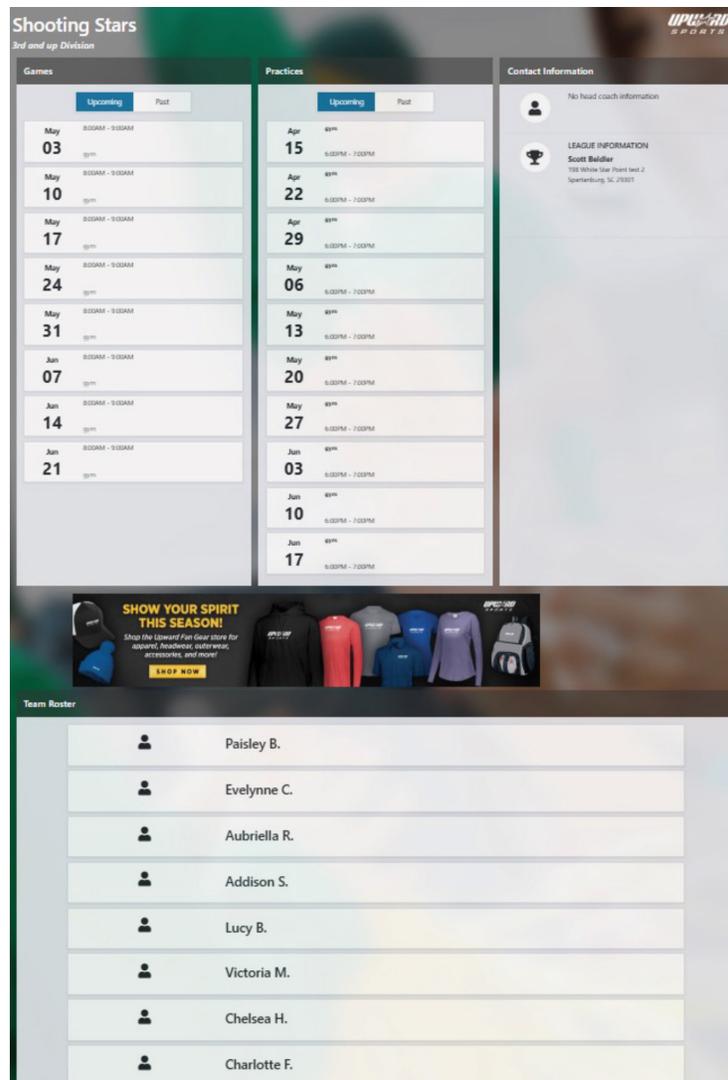
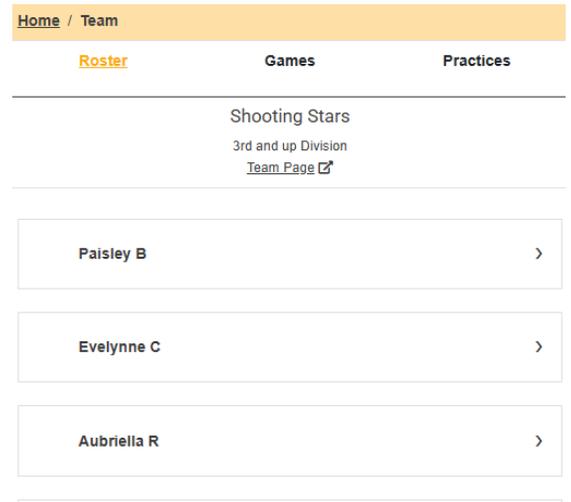
You will find resource videos to help you as a coach and Coach Development PDFs here.

- A digital version of the **Coach Playbook** can be accessed.
- Zip folders containing weekly **Practice Plans** and **Devotions** are available to download and print if you prefer paper copies or have limited internet access during practices.
- A **Star Tracking** form is also available to download in this area.

## Team

In this section, you can view your roster and the game and practice schedule.

- The **Roster** section allows you to view your squad. To view a participant's **contact information**, click the arrow on the far right side of the box. The emergency contact's name, phone number, and email address will appear.
- When you click on the **Team Page**, a new tab will open. The Team Page is accessible to your squad and shows the dates and times of upcoming games and practices along with the roster. You can also see the contact information for the team coach and league director.



- The **Games** section lets you see all upcoming games, including their time and location. To see past games, click the “Past” button. The **Practices** section shows you upcoming practices, including their time and location. Like games, you can also view past practices by clicking the “Past” button.

Home / Team

Roster **Games** Practices

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Shooting Stars  
3rd and up Division  
[Team Page](#) ↗

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Upcoming Past

May <b>03</b>	8:00AM - 9:00AM gym
May <b>10</b>	8:00AM - 9:00AM gym
May <b>17</b>	8:00AM - 9:00AM gym
May <b>24</b>	8:00AM - 9:00AM gym

Home / Team

Roster **Games** Practices

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Shooting Stars  
3rd and up Division  
[Team Page](#) ↗

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Upcoming Past

Apr <b>15</b>	gym 6:00PM - 7:00PM
Apr <b>22</b>	gym 6:00PM - 7:00PM
Apr <b>29</b>	gym 6:00PM - 7:00PM
May <b>06</b>	gym 6:00PM - 7:00PM

## Ministry Resources

You will find two digital resources to help you prepare for your weekly practice.

- The **Practice Plans** for each week include an outline of the practice focus, rules to learn, warm-up exercises, cheer motions, jumps, chants, cheers, dances, the weekly devotion, and more. Click on the week to open the Practice Plan.

Home / Ministry Resources	
Practice Plans	Devotions
Week 1	>
Week 2	>
Week 3	>
Week 4	>
Week 5	>
Week 6	>
Week 7	>
Week 8	>
Week 9	>
Week 10	>
Week 11	>



- **Practice Focus:** Get to know your team, set ground rules for practices, teach cheerleading motions, proper jump form, and a new chant.
- **Cheer Tip:** Teach cheerleaders the guidelines for performing motions properly.
- Cheerleaders should keep motions in front of them. With the exception of a "Touchdown" motion, cheerleaders should be able to see their arms and fists in their peripheral vision while looking forward.
- When performing motions, watch arm levels and keep shoulders relaxed. For a "T" motion, arms should be level; elbows should not be up or down. A "High V" and "Low V" should look like a "V" with elbows locked, never bent.

- If you only need to access the **practice devotion** for the week, click on the **Devotions** tab. Here, you can click on the week number, and the devotion for that week will open. As you prepare for practice, take about ten minutes each week to review the Scouting Report at the beginning of the devotion so that you can present the devotion, which ends with prayer.
- Week 8 includes a gospel presentation. Share the good news about Jesus with your team, and be prepared to answer questions your athletes may have about following Jesus.

Home / Ministry Resources	
Practice Plans	Devotions
Week 1	>
Week 2	>
Week 3	>
Week 4	>
Week 5	>
Week 6	>
Week 7	>
Week 8	>
Week 9	>
Week 10	>
Week 11	>



*This week's devotion includes a gospel presentation.*

**Scouting Report | Coaches, here's an inside look at this week's devotion**

- **Background:** This important devotion builds on the concept of Jesus' determination from the last practice to more fully flesh out the good news that He came to save us from sin and death. God didn't send Jesus to earth on a whim. Jesus didn't accidentally find Himself condemned to die. His life and mission were intentional, with the grand goal of our salvation and restoring our relationship with God. Think about the lengths God went to in order to bring us back to Him. This is what you want to communicate to the athletes on your team. God loves them so much that He orchestrated all this for them. They don't have to try to earn their salvation—and they can't. But they can face anything life throws at them when their hope is in Jesus.

## Practice Resources

Here, you will find digital resources to help you prepare for your weekly practice.

- Videos for **cheers**, **dances**, and **chants** listed in the Coach Playbook are available under the different sections.

Home / Practice Resources			
Cheers	Dances	Chants	Tunes
Basic Cheer - Hey Upward			>
Basic Cheer - Let's Get Up, Upward Fans			>
Basic Cheer - Upward Can't Be Beat			>
Basic Cheer - Yell It Proud			>
Intermediate Cheer - Down the Field			>

Home / Practice Resources			
Cheers	Dances	Chants	Tunes
Basic Pom Dance- Better With You			>
Basic Pom Dance- Move With Us			>
Basic Pom Dance- Vibin'			>
Basic Pom Dance- Yeah			>
Intermediate Pom Dance- Hey			>

Home / Practice Resources			
Cheers	Dances	Chants	Tunes
Basic Chant - First Down			>
Basic Chant - Get Tough, Defense			>
Basic Chant - Go, Fight, Win			>
Basic Chant - Go Green and Gold			>
Basic Chant - Go Upward Go			>

- Music for each dance can be found under the **Tunes** section.

Home / Practice Resources			
Cheers	Dances	Chants	Tunes
	Basic Pom Dance -Better With You		>
	Basic Pom Dance -Move With Us		>
	Basic Pom Dance -Vibin'		>
	Basic Pom Dance -Yeah		>
	Intermediate Pom Dance -Hey		>

## Communication

Communication is where you will find email and text capabilities.

- The “from” and “reply to” boxes will automatically populate with the name and email you provided when registering as a volunteer. A subject is required before sending the message. Along with a message, you have the ability to include an attachment.
- You can include a link to the team page in this area, too. Below the textbox on the right-hand side is text that reads, “Add team page to message body.” The link to the team page appears below that text along with a “+” sign. Click that sign and the link to the team page will automatically appear in the text box. This will allow parents to easily access the team page.
- You can choose “select all” to include all parents who provided their email address. You can also check boxes individually if you only need to communicate with a specific parent or parents.

Home / Communication

Email SMS Team Alert

FROM \*

Coach

Display name that will appear in recipient's inbox

REPLY TO \*

jdoe@gettingemail.com

Recipients will reply to this address

required

SUBJECT \*

ATTACHMENT

MESSAGE \*

B I U [List] [Link] H1 H2 H3 [Icon]

Add team page to message body  
https://upw.one/109732856D +

- The SMS tab allows you to send a text message. You can choose “select all” to include all parents who provided their mobile phone number. You can also check boxes individually if you only need to communicate with a specific parent or parents.
- You can include a link to the team page in this area, too. Below the textbox on the right-hand side is text that reads, “Add team page to message body.” The link to the team page appears below that text along with a “+” sign. Click that sign and the link to the team page will automatically appear in the text box. This will allow parents to easily access the team page.
- When you select “Send SMS,” your phone messaging app will open with the message you typed out and the phone numbers you selected. In some instances, not all phone numbers will populate in your messaging app. Return to the Coach App and click the “missing numbers after clicking Send SMS” link if this occurs. Clicking this will copy all phone numbers to your clipboard and allow you to return to the messaging system on your phone, tap and paste, and insert all phone numbers.

Home / Communication

Email SMS Team Alert

MESSAGE \*

0 of 3 SMS pages, 160 characters left

Add team page to message body  
https://upw.one/109732856D +

SELECT RECIPIENTS \*

PARENTS

Select All Remove All

**Missing numbers after clicking Send SMS?**

[Click here to copy them to the clipboard and then paste them into your SMS app](#)

Send SMS

- You can set up a **Team Alert** that will display on the **Team Page**. This is a helpful tool for reminding parents of canceled practices, schedule changes, or other events like picture day.
- Click the arrow beside “Add New Team Alert” to create your alert.
- If you are coaching more than one team, you can choose which team or teams will have the alert displayed on their Team Page.
- Choose the day you want the alert to first appear and the day you want it to end. After composing your message, **be sure to click save**.

[Email](#)      [SMS](#)      [Team Alert](#)

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▼ **Add New Team Alert**

SHOW ALERT FOR

3rd and up Division

Shooting Stars

START DISPLAYING ON

03/11/2025

END DISPLAYING ON

03/14/2025

MESSAGE

B I U [List] [Link] H1 H2 H3 [Image]

Don't forget - no practice this week. See you at practice next week!

📌 🔄

✔ Save

[Home](#) / [Communication](#)

[Email](#)      [SMS](#)      [Team Alert](#)

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▶ **Add New Team Alert**

▼ Don't forget - no practice this week. See you at pr...  
*Intended for Team: Shooting Stars*  
*Currently showing. Expires on Mar 14*

🔔 This message is currently displaying.

SHOW ALERT FOR

3rd and up Division

Shooting Stars

START DISPLAYING ON

03/11/2025

END DISPLAYING ON

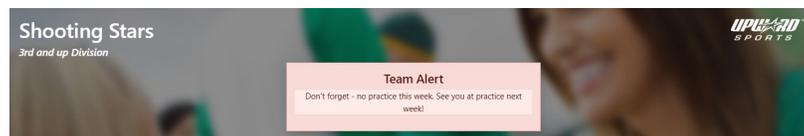
03/14/2025

MESSAGE

B I U [List] [Link] H1 H2 H3 [Image]

✕ Delete      ✔ Save

- The page will refresh, and the alert will appear, as shown in the example to the left.
- If you need to edit the display dates of your alert, click the arrow beside it.
- Make any necessary changes, and click save.
- You can also delete the alert by clicking “delete.”
- You can view the alert on the Team Page.



## Star Distribution

**Star Distribution** allows you to assign and track game day stars for each participant. Click on that week's game to see your roster.

- When you choose the game week, your team roster will show, and the lineup will be based on the player rankings (which can be edited on the **Roster** page).
- Choose the participant to whom you wish to assign a game day star and click the blank star next to their name to be taken to a new page.

Home / Games	
Game 1	>
Game 2	>
Game 3	>
Game 4	>
Game 5	>
Game 6	>
Game 7	>
Game 8	>

Home / Games / Game Recognitions	
	Addison S
	Aubriella R
	Charlotte F
	Chelsea H
	Evelynne C
	Lucy B
	Paisley B
	Victoria M

- The meaning of each star is explained on this page. Click on the star that you wish to assign to the participant. Once the star is selected, you can add notes to the comment area. Be sure to click "Save" once you have selected the star and entered a comment. Upon clicking save, you will be redirected back to the roster page.

Home / Games / Game Recognition



[remove star](#) Save

 **Christlikeness**  
The white star represents CHRISTLIKENESS which means doing your best to imitate Jesus in every way through your words, attitudes, and actions.

 **Effort**  
The blue star represents EFFORT which means giving your best at all times regardless of the circumstances.

 **Spirit**  
The gold star represents SPIRIT which means doing all your cheers with excitement, eagerness and good voice inflection. You show others on your squad respect and treat them the way you want to be treated.

 **Cheers**  
The gray star represents CHEERS which means you work together well with the rest of the squad while doing the motions and jumps and saying the correct words along with the others.

 **Leadership** ✓  
The red star represents LEADERSHIP. A good leader helps the squad stay focused and calls cheers well before the rest of the squad does them.

COMMENT

Lucy showed strong leadership skills during the game today. She made sure everyone knew which chant they were doing and used her cheer voice to call the chants.

Save

- When you hand out stars at the end of the game, you can refer to your notes and tell the participants why they are receiving that particular star. Point out specific things players did during the game that earned them that star.

Home / Games / Game Recognitions	
	Addison S
	Aubriella R <span style="float: right;">Spirit</span> Aubriella showed a lot of spirit during the game today. Her enthusiasm was contagious and encouraged her squad mates to cheer loud along with her.
	Charlotte F
	Chelsea H
	Evelynne C
	Lucy B <span style="float: right;">Leadership</span> Lucy showed strong leadership skills during the game today. She made sure everyone knew which chant they were doing and used her cheer voice to call the chants.
	Paisley B
	Victoria M