



# 23 Ways Coaches Use TeamBuildr

HIGH SCHOOL, COLLEGE, PRIVATE AND PRO



## SOFTWARE | FOR STRENGTH COACHES



### Training and Grading Athletes, Students and Teachers

We use Teambuildr very uniquely with my Health and PE classes and with a staff fitness program at my high school. All programming that is required as part of the health and physical education goes through TeamBuildr which is then recorded for grading purposes. In addition to class curriculum, we use strength training platform to administer staff fitness at my school. Teachers and administration can download the TeamBuildr mobile and receive daily workouts as part of their staff health and fitness program.

Chris Morland | Head Strength Coach and PE Director  
Cardinal Gibbons Catholic High School (Raleigh, NC)



### Sharing Through the Messaging App

I will send articles to students and athletes that pertain to their interests and needs using the TeamBuildr software. This allows for reading and response which provides relevant information in an easy feedback loop. On TeamBuildr, I can paste a link to an article via the Messaging which sends messages through PUSH notifications to students and athletes on their smartphone via the TeamBuildr mobile app (iPhone and Android).

Chad Ruger | Head Strength Coach and Health Activities Director  
Thompson-Kellogg School (Middleville, MI)



## Tracking Health Outside the Weight Room

Our program makes a point to measure athlete Health through the TeamBuildr Sports Science module. In this module, coaches can create questionnaires tracking hydration levels, sleep and body weight habits throughout the cycle or year. When an athlete is entering weight they can see the previous weeks body weight and other results. The questionnaire can be accessed on their mobile app or on the TeamBuildr tablet app in the weight room if utilizing the Weight Room View module.

Ryan Arnold | Director of Performance  
Pleasant Valley High School (Bettendorf, Iowa)



## Programming For Individuals Paperlessly

Teambuildr allows me to easily program all tiers of our program along with rehabbing for our injured athletes through the software's "calendar tier system" which also saves a ton of time programing our preseason and inseason lifts as well. Our linemen have a different lifts than our skill kids and our developmental athletes (JV) have a different lift and schedule than our varsity starters. Teambuildr also allows us to individualize athletes to meet their specific needs. Our school is "1-to-1" which mean we have been able to go completely paperless using tablets. We track and estimate 1RM's automatically in the software so that we can accurately use percentages for all our core lifts; our kids can't wait to see our leaderboards change! TeamBuildr has brought a ton of competition to our weight room. Our kids can't wait to get to work.

Dustin Brouse | Strength Coach and Asst. Football Coach  
Loyalsock Township High School (Williamsport, PA)



## Supplementary Programming on Individual Calendars

I have multiple groups to train that get a core workout which is uniform but our program also does individual assessments which determines the supplementary work for each athlete. I love being able to assign similarly skilled athletes the same supplementary calendars in TeamBuildr's calendar "tier system." It's taken my programming to the next level. Love it!

Chris Severn | Owner and Strength Coach  
Chris Fit Strength and Conditioning (Kingsley, IA)



## Streamlined Programming For Part-Time Strength Coach

As we do not have a true strength and conditioning department or staff, I run the strength program as the Head Athletic Trainer and TeamBuildr is great is an amazing supplement for my situation. The platform has allowed me more time to coach because I can spend less time programming, and the athletes love it because of the tracking of weights and lifts, and instant feedback of results. This summer an average of 83% of the off-season workouts were completed by student athletes. That is a 20% increase from previous years.

Brian Coble | Head Athletic Trainer  
Carroll College (Helena, MT)



## Uniform Programming for Large Staff and Athlete Population

TeamBuildr together with our S&C coaching staff helps over 450 athletes here at York College to become better all around athletes by providing a central platform to build a uniform strength and conditioning program on at all times of the year for our athletes in a way that is accessible to everybody.

Duane Bastress | Head Strength and Head Wrestling Coach  
York College (York, PA)



## Digital Collaboration Across Administration and Staff

We have revolutionized Sioux City West High School with TeamBuildr as the leading example. As a district our motto is “Future Ready.” TeamBuildr has shown the school (teachers, administration and students) how incorporating technology into the classroom not only is more convenient and efficient than paper, but also allows us teachers the opportunity to give our students the best training program catered to their individual needs. TeamBuildr creates collaboration between our medical staff, coaches, physical education program and strength coaches.

Joe Schmitz | Head Football Coach  
Sioux City High School (Sioux City, IA)



## Pre- and Post-Workout Recovery Tracking

I have developed a way to use TeamBuildr for athlete welfare and loading monitoring via the Sports Science module which allows me to build and administer my own questionnaires. It's a fantastic and simple way to get my athletes thinking about their body before and after a workout on their smartphone.

Daniel Scroope | Performance Director  
Giants Rugby Academy (NSW, Australia)



## Software as a Communication Tool

Being a deaf coach in a hearing university can be a struggle. However with TeamBuildr it gave me additional access to monitor and communicate with my athletes. The communication barrier has been removed now that my players have access to the workouts and no need for printing so much paper. THANK YOU, TeamBuildr!

LaDone Battle | Performance Director  
Arizona Christian University (Tempe, AZ)



## Feedback Loop on Athlete Progress

We use it daily for both the workouts and the motivation of seeing production! Using TeamBuildr, we are always working to get students to believe in tracking and seeing the results - and we have also had some great success with distance learning - as most of our athletes were home for the summer.

Bill Perkins | Head Strength Coach  
Bloomsburg University (Bloomsburg, PA)



## Customized Exercise and Video Database

What I've really enjoyed is the way that we can label exercises so that the titles of the lifts actually echo and accentuate the focus of that weeks lift. Whether it be from a Range of Motion Standpoint or the amount of Time Under Tension that we are working on. The title of the exercise begins to double as vocabulary words that drive home the understanding of the progression of the lifts.

Perry Wolfe | Director of Athletic Development  
Stow-Munroe Falls High School (Stow, OH)



## Digital Data Tracking and Accountability

I cannot say that we use teambuildr in a 'unique way' because we use teambuildr in the way it was designed to be used. The staff at teambuildr have thought of everything; this product has made our team accountable and efficient in the weight room. We no longer need to worry about all of the management side of keeping track of the information from our athletes. We can now concentrate on pounding the weights!

Tim Regan | Head Strength Coach and Asst. Principal  
Richland High School (Johnstown, PA)



## Modifying Workouts Remotely

With a lot of our athletes going off to college, or traveling professionally they need to have a workout that travels. That is where TeamBuildr really helps us give them great workouts that we can adjust when needed without even being physically present. Also, this will allow us to help former athletes all over the country get quality workout routines wherever they are located.

Grant Newell | Owner and Strength Coach  
Break the Box Training (Southlake, TX)



## Custom Branding for Private Practice

I use TeamBuildr to supply training programmes to my clients remotely. I make my own videos for training, diet and other movements so that all aspects of the TeamBuildr platform is branded from programme, logo, videos, instructions, messages etc. I love that TeamBuildr allows me to create my own expression and personality.

Shannon Cockerill | Owner & Strength Coach  
Shannon Cockerill Fit (New Plymouth, NZ)



## Calendar Tier System for Developmental Programming

We have four different levels of programming, each athlete is put into a level based on their lifting needs. As each athlete progresses we can move them up to the next level. The TeamBuildr platform complements this system perfectly using the calendar “tier system” which allows me to allocate athletes to different developmental groups with specific programming based on their level and individual needs.

Ryder Weischedel | Head Strength Coach  
Buena Vista University (Storm Lake, IA)



## Comprehensive Programming Across the World

We use TeamBuildr to communicate with our athletes from all over the world. Our programming is all online and tailored towards 'weakness accessory training.' Instead of having different sports as our calendars, we categorize it as strength, gymnastics, or conditioning. Couldn't go a day without it!

Logan McNeely | Owner and Trainer

Weakness WOD (Logan, UT)



## Distributing Workouts for Athletes and Non-Athletes

We use TeamBuildr with all of our students whether they are athletes or not in order to develop athletics, health, movement, and body composition. Our weight room is where kids come to be great - TeamBuildr is the piece that ties it all together with a central platform which allows me to program for each group uniquely and track their progress.

Daniel Bristo | Strength Coach and Head Track and Field Coach

Ouachita Christian School (Ruston, LA)



## Flexibility in Scheduling

In the summer, we ask our athletes to lift at least three days per week, but that doesn't necessarily have to be three specific days. TeamBuildr allows the athletes to select any day that they wanted (even in Weight Room View) so that all the athletes in the room could potentially be on a different workout for the week, but still work at the same time or even on the same tablet. It's just one example of the variety of flexibility the TeamBuildr platform offers us.

Dan Baker | Strength and PE Director, Asst. Basketball Coach

Seneca High School (Seneca, IL)



## Calculating & Estimating 1RM Percentages

I love how TeamBuildr saves me time when calculating percentages. I allow my athletes to take max effort sets for specific exercises and based on the total reps they complete, TeamBuildr automatically calculates a new 1RM which in turn changes their weights for the following workout. Each athletes will have an updated weight scheme when goals are met and allows for my athletes to focus solely on the work being performed.

Brian Torres | Director of Performance  
Tabor Academy (Boston, MA)



## Ditching Paper to Improve Participation

Getting rid of cards and putting more ownership for improvement on the players has increased the 'buy-in' to what we are doing and allowed guys who may be forced to miss workouts due to family trips or summer work schedules to stay connected to their teammates who are in the weight room everyday. I love this system.

Paul Reynaud | Head Strength Coach and Asst. Football Coach  
Concord High School (Antioch, CA)



## Bridging the Gap Between S&C and ATC

The software is unique for our athletic program in that it acts a bridge between our S&C staff & Athletic Trainers. It creates a 'one-stop-shop' for all of the athletic performance personnel. Strength coaches will program workouts while ATC's have the ability to edit or monitor them from a rehab perspective. ATC's can also program their rehab directly into TeamBuildr as well.

Doug Ross | Head Strength and Conditioning Coach  
Southwestern University (Georgetown, TX)



## Incorporating Motivation into the Program

We post videos, images and quotes to the TeamFeed on a daily basis. Every day we try to find a different way to help our athletes get better, both in and out of the weight room using the TeamBuildr software.

Tully Chapman | Strength and Conditioning Coach  
Grandville High School (Ashburn, VA)

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