

Using XCStats Mobile

With XCStats Mobile, athletes can enter their training logs, create cross country goals and email their coach through forms specially designed for smartphones. It delivers the same functionality as the web site, but it's more convenient for today's phone-centric lifestyle.

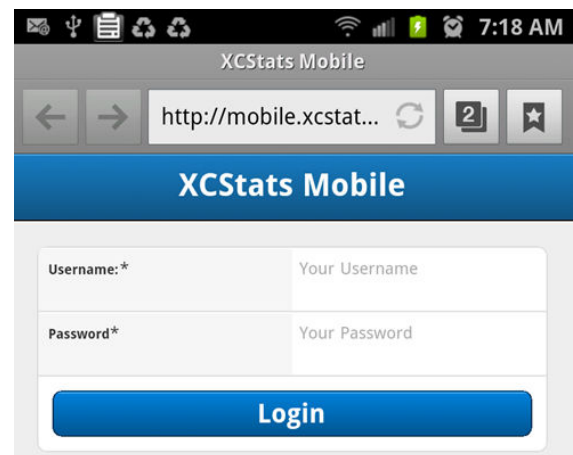
Athletes, to use simply point your smartphone browser to:

<http://mobile.xcstats.com>

All the functions are straightforward and self-explanatory. But, if you need help, more instructions follow.

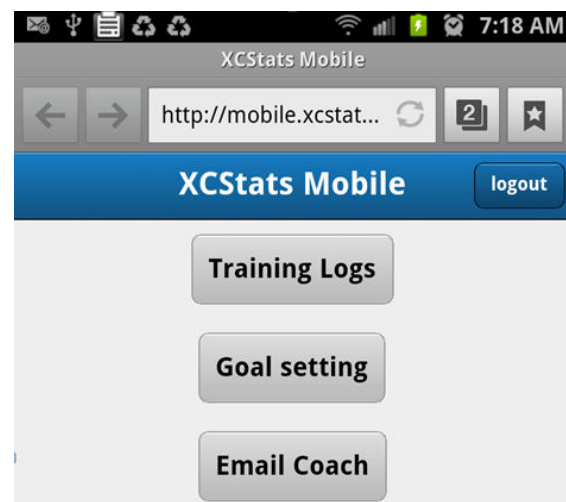
Login Screen

Enter your XCStats username (i.e. your email address) and your password. If you've misplaced your password, go to www.xcstats.com to have it sent to you. Once you login the first time, XCStats Mobile will remember you so you don't need to login again.



Main Functions

XCStats Mobile has implemented the 3 primary functions performed by athletes: entering training logs, creating cross country goals and emailing their coach.



Training Logs

The mobile logs entry form is similar to the web site version. Logs entered on the web site will appear on the mobile device and vice versa. Upon entering the training logs function, a weekly schedule of training logs is displayed, showing up to two workouts per day. The athlete can scroll back 4 weeks to enter past log information. To enter a training log, just press on the word “Add” in the weekly view. It will then bring up a form to enter the logs. Just like the web version, select the workout name from the pulldown menu or type in the name in the Name field. If you select an item from the menu, the distance will be pre-filled. Then, enter the time, distance (if not already) and other fields as shown. You may also be required to enter notes, depending on settings selected by your coach. In the weekly view, “p” means pace.

Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total
Add	Add	2 mi 22:22 p:11:10	Add	12 mi 22:22 p:1:51	2 mi 22:22 p:11:10	Add	16
Add	Add	Add	Add	Add	2 km 22:22 p:17:59	Add	1.242999

Workout: -Select-

Name: _____

Time: min [] sec []

Distance: _____

Units: Mi KM

Effort: 3 [-] [+] Moderate

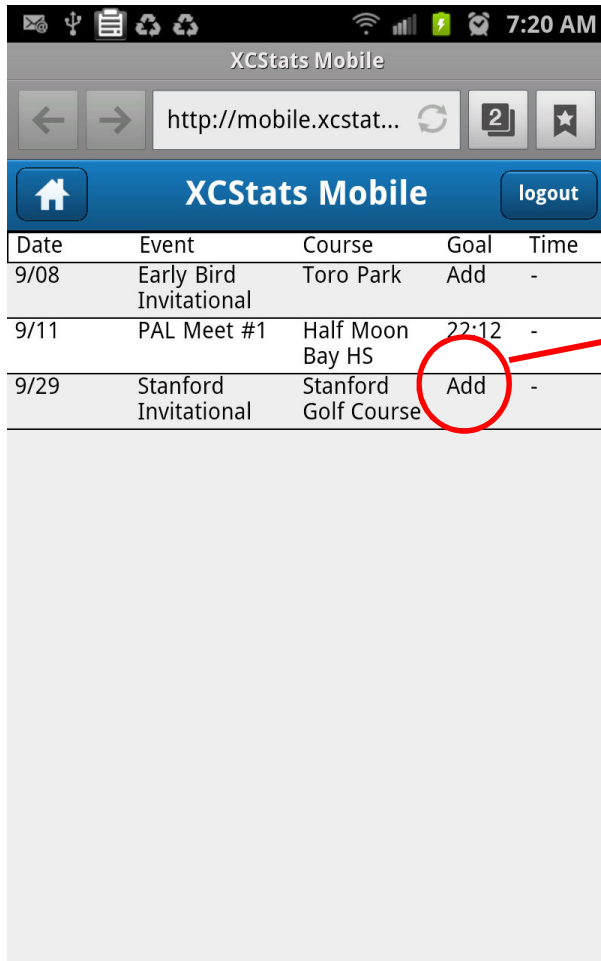
Feel: 3 [-] [+] Average

Notes: _____

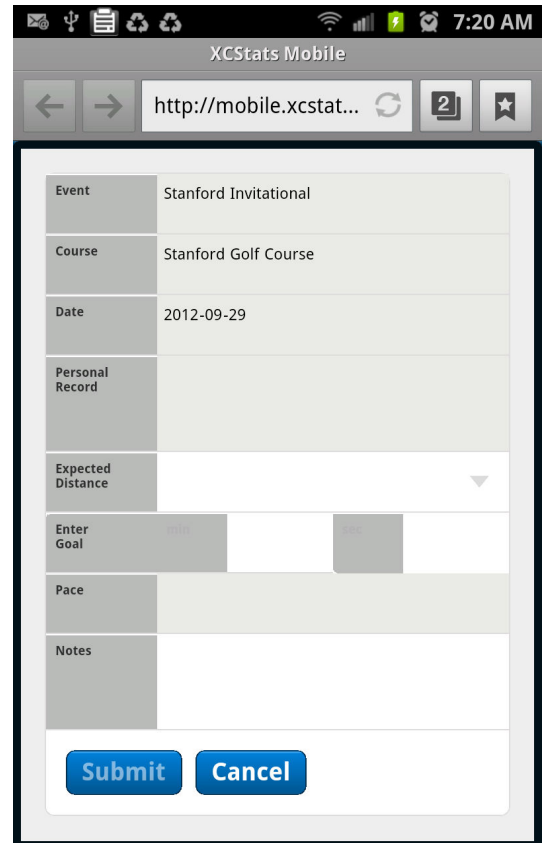
Submit Cancel

Goal Setting

To set a goal, press on the word “Add”, for the event you’d like to set a goal. It will bring up the goal setting form. The form shows your current PR on that course if you have run it before. If the coach has entered the distance for the race, select it and then enter your goal minutes and seconds. Pace will be calculated if the distance is entered.



Date	Event	Course	Goal	Time
9/08	Early Bird Invitational	Toro Park	Add	-
9/11	PAL Meet #1	Half Moon Bay HS	22:12	-
9/29	Stanford Invitational	Stanford Golf Course	Add	-



Event: Stanford Invitational

Course: Stanford Golf Course

Date: 2012-09-29

Personal Record

Expected Distance

Enter Goal: min: sec:

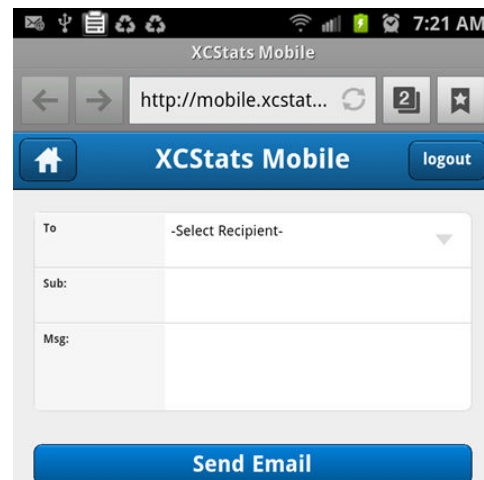
Pace

Notes

Submit Cancel

Email Form

The email form is straightforward. Simply select the coach you want to mail to, fill in the subject and message and hit send. You will receive a copy of the message.



To: -Select Recipient-

Sub:

Msg:

Send Email