

# 4 ways coaches can collaborate using TritonWear



## SHARE TRAINING RESULTS

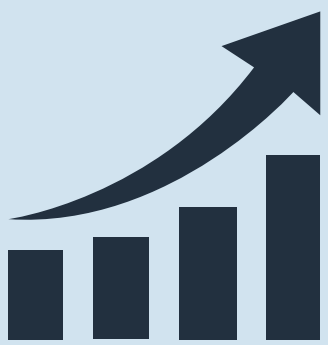
Coaches can look at data together to spot the problem.

Once identified, they can brainstorm ways to address the specific problem.

1

## BRAINSTORM IDEAS

When an athlete experiences a decline in performance or hits a plateau, a fresh pair of eyes can provide a different perspective, presenting new opportunities to re-start progress.



## ACCESS HISTORICAL DATA

The new coach gains more insight on the athlete's current performance, build on where they left off, also ensuring they don't experience a massive spike in training load and risk injury.

2

## FACILITATE SMOOTH TRANSITION

When an athlete moves up to a more advanced group on the team, they experience big changes in their training routine and go through an adjustment period.



## RECEIVE TRAINING DATA FROM SWIM CAMP

Coaches can keep track of what their athlete is doing and how they're performing, and ensure the workouts are in line with their overall training objectives.

3

## ALIGN TRAINING OBJECTIVES

When swimmers attend camps, they train with different coaches and undergo different programs, which is a great learning experience. But ultimately, one of the most valuable benefits of attending swim camp is to bring them closer to their performance and outcome goals.



## PEER REVIEW TRAINING PROGRAMS

Coaches can analyze the training progress of the athletes in another group and give each other constructive feedback.

This ensures that the entire team trains effectively and continues to grow as a whole.

4

## EVALUATE TRAINING EFFECTIVENESS

When it comes to evaluating effectiveness of training plans, an outside perspective can provide greater insight.