

# Help Page [EN]

## General

### Signup

To sign up, users must be invited by others (trainers by an admin and athletes by a trainer). If you think you should have received an invitation, check your inbox for a mail from

noreply@medals.com

similar to this one:



+++ Deutsche Version unten +++

## Account Creation

Hello,

We have just created an account for you. Please set a password to access your account.

Use this link to create your password:

Set Password

If the button does not work, please use this link:

<https://stratssync.com/setPassword?oneTimeCode=>

If you did not request this or are not interested, you can simply ignore this email.

After clicking on the button or link, you can set your password. Keep in mind that it must be at least 8 characters long.

### Configure your Password

Please configure your password to use your account

Password

Password



- ✗ Password is at least 8 characters long \*
- ✗ Password contains a number
- ✗ Password contains an uppercase letter
- ✗ Password contains a special character

\* constraint is required

Set password

## Login

If you already have an account, you can login using your mail address and your password.

### Login

Medals - The soon to be Medal Management System

Email

Password

[Forgot password?](#)

Login

By continuing, you accept our [Privacy policy](#)

## Forgot password

If you forgot your password, you can use the "Forgot password?" option on the Login page to send a password-reset email to your mail address.

### Login

Medals - The soon to be Medal Management System

Email

Password

[Forgot password?](#)

Login

By continuing, you accept our [Privacy policy](#)

### Reset password

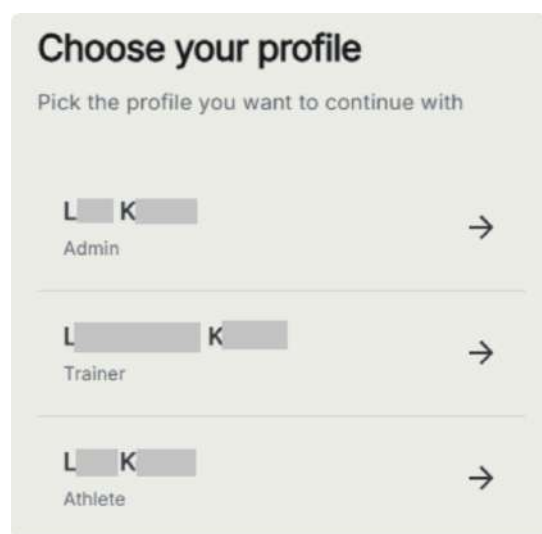
Enter your email address to reset your password

Email

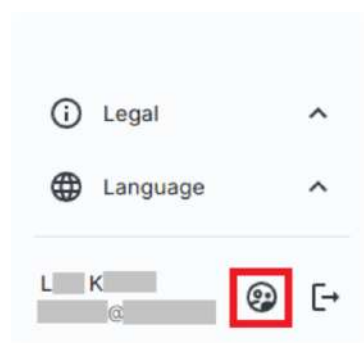
Send verification email

## Choose/Switch profile

If there are multiple profiles connected to your mail address, you have to choose as which one you want to use the website.

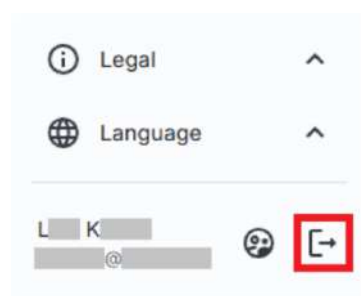


You can switch your current profile by clicking on the "Switch user" button on the bottom right hand corner of the navigation bar.



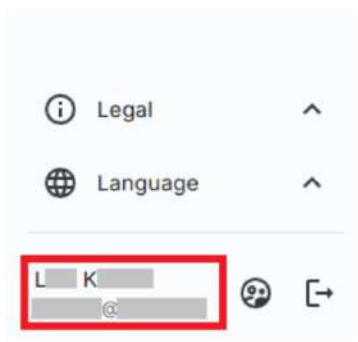
## Logout

If you want to logout, you have to click the "Logout" button on the bottom right hand corner of the navigation bar.

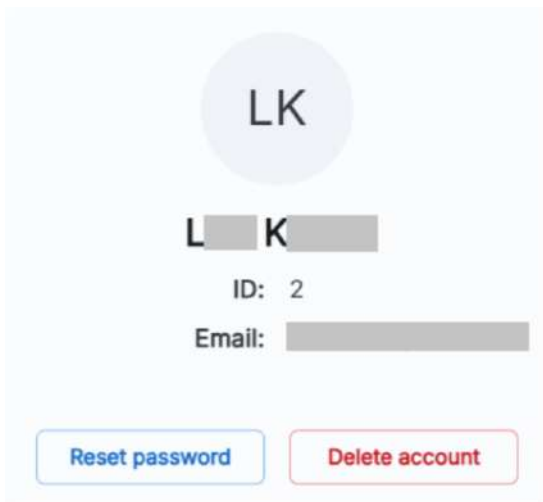


## Reset password & delete account

To enter your account settings, you have to click the "Account settings" button on the bottom right hand corner of the navigation bar.



In your account settings, you can click the "Reset password" button to send a password-reset email to your mail address or click the "Delete account" button to delete your account from our system.



## Change Language

To change the language, use the dropdown menu at the bottom of the navigation bar. Currently available options are English, German, Spanish, French, and Dutch.



## Change Theme

To change the theme, use the "Switch between Light/Dark mode" button on the top right hand corner of the navigation bar.




### Download materials

To download materials, choose the "Materials" tab in the navigation and click the "Download" button of the file you want to download.


[Home](#) > [Materials](#)


Materials

Here are the most important materials, just a click away





Individual report card







Group report card







Swimming certificate







Performance record 2020







Performance record 2023






Performance record 2024





Performance record 2025



### Admin-specific

#### Invite trainer

To invite a new trainer, choose the "Trainers" tab from the navigation.

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Invite

+ Invite trainer

<input type="checkbox"/>	Trainer ID	First Name	Last Name	Email	
<input type="checkbox"/>	TRN-13	Paul	Beiter	test@example.org	...
<input type="checkbox"/>	TRN-14	Lisa	Schmidt	lisa@example.org	...
<input type="checkbox"/>	TRN-15	Michael	Flacker	michael@example.org	...

Then, click the "Invite trainer" button to open a new modal. There you can enter the mail address and name of the trainer you want to invite.

Invite trainer

Email

someone@example.com

First Name

John

Last Name

Doe

Invite trainer

Delete trainer

To delete one or multiple trainers, choose the "Trainers" tab from the navigation. Select the trainer(s) you want to delete from the table and click the "Delete" button below the table.

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Search

Invite

+ Invite trainer

<input checked="" type="checkbox"/>	Trainer ID	First Name	Last Name	Email	
<input checked="" type="checkbox"/>	TRN-13	Paul	Roller	test@example.org	...
<input type="checkbox"/>	TRN-14	Lisa	Schwidt	lisa@example.org	...
<input checked="" type="checkbox"/>	TRN-15	Michael	Fischer	michael@example.org	...
<input type="checkbox"/>	TRN-52				...
<input type="checkbox"/>	TRN-54				...
<input type="checkbox"/>	TRN-152				...
<input type="checkbox"/>	TRN-202				...
<input type="checkbox"/>	TRN-203				...
<input type="checkbox"/>	TRN-254				...
<input type="checkbox"/>	TRN-255				...

Delete

Select "Delete" in the modal.

Trainer Deletion

By clicking 'Delete', the selected Trainers and all associated data will be permanently removed.

Cancel

Delete

Trainer-specific

View athletes

To view the athletes assigned to you, choose the "Athletes" tab from the navigation.

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## Athletes

Search

Gender

Age

Import

Create

Request

<input type="checkbox"/>	First Name	Last Name	Birthdate	Email	Gender	Achievements
<input type="checkbox"/>			05/13/2012		D	
<input type="checkbox"/>			03/18/2012		F	
<input type="checkbox"/>			02/13/2015		M	

To filter, use the search bar, the "Gender" dropdown, or the "Age" dropdown.

## Athletes

Search

Gender

Age

<input type="checkbox"/>	First Name	Birth date
<input type="checkbox"/>		03/18/201

Gender dropdown menu:

- All
- Diverse
- Female
- Male

## Create athletes

To create new athletes, choose the "Athletes" tab from the navigation and click the "Create athlete" button. In the modal, enter the name, mail address, date of birth and gender of the athlete.

Create athlete

×

First Name

First Name

Last Name

Last Name

Email

Email

Birth date

MM/DD/YYYY

Gender

Gender

Create

## Request athletes

To request access to existing athletes, choose the "Athletes" tab from the navigation and click the "Request athletes" button. In the modal, click the "Send" button to send a request-access mail to the athletes. You can use the search bar to filter by name.

Request access to athlete

×

Name

05/13/2012

Send

11/13/2014

Send

04/25/2017

Send

03/18/2012

Send

Rainer Zufall

08/08/2018

Sent

05/12/2005

Send

▼

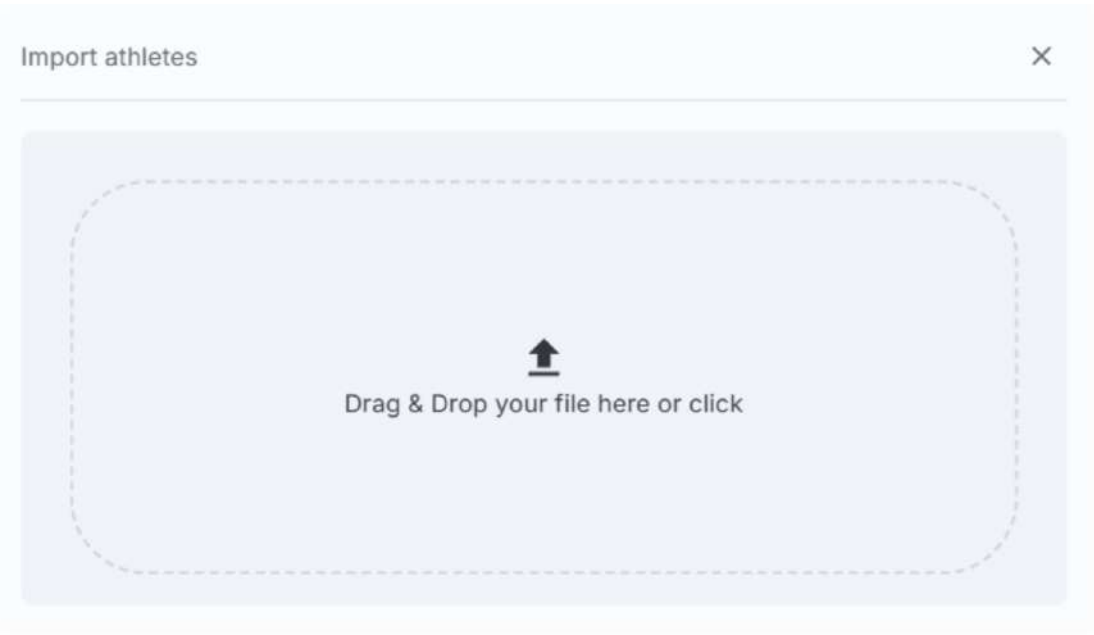
## Import athletes



To import new athletes, choose the "Athletes" tab from the navigation and click the "Import athletes" button. In the modal, click the button or use drag & drop to input a

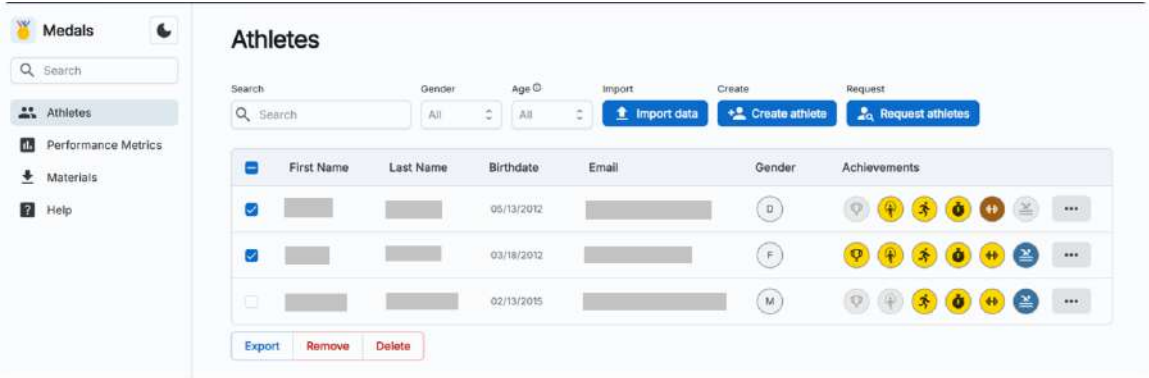
.CSV

file with the data of your athletes.



Edit athlete

To edit an athlete, choose the "Athletes" tab from the navigation. You can either select athletes and use the "Edit" button below the table or (for editing an individual athlete) use the three-dot menu at the end of the line and select " Edit" there.



In the modal you can change the first name or last name of the athlete. Click "Update" to save your changes.

Edit Athlete

X

First Name

Last Name

Email ⓘ

Birth date ⓘ

05/13/2012



Gender ⓘ

Diverse



Update

## Export athletes

To export athletes, choose the "Athletes" tab from the navigation. You can either select athletes and use the "Export" button below the table or (for exporting an individual athlete) use the three-dot menu at the end of the line and select "Export" there.

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## Athletes

Gender: All
Age: All

<input type="checkbox"/>	First Name	Last Name	Birthdate	Email	Gender	Achievements
<input checked="" type="checkbox"/>			05/13/2012		<span>U</span>	
<input checked="" type="checkbox"/>			03/18/2012		<span>F</span>	
<input type="checkbox"/>			02/13/2015		<span>M</span>	

In the modal you can choose if you want to include performance metrics in the output. Click the "Export" button to open a download window and save your

.CSV

file to your computer.

Athlete Export

Include performance metrics

First Name

Last Name

...

Export

## Remove athletes

To remove athletes assigned to you, choose the "Athletes" tab from the navigation. You can either select athletes and use the "Remove" button below the table or (for removing an individual athlete) use the three-dot menu at the end of the line and select "Remove" there.

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Import data

Create athletes

Request athletes

	First Name	Last Name	Birthdate	Email	Gender	Achievements
<input checked="" type="checkbox"/>			05/13/2012		D	<div></div>
<input checked="" type="checkbox"/>			03/18/2012		F	<div></div>
<input type="checkbox"/>			02/13/2015		M	<div></div>

ExportRemoveDelete

In the modal, click the "Give up access" button to remove the athlete(s) from your team.

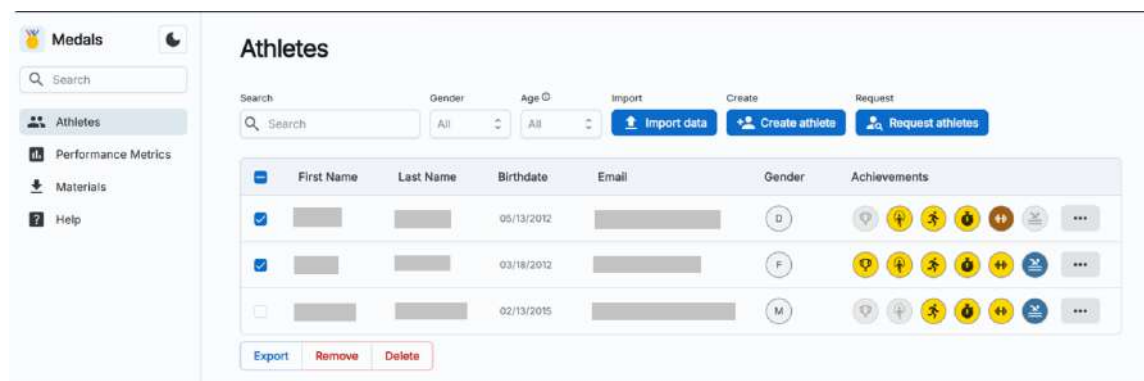
Confirmation

Are you sure you want to remove the athletes from your team?

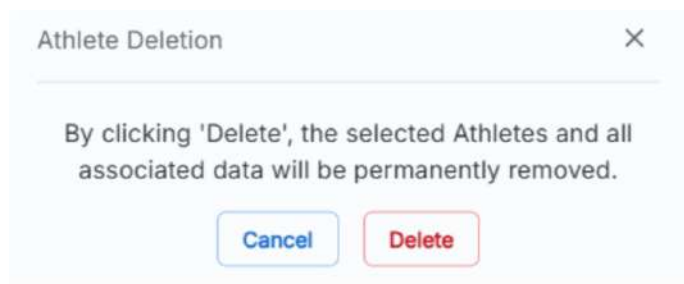
CancelGive up access

## Delete athletes

To delete athletes, choose the "Athletes" tab from the navigation. You can either select athletes and use the "Delete" button below the table or (for deleting an individual athlete) use the three-dot menu at the end of the line and select "Delete" there.

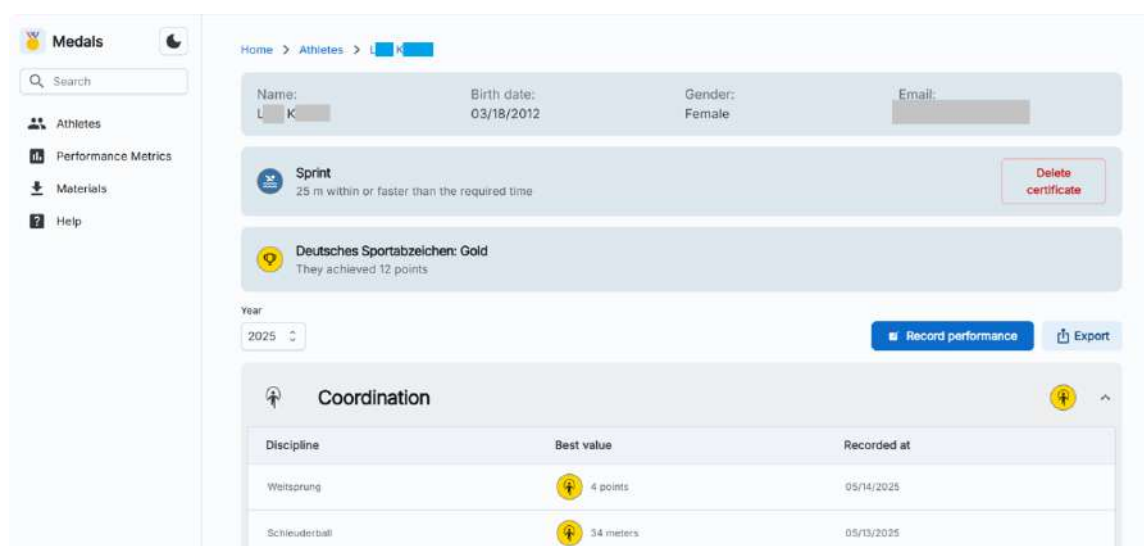


In the modal, click the "Delete" button to delete the athlete(s) and all associated data permanently.



## View individual athlete + performances

To view an individual athlete, choose the "Athletes" tab from the navigation and click on the respective athlete. Expand the accordion at the bottom of the page to show the different disciplines.



To view the performances in a specific discipline, click the discipline.

Weitsprung ×

Name:



Birth date:

Gender:

Email:

Recorded in

Record performance

<input type="checkbox"/>	Achieved result	Recorded on	Achieved medal	
<input type="checkbox"/>	3 points	05/13/2025		<input data-bbox="1082 454 1137 495" type="button" value="..."/>
<input type="checkbox"/>	4 points	05/14/2025		<input data-bbox="1082 521 1137 562" type="button" value="..."/>

Use the "Recorded in" dropdown to filter the performances by year.

Recorded in

## Add performance

To add a new performance recording, you can either use the "Record performance" button on the page of the selected athlete or the "Add performance recording" button after clicking on a discipline. In the modal you can select the athlete (prefilled with the athlete from whose page you came from), the date of recording, the discipline (prefilled if you came from a specific discipline page) and enter the achieved result. Click the "Submit" button to save the recording.

Register performance recording

×

Athlete

L K

▼

Name:  
L K

Birth date:  
03/18/2012

Gender:  
Female

Email:

Date of recording

05/14/2025

📅

Calculated age at recording: 13

Discipline

Weitsprung

▼

Achieved result

Achieved result

points

Submit

## Delete performance

To delete a performance, click the discipline. You can either select recordings and use the "Delete" button below the table or (for deleting an individual discipline) use the three-dot menu at the end of the line and select "Delete" there.

Weitsprung

×

Name:  
L K

Birth date:  
03/18/2012

Gender:  
Female

Email:

Recorded in

Record performance

All

⌵

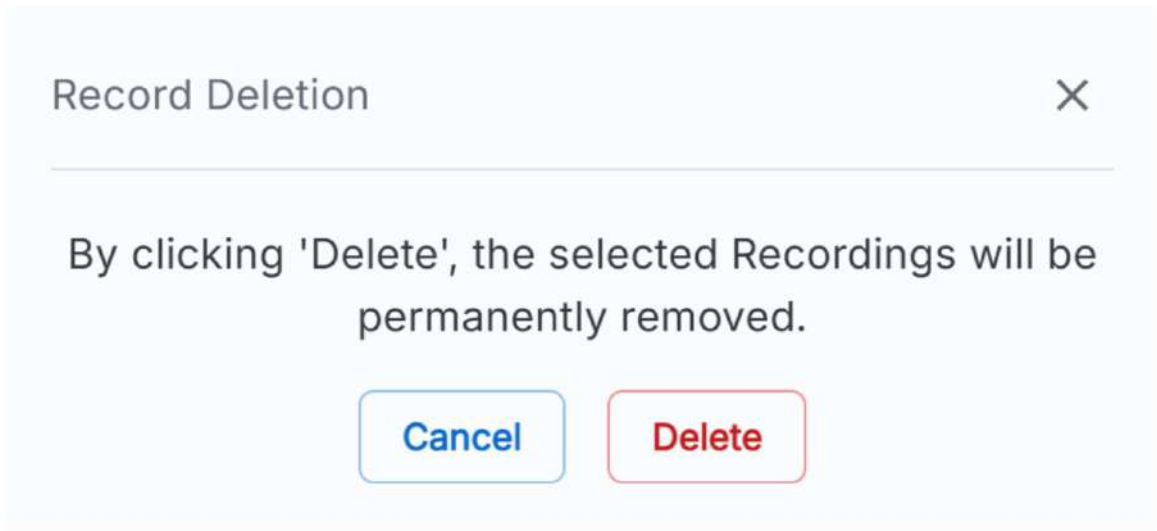
➕

Add performance recording

<input type="checkbox"/>	Achieved result	Recorded on	Achieved medal	
<input type="checkbox"/>	3 points	05/13/2025	🏅	⋮
<input type="checkbox"/>	4 points	05/14/2025	🏅	⋮

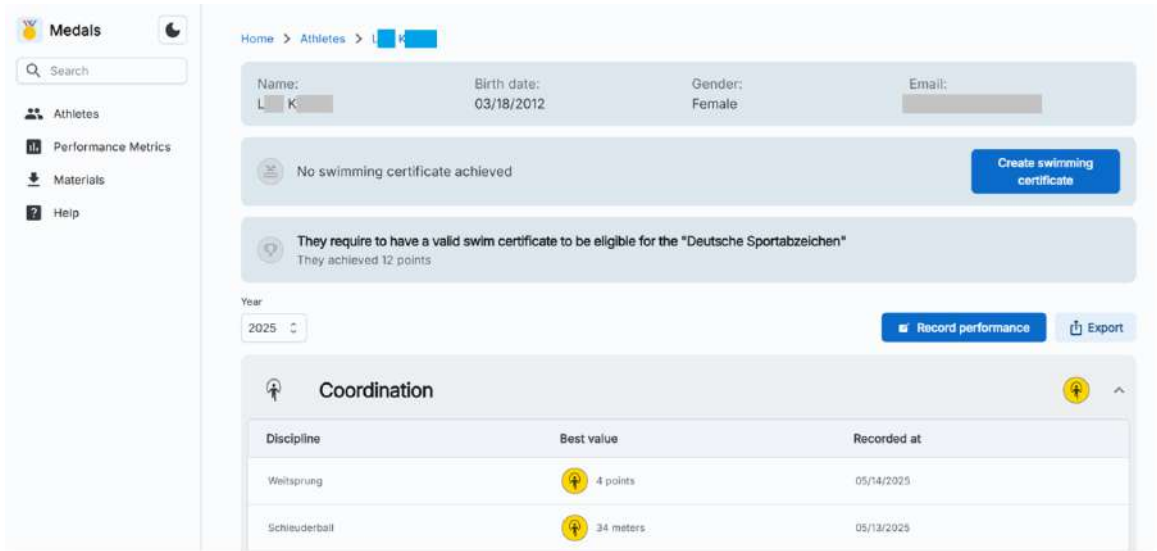
Delete

Click the "Delete" button in the modal to permanently remove the selected recording(s).



### Create Swimming certificates

At the top of the "Athlete" page, you can either create a Swimming certificate (if there is none) or delete an existing one. To create a Swimming certificate, click the "Create swimming certificate" button.



In the modal you can choose between different kinds of Swimming certificates.



Create swimming certificate

Endurance

Completely swim the endurance course (even if bronze time is not met)

Sprint

25 m within or faster than the required time

50m without Time Limit

Under 12 years: 50 m continuously without a time limit

200m in maximum 11 Minutes

Aged 12 and above: 200 m continuously in a maximum of 11 minutes

Sustained swimming

15 minutes of continuous swimming (open water allowed)

Clothed swimming

100 m in 4 minutes with water disrobing (in line with DLRG/DWRK guidelines)

Swimming certificate

Officially recognized swimming certificate

Submit

## Delete Swimming certificates

To delete the Swimming certificate, click the "Delete certificate" button.

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Home > Athletes > L K

Name: L K

Birth date: 03/18/2012

Gender: Female

Email:

Endurance

Completely swim the endurance course (even if bronze time is not met)

Delete certificate

Year

2025

Record performance

Export

## View Performance Metrics

To view the performance metrics, choose the "Performance Metrics" tab from the navigation.

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Home > Performance Metrics

Performance Metrics

Year

2025

Age group

6-7

Gender

Female

Coordination

Discipline	Gold	Silver	Bronze
Zonenwettkampfung	24 p.	21 p.	18 p.
Drehwart	21 p.	16 p.	12 p.
Selbstsprünge A (Wendebewegung vorwärts mit oder ohne Zwischenbewegung oder Zwischenbewegung)	25 p.	15 p.	10 p.

Endurance

Discipline	Gold	Silver	Bronze
Lauf 800 m	4 min 15 s	5 min	5 min 40 s
Bauer-/Geländelauf	17 min	12 min	8 min

Use the dropdown menus to filter the requirements by year, age group or gender. The filters can be reset to the current values by clicking the "Reset filter" button.



# Performance Metrics

Year
Age group
Gender ⓘ

2025 ⌵
6-7 ⌵
Female ⌵

6-7
8-9
10-11
12-13
14-15
16-17

Discipline
Zonenweit
Drehwurf

## Athlete-specific

### View Dashboard

To view your dashboard, choose the "Dashboard" tab from the navigation.

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Your profile
L K
Your trainer:
L K
Manage your trainer
Born on 03/19/2012

Your swimming certificate
Clothed swimming
100 m in 4 minutes with water diving (in line with DLRG/DWRK guidelines)

"Deutsches Sportabzeichen"
You need at least a bronze medal in all categories
You have achieved 8 points

Your performance recordings
13
13 of which this year

Your activities in 2025
January February March April May June July August September October November December
See all your activities ⓘ

Category: Coordination
Gold
This equals 3 points

Category: Endurance
No medal achieved
This equals 0 points

Category: Speed
Gold
This equals 3 points

Category: Strength
Silver
This equals 2 points

### View Performances

To view your personal performances, choose the "Performances" tab from the navigation.

Medals

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Home > Performances

Name: L K

Birth date: 03/18/2012

Gender: Female

Email:

Clothed swimming

100 m in 4 minutes with water disrobing (in line with DLRG/DWRK guidelines)

Year: 2025

Coordination

Endurance

Speed

Strength

Expand the accordion at the bottom of the page to show the different disciplines.

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Home > Performances

Name: L K

Birth date: 03/18/2012

Gender: Female

Email:

Clothed swimming

100 m in 4 minutes with water disrobing (in line with DLRG/DWRK guidelines)

Year: 2025

Coordination

Discipline	Best value	Recorded at
Schleuderball	34 meters	05/18/2025
Weitsprung	3 points	05/13/2025
Seilspringen C <small>Grundstufen: 10 Sekunden ohne Zwischenstopp</small>	No entries found	No entries found
Hochsprung	No entries found	No entries found

To view your performances in a specific discipline, click the discipline.

Weitsprung

Recorded in

All

Achieved result	Recorded on	Achieved medal
3 points	05/13/2025	
4 points	05/14/2025	

Use the "Recorded in" dropdown to filter the performances by year.

Recorded in

All

2025

View Requirements

To view all requirements, choose the "Requirements" tab from the navigation.

Medals

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Performances

Requirements

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Home > Requirements

Requirements

Year: 2025 | Age group: 12-13 | Gender: Female | Reset filter

Coordination

Discipline	Gold	Silver	Bronze
Hochsprung	1.7 m	1 m	0.9 m
Weitsprung	3.4 p.	3.1 p.	2.8 p.
Schleuderball	22 m	19.5 m	17 m
Balgprungen C <small>Brustsprung abwechselnd eine Zirkelsprung</small>	30 p.	20 p.	10 p.

Endurance

Discipline	Gold	Silver	Bronze
Lauf 800 m	3 min 45 s	4 min 25 s	5 min 30 s
Dauer-/Geländelauf	40 min	50 min	60 min

Use the dropdown menus to filter the requirements by year, age group or gender. The filters can be reset to the current values by clicking the "Reset filter" button.

Requirements

Year: 2025 | Age group: 12-13 | Gender: Female | Reset filter

Discipline

Hochsprung

Weitsprung