

# LIFT & ASSESSMENT DAY INSTRUCTIONS 2022

IN THIS PROGRAM, EACH MONTH OF PAYMENT WILL BE AUTOMATICALLY DRAFTED. MEANING, WITH EACH MONTHLY PAYMENT, YOU WILL RECEIVE YOUR STRENGTH & CONDITIONING PROGRAM, SPRINT TRAINING, PRE-THROWING ROUTINE, PRE-HITTING ROUTINE, AS WELL AS ATTENDANCE UPDATES SENT DIRECTLY TO YOUR COACHES.

## FOLLOW THE STEPS LISTED BELOW:

1. Click on the link provided in step 2 onto a new page in your phone and fill-in your personal/payment information (this will begin your registration/checkout process)
2. <https://market.teambuildr.com/programs/virtualstrengthcoach/east-mississippi-baseball-2022-2023/checkout>
3. Click the logo at the top right of the page after checkout. Select subscription and take a screenshot of "Your Subscription". Present this to Micaela as your final step
4. Go to the App Store and download the TeamBuildr Training app onto your phone. The app will look like the picture below:



5. Visit Micaela again. You will show her proof that the program has been purchased by showing the screenshot of "Your Subscription," ability to log into the app, and sign the informed consent agreement

**NOW LET'S  
GET TO  
WORK.**

