

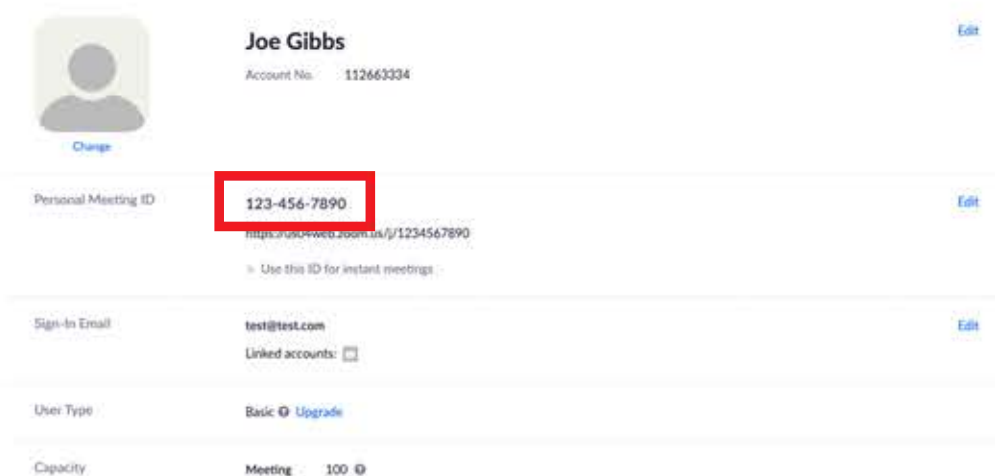


Treiner is now offering virtual sessions for coaches. This means that coaches will be able to run their sessions remotely from their own homes over a webcam.

Virtual sessions are designed to let coaches avoid any sort of interruptions to their coaching sessions.

Creating a Virtual Session

The first thing you'll need as a coach to run a virtual session is a Zoom account to host it, which you can create at zoom.us. You should also download the Google Chrome browser because it is the most effective way to run Zoom. Once you have created a Zoom account you'll need to grab your Personal Meeting ID from zoom.us/profile, then keep that on hand.



To create the virtual training session, just create a regular session and choose Virtual Training as the type. Then, once you're ready to run the session, go to the Live Sessions tab in your dashboard.



From here, you will need to add your Personal Meeting ID to the session you want to run, and then you'll be able to launch the session when you're ready. We recommend that you start the session at least five minutes before it's scheduled to start, in case the player wants to join early.

Live Sessions work best on Google Chrome.

Session ID	Players	Add Zoom meeting number ⓘ	Actions
15		<input type="text" value="1234567890"/>	<button>Submit</button> <button>Join Session</button>