The CrossComp App

Part 6 - Training

Note: This "Training" feature works VERY similarly to the CrossComp (testing) feature. So, most of the programming should be there and need only minor modifications.

- CrossComp Training = CrossComp Test
- Trainer = Event Coordinator (or Facility Manager)
- Assistant Trainer = Volunteer Judge
- Trainee = Participant

Free Training Listings – CrossComp Free Trainings are ONLY done at the SAME PLACE and at the SAME TIME as are the CrossComp Tests.

When an Event Coordinator (or a Gym Manager) registers a CrossComp Event/Facility, he/she can indicate IF they want to provide FREE Trainings at that Event/Facility at the same time.

Note: The OPTION to include Free Trainings needs to be added to the Event/Facility Registration Screens.
- Refer to original screens in Part 2, page 9.
- See the REVISED screens shown on the next page.

Part 6A: Creating a "Free Training"

Below are the revised Registration screens (for Part 2, page 9) which show the needed **additional item**.

REVISED Event/Facility Registration Screens:

| Event Registration |
|---|
| **To Register your CrossComp Event and have it appear on our Map, enter the following information:** |
| Name of Event |
| Street Address |
| City |
| State |
| Country |
| Postal Code |
| Day of Event |
| Date of Event |
| Hour Block 1 |
| Hour Block 2 |
| Hour Block 3 |
| Hour Block 4 |
| Hour Block 5 |
| __ **FREE TRAINING** |
| **Submit** |

Facility Registration
To Register your CrossComp Facility and have it appear on our Map, enter the following information:
Name of Facility
Street Address
City
State
Country
Postal Code
Monday Hour Block
Tuesday Hour Block
Wednesday Hour Block
Thursday Hour Block
Friday Hour Block
Saturday Hour Block
Sunday Hour Block
__ **FREE TRAINING**
Submit

If the Coordinator/Manager indicates that his/her Event/Facility is ALSO providing FREE TRAINING services (in addition to the CrossComp Testing services), then, the SAME Registration information for the Event/Facility is used for the Free Training service.

When an Event Coordinator or a Gym Manager indicates that his/her Event/Facility also provides Free Training, a Marker is added to the "**Free Trainings**" Map screen (below).

The "Free Trainings" map screen is a separate map from the Map in Part 1 on page 12. The "Free Trainings" map screen only shows the "Free Training" sites. It shows ONLY the Events/Facilities that were Registered to INCLUDE "Free Training." (Refer to the previous page.)

Free Training Map Screen:

Free Trainings
Tap a Marker on the Map for more information and scheduling. **(MAP)**
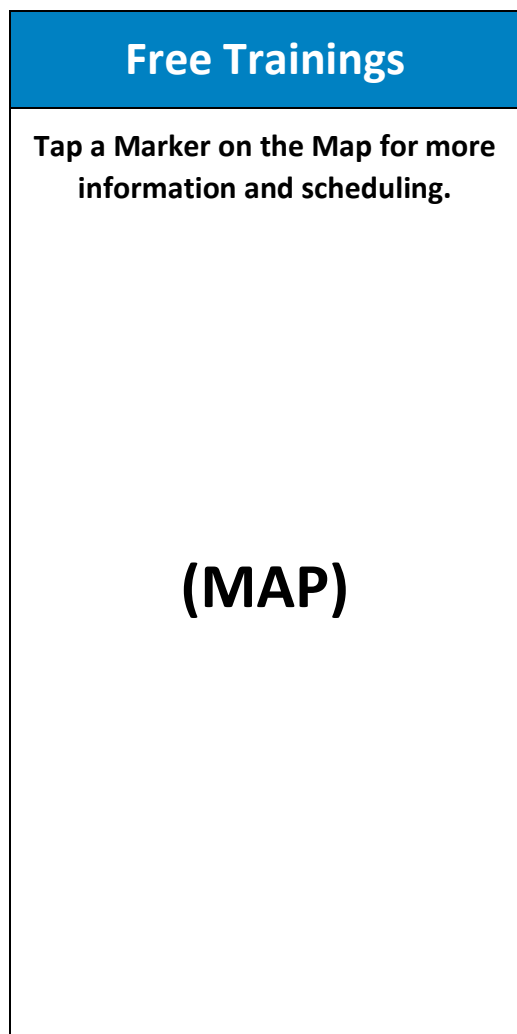
The "Map" shows the User's local position with a radius of about 10-miles.

The Markers on the Map indicate where free CrossComp Trainings are located.
- Blue Markers = Facilities
- Green Markers = Events

A Marker is automatically added to the Training Map when a Professional Affiliate indicates that his/her CrossComp Event/Facility ALSO provides Free Training. (Refer to page 2).

Tapping a Marker on the Map opens the "Free Training Info" screen FOR THAT SPECIFIC FREE TRAINING.

"Training Info" screens are specific for each marker/training:

- "Training Info" screens differ depending on whether the Training is at a "Facility" or an "Event."
- The information for each "Info" screen is provided by the Professional Affiliate that registers the Training (refer to page 2).

Free Training Info Screens:

Gym Manager	**Event Coordinator**
Facility	**Event**

Free Training	Free Training
BreckenFit Gym	**Andulka Park**
5963 Arlington Ave **Riverside, CA** **92504**	**3542 Central Ave** **Riverside, CA** **92507**
Select a Day & Time: (You're welcome to train for up to 1 hour.)	Our next CrossComp Training is on: **Sunday, 08/15/2021**
___ Monday, 9:00 - 11:00 am ___ Tuesday, 1:00 – 3:00 pm ___ Wednesday, 3:00 – 5:00 pm ___ Thursday, 6:00 – 8:00 pm	**Select a Time:** (You're welcome to train for up to 1 hour.) ___ 1:00 – 3:00 pm ___ 3:00 – 5:00 pm
Submit	**Submit**
Return to Map	**Return to Map**

Tapping on the Address opens the User's Navigation App

Selecting an option and tapping "Submit" advances to the Trainee's "Free Training Reservation" screen.

The Trainee's Name is also added to the **Trainer's** schedule. (Refer to Part 6C.)

Tapping the "Return to Map" button opens the "Free Training Map" screen (page 3).

Free Training Reservation Screens:

<table>
<tr><td align="center">**Facility**</td><td align="center">**Event**</td></tr>
<tr><td align="center">

Training Reservation

BreckenFit Gym

5963 Arlington Ave
Riverside, CA
92504

Cost: FREE!

Tuesday
August 10, 2021

1:00 - 3:00 pm

Change

INSTRUCTIONS

</td><td align="center">

Training Reservation

Andulka Park

3542 Central Ave
Riverside, CA
92507

Cost: FREE!

Sunday
August 15, 2021

3:00 - 5:00 pm

Change

INSTRUCTIONS

</td></tr>
</table>

Notes:

- This "Free Training Reservation" screen remains the Participant's "Home" screen until after the date of his/her Training.
- Tapping on the **Address** opens the Participant's Navigation App.
- For **Facility** Reservations, the "Date" is the date of the next selected day (in this case, a Tuesday).
- Tapping on "**Change**" opens the "Free Training Map" screen (page 3).
    - If the Participant schedules a new Training (before the date of the current one), the new Reservation replaces the current Reservation.
- "**Instruction**s" links to a webpage at www.CrossComps.com/trainings (in a new screen with a return button).

- **TEXT-MESSAGE NOTIFICATIONS for Free Trainings**
  - To the User that made/changed the Reservation:
    - Upon making/changing a Reservation.
      - Example: You made a Reservation for a Free Training. Open your App for more information.
    - On the day before the Day/Date of the Reservation.
      - Example: You have a Free Training Reservation for tomorrow. Open your App for more information.
  - To the Service Provider (service Coordinator / Gym Manager):
    - Upon a Training Reservation being made/changed with their Training.
      - Example: A CrossComp Participant has made/changed a Training Reservation with you. Open your App for more information.

Part 6B: Scheduling a Free Training

CrossComp Participants may participate in CrossComp's "Free Trainings."

Participant Menu Screen:

Menu
Scores
Teams
Challenges
Exercise Rx
Training
Profile
More
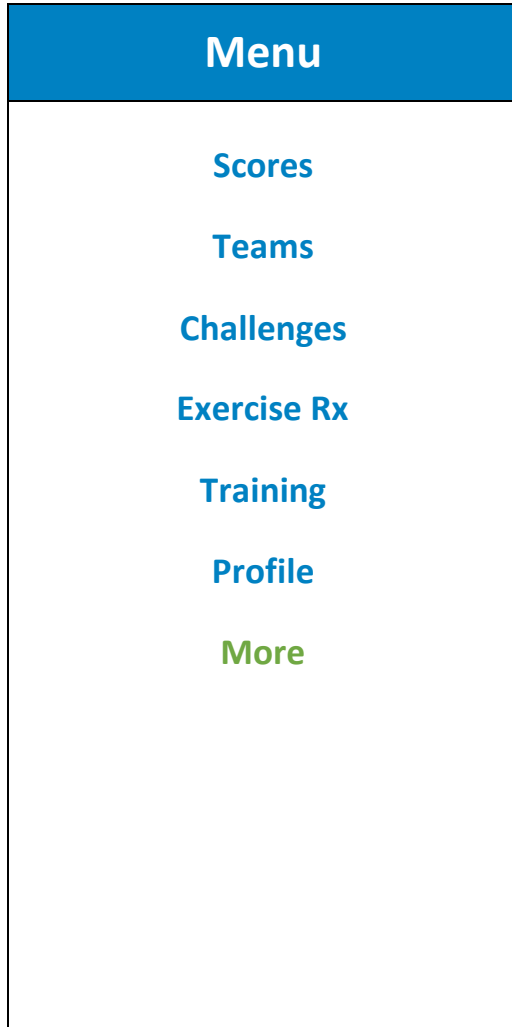
Tapping "Training" opens the "Free Trainings" map screen (page 3) where the Trainee selects a location.
- Then, theTrainee selects a Day/Date/Time (page 4)
- And gets a Training Reservation (page 5).

(A PAID Training Map and Service will be added to the App later as a separate project.)

Part 6C - Managing Trainees

Local CrossComp Trainings (at Events and Facilities) are managed by Professional Affiliates as CrossComp **Trainers**. Managing CrossComp Trainings also involves the management of the Training Participants and the Assistant Trainers.

The following screens demonstrate how Professional Affiliates **manage** their **Trainees** (Training Participants).

Tapping "Professional" on the Professional "Menu" screen (Refer to Part 1, page 39.) opens the Professional "Dashboard" screen.

Professional Dashboard Screen:

Professional
CrossComp Trainer
Professional Judge
Event Coordinator
Gym Manager
League Commissioner
Regional Directors
Volunteer

Tapping on "**CrossComp Trainer**" on the "Professional Dashboard" screen opens a secondary window with the following options:

- **Training Events**
- **Training Facilities**
- **Assistant Trainers**

Tapping "Training Events" or "Training Facilities" above opens the respective screen on the next page.

Tapping "Manage Assistant Trainers" above opens the screen on page __?

Training Events/Facilities Screens:

Training Events		Training Facilities
Andulka Park	Tapping on the Name of the Event or Facility opens the respective screen on the **next page**. (To add/delete a Training Event/Facility, the Trainer would use the Manage Events/Facilities feature under Coordinator or Manager, Part 2B, pages 6-9.)	**BreckenFit Gym**

A "Train__ee__" = A Participant in the Training.

Trainee Schedule Screens:

The "Trainee Schedule" screen lists the Trainees who have reserved a spot in each "hour block" (page 4).

Training Event		Training Facility

Trainee Schedule
Andulka Park **Sunday, 08/15/2021**
1:00 - 3:00 pm
Jon Opsahl   Text   X
Teresa Sanchez   Text   X
3:00 – 5:00 pm
Nate Barton   Text   X

Refer to Notes on the next page.

Tapping on the Trainee's **Name** opens the "**Check-In**" screen for that specific Trainee.
(Refer to page 12.)

Tapping on the "**Text**" icon opens the user's text messaging App to send a text to that Trainee.

Tapping on the red "**X**" plus a "**Confirm**" button deletes that Trainee off the schedule.

Trainee Schedule
BreckenFit Gym
Mon, 08/16/2021, 9:00 – 11:00 am
Randy Jennings   Text   X
Tue, 08/17/2021, 1:00 – 3:00 pm
Lois Young   Text   X
Wed, 08/18/2021, 3:00 – 5:00 pm
Thu, 08/19/2021, 6:00 – 8:00 pm
Jesse Garcia   Text   X
Mon, 08/23/2021, 9:00 – 11:00 am

Notes for Trainees **(SAME as for CrossComp Testing Participants, except for red asterisk)**:

- "Trainee Schedule" screens are divided into the specific HOUR-BLOCKS that were designated by the Professional Affiliate when he/she Registered that specific Training Event/Facility (page 2.)
- Each Hour-Block expands to accommodate the number of scheduled Trainees.
- The screen scrolls down to view all the Hour-Blocks:
  - Events: For that DATE (1-day Events with multiple Hour-Blocks)
  - Facilities: For each day in a 1-WEEK schedule (Facilities with a single Hour-Block per Day)
    - Example: BreckenFit provides Free Training Services on only 4 days each week. (Only a single Hour-block per day is allowed for Facilities.) The list of Trainees is divided into 5 Hour-Blocks to show the Trainees scheduled for TODAY (Mon, 08/16/2021), and each daily hour-block for the next 4 days (the 3 days remaining during the current week plus the Monday of the next week. The Hour-Blocks that appear would "roll-over" each DAY, week-to-week, so that tomorrow, the screen would show the Trainees scheduled from that day, Tue, 08/17/2021 through the next Tue, 08/24/2021.
- Hour-Blocks can range from 1 to 4 hours (2-Hour Blocks are recommended).
- Each Trainee is listed by First & Last Name (in alphabetical order by FIRST Name).
- Each Trainee's Name appears in the Hour-Block for which he/she reserved his/her Training.
- Trainees are instructed to show up any time during the Hour-Block that they selected.
  - Note: If a Trainee shows up toward the end of his/her scheduled Hour-Block, his/her Training will continue beyond the Hour-Block, as needed.
- Each Name is in **BLUE-text**.
- **A red asterisk (*) is NOT needed to indicate "first-time" training participants.**
- When a Trainee shows up, the Trainer taps on the Trainee's Name on the Schedule screen, plus a "Confirm" button (not shown), to open the "Trainee Check-In" screen (next page).
- When a Trainee has been "Checked-In," his/her Name changes to **GREEN-text**.

When a Trainee shows up at a Training Event/Facility for their Free Training, the Trainer opens the "Trainee Schedule" screen for that Training Event/Facility and taps the Trainee's Name, plus a "**Confirm**" button, to open the "Trainee Check-In" screen for that specific Trainee.

Trainee Check-In Screen (Same as CrossComp Participant Check-In, Part 3A, page 6):

Trainee Check-In		Example
First Name	Edit	**Jon**
Last Name	Edit	**Opsahl**
Date Participant		**02/16/2021**
Date Volunteer		--- (Date is shown if applicable.)
Date Professional		--- (Date is shown if applicable.)
Phone #	Edit	**909-957-2730**
Email	Edit	**DrOpsahl@gmail.com**
Postal Code	Edit	**92506**
League		**Compassion Unlimited**
Gender		**Male** – Entered by Service Provider at CrossComp #1
Date of Birth		**03/10/1960** – Entered by Service Provider at CrossComp #1
Age		**Calculated from DoB**
Height	Edit	**5' 08"** Ht & Wt are entered by the Service Provider at CrossComp #1, and then can be edited as needed at
Weight	Edit	**148** each CrossComp thereafter.
BMI		**Calculated from Ht:Wt**
Scores **Exercise Rx** **Submit**		Tapping the "Scores" button opens the Trainee's most recent "Scores" screen, which can slide (<|>) to view previous Scores. (Part 1, page 16, but without the "Share" and "Schedule" buttons.) Tapping the "Exercise Rx" button opens the Trainee's "Exercise Rx" screen. Tapping the "Submit" button closes the screen and changes the color of the Trainee's Name on the Schedule Screens for the **Trainer** and the **Assistant Trainer** from Blue- to GREEN-Text.

If the "Scores" or "Exercise Rx" screen is opened to view, there needs to be a way to close it and return directly to the "Check-In" screen.

Part 6D – Scheduling Assistant Trainers

Assistant Trainers – Free Trainings at Events and Facilities are **managed** by Trainers, but the training is done by <u>Assistant</u> Trainers.

Note: Assistant Trainers (as Volunteer Affiliates) do NOT earn commissions through CrossComps, but the Trainer (especially if he/she is a Gym Manager) may choose to pay them directly.

Tapping "Volunteer" on the "Volunteer Menu" screen (refer to Part 1, page 30) OR (for Professional Affiliates) tapping "Volunteer" on the "Professional Menu" screen (refer to Part 1 page 39) opens the "Volunteer Dashboard" screen (below).

Volunteer Dashboard Screen:

Volunteer
Co-Captain
Team Captain
Assistant Trainer
Volunteer Judge
Junior Commissioner
Professional

Tapping "**Assistant Trainer**" on the "Volunteer Dashboard" screen opens the "Map of Trainers" screen (next page).

Assistant Trainers sign-up with Trainers of local Free Trainings of their choice. Then, when that Trainer (as an Event Coordinator or a Gym Manager) Registers **ANY** Free Training (Event or Facility) and needs Assistant Trainers for its schedule, the Assistant Trainer will receive a text message that a Training Shift (Hour-Block) is available.

If the Assistant Trainer accepts the available shift, his/her Name appears on the Trainer's "Schedule" for that Training. Also, the SHIFT (the Hour-Block that the Assistant Trainer accepted) appears on the Assistant Trainer's "**My Schedule**" screen (page 16).

To receive text-messages of available Training Shifts at local Free Trainings (Events/Facilities), the Assistant Trainer has to Sign-Up with 1 or more Trainer by using the "**Map of Trainers**" screen (below, which is NOT the map of "Free Trainings"),

The "Map of Trainers" screen is a map of all the current Free Trainings provided by CrossComp Trainers. It shows the SAME Training sites as the "Free Trainings" map (page 3), but the Markers are color-coded differently and the Markers link to different screens for Assistant Trainers only.

Map of Trainers Screen:

Map of Trainers
Tap on a Marker to sign-up as an Assistant Trainer.
(MAP)
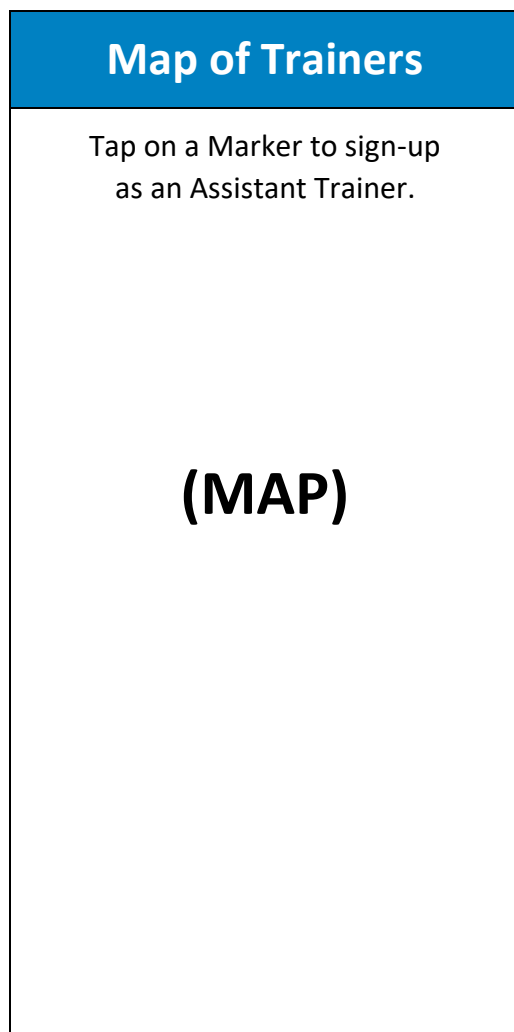
Created from Page 2.

The "Map of Trainers" screen opens with the user's location in the center of the Map, and shows about a 10-mile radius.

The location of each Free Training is indicated with a Blue Marker (Sign-Up) or a Green Marker (My Schedule).

Tapping a Blue Marker on the Map opens the "Assistant Trainer Sign-Up" screen (page 15) with the Trainer of that specific Training.

If the Assistant Trainer signs-up with a Trainer, ALL Trainings that the Trainer manages will be indicated by a GREEN Marker on the Map, and if tapped, it opens the Assistant Trainer's "My Schedule" screen (page 16).

Note: The "My Judging Schedule" Screen (Part 4A, page 4 OR Part 4B, page 8) needs to be CHANGED. Re-name it "My Schedule" and have it include ALL the scheduled shifts for that Affiliate, not only as a Professional Judge AND a Volunteer Judge, but ALSO as an Assistant Trainer.

When an Assistant Trainer taps a Green Marker on the "Map of Trainers" screen (previous page), the "Assistant Trainer Sign-Up" screen for that Trainer opens.

Assistant Trainer Sign-Up Screen:

Assistant Trainer Sign-Up	Example	Notes
Name of Training Street Address City Postal Code **Name of Trainer** **SIGN-UP** **Return to Map**	**Andulka Park** 5401 Van Buren Blvd Riverside 92506 **Laikyn Maxwell** **SIGN-UP** **Return to Map**	Tapping the Trainer's Name opens the user's text messaging App to send the Trainer a text message. Tapping the "**Sign-Up**" button, plus "**Confirm**," adds the Assistant Trainer's **Name** to the Trainer's list of Assistant Trainers **(refer to page ___)** and re-opens the "Map of Trainers" screen. The Assistant Trainer will then receive the "Available Shift" text messages for all Free Training Events/Facilities managed by that Trainer. If the Assistant Trainer does not want to sign-up with the Trainer of the Event/Facility, he/she can tap the "Return to Map" button.

When an Assistant Trainer signs-up with a Trainer and returns to the Map of Trainers, the Marker for ANY Training managed by that Trainer is now a GREEN Marker, instead of a Blue Marker.

Tapping a **GREEN** Marker on the Assistant Trainer's "Map of Trainers" screen (page 18) opens the "My Schedule" screen (below), which lists **ALL** the shifts (Hour-Blocks) that the Affiliate (as an Assistant Trainer, a Volunteer Judge, and as a Professional Judge) has accepted AND at which he/she is currently scheduled to provide training/judging services.

My Schedule Screen:

My Schedule	Notes
Assistant Trainer **Sunday, 08/15/2021** **3:00 – 5:00 pm** **Andulka Park** 5401 Van Buren Blvd Riverside **Laikyn Maxwell** **X** ----------------- *Volunteer Judge* **Sunday, 08/22/2021** **1:00 – 3:00 pm** **Andulka Park** 5401 Van Buren Blvd Riverside **Laikyn Maxwell** **X** ----------------- *Professional Judge* **Sunday, 08/29/2021** **3:00 – 5:00 pm** **Andulka Park** (Scrolls down)	The "My Schedule" screen lists ALL the shifts, training and judging, at all the Facilities AND Events for which he/she is scheduled. The schedule is in chronological order, and only includes future shifts. (Past shifts disappear off the list.) The Affiliate's ROLE at each shift is indicated in Red Italic text. • Assistant Trainer • Volunteer Judge • Professional Judge Tapping the Green Address opens the user's Map-Navigation App. Tapping the Trainer's/Event Coordinator's/Gym Manager's Name opens the user's Text-Messaging App to send him/her a text message. Tapping the red "**X**," plus "**Confirm**," deletes the shift off the Assistant Trainer's schedule AND removes his/her Name off the Trainer's "Assistant Trainer Schedule" screen (page __). At the DATE & TIME of the scheduled shift (Hour-Block), and IF the Judge is located at the address of the Event, the "**Day, Date, Hours**" changes to **RED** text and becomes an active link (next page) to the Assistant Trainer's "**Trainees**" screen (page 18).

When an Assistant Trainer arrives at the **address** of the Training during ANY of the scheduled shifts (NOT just during his/her specific shift), the DAY, DATE and HOURS listed in his/her schedule becomes RED text and is an active link to the Assistant Trainer's "Trainees" screen (next page).

My Schedule Screen:

My Schedule	Notes
Assistant Trainer **Sunday, 08/15/2021** **3:00 – 5:00 pm** **Andulka Park** 5401 Van Buren Blvd Riverside **Laikyn Maxwell** **X** ------------------ *Volunteer Judge* **Sunday, 08/22/2021** **1:00 – 3:00 pm** **Andulka Park** 5401 Van Buren Blvd Riverside **Laikyn Maxwell** **X** ------------------ *Professional Judge* **Sunday, 08/29/2021** **3:00 – 5:00 pm** **Andulka Park** (Scrolls down)	Tapping the "Day, Date, and Hours" (when it has changed to RED text) opens the "Trainees" screen (next page). The text becomes a **Red Active Link**: • During the hours of ALL the scheduled shifts on the specified Day/Date, and • Only **IF** the Assistant Trainer is physically present at the specified address of the Training. When the scheduled time is over (plus 1-hour PAST the time of the last shift), the Training's listing disappears off the schedule.

From the Assistant Trainer's "My Schedule" screen (previous page), tapping the "Day, Date, and Hours" (when it has changed to RED text) opens the "Trainees" screen (below).

Trainees Screen:

Trainees	Notes
Sunday, 08/15/2021 **Andulka Park** **Laikyn Maxwell** **Jon Opsahl** **X** **Nate Barton** **X** **Teresa Sanchez** **X**	The **Day, Date, Facility Name**, and **Trainer** is listed at the top of the screen. Tapping the Trainer's Name (blue-text) opens the user's text-messaging App to send the Trainer a text-message. The Names of the Trainees who have reserved a spot on the schedule are listed in alphabetical order. The list of Trainees Names is **NOT** divided into the different shifts (Hour Blocks). The Trainee Names are in **Blue text** and link to the user's text-messaging App to send that Trainee a text. First-time Trainees are **NOT** indicated by having a red asterisk next to their Name. When the Trainee has been "Checked-In" by the Trainer (page 12), the Trainee's Name changes to **Green-text** and links to the "Training Session" screen for that specific Trainee (next page). The Trainee's Name remains an active green link to that Trainee's "Training" screen until the Trainee is FINISHED training. Then, tapping the red **X**, plus "**Confirm**, deletes the Trainee's Name off the Assistant Trainer's list of Trainees AND off the Trainer's Trainee Schedule (page 10).

Also, if by text message the Trainee responds that he/she won't make it for his/her Free Training, tapping the red **X**, plus "**Confirm**," deletes the Participant's Name off the Assistant Trainer's list of Trainees, AND off the Trainer's "Trainee Schedule (page 104).

Training Session Screen (Current Session):

Training Session			Notes
Participant's Name Age			**Nate Barton** 38.02
	Profile **Scores** **Ex Rx**		Count-down timer set at **60 minutes** – may SHOW the NUMBER of remaining minutes, but NOT necessary. Timer starts and stops when the Assistant Trainer taps it. The timer is for Total Time of Session. The Timer is NOT for the minutes of individual exercises.
Exercise	**Reps**	**Min**	
Walk/Run			If the timer is running when the Assistant Trainer exits the screen, the timer continues running.
Squats			
Leg-Raises			Buttons open the Participant's respective screens: Profile, Scores, and Exercise Rx. Returns to this screen when that one is closed.
Push-Ups			
Add an Exercise			
			Assistant Trainer can record the Trainee's Reps and Time (in minutes) and add Exercises for the Trainee to do.
Archive			Tapping the "**Add an Exercise**" button adds another row (a blank row). Tapping "**Archive**" when it is GREEN opens the archive of previous Training Session screens (next page). When the timer runs out, the Archive button turns **RED** and tapping it saves the current session to the Archive.
Return to List of Trainees			

Archived screen show INSTEAD OF THE TIMER, the date, and duration of the training and the Name of the Assistant Trainer.

Training Session Screen Archived Session)**:**

Training Session			Notes
Participant's Name			**Nate Barton**
Age			38.02
Name of Training			**Andulka Park**
< Date **>**			**08/15/2021** (**Arrows** slide screen to show other Archived Sessions in Chronological Order)
Total Elapsed Time			**54:30** (Check-In Time to Time at Finish "X")
Name of Assistant Trainer			**Mark Foster**

Exercise	Reps	Min	
Walk/Run	400m	3:45	
Squats	40	1:25	
Leg-Raises	20	1:15	
Push-Ups	10	0:45	Scrolls Down to show all exercises
Lunges	60	4:10	
Back-Rows	30	3:20	
Front Plank	1	0:40	
Exit			Closes screen and returns to current Session screen.

6D: Managing Assistant Trainers

Free Trainings are managed by the Event Coordinator or Gym Manger who registered the CrossComp schedule as also being the schedule for a Free Training. Assistant Trainers may be needed at these free Trainings.

The "Manage Assistant Trainers" screen **(Refer to Page 8)** lists all the Assistant Trainers who have signed-up to train for the Trainer at his/her Free Trainings at CrossComp Events/Facilities.

Trainer

Assistant Trainers	
Erin Reynolds	**X**
Joe Gerard	**X**
Mark Foster	**X**
Select a Free Training Event	
Select a Free Training Facility	

The Names of the Assistant Trainers are listed in alphabetical order by FIRST name.

The Name of an Assistant Trainer is automatically added to the list when he/she "Signs-Up" with the Trainer (page 15).

Tapping on the **Name** of an Assistant Trainer opens the user's text-messaging App to send that Assistant Trainer a text-message.

Tapping on a red "**X**" plus "**Confirm**" deletes that Assistant Trainer's name off the Trainer's list of Assistant Trainers.

Tapping the "**Select a free Training Event/Facility**" button opens the respective screen on the next page.

Select a Free Event/Facility Screens:

The "Select a Free Event/Facility" screen lists the Free Trainings (at the simultaneous Events/Facilities) that are currently listed by the Trainer (as an Event Coordinator or Gym Manager).

Event Coordinator **(Free Training Events)**		**Gym Manager** **(Free Training Facilities)**
Select an Free Training		**Select a Free Training**
Andulka Park	Tapping on the Name of a listed Free Training at an **Event** or **Facility** opens its "Assistant Trainer Schedule" screen (next page). The Names of the free Trainings are listed in alphabetical order.	**BreckenFit Gym**

Assistant Trainer Schedule Screens:

The "Assistant Trainer Schedule" screen lists the Assistant Trainers who have been scheduled for each "hour block" of the free Training Event/Facility that was selected on the previous page.

The current total number of **Trainees** that have made a Reservation at the Free Training Event/Facility (which is on a specific Date) is indicated for each Hour-Block.

- (Example: **Trainees: 0**).

Event Coordinator / Trainer (Events)

Assistant Trainer Schedule
Andulka Park **Sunday, 08/15/2021**
1:00 - 3:00 pm **Trainees: 2**   `Recruit`
Mark Foster   **X**
3:00 – 5:00 pm **Trainees: 1**   `Recruit`
Erin Reynolds   **X**

Refer to Notes on the next page.

Tapping on the "**Recruit**" button opens the "Recruit" screen. (Refer to page 25.)

Tapping on the Assistant Trainer's **Name** opens the user's text messaging App to send a text to that Assistant Trainer.

Tapping on the red "**X**" plus "**Confirm**" deletes that Assistant Trainer off the schedule.

Gym Manager / Trainer (Facilities)

Assistant Trainer Schedule
BreckenFit Gym
Mon, 08/16/2021, 9:00 – 11:00 am **Trainees: 1**   `Recruit`
Joe Gerard   **X**
Tue, 08/17/2021, 1:00 – 3:00 pm **Trainees: 1**   `Recruit`
Erin Reynolds   **X**
Wed, 08/18/2021, 3:00 – 5:00 pm **Trainees: 0**   `Recruit`
Mark Foster   **X**
Thu, 08/19/2021, 6:00 – 8:00 pm **Trainees: 1**   `Recruit`
Erin Reynolds   **X**
Mon, 08/23/2021, 9:00 – 11:00 am **Trainees: 0**   `Recruit`
Joe Gerard   **X**

Notes for Assistant Trainers:

- "Assistant Trainer Schedule" screens (previous page) are divided into the same specific HOUR-BLOCKS as the "Participant Schedule" screens (Part 3A, page 4). Each Hour-Block was designated by the Professional Affiliate when he/she Registered that specific Event/Facility. (Refer to Part 1, page 13.)
- By DEFAULT, the **Trainer** that Registered the free Training is automatically scheduled as a n Assistant Trainer for EACH Hour-Block and can NOT be deleted off the schedule.
- The Trainer can recruit other Assistant Trainers to assist him/her.
- Additional Assistant Trainers can be added to the Schedule for any Hour-Block (refer to the "Assistant Trainer Schedule" screen on previous page).
- The # of needed Assistant Trainers for that specific Hour-Block must be specified (≥1) (next page).
- Each Hour-Block expands to accommodate any additional Assistant Trainers scheduled for that Block.
- The screen scrolls down to view all the Hour-Blocks:
  - Events: For that DATE (1-day Events with multiple 2-Hour Blocks)
  - Facilities: For each day in a 1-WEEK schedule (Facilities with a single 1-4-Hour-Block per Day)
    - **Example:** BreckenFit provides Free Trainings on only 4 days each week. (Only a single (1) Hour-Block per day is allowed for Facilities.) The list of Assistant Trainers is divided into five days with a 2-Hour Block on each day in order to show the Assistant Trainers that are scheduled for TODAY (Mon, 08/16/2021), and each daily Hour-Block for the coming week, including the next Monday. The Hour-Blocks that appear would "roll-over" each DAY, week-to-week, so that tomorrow, the screen would show the Assistant Trainers that are scheduled from that day, Tue, 08/17/2021 through the next Tue, 08/24/2021.
- Each Assistant Trainer is listed by First & Last Name (in alphabetical order by FIRST Name).
- Each Assistant Trainer's Name appears in the Hour-Block for which he/she was scheduled to train the Trainees during that Hour-Block.
- Each Assistant Trainer's Name is in **BLUE-text** and links to the user's text-messaging App.

To recruit additional Assistant Trainers for any specific Hour-Block, the Trainer taps the "Recruit" button of that specific Hour-Block on the schedule (page 23) to open the "Recruit" screen.

Recruit Screen:

Available Shift	Example
	4
OPEN POSITIONS	**OPEN POSITIONS**
A CrossComp Training Shift is available at:	A CrossComp Judging Shift is available at:
Name of free Training Day Date Hour-Block	**Andulka Park Sunday 08/15/2021 1:00 – 3:00 pm**
Yes, I'll take it!	
Sorry, no can do.	
SEND	

See Notes on the Next Page.

Notes for the "Recruit" Screen (previous page):

A # (1-9) must be entered into the "Open Positions" space before sending the "Recruit" text-message.

Tapping the "**SEND**" bar at the bottom of the screen, plus "**Confirm**," sends a text-message to all the Assistant Trainers that are signed-up to train for the Trainer that is sending the "Recruit" text-message, **EXCEPT ANY ASSISTANT TRAINERS WHO ARE ALREADY SCHEDULED FOR THAT SAME HOUR-BLOCK (shift).**

WE NEED TO MAKE THIS SAME EXCEPTION MENTIONED ABOVE ON THE PROFESSIONAL AND VOLUNTEER JUDGES SCHEDULE/RECUIT SCREENS, TOO. (**REFER TO PART 3B – REVISED: MANAGING JUDGES**.)

The text-message that is sent to all the Assistant Trainers includes a link to the "Recruit" (Available Shift) screen (without the "SEND" bar) for the receiving Assistant Trainer to tap either response.

If the recipient of the text-message taps the <mark>Yes, I'll take it!</mark> button, plus "**Confirm**," then:

- That Assistant Trainer's Name is added to the "Assistant Trainer Schedule" for that specific Hour-Block (page 23).
- The # of Open Positions on the "Recruit" screen reduces by 1 (previous page).
- If the "Recruit" screen shows "0" Positions Open (all the positions have already been taken by other recipients of the "Recruit" text-message), the "Yes, I'll take it!" button is NOT active.

For both Events AND facilities: The "Recruit" text-message is sent to all of the Trainer's Assistant Trainers. Assistant Trainers do NOT sign up for Free Trainings at Events OR Facilities, they can only sign up for BOTH. (This is because in both cases the Assistant Trainer "works" as a Volunteer.)

Sample Text-Message: "A CrossComp Free Training Shift is available. Go to LINK for details."