

Getting Started with XCStats

1. How to Create an Account

We are using XCStats.com this year to keep our team statistics and to provide useful tools for goal setting, team communications and training. **NOTE: All athletes are required to create an account on XCStats!** Parents do not register separately - they are registered by their athlete in this process.

If you have already created an account on XCStats, you only need to login to assure that you have added your parent's addresses. Login and go to the "Edit My Account" page to add them. If you have forgotten your password, use the "Lost Password" link to retrieve it.

If you are creating a new account, please have your parents email addresses handy.

Athlete Registration Process

1. Go to www.xcstats.com and click on "Subscribing Schools", then our schools name. This is our schools XCStats Home Page. You'll see the form shown above (in the upper right corner of that page). If you don't see the form, tell your coach. To start the registration process click on "CREATE ACCOUNT".

RUNNER/PARENT/COACH LOGIN

Email:

Pass:

[CREATE ACCOUNT](#)

[Lost Password?](#)

[How to Register](#)

2. From there, you'll enter our registration code in this form.

OUR REGISTRATION CODE IS SFHSXC%

ENTER YOUR REGISTRATION CODE:

3. You now will see the registration form! The form displays different options depending on your selections. Follow though the questions, entering the information requested, including your parents names and email addresses. Please note that the same email address cannot be used for both athlete and parent. If in doubt on the question "Have Results in XCStats?", enter Yes, then scan the pulldown list for your name. If not there, select No.

REGISTRATION FORM

USER TYPE	GENDER	HAVE RESULTS IN XCSTATS?	CLASS OF:
<input checked="" type="radio"/> Runner	<input checked="" type="radio"/> Boy	<input type="radio"/> Yes	<input type="radio"/> 2014
<input type="radio"/> Coach	<input type="radio"/> Girl	<input checked="" type="radio"/> No	<input type="radio"/> 2013
			<input type="radio"/> 2012
			<input type="radio"/> 2011

After submitting the form, you'll receive a confirmation email. If you don't receive it, check you spam folder. Also, add "xcstats.com" as a safe sender in your spam filter. Click on the link within that email to activate your account. Parents will also be sent an email to activate their accounts. This email will also contain the parent password, which is the same for all parents. If you have any problems ask your coach, submit them on the "contact us" form on XCStats or write us at xcsupport@xcstats.com.

2. How to Log In

Once activated, parents and athletes can login to XCStats to access additional functionality and features (see the list below). You can login using a form in either of two places:

XCStats home page
(www.xcstats.com)

or

Our schools XCStats Home Page:

LOGIN Email: Password:

RUNNER/PARENT/COACH LOGIN

Email:

Pass:

[CREATE ACCOUNT](#)

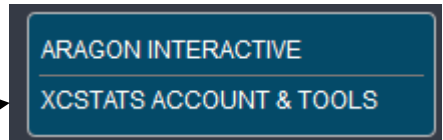
[Lost Password?](#)

[How to Register](#)

Remember - all parents use the same password. It was sent to you during the activation process. Use "Lost Password" if you need to retrieve it.

3. Additional Functionality for Registered Parents and Athletes

Once you login, a whole new set of features and capabilities are exposed!

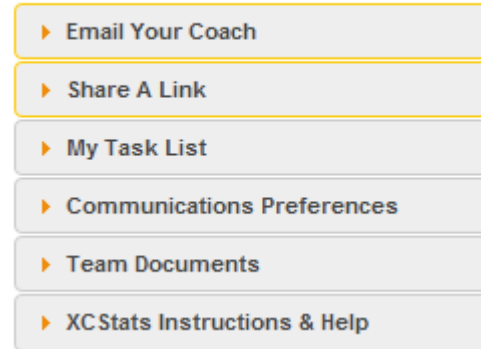


For Athletes and Parents

Once logged in, our schools INTERACTIVE page (example shown), exposes new features including:

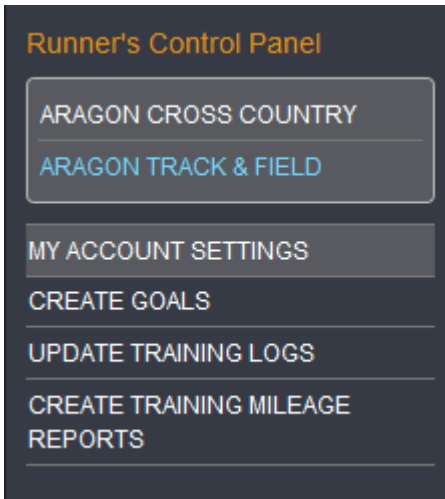
- Set your communication preferences
- Send an email to a coach
- View your assigned tasks
- Enter a web link to share with the team, such as for videos, photos or articles
- Post a message to the school-only discussion forum

Tools & Resources



For Athletes

You'll see a new menu in the left side navigation bar called "XCStats Account & Tools". Click on this link and you'll see a cadre of new features including:



- Goal Setting System
- Training Logs
- View assigned tasks
- Edit your account

Also, on the top navigation bar, pull down the menu "About XCStats". You will see a link "Search XC Database!". This provides access to the massive XCStats database of thousands of California cross country results. Six reports are exposed allowing you to search both individual and teams results.

Communications Preferences

Authorize & Test Cell Phone For Mobile Text Messages
Optional. If you'd like to receive selected information from your coach or XCStats via text messages, please complete this form.

Mobile #: Area: Prefix: Last 4:

Service:

Authorize [?] Status: Authorized on 6/5/11

Tested [?] Status: Confirmed on 6/5/11

SUBMIT

After submitting this form, you will receive a text message with a code. You must enter that code in a form that will appear below.

Set Communications Preferences

Message Type	How Delivered	Other
Coach Messages	<input checked="" type="checkbox"/> Email <input checked="" type="checkbox"/> Text *	
Data Loaded Notices [?]	<input type="radio"/> Email <input checked="" type="radio"/> Text * <input type="radio"/> None	
New Discussion Forum Topics [?]	<input type="radio"/> Email <input checked="" type="radio"/> Text * <input type="radio"/> None	<input type="radio"/> By anyone <input checked="" type="radio"/> By a coach

SAVE PREFERENCES

4. Editing Your Account and Adding Supplemental Information

Athletes (and not parents) can edit their account at any time to add or remove parents, change passwords and email addresses. They can also add supplemental information that may be requested by the coach, such as addresses and phone numbers. To perform edits, athletes select "My Account Settings" from the left navigation menu.