

# REASONS TO ENGAGE ATHLETES



## INCREASED ACCOUNTABILITY

### Increased involvement in their training

- Athletes can access all their training data on TritonWear Activities
- Share feedback with coaches based on their own observations

### Find hidden problems in their performance

- Determine what is going wrong by looking at metrics
- Visual graphs easily show trends and patterns of irregularities in metrics



## GOAL SETTING

### Focused goal setting

- Working towards achieving micro level, process goals gives a clear objective for every practice
- Target specific metrics to get them closer to the final goal

### Confidence in the process

- Tracking progress overtime gives assurance their efforts are paying off = increases motivation to have a successful season