

ENGAGING ATHLETES



ACCOUNTABILITY

Increased involvement in their training

- Athletes can access all their training data on *TritonWear Insights*
- 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

More 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 final goal

Better confidence in the process

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