Clarity for coaches, focus for athletes

Coaches see status, issues, messages, and context without having to hunt across apps. Athletes instantly access the cues, resources, and coaching notes that matter for this block.

Instant clarity for coaches

See your full athlete roster at a glance with status badges and persistent issue flags. Know exactly who needs what today without digging through texts, notes, or spreadsheets.

Contextual Communication

Coach-athlete chat lives inside the dashboard and tied to the athlete's profile. Conversation is easily accessed and stays anchored to the context of their training.

Confident focus for athletes

Athletes have instant access to their most important cues as well as all coach-shared resources or notes before and during every session. Athletes walk into the gym with one clear focus and not five competing thoughts.

Issues never slip through

Recurring and new pain points are displayed on every athlete's card until resolved. Coaches spend less time remembering context and athletes spend less time worrying about if their issue was missed.

ENZYME