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Player – Sign Up

1. Click Sign Up in the upper right hand corner of the home page
 - a. If you are on a mobile device, click the three lines at top right, then choose Sign Up
2. At the top of page, click circle next to “Player”
3. Enter the player’s contact information
 - a. Email
 - b. Choose a password for BaseballGoalBook.com
 - c. First Name
 - d. Last Name
 - e. Cell Phone Number
 - f. Address
 - g. City
 - h. State
 - i. Zip
4. Choose player’s High School Graduation year.
5. Click box(es) next to the type of league(s) Player participates in (choose all that apply)
6. Click box(es) next to position(s) that player plays (choose all that apply)
7. Click “I’m Not a Robot”, follow instructions to select photos (if prompted)
8. Click the check box to agree to BaseballGoalBook.com’s Terms of Use and Privacy Policy – click the blue links to review those agreements
9. Click Get Started

You’re almost done! Go to your email account for the email address you used in step 3a. above. Look for an email with subject “Welcome to GoalBook! Confirm Your Email”. If you do not find this email within 5-10 minutes of completing steps above, be sure to check your Junk/Spam or Promotions folder.

Open the email and click on Confirm Email Address.

You’re all set! Time to get started setting up your goals.

Player - Adding Goals

1. Long Term (goals you want to accomplish in the next 3-5 years)
 - a. Click Add Goals button in the Long Term section
 - b. Choose 5 to 7 goals
 - c. The first goal, pre-selected for you is mandatory – I will be playing college baseball at a school like _____ or _____ by September of _____
 - i. Enter the names of two colleges you would like to play at by September of your Freshman year of college
 - d. Choose at least 4 additional goals, click the box next to the goal and enter the measurement you want to achieve
 - e. Click Submit
2. Short Term (goals you want to accomplish in the next 6-8 months)
 - a. Click Add Goals button in the Short Term section
 - b. Your first 3 goals are already set for you. Read these carefully!
 - c. Choose 1-3 additional goals, click the box next to the goal and enter your current measurement and/or the measurement you want to achieve
 - d. Click Submit
3. Performance Goals – based on what season you are currently in
 - a. Performance Goals are pre-set for you, click the link “Click here to view Goals” to view
 - b. You can come back to view these at any time.
 - c. Be sure to check out the intangibles section, which apply to all seasons!
 - d. Click Back to go back to main goals page to add your Monthly Missions
4. Monthly Missions – 3 things you want to drastically improve on this month
 - a. Choose the month from the dropdown (default is the current month)
 - b. Click the box next to the 3 areas of the game you want to really work on this month to make radical improvements
 - c. Click Submit

Congratulations! Your Goals are now set.

At any time you can add to or adjust your goals by clicking Add/Edit Goals, and choosing which category (Long Term, Short Term, Monthly) you'd like to edit. Just make sure you click the blue Submit button when you are finished to save your changes.

Player - Daily Diary – Logging your activity

This is where you will record the activity / drills / practice you are doing every day.

To get started, once you are logged in, click on **Daily Diary** on the top navigation bar if on a computer, or the tap the three lines on the top right of your phone, then choose **Daily Diary**

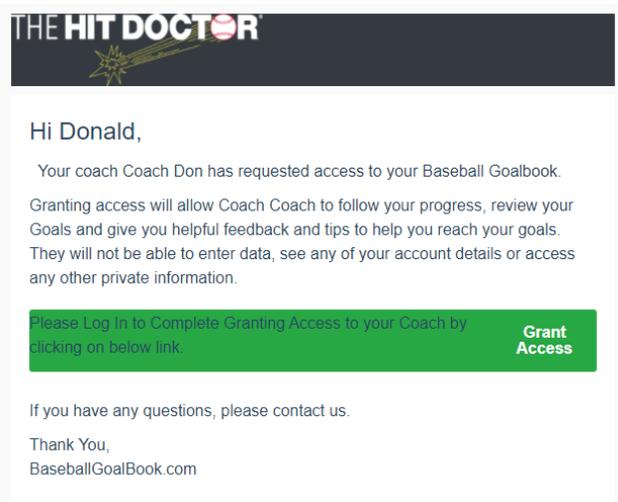
1. Choose the date of your workout. The default date is today's date. We always recommend you log your activity on the day you do it. If you need to though, you can pick a previous day to log.
2. For Each drill or activity that you do – record the following by selecting from the dropdown (you can always choose **Measurement** from the main menu to see how each drill/goal is measured
 - a. SQA – Speed, Quickness, Agility – choose the number of minutes you did the drill
 - b. Throwing Drills – Choose which of the following drills you did, or you can select All
 - i. Long Toss
 - ii. Hand Speed
 - iii. Accuracy
 - iv. Long Toss + Accuracy
 - c. Fielding Drills – choose the number of minutes you did the drill
 - d. Conditioning or Proteus - choose the number of minutes you did the drill
 - e. Weight Room or ARX - choose the number of minutes you did the drill
 - f. Hitting Drills – choose the number of swings you took
 - g. Hit and Run and Bunting – choose the number of Reps you did
 - h. Pitching / Bullpen Work – choose which of the following drills you did
 - i. Regular
 - ii. Change Up
 - iii. Second/Third
 - iv. Long cahrt
 - v. Mental
 - vi. Fell Chart
 - i. Pitcher / Handspeed Drills – choose number of reps you did
 - j. Pitcher Mechanical Drills - choose the number of minutes you did the drill
 - k. Pitcher Dry Drills - choose the number of minutes you did the drill
 - l. Pitcher Fielding Practice / Pickoffs - choose the number of minutes you did the drill
3. Comments – add any comments that provides additional information to your coach about your workout today
4. Click the blue Submit button to finish recording your workout

It's that simple. Use your Daily Diary every day!

Player – Granting Access to Your Coach

Once you log in to your account, click on Manage on the top navigation.

1. Once your coach has signed up for a free Coach account on BaseballGoalBook.com, they have the ability to generate an email to you requesting access to your Goal Book so they can track your progress
 - a. If they have not yet created their account, direct them towards page 6 of this manual
 - b. Once they have signed up, they should proceed to page 9 of this manual
2. Once your coach has completed the instructions for adding a player, you will get an email that looks like this



3. Click on Grant Access – you will then be prompted to log into your BaseballGoalBook.com account
4. Once you have logged in – click on Coaches from the top navigation
5. Click Grant Access next to your coach's name

Your coach will now have access to see the Goals you have set as well as your Daily Diary (work out activity). They will not be able to edit data or see any private information.

Coach – Sign Up

1. Click Sign Up in the upper right hand corner of the home page
 - a. If you are on a mobile device, click the three lines at top right, then choose Sign Up
2. At the top of page, click circle next to “Coach”
3. Enter the coach’s contact information
 - a. Email
 - b. Choose a password for BaseballGoalBook.com
 - c. First Name
 - d. Last Name
 - e. Cell Phone Number
 - f. Address
 - g. City
 - h. State
 - i. Zip
4. Click box(es) next to the type of league(s) coached (choose all that apply)
5. Enter the name of Coach’s Organization
6. Click “I’m Not a Robot”, follow instructions to select photos (if prompted)
7. Click the check box to agree to BaseballGoalBook.com’s Terms of Use and Privacy Policy – click the blue links to review those agreements
8. Click Get Started

You’re almost done! Go to your email account for the email address you used in step 3a. above. Look for an email with subject “Welcome to GoalBook! Confirm Your Email”. If you do not find this email within 5-10 minutes of completing steps above, be sure to check your Junk/Spam or Promotions folder.

Open the email and click on Confirm Email Address.

You’re all set! Time to get started setting up your Teams (see page 6)

Coach – Adding a Team

Once you log in to your account, click on Manage on the top navigation.

1. Click the Add Team button
2. Enter the name of the team you would like to add
 - a. If you have more than one team, make the team name specific enough so that you can differentiate between teams by using coach name and age in the name (example: If your 14u team is The Bulldogs and Coach Name is Smith, call your team Bulldogs Smith 14u)
3. Click the blue Add button

Congratulations, you've added a team. You can add other teams, or continue to Adding Players to teams you've created (page 8-9)

Coach – Adding a Player that does NOT yet have a BaseballGoalBook.com account

Once you log in to your account, click on Manage on the top navigation.

1. In the middle column (Manage Players), next to the name of the team you'd like to add a player to, click Edit Players, and then select "Add"
 - a. Note: You must create teams before you can add players. If you haven't yet created a team, see Coaches – Adding a Team (Page 6 of this manual)
2. Enter the email address of the player you want to add to your team
 - a. **The player will be sent an email inviting them to join BaseballGoalBook.com**
 - b. Below is a sample of the email the player will receive



Hi,

Your coach Coach Don has requested that you sign up for an account at BaseballGoalBook.com.

The Hit Doctor Baseball Goal Book is a daily diary and progress system created by legendary coach, Joe "The Hit Doctor" Barth.

When you register with the link below, Coach Coach will be able to follow your progress, review your Goals and give you helpful feedback and tips to help you reach your goals. They will not be able to enter data, see any of your account details or access any other private information.

[Sign Up](#)

If you have any questions, please contact us.

Thank You,
BaseballGoalBook.com

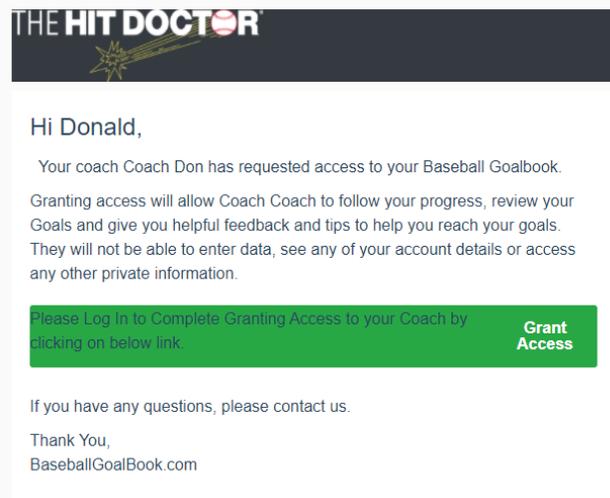
- c. The player you invited needs to complete 5 easy steps
 - i. Click the sign up button in the email they receive with the invitation
 - ii. Complete the application for their BaseballGoalBook player account
 - iii. Confirm their email address to finalize their application
 - iv. Click the "Grant Access" button next to your name

Once the player has granted you access, you will have access to see the Goals they have set as well as the Daily Diary (work out activity). You will not be able to edit data or see any private information.

Coach – Adding a Player ALREADY has a BaseballGoalBook.com account

Once you log in to your account, click on Manage on the top navigation.

1. In the middle column (Manage Players), next to the name of the team you'd like to add a player to, click Edit Players, and then select "Add"
 - a. Note: You must create teams before you can add players. If you haven't yet created a team, see Coaches – Adding a Team (Page 6 of this manual)
2. Enter the email address of the player you want to add to your team
 - a. The player will be sent an email asking them to grant you access
 - b. Below is a sample of the email the player will receive



- c. The player you invited needs to complete just 2 easy steps
 - i. Click on "grant access" in the email they receive
 - ii. Log In to their BaseballGoalBook player account

Once the player has granted you access, you will have access to see the Goals they have set as well as the Daily Diary (work out activity). You will not be able to edit data or see any private information.

Coach – Checking your player’s Goal Book progress

Once you log in to your account, click on Manage on the top navigation.

1. In the left hand column (Dashboard), click on the name of the Team for the player whose progress you want to check
2. On the next page, you will see a list of players on the team you selected who have registered
 - a. If you don’t see the player’s name – they have not yet registered
 - b. If you see their name, but it says “Access not yet granted” – they have registered but not yet completed granting access.
3. Enter the name of the team you would like to add
 - a. If you have more than one team, make the team name specific enough so that you can differentiate between teams by using coach name and age in the name (example: If your 14u team is The Bulldogs and Coach Name is Smith, call your team Bulldogs Smith 14u)
4. Click the blue Add button

Congratulations, you’ve added a team. You can add other teams, or continue to Adding Players to teams you’ve created (page 7)