



[CoachMePlus Help](#) > [Help](#) > [Athlete Central](#)

 Search

Articles in this section

How To: Assign Athletes to a Training Group



Stephen Ostrow

a few seconds ago · Updated

Follow

This article will show you:

- How to assign your athletes into training groups.

You need this because

- You want to keep track of athletes and assign specific workouts to certain training groups.
- It allows you to communicate with various training groups and allows you to delegate tasks to specific groups.
- It provides you with the ability to set certain permissions to different groups. This will save you time in the long run when a new user is added into your system.

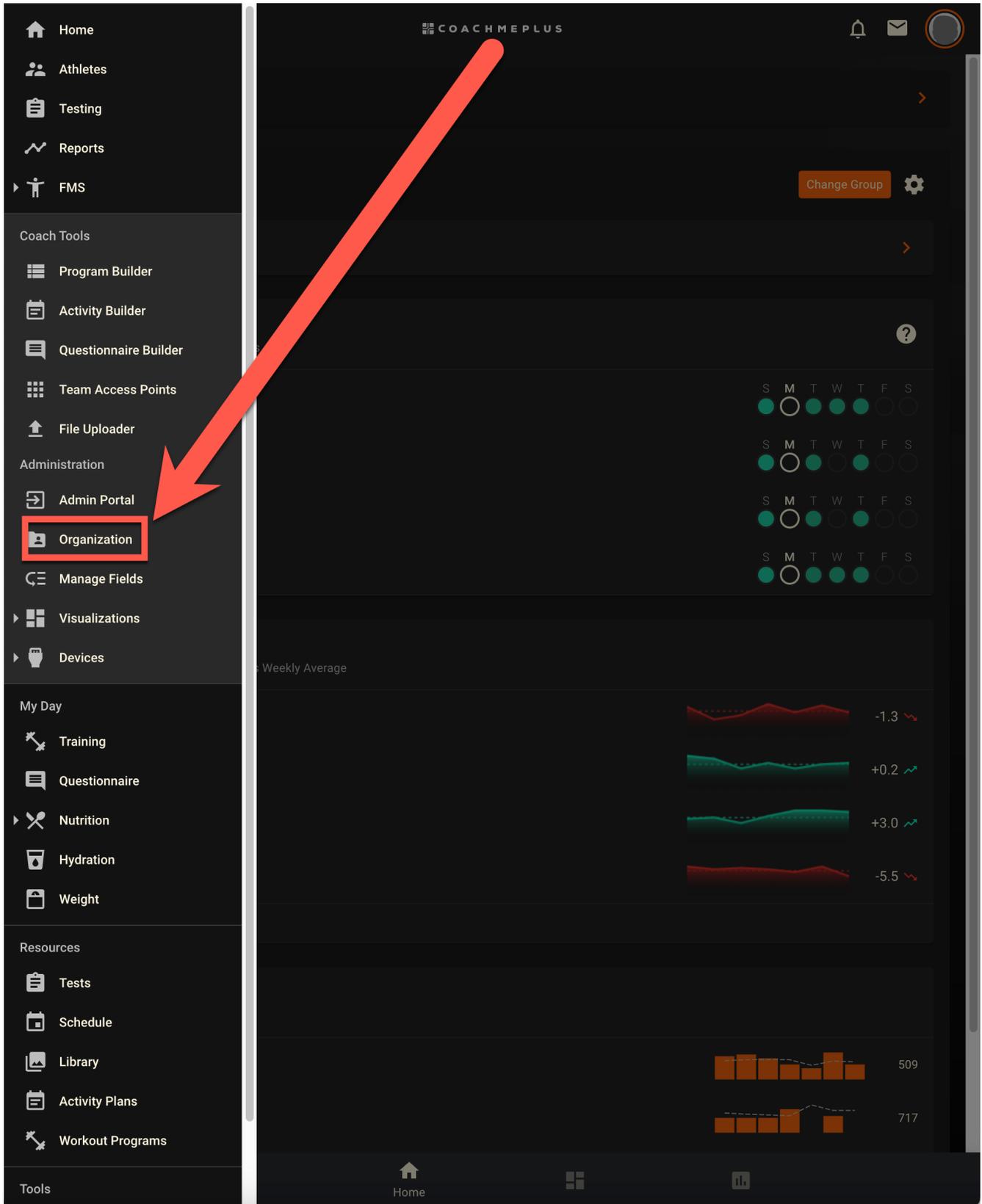
View our How To video and follow the steps below:

How To: Assign Athletes to a Training Group | FAQs + Help



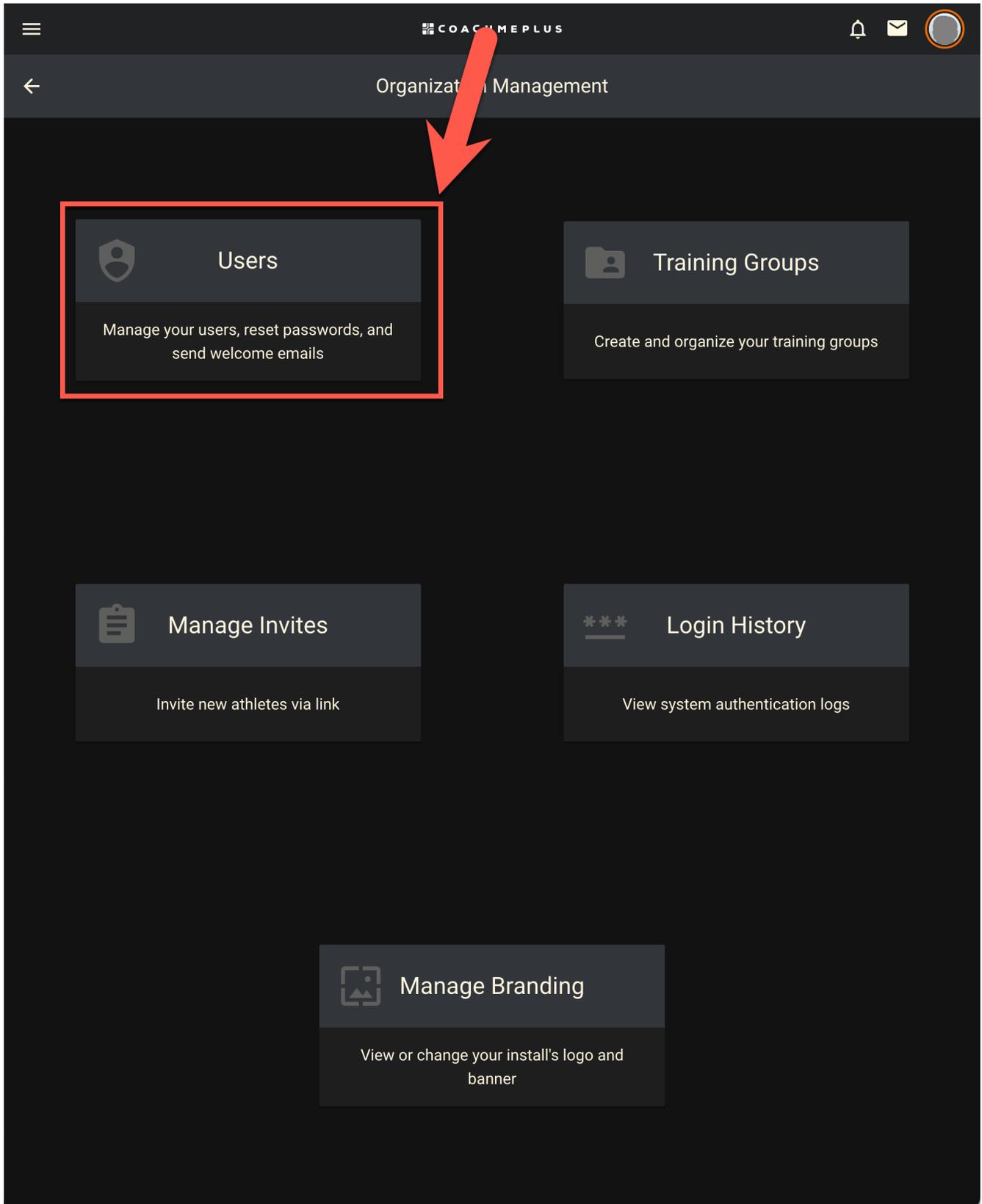
How To: Assign Athletes to a Training Group

Step One: To assign an athlete to a training group, click on **Athlete Central** on the homepage.

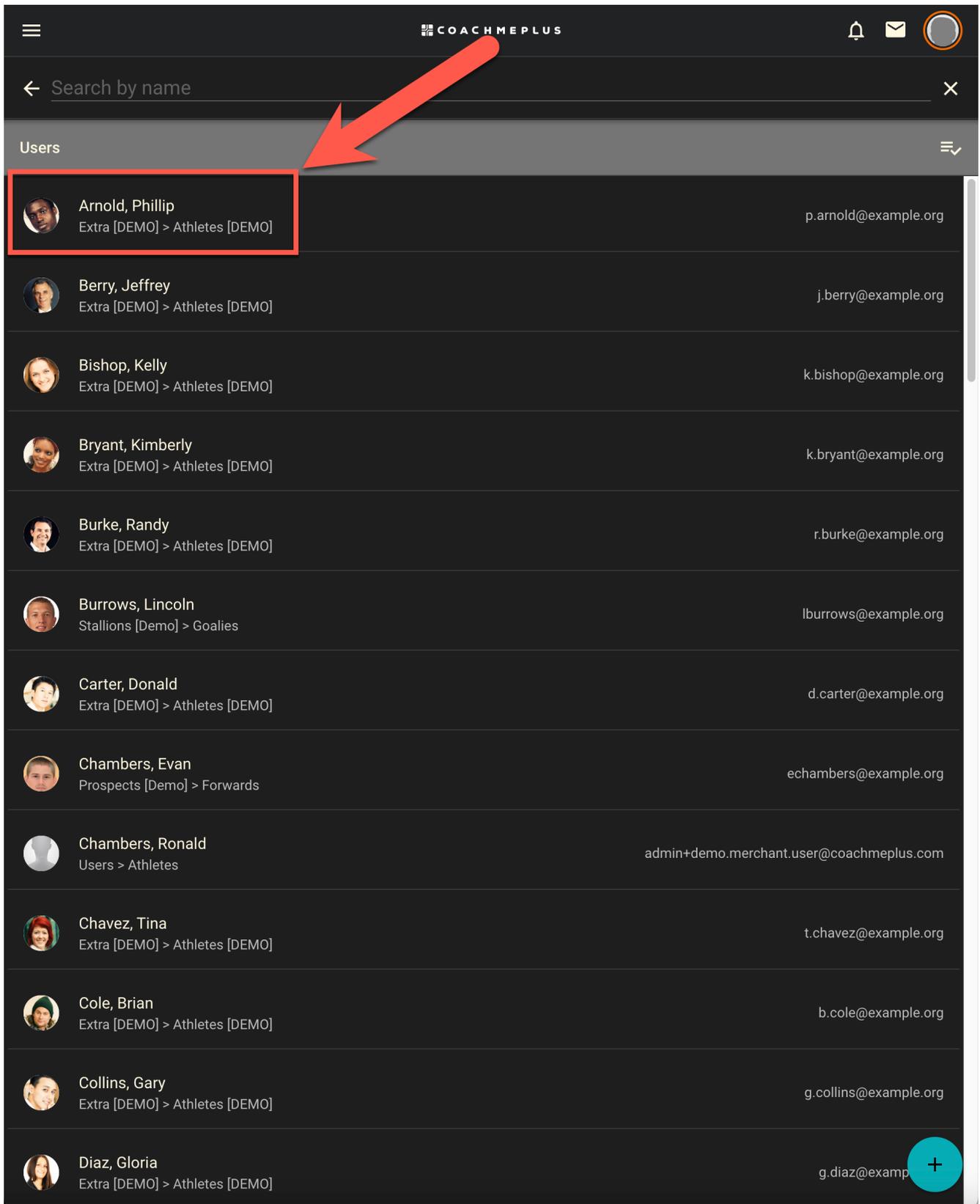


You will be brought to the **Organization** dashboard.

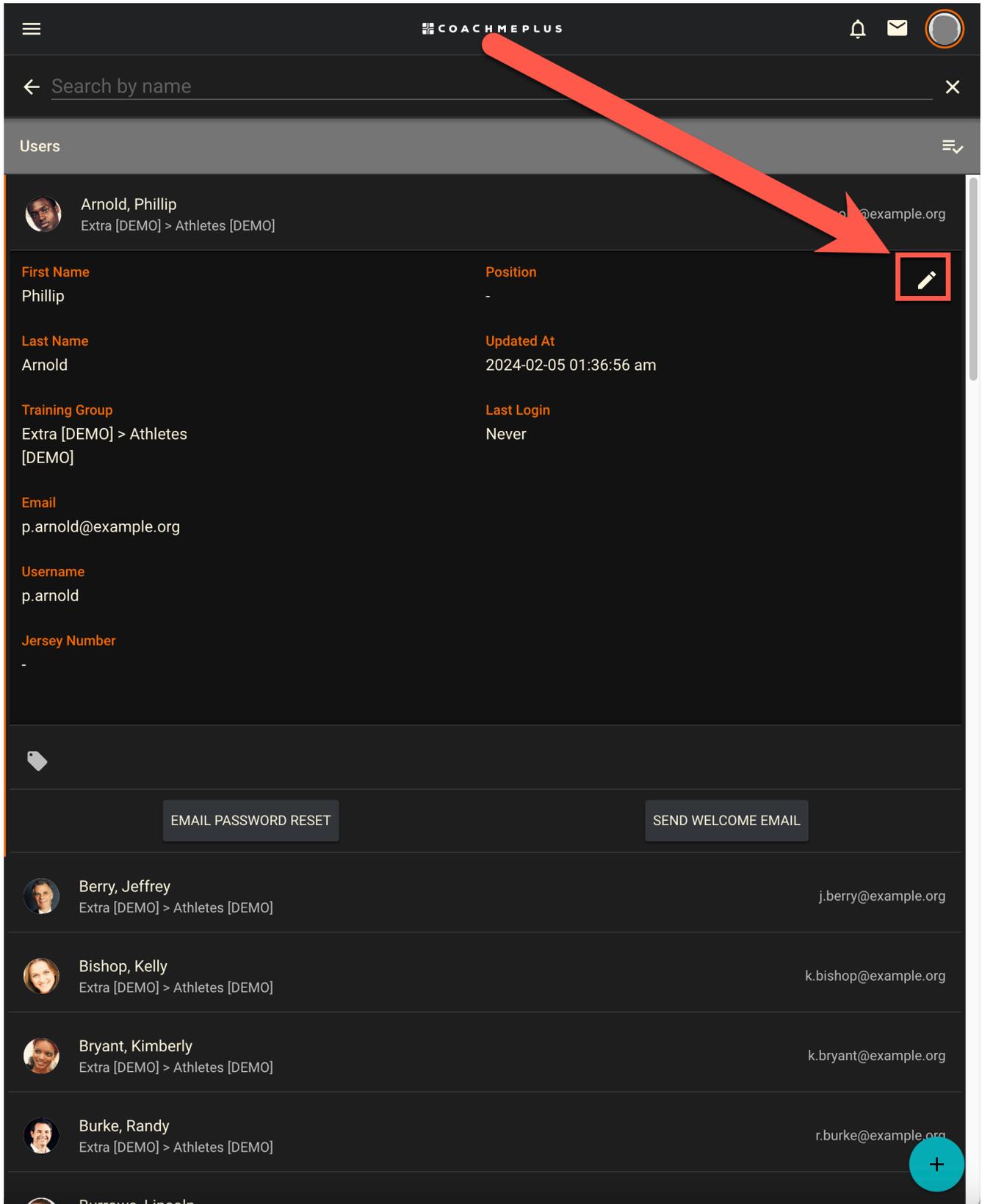
Select **Users**



Select the User you want to Update.



Select the **Edit** icon.



Select: **Training Group**. Select the training group that you would like to assign to the player.

COACHMEPLUS

Edit Athlete, Phillip

Basic Information *

Email Address
p.arnold@example.org

First Name
Phillip

Last Name
Arnold

Date of Birth
mm/dd/yyyy

Organization

Training Group
Extra [DEMO] > Athletes [DEMO]

Jersey Number

Athlete Position

Tags

Picture

REMOVE

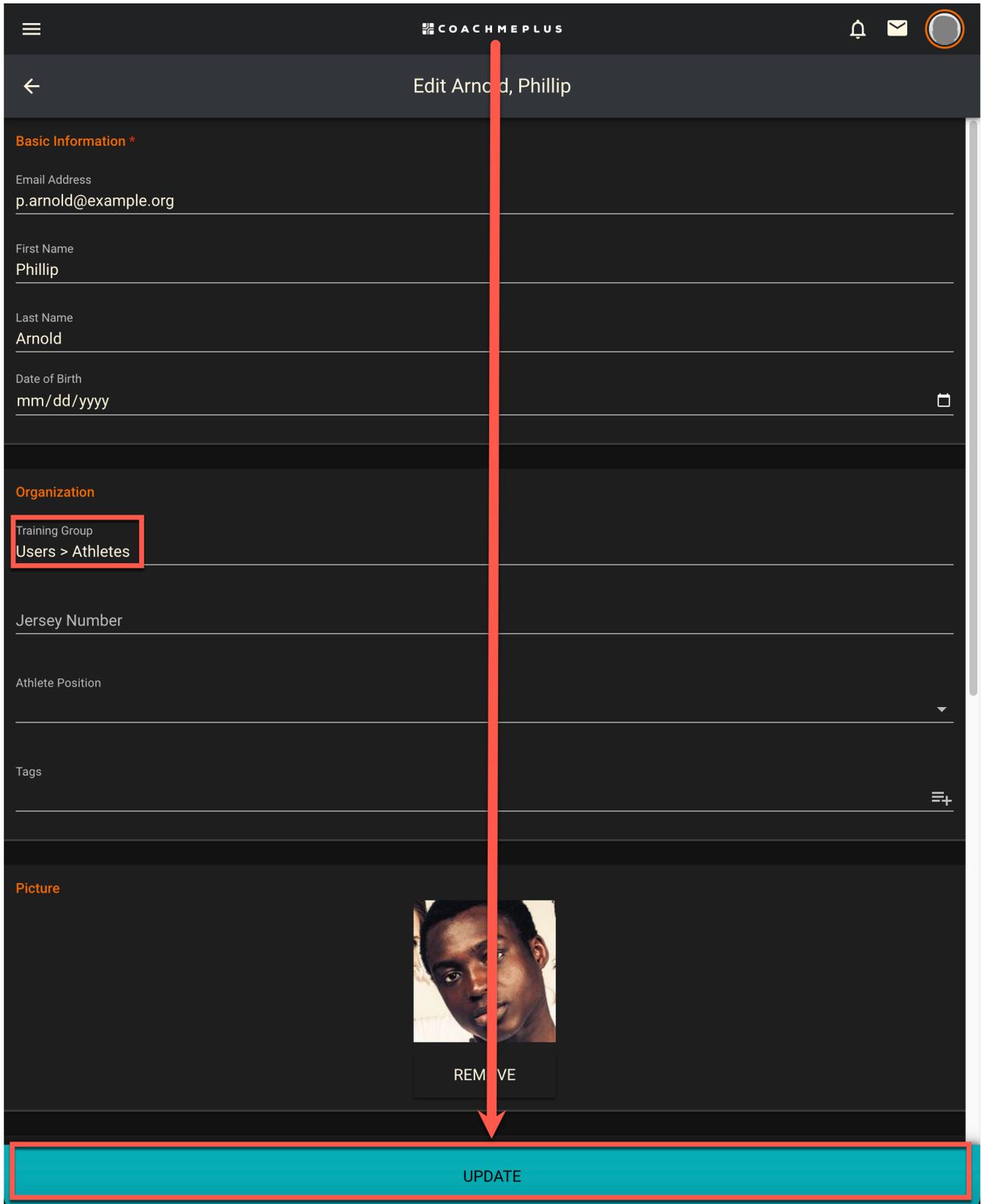
Login Settings

Username

Select the **Training Group** that you would like to assign to the player.

T

After you have successfully selected the training group, click **Save** to save changes.



Was this article helpful?

✓ Yes

✗ No

0 out of 0 found this helpful

Return to top 

Recently viewed articles

[How to: Build a Dashboard Layout](#)

[Devices](#)

[Athlete Home](#)

[Questionnaires](#)

[Reports](#)

Related articles

[How To: Create Your Training Group Folders](#)

[Athlete Central](#)

[Adding an Athlete Individually: A Detailed Overview](#)

[Module 3 - Understanding Athlete Central](#)

[Module 1 - Welcome to CoachMePlus](#)

Comments

0 comments



Be the first to write a comment.

CoachMePlus Help