



Getting your school started

A quick guide for administrators and athletic directors. We activate your school and give you admin access, then you bring your staff and athletes on in about the time it takes to read this page. Everyone signs in with the school email account they already use.

1 Sign in as the administrator

Go to **app.stratastrength.net** and sign in with your school email. Use the **Microsoft** (or Google) button, or "Email me a code," whichever your school uses. You already have admin access, so you go straight in.

2 Bring your staff on

Have your Athletic Trainers and coaches go to the same page and sign in with their school email. They are connected to your school automatically. You can review anyone and set their role from **Manage Users** at any time.

Athletic Trainers see the full medical picture, coaches see who is healthy and available without clinical details. You control who sees what.

3 Load your roster

On the Roster page, import your athlete list. A spreadsheet or FinalForms export works. Include **student email addresses** so athletes can sign themselves in, and **parent email addresses** so parents receive updates.

Nothing is sent to anyone when you import. Your list simply gets ready behind the scenes.

4 Turn your athletes loose

Tell your student-athletes to go to **app.stratastrength.net** and sign in with their school account. They are connected to your school automatically, with nothing to set up. Each one lands on their own space: workouts, a 30-second wellness check-in, nutrition, and their health.

Since your students already use their school account daily, "sign in with Microsoft" is the one-tap way in, no new password to remember.

5 Parents stay in the loop

Parents receive notifications, such as an injury update from your Athletic Trainer, at the email on their child's record. No account or setup required on their end. Parent logins are available if you ever want them, just ask.

That is the whole setup. Your data is walled off to your school alone, no other school can ever see it, and your medical information is protected and role-controlled. When you are ready to announce it, we will send a branded welcome to your athletes with these same simple sign-in steps.