

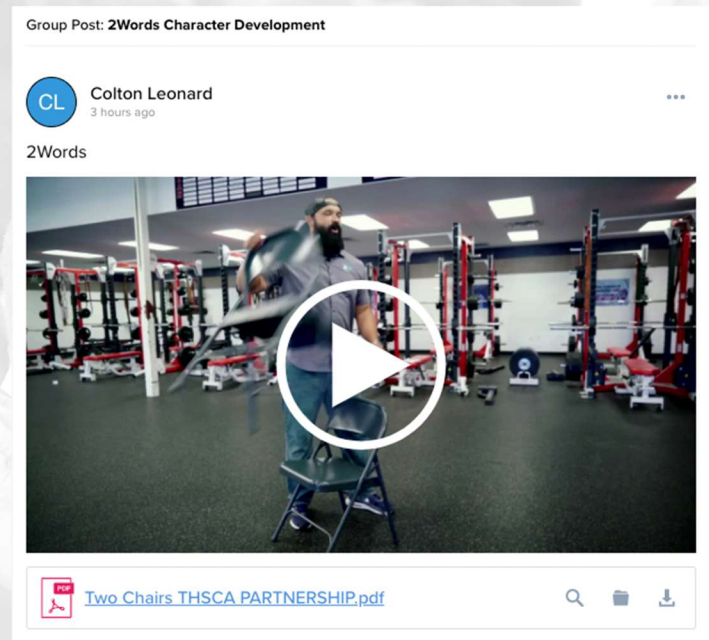
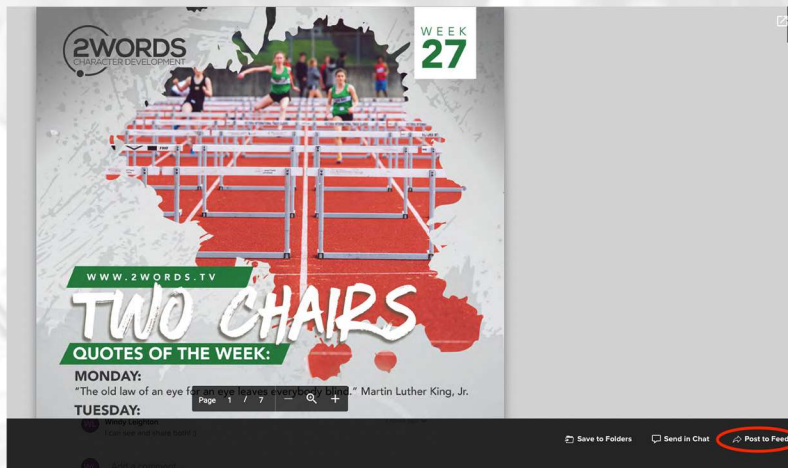
SPORTSYOU TUTORIAL GUIDE

SPORTSYOU SHARING AND ACCESSING CONTENT THROUGH THE SPORTSYOU APP AND WEBSITE

1. To share from THSCA Group Feed to your Team Feed

If you would like to share the Full Video or Full PDF Workbook you can do that from your THSCA Region Group's Feed.

From the post, click on either the video or the PDF directly. Three options will appear below - select "Post to Feed" and you can share the video or pdf directly to your Team feed.



You can also select "Send in Chat" if you would like to share to with certain people only

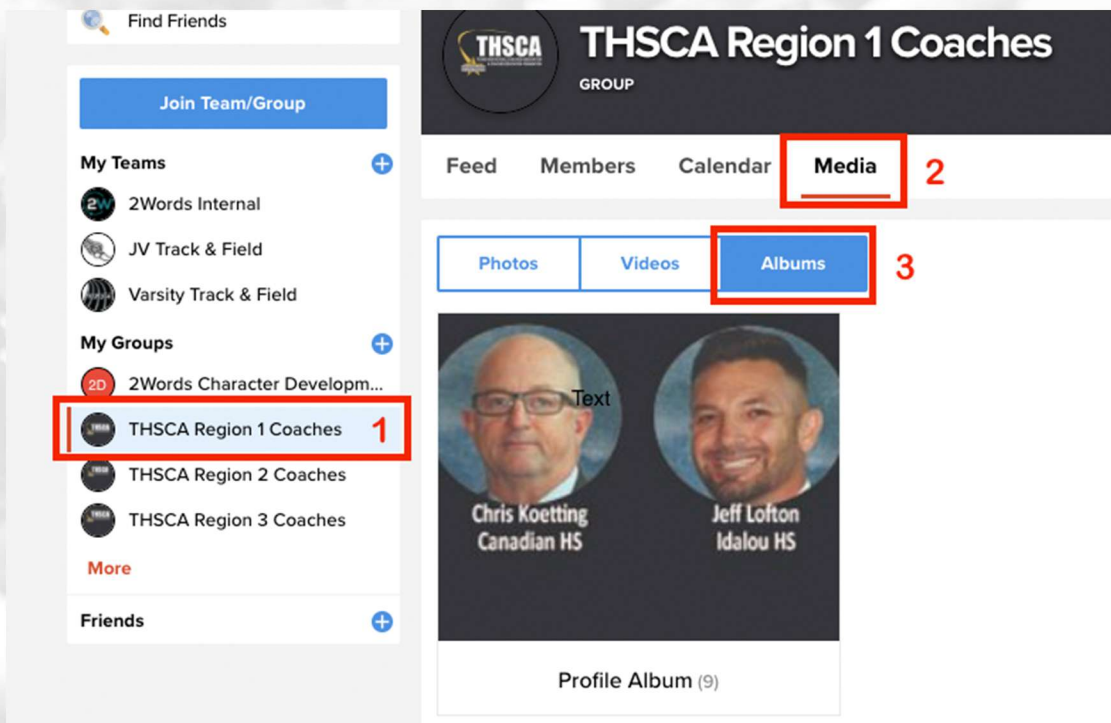
2. To share individual workbook pages

If you want to share only the athletes page, or only the parents page, etc. you can do this by visiting the albums tab on THSCA Region Groups.

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Each album will contain:

- The curriculum video for that week
- Quotes of the Day Cover Page
- Weekly Lesson Overview
- Separate pages for: Coaches, Captains, Athletes, and Families

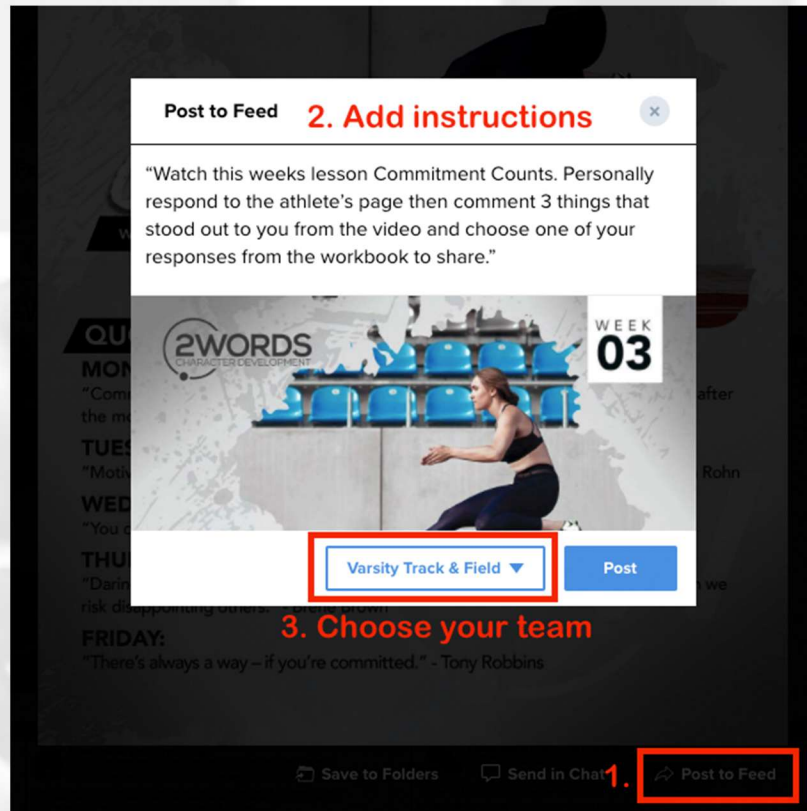


Once you are in the album, you can select each page and video individually. You will then have the option to Save to Folders, Send in Chat, or Post to Feed. We recommend sharing the individual athletes page and/or parents page directly with those groups through the Send in Chat or Post to Feed features.

- Post to Feed:

When you choose to post directly to your feed, this will automatically post and notify everyone in your team. *Make sure to choose the team page that you want to share this to or else it will only post on your home page.

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Some Examples of Posts for Athletes and Parents:

- Example 1: Share the video to your Team's Feed with the direction "The 2Words this week are _____. Watch this video and view the workbooks in the album. Leave a comment with 3 take aways."
- Example 2: Share the Family Page to your Team's Feed with the direction "Families, after watching the _____ video together discuss this weeks Best 5. Comment one encouragement that came from your discussion this week."
- Example 3: Share the Athlete Page to your Team's Feed with the direction "Watch this weeks lesson _____. Personally respond to the athlete's page then comment 3 things that stood out to you from the video and choose one of your response from the workbook to share."

*Remember: the feed is public to everyone in the group, including parents, coaches, and athletes. If there is something you think athletes may not want to share in front of other parents in the group, we suggest utilizing the chat feature in those instances.

3. Support

If you have any questions or need assistance please reach out to support@2words.tv and our team will be happy to help you!