

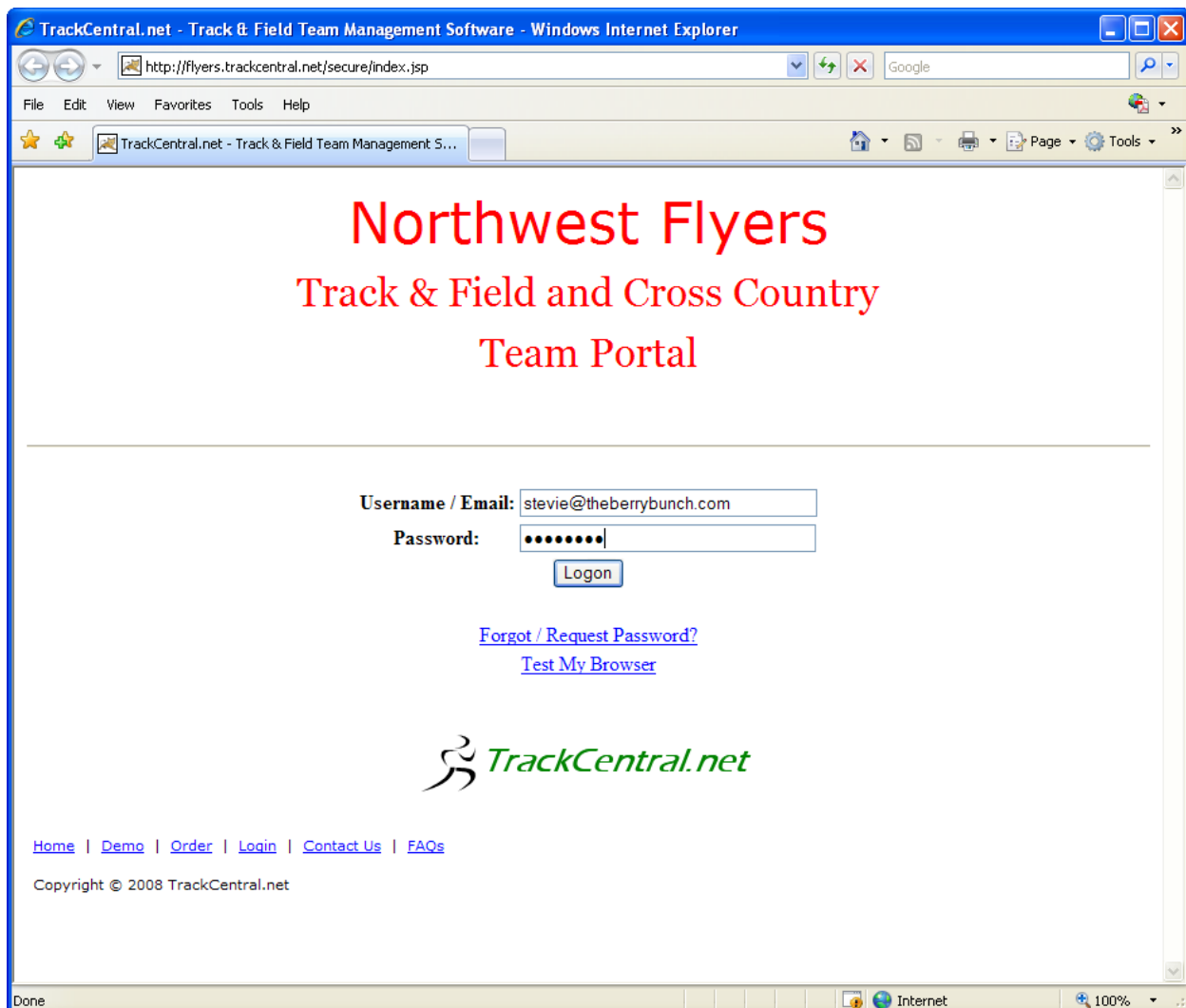
USING TRACKCENTRAL.NET

For Athletes & Parents

The TrackCentral.net application was chosen for many reasons. Included in those are the ability for multiple coaches to be able to enter and access results from multiple locations. Another important reason is the ability for athletes and their parents to track performance results, allowing them to see the growth as the season progresses and even from season to season. This document introduces the basic functionality currently available to non-coaches. As additional functionality is added to the application, emails will be sent out introducing the new features.

LOGGING IN

In order to log in an athlete must have an email address associated with their record. Those athletes whose parents provided a valid email address at registration should have already received an email with the link, username, and password necessary to login. To get started, open a browser and navigate to <http://flyers.trackcentral.net>. For these instructions we will login as a bantam race walker.



The screenshot shows a Windows Internet Explorer browser window displaying the TrackCentral.net login page. The browser's address bar shows the URL <http://flyers.trackcentral.net/secure/index.jsp>. The page title is "TrackCentral.net - Track & Field Team Management Software". The main content of the page is centered and reads "Northwest Flyers Track & Field and Cross Country Team Portal" in red text. Below this, there is a login form with two input fields: "Username / Email:" containing the text "stevie@theberrybunch.com" and "Password:" containing seven dots. A "Logon" button is positioned below the password field. Underneath the login form are two blue links: "Forgot / Request Password?" and "Test My Browser". At the bottom of the page is the TrackCentral.net logo, which consists of a stylized green figure and the text "TrackCentral.net". Below the logo is a navigation menu with links for "Home", "Demo", "Order", "Login", "Contact Us", and "FAQs". The footer of the page contains the text "Copyright © 2008 TrackCentral.net". The browser's status bar at the bottom shows "Done" and "Internet" with a 100% zoom level.

MY TEAM TAB

The My Team tab can display the team roster, with each athlete's age division, and the team schedule. The schedule posted there will be for the current season. It will be kept as current as possible.

The screenshot shows the 'My Team' tab selected in the navigation menu. The page title is 'Northwest Flyers Boys Outdoor 2009'. Below the title, there is a 'Welcome Steven' message and a dropdown menu set to 'Boys Outdoor 2009'. The navigation menu includes 'My Team', 'My Performances', 'Meet Lineup', 'Top Performances', 'Qualifying Standards', 'Messages', 'My Goals', and 'Setup'. The 'My Team' tab is active, displaying a table with the following data:

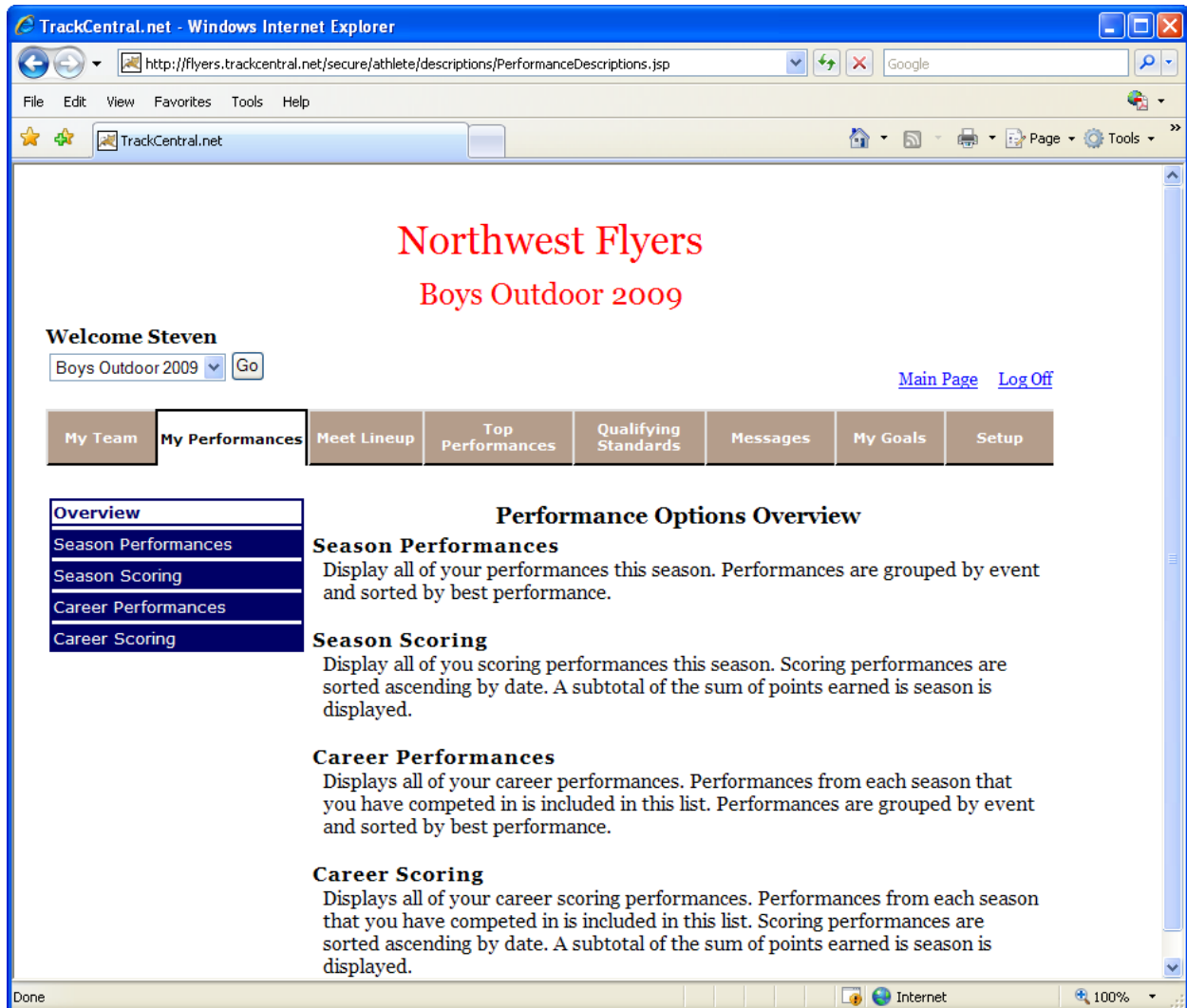
Overview	Name	Year of School
Team Roster	Akinniyi, Banidele	Youth
Team Schedule	Alm, Ayden	Primary
Printable Team Schedule	Arrambide, Chase	Youth
Meet Results	Bais, Anthony	Bantam
	Banks, Terrill	Midget
	Bass, Talyn	Midget
	Berry, Alexander	Intermediate
	Berry, Dillon	Midget
	Berry, Jacobly	Young MW
	Berry, Joseph	Youth
	Berry, Steven	Bantam
	Biggers, Mason	Bantam
	Bogert, Devin	Intermediate
	Bolin, Trevor	Intermediate
	Bracci, Nicholas	Bantam
	Bradford, Travis	Youth
	Briggs, Brandon	Youth
	Brown, Isaiah	Youth

The screenshot shows the 'My Team' tab selected in the navigation menu. The page title is 'Boys Outdoor 2009'. Below the title, there is a 'Welcome Steven' message and a dropdown menu set to 'Boys Outdoor 2009'. The navigation menu includes 'My Team', 'My Performances', 'Meet Lineup', 'Top Performances', 'Qualifying Standards', 'Messages', 'My Goals', and 'Setup'. The 'My Team' tab is active, displaying a table with the following data:

Overview	Date	Time	Description	Location
Team Schedule	Sat 3/28/2009	8:00am	Carl Lewis Invitational	University of Houston
Printable Team Schedule	Sat 3/28/2009	11:00am	USATF All-Comers Meet	McNeil High School, Austin, TX
Meet Results	Note: South Texas Association Meet			
	Sat 4/4/2009	8:00am	My Stars Track Meet	Cinco Ranch High School
	Sat 4/11/2009	11:00am	Tigers Track Meet	Texas Southern University
	Sat 4/18/2009	8:00am	Texas Storm Track Meet	Clear Creek High School
	Note: 2305 East Main Street League City, TX 77573			
	Sat 4/25/2009	8:30am	Houston Heat Track Meet	DeKaney High School
	Note: 22351 Imperial Valley Dr. Houston, Texas 77073			
	CANCELLED - Mainland			

MY PERFORMANCES TAB

The My Performances tab allows you to track your current season and career performances. Since the 2009 season is the first time we've used the system, season and career data will be the same. That will not be true for future seasons.



The screenshot shows a web browser window titled "TrackCentral.net - Windows Internet Explorer". The address bar displays "http://flyers.trackcentral.net/secure/athlete/descriptions/PerformanceDescriptions.jsp". The page content includes a header for "Northwest Flyers Boys Outdoor 2009" and a welcome message for "Steven". A navigation menu contains tabs for "My Team", "My Performances", "Meet Lineup", "Top Performances", "Qualifying Standards", "Messages", "My Goals", and "Setup". The "My Performances" tab is active, showing a sidebar with options: "Overview", "Season Performances", "Season Scoring", "Career Performances", and "Career Scoring". The main content area is titled "Performance Options Overview" and contains four sections: "Season Performances", "Season Scoring", "Career Performances", and "Career Scoring", each with a brief description of the data it displays.

TrackCentral.net - Windows Internet Explorer

http://flyers.trackcentral.net/secure/athlete/descriptions/PerformanceDescriptions.jsp

File Edit View Favorites Tools Help

TrackCentral.net

Northwest Flyers

Boys Outdoor 2009

Welcome Steven

Boys Outdoor 2009

[Main Page](#) [Log Off](#)

My Team **My Performances** Meet Lineup Top Performances Qualifying Standards Messages My Goals Setup

Overview

Season Performances

Season Scoring

Career Performances

Career Scoring

Performance Options Overview

Season Performances

Display all of your performances this season. Performances are grouped by event and sorted by best performance.

Season Scoring

Display all of you scoring performances this season. Scoring performances are sorted ascending by date. A subtotal of the sum of points earned is season is displayed.

Career Performances

Displays all of your career performances. Performances from each season that you have competed in is included in this list. Performances are grouped by event and sorted by best performance.

Career Scoring

Displays all of your career scoring performances. Performances from each season that you have competed in is included in this list. Scoring performances are sorted ascending by date. A subtotal of the sum of points earned is season is displayed.

Done Internet 100%

Clicking on Season Performances will provide you with a list of all the events you have competed in and your recorded results. As your list grows longer you can use the links in the middle to navigate directly to an event.

TrackCentral.net - Windows Internet Explorer

http://flyers.trackcentral.net/secure/athlete/performances/MyPerformances.jsp

File Edit View Favorites Tools Help

TrackCentral.net

Northwest Flyers

Boys Outdoor 2009

Welcome Steven

Boys Outdoor 2009 [Main Page](#) [Log Off](#)

My Team	My Performances	Meet Lineup	Top Performances	Qualifying Standards	Messages	My Goals	Setup
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Overview	1500M
Season Performances	1500M Race
Season Scoring	Walk
Career Performances	
Career Scoring	

1500M		
Houston Heat Track Meet	4/25/2009	7:12
Tigers Track Meet	4/11/2009	7:19
My Stars Track Meet	4/4/2009	7:24

1500M Race Walk		
Tigers Track Meet	4/11/2009	9:56
Northwest Flyers Track Meet	5/9/2009	9:57.06
Houston Heat Track Meet	4/25/2009	10:43
My Stars Track Meet	4/4/2009	11:00

Done Internet 100%

TOP PERFORMANCES TAB

The Top Performances tab displays results for the team. Top Team Performances will show the top three *performers* in each event for the current season. The term performers is used here as an athlete will only appear in this list a maximum of one time per event. If an athlete actually has the top two *performances* for example, only the best will be displayed here.

The screenshot shows a web browser window with the URL <http://flyers.trackcentral.net/secure/athlete/topperformances/Top5SeasonPerformances.jsp>. The page title is "Northwest Flyers Boys Outdoor 2009". A navigation menu includes "My Team", "My Performances", "Meet Lineup", "Top Performances" (selected), "Qualifying Standards", "Messages", "My Goals", and "Setup". A sidebar on the left lists performance categories: "Overview", "Top Team Performances", "All Time Top Performances", "School Records", and "Top Conference Performances". The main content area features a heading "Below are the top three performances in each event for your team" and a note "Maximum Number of Athlete Performances per Individual Event: 1". Two performance tables are shown:

100M				
Top				
Webb, Blake	Northwest Flyers Track Meet	5/9/2009	10.97	
Akinniyi, Bamidele	Northwest Flyers Track Meet	5/9/2009	11.26	
Berry, Jacobby	Tigers Track Meet	4/11/2009	11.60	

110HH				
Top				
Taulton, Chase	Northwest Flyers Track Meet	5/9/2009	15.00	
Ripley, Rodney	Northwest Flyers Track Meet	5/9/2009	15.44	

The All Time Top Performances will display the best performances in each event across all seasons in which TrackCentral has been used. In this display, the top five performance for each event are shown and an athlete may appear in the list twice for each event as seen in the screenshot below.

TrackCentral.net - Windows Internet Explorer

http://flyers.trackcentral.net/secure/athlete/topperformances/AllTimePerformances.jsp

File Edit View Favorites Tools Help

TrackCentral.net

Northwest Flyers

Boys Outdoor 2009

Welcome Steven

Boys Outdoor 2009 [Main Page](#) [Log Off](#)

[My Team](#)
[My Performances](#)
[Meet Lineup](#)
[Top Performances](#)
[Qualifying Standards](#)
[Messages](#)
[My Goals](#)
[Setup](#)

[Overview](#)
[Top Team Performances](#)
[All Time Top Performances](#)
[School Records](#)
[Top Conference Performances](#)

Below are the top five performances in each event
 Maximum Number of Athlete Performances per Individual Event: 2
 This includes performances from all seasons entered into TrackCentral for your school.

[100M](#)

[110HH](#)

[200M](#)

[400M Hurdles](#)

[400M](#)

[800M](#)

[1500M](#)

[1500M Race](#)

[Walk](#)

[3000M](#)

[5000M](#)

[High Jump](#)

[Javelin Throw](#)

100M

[Top](#)

Webb, Blake	Northwest Flyers Track Meet	5/9/2009	10.97
Akinniyi, Bamidele	Northwest Flyers Track Meet	5/9/2009	11.26
Berry, Jacoby	Tigers Track Meet	4/11/2009	11.60
Villarreal, Ricardo	Northwest Flyers Track Meet	5/9/2009	11.72
Berry, Jacoby	Houston Heat Track Meet	4/25/2009	11.75

110HH

[Top](#)

Done Internet 100%

MY GOALS TAB

The My Goals allows you to set personal goals and track any performance that exceeds those goals. To set a personal goal click on Enter / Edit My Goals on the left and then select up to three events from the drop-down Event list. Enter your goal to the right of each event and click on save. To view any performances that exceed your new goal click Goal Exceeding Performances on the left.

The screenshot shows a web browser window titled "TrackCentral.net - Windows Internet Explorer". The address bar displays "http://flyers.trackcentral.net/secure/athlete/goals/EnterGoals.jsp". The page content includes:

- Header: "Northwest Flyers Boys Outdoor 2009" in red text.
- Welcome message: "Welcome Steven" with a dropdown menu set to "Boys Outdoor 2009" and a "Go" button.
- Navigation menu: "My Team", "My Performances", "Meet Lineup", "Top Performances", "Qualifying Standards", "Messages", "My Goals" (highlighted), and "Setup".
- Sidebar: "Overview", "Enter / Edit My Goals" (highlighted), and "Goal Exceeding Performances".
- Main content: "How do I enter my goals?" link, followed by the text "Enter or edit your season's goals. Both you and your coaches can track the performances that exceed these goals." Below this is a table with two columns: "Event" and "Goal".

Event	Goal
1500M Race Walk	10:00
Select One	
Select One	

Buttons: "Save" and "Cancel".

Footer: "/secure/servlet/AthletesServlet?action=updateGoals" and "Internet" browser status.

TrackCentral.net - Windows Internet Explorer

http://flyers.trackcentral.net/secure/athlete/goals/DisplayGoals.jsp

File Edit View Favorites Tools Help

TrackCentral.net

Northwest Flyers

Boys Outdoor 2009

Welcome Steven

Boys Outdoor 2009

[Main Page](#) [Log Off](#)

My Team	My Performances	Meet Lineup	Top Performances	Qualifying Standards	Messages	My Goals	Setup
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Overview

[Enter / Edit My Goals](#)

[Goal Exceeding Performances](#)

Below is your goal for this season. Good Luck!

Event	Goal
1500M Race Walk	10:00

Done

Internet 100%

TrackCentral.net - Windows Internet Explorer

http://flyers.trackcentral.net/secure/athlete/goals/GoalExceedingPerformances.jsp

File Edit View Favorites Tools Help

TrackCentral.net

Northwest Flyers Boys Outdoor 2009

Welcome Steven

Boys Outdoor 2009 [Main Page](#) [Log Off](#)

My Team	My Performances	Meet Lineup	Top Performances	Qualifying Standards	Messages	My Goals	Setup
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Overview	Below is a list of performances that exceeded your goal(s).
Enter / Edit My Goals	
Goal Exceeding Performances	

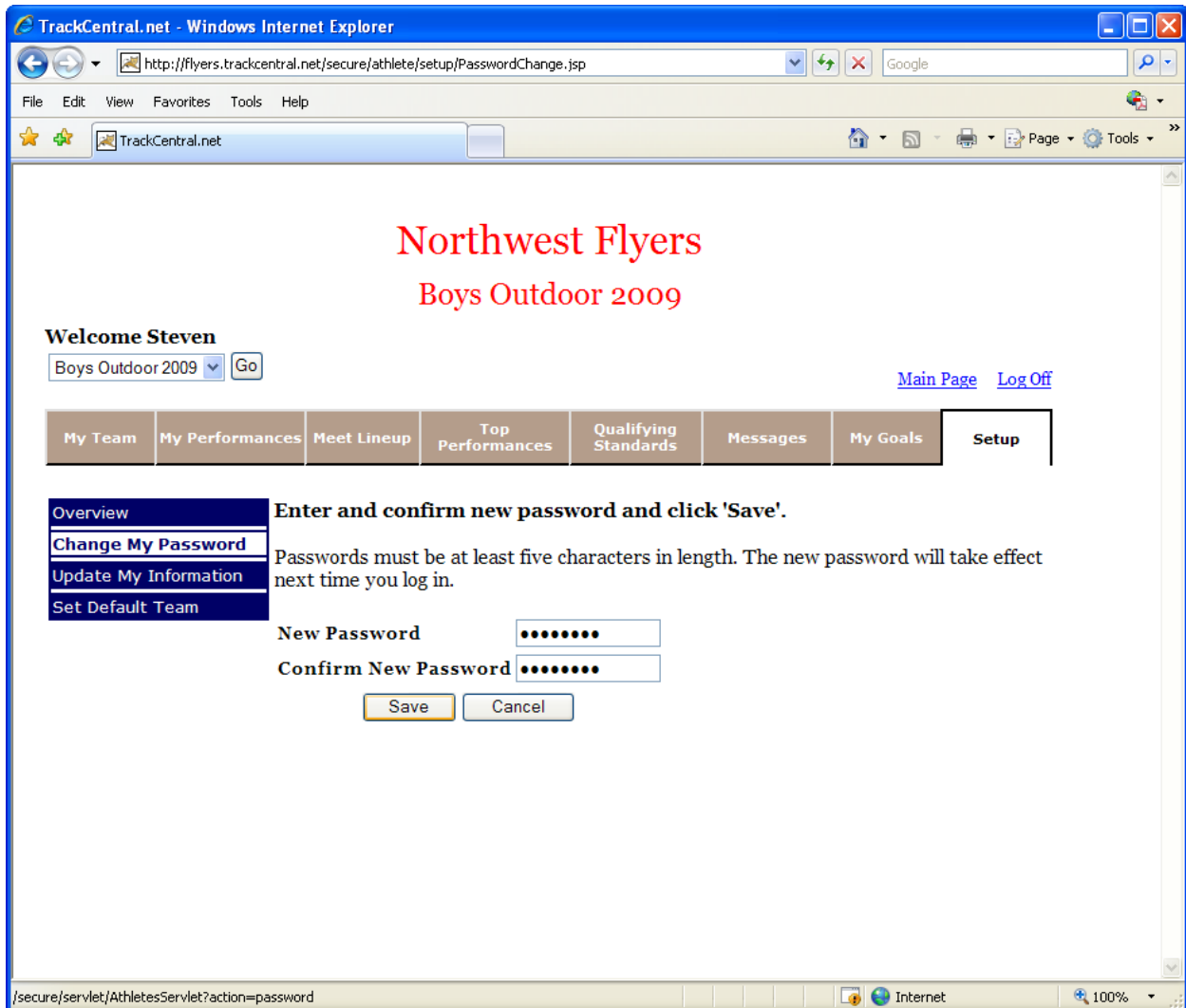
Event	Date	Meet	Performance	Goal
1500M Race Walk	4/11/2009	Tigers Track Meet	9:56	10:00
1500M Race Walk	5/9/2009	Northwest Flyers Track Meet	9:57.06	10:00

Done Internet 100%

You can modify your personal goals at any time.

SETUP TAB

The Setup tab allows you to change your password and modify your personal information. To modify your password click on Change My Password on the left and enter the password the same way in both of the empty boxes. Your password needs to contain at least five characters.



The screenshot shows a Windows Internet Explorer browser window displaying the TrackCentral.net website. The page title is "TrackCentral.net - Windows Internet Explorer". The address bar shows the URL: `http://flyers.trackcentral.net/secure/athlete/setup/PasswordChange.jsp`. The page content includes:

- Header: "Northwest Flyers" and "Boys Outdoor 2009" in red text.
- Welcome message: "Welcome Steven" with a dropdown menu set to "Boys Outdoor 2009" and a "Go" button.
- Navigation links: "Main Page" and "Log Off".
- Menu bar: "My Team", "My Performances", "Meet Lineup", "Top Performances", "Qualifying Standards", "Messages", "My Goals", and "Setup".
- Left sidebar menu: "Overview", "Change My Password", "Update My Information", and "Set Default Team".
- Main content area: "Enter and confirm new password and click 'Save'." followed by the instruction: "Passwords must be at least five characters in length. The new password will take effect next time you log in."
- Form fields: "New Password" and "Confirm New Password", both with masked input boxes (dots).
- Buttons: "Save" and "Cancel".
- Footer: "/secure/servlet/AthletesServlet?action=password" and "Internet" browser status.

The Update My Information option allow you to keep your personal information current. Doing this allows the coaches to contact you easily when necessary. PLEASE NOTE: The age shown is your USATF age. In other words, it is the age you became or will become on your birthday during the current calendar year. It may actually be one year higher than your current age if your birthday has not yet occurred this calendar year. It is important that you use this standard for maintaining this field.

If you change your email address, be aware that you are also changing your login ID. The next time you log in you will need to log in with the new email address.

The screenshot shows a web browser window titled "TrackCentral.net - Windows Internet Explorer". The address bar shows the URL "http://flyers.trackcentral.net/secure/athlete/setup/UpdateMe.jsp". The page content includes a header for "Northwest Flyers Boys Outdoor 2009" and a navigation menu with options like "My Team", "My Performances", "Meet Lineup", "Top Performances", "Qualifying Standards", "Messages", "My Goals", and "Setup". A sidebar on the left contains a menu with "Overview", "Change My Password", "Update My Information" (highlighted), and "Set Default Team". The main content area is titled "Enter updated information and click 'Save'" and contains a form with the following fields:

Street Address:	<input type="text" value="5007 Falls Circle"/>
Town / City:	<input type="text" value="Missouri City"/>
State:	<input type="text" value="TX"/>
Zip Code:	<input type="text" value="77459"/>
Phone:	<input type="text" value="(281) 639-9000"/>
Email / Username:	<input type="text" value="stevie@theberrybunch.com"/>
Age	<input type="text" value="10"/>
Birthday	<input type="text" value="6/18/99"/>
School	<input type="text" value="Austin Parkway ES"/>

At the bottom of the form are "Save" and "Cancel" buttons. The browser's status bar at the bottom shows the URL "/secure/servlet/AthletesServlet?action=updateme" and the zoom level "100%".