



New Features Bulletin

January 4, 2018

NEW FEATURE SPOTLIGHT!! - Athlete Journals

iCrew now has support for journals. You can think of a journal as a logbook for the athlete/rower. A journal entry is always associated with an athlete and can be written by the athlete or a coach.

By default, a journal entry is private to the writer. If the journal entry is written by an athlete, it can be shared with just coaches or with all team members. If the journal entry is written by a coach, it will be visible to all other coaches and can also be shared with the athlete.

An athlete cannot change a journal entry written by a coach, and a coach cannot change a journal entry written by an athlete.

Journal Entry Instructions

Athletes can view and update their journal from the new **My Journal** tab on their home page.

Here is a screenshot showing how to access the **My Journal** tab if you're using iCrew from a PC. This screenshot also shows the content of the **My Journal** tab.

Notice the buttons to create a new journal entry and to view the journal entries shared by your teammates.

Member's Home Page
Ann Mason (ann@icrew.club) ?

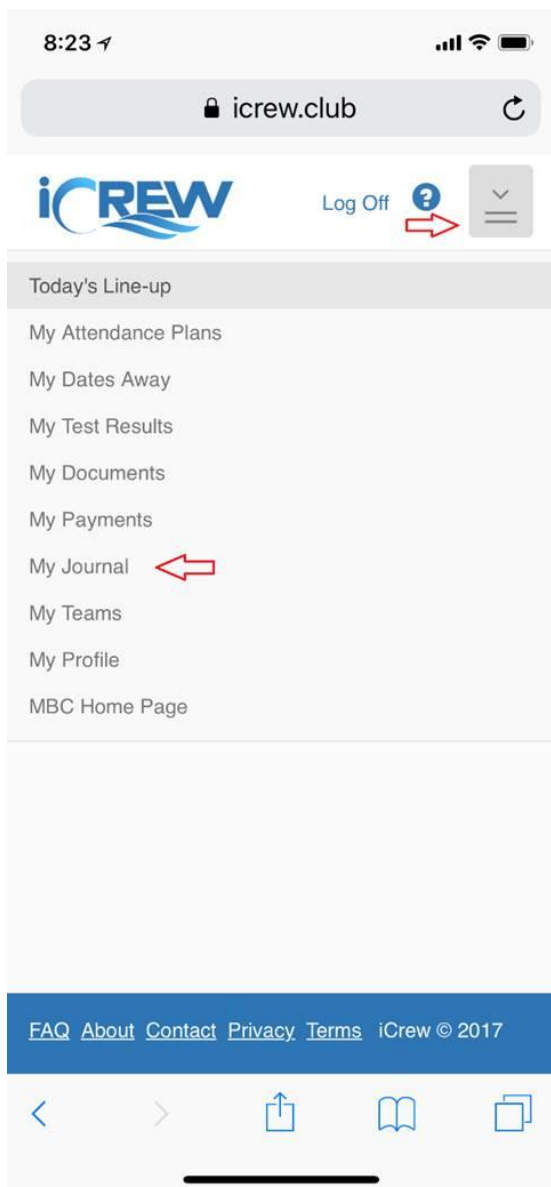
Today's Line-up
My Attendance Plans
My Dates Away
My Journal
My Test Results
My Documents
My Payments
My Teams

My Journal

New journal entry... View shared journal entries...

Date	Written by	Shared	Journal entry
2018-01-03	Athlete	Yes	Strong row, good drills. Very steady boat today with Toby coxing. Great row! Good tips from coach on the recovery.
2017-12-21	Coach	Yes	Worked with Ann on getting her arms away and body over before breaking her knees on the recovery.
2016-11-18	Athlete	Yes	PR on my 2K test today!

Here is a screenshot showing how to access the **My Journal** tab if you're using iCrew from your phone:



Below is a sample journal entry written by an athlete. Other than the **Date** and **Primary notes**, all other fields are optional. Notice the **Is visible to...** toggles.

NOTE: A journal entry can be created for a work-out that was done on your own, outside of a regular practice session. In that case, just leaves the **Associated session** field blank.

Journal Entry

Ann Mason

Enter your journal entry, then click the **Save** button.

Date: 

2018-01-03

Is visible to coaches?



Is visible to all?



Primary notes:

Strong row, good drills. Very steady boat today with Toby coxing. Great row! Good tips from coach on the recovery.

What did you learn?

Need to delay knee break until arms are away and my body is pitched

What did you struggle with?

nothing in particular

How well were you prepared?



How well did you perform?



How well did you recover?



Erg meters rowed:

1650

Water meters rowed:

8739

Writer:

Ann Mason

Associated session:

MastersAM workout on 2018-01-03

Save

END OF BULLETIN