COACHMEPLUS

FEATURE
GUIDE
2025

COACHMEPLUS

Athletes are everywhere in our lives today, from professional sports and university athletics to high school sports, industrial workers, military personnel, rehabilitation patients, and fitness enthusiasts.

CoachMePlus empowers your organization to prioritize health and wellness by centralizing athlete data and providing real-time performance insights. With our software, you can easily track progress and identify trends, ensuring your athletes are always ready.

COACHMEPLUS

500,000 PRO AND NCAA ATHLETES CURRENTLY BEING TRACKED.
PROUDLY SERVING THE U.S. MILITARY, MLB, NFL, NHL, NBA AND NCAA.

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COACHMEPLUS.COM + 716.566.3019

Client Requests

At CoachMePlus, the staff recognizes that coaching and training can be extremely time-consuming, often with unusual hours. The company has developed a process to ensure that all customer support needs are promptly addressed, so coaches and trainers can focus on their athletes without worrying about unanswered support requests.

Online Help Guides

CoachMePlus offers comprehensive step-by-step guidance in their online support system, making it easy for coaches and trainers to find the help they need. The online help guides cover all features in the application, ensuring that users can access support whenever they need it.

Consulting

CoachMePlus has a team of experts who specialize in sports science, technology, and data analytics. They work with coaches, trainers, and athletes to develop customized performance plans and strategies, leveraging the power of the platform. These consulting services are designed to help clients achieve their performance goals and improve overall team or athlete success.

The Best Customer Support, Hands Down.

At CoachMePlus, we believe in a simple mission: to give the customer what they ask for. That's why we provide outstanding customer support to ensure coaches and trainers have the guidance they need to achieve their performance goals. Our support staff is always available to answer the call when needed and work towards your solution. We also offer an online support system with comprehensive step-by-step guidance for any feature in the application, making it easy for coaches and trainers to get help when they need it. With CoachMePlus, you can confidently take your athlete strategies to the next level.

Made in the USA

CoachMePlus is proudly made in the USA, with our headquarters and development team located in Buffalo, NY. Having our development team in the USA allows for better communication, collaboration, and innovation. This results in a faster development process, better quality control, and a more tailored solution that meets the specific needs of our customers.

BUFFALO, NY

COACHMEPLUS

HYDRATION EDUCATION NUTRITION FITNESS WEARABLES SURVEYS

THE COMPLETE
HUMAN PERFORMANCE SOLUTION.

BUILT FOR
ATHLETES

Athletes appreciate the ability to track their progress and monitor their health and wellness in real-time, allowing them to make adjustments to their training as needed. The convenience of having all of their data in one centralized location, makes it easy to stay organized and focused. Utilizing a user-friendly interface, comprehensive tracking capabilities, and powerful insights, empower athletes to take control of their health and wellness, leading to better overall outcomes and results.


Education

Athletes can access educational resources to help them improve their training and performance. PDFs, videos, and infographics can be reviewed in the Library, or receive structured Learning Management Plans.

Surveys and Forms

Daily Survey tracking of stress levels, mood, soreness, sleep quality, athletes can identify areas for improvement and take steps to optimize their health and wellness.
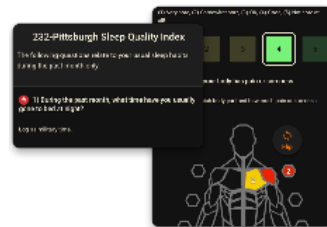
Custom Integrations

Custom API integrations that allow users to connect with the tools and technologies they need to optimize their management strategies. Our platform is built with a flexible and customizable architecture that allows it to integrate with a wide range of third-party technologies and systems. This means that users can easily connect with their existing tools and technologies, such as wearables, data analytics platforms, and other software solutions. These integrations help to streamline the data collection process.

Security and Scalability

CoachMePlus is committed to ensuring the security and privacy of its users' data. To achieve this, the company employs the latest security technologies and protocols to ensure that all user data is safe and secure. This includes the use of industry-standard encryption, firewalls, and intrusion detection systems, which are designed to prevent data breaches and other security threats. In addition to these measures, regular security audits and vulnerability assessments to identify and address any potential security risks. These assessments are conducted by internal security teams and external third-party auditors, and any vulnerabilities or weaknesses discovered are promptly addressed.
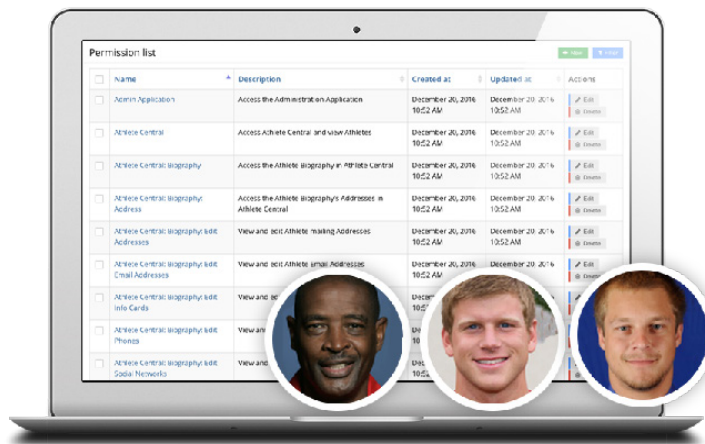
BUILT FOR
ENTERPRISE

CoachMePlus is the only enterprise fitness solution you need for your large organization. With extensive experience working with the military, pro sports teams, and worker safety organizations to optimize athlete performance, reduce the risk of injury, and create a culture of excellence.

COLLABORATE ACROSS HUMAN PERFORMANCE STAFF

Military-Grade Experience

Our experience in providing enterprise software solutions to the military can be beneficial to enterprise customers in several ways.

Security. The company's platform has been designed to meet the strict security and data privacy standards required by the military, which translates to a highly secure and reliable platform for commercial customers. This can be especially important for industries that deal with sensitive data.

Configurabiity. Our experience in the Department of Defense has led to the development of highly customizable and flexible software solutions that can be tailored to meet the unique needs of different organizations. This means that enterprise customers can benefit from a platform that is specifically designed to meet their requirements and can be customized to fit their workflows and processes. We consider the needs and rules of the business when providing working solutions.

Oversight. Working with large complex organizations has allowed the company to develop a deep understanding of the importance role management, which can be applied to enterprise customers. Security and permission-based access is controlled through a robust permissions management system for groups and individuals. The platform provides a comprehensive view of performance data, allowing customers to identify trends and areas for improvement, and develop strategies to optimize performance.

Workouts

Track all aspects of workouts in real-time including sets, reps, weight, volume, heart rate zone, distance, power and more. In addition, athletes can easily review their training schedules, watch instructional videos, and track their progress over time, empowering them to stay on track and reach training goals.

Nutrition

Athletes can easily track their meals, scan food barcodes, and monitor their macro and micronutrient intake. Whether you're eating out at restaurants or cooking at home, stay on top of your nutrition goals. With our extensive tracking, you'll be able to build healthy meals that support your training goals.

Testing

Empower your athletes with the ability to track any key metrics you may provide them. Engaging reporting and trends helps your athlete's stay on track with their goals, or help inform you when they are require correction.

Wearables

Today's athletes are bringing more and more data to the coach and athelte relationship. Allowing them to connect their own technology brings a sense of ownership and responsibility that will increases liklihood of compliance.

Communication

Enhance the coach and athelte relationship through real-time communication and chat tools. Notifications are an excellent way to inform athletes of new content, or daily activities.

BUILT FOR
COACHES

The ultimate solution for coaches and trainers who want to take their relationships with athletes to the next level. Our tools empower coaches to make informed decisions by consolidating all of their data into one centralized system. Say goodbye to workout spreadsheets and filing cabinets and hello to a powerful application that can store and share your notes, photos, documents, athletic training and fitness tests, numbers, algorithms, and 3rd-party data from wearable technologies.

Reports and Dashboards

Coaches can easily generate comprehensive reports and data visualizations that provide insights into athlete performance, allowing for improved training outcomes.

Testing

Managing testing from mobile or desktop is a critical component of effective athlete management, enabling coaches to accurately track progress.

Algorithm Engine[tm]

Algorithm Engine is a flexible and intelligent feature that allows teams and organizations to create custom testing entries and calculations tailored to their specific needs. The power behind the data, our platform is a fluid solution for coaches and staff to independently build internal analyses for deep statistical needs. With the ability to build your own data fields, groups, relationships, and algorithms, combine your algorithms with advanced reporting, organization, and visualizations. Unchain your data from desktop spreadsheets and share it seamlessly with key decision-makers in your organization.
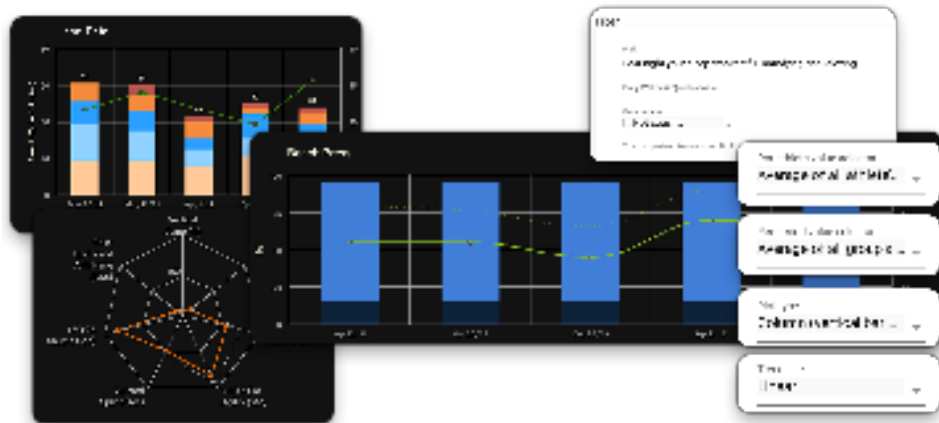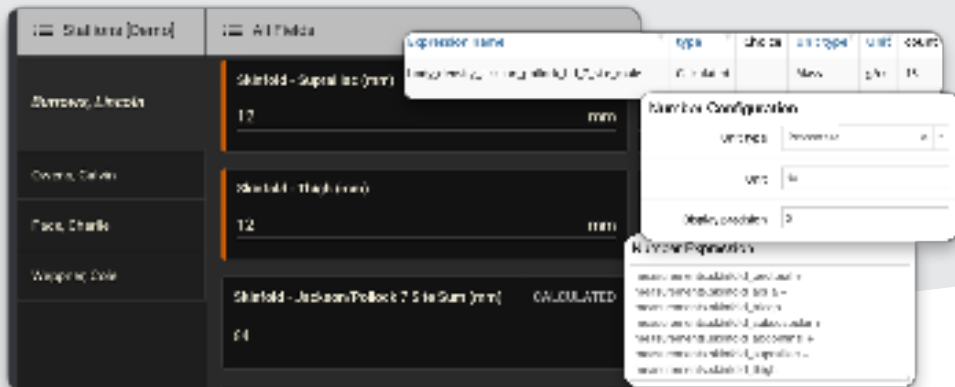
Visualization Builders

Create your own competitive advantage with dashboard, report and assessment visualization builders. Our platform enables you to rapidly deploy a custom dashboard to see live data changes with athlete status. The dashboard is robust and real-time, providing you with both athlete readiness and training load information. Visualize your data the way you want by easily moving and adjusting visuals within an athlete, group of athletes, or a dashboard to prioritize essential data and save the hassle of pouring over Excel and PDFs.

BUILT FOR
DECISIONS

At CoachMePlus, we believe in empowering coaches and trainers to take control of their athlete management strategies in a way that best suits their organization. That's why we designed our software with the principle of "your methods, your way" in mind. This means that you have complete control over your athlete data and information, and can customize your approach to athlete management in a way that communicates best in your organization.

Data Import / Export

Use XLS to write import templates for just about any kind of data. This puts you in control of those spreadsheets sitting on your desktop and transforms them into a functional solution.
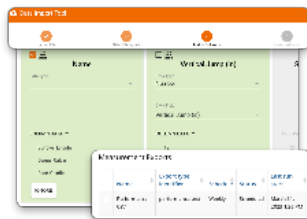
Device Integrations

Connecting with over 60 wearable device technologies and integrating data into our centralized platform making it part of your overall athlete analysis.

Builders and Tools

Coaches can create personalized workout and rehab programs, surveys, and educational content for their athletes, while also providing valuable data insights to inform your coaching decisions. Athletes can track their progress and communicate with their coaches directly through the app, fostering a stronger and more productive coach-athlete relationship.
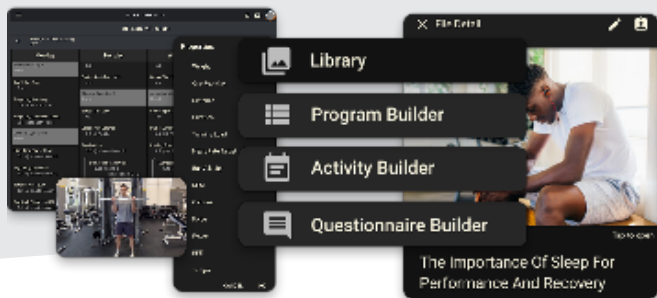
Athlete Management

With improved data organization and management, coaches can spend less time on administrative tasks and more time on what matters most - coaching and training their athletes. Coaches can quickly identify patterns and trends, adjust their training programs accordingly, and ensure that their athletes are getting the most out of every session.
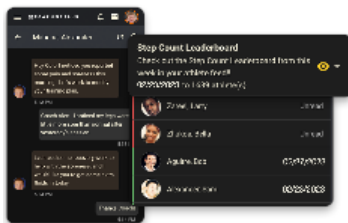

Education

Deliver structured learning programs that include videos, infographics, and other educational content.
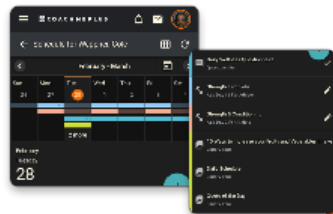
Communication

Communicate with your athletes in real-time. Share training programs, and track progress, all while fostering open lines of communication.

Scheduling

Stay on top of your athletes' training and competition schedules. Schedule training sessions, assign workouts, monitor progress.

BUILT FOR
FACILITIES

Coaches can improve their facilities and athlete management by leveraging the power of assessment monitors, leaderboards, and team access points. Provide coaches with valuable insights into athlete performance, while leaderboards drive a competitive environment that motivates athletes, and access points to capture information. With the right tools and strategies in place, coaches can take their facilities and athlete management to the next level, creating a culture of excellence that leads to long-term success.

Assessment Monitors

Assessment Monitors displayed in your facility quickly share real-time data to help make informed decisions and alert coaches to potential issues as they happen.

Leaderboard Monitors

Encourage participation and increase compliance with real-time communication of any measurement in the system - body composition, peak heart rate and more.
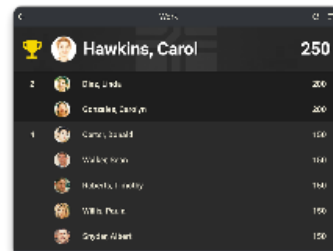
Team Access Points

The Team Access Point is a state-of-the-art workstation that puts the power of athlete management at your fingertips. With this powerful tool, coaches can efficiently track athlete attendance, questionnaires, workouts, and other activities, all while displaying progress and leaderboards on monitors. Additionally, with bookmarking capabilities, coaches can quickly and easily collect data from tablets throughout the facility, ensuring that important information is always within reach. Team access points include configuration for accessing workouts, testing, wellness questionnaires, hydration, nutrition, and activity plans.
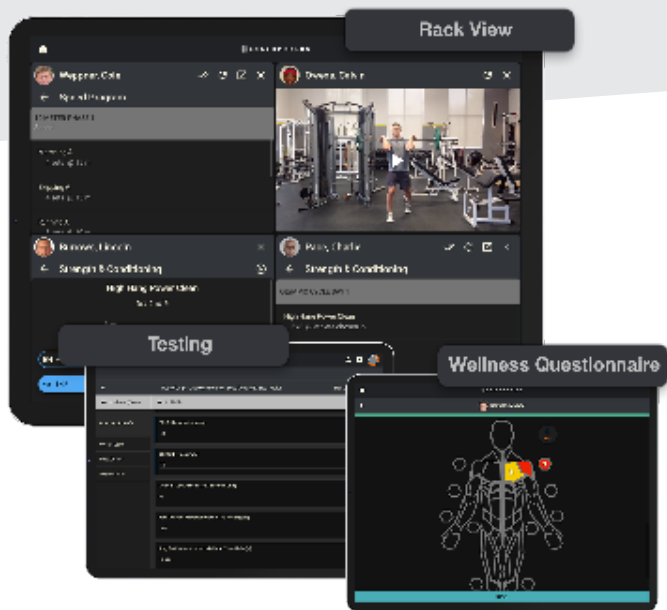
Hydration Station

The Hydration Station is a professional-grade scale designed to track hydration levels before and after workouts, used by NCAA, professional sports, tactical and industrial athletes to promote and maintain hydration habits in your facility. By monitoring fluid loss during workouts, the Hydration Station aids injury prevention and creates healthier athletes. With a user-friendly interface built with athletes in mind, the Hydration Station generates restorative hydration suggestions after each weigh-in and caters choices to individual athletes. As athletes choose hydrators, display how much more Sodium, Chloride, Potassium, and water are needed to get athlete fluids back on track. Promote healthier hydration habits and replace electrolytes lost in your workout sessions.