

## Getting Started with XCStats

### 1. How to Create an Account

We are using **XCStats.com** this year to keep our team statistics and to provide useful tools for goal setting, team communications and training. **NOTE: All runners are required to create an account on XCStats!** Parents do not register separately – they are registered by their runner in this process.

If you have already created an account on XCStats, you only need to login to assure that you have added your parent's addresses. Login and go to the "Edit My Account" page to add them. If you have forgotten your password, use the "Lost Password" link to retrieve it.

If you are creating a new account, please have your parents email addresses handy.

#### Runner Registration Process

1. Go to [www.xcstats.com](http://www.xcstats.com) and click on "Subscribing Schools", then our schools name. This is our schools XCStats Home Page. You'll see the form shown above (in the upper right corner of that page). If you don't see the form, tell your coach. To start the registration process click on "CREATE ACCOUNT".

2. From there, you'll enter our registration code in this form.

**OUR REGISTRATION CODE IS `xc@capo`.**

3. You now will see the registration form! The form displays different options depending on your selections.

RUNNER/PARENT/COACH LOGIN

Email:

Pass:

[CREATE ACCOUNT](#)

[Lost Password?](#)

[How to Register](#)

ENTER YOUR REGISTRATION CODE:

REGISTRATION FORM

USER TYPE	GENDER	HAVE RESULTS IN XCSTATS?	GRADE
<input checked="" type="radio"/> Runner	<input checked="" type="radio"/> Boy	<input type="radio"/> Yes	<input type="radio"/> Frosh
<input type="radio"/> Coach	<input type="radio"/> Girl	<input checked="" type="radio"/> No	<input type="radio"/> Soph
			<input checked="" type="radio"/> Junior
			<input type="radio"/> Senior

Follow though the questions, entering the information requested, including your parents names and email addresses. Please note that the same email address cannot be used for both runner and parent.

After submitting the form, you'll receive a confirmation email. If you don't receive it, check you spam folder. Also, add "xcstats.com" as a safe sender in your spam filter. Click on the link within that email to activate your account. Parents will also be sent an email to activate their accounts. This email will also contain the parent password, which is the same for all parents. If you have any problems ask your coach, submit them on the "contact us" form on XCStats or write us at [xcsupport@xcstats.com](mailto:xcsupport@xcstats.com).

### 2. How to Log In

Once activated, parents and runners can login to XCStats to access additional functionality and features (see the list below). You can login using a form in either of two places:

XCStats home page  
([www.xcstats.com](http://www.xcstats.com))

or

Our schools XCStats Home Page:

LOGIN Email:  Password:

RUNNER/PARENT/COACH LOGIN

Email:

Pass:

[CREATE ACCOUNT](#)

[Lost Password?](#)

[How to Register](#)

**Remember** – all parents use the same password. It was sent to you during the activation process. Use "Lost Password" if you need to retrieve it.

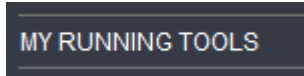
### 3. Additional Functionality for Registered Parents and Runners

Once you login, a whole new set of features and capabilities are exposed!

#### For Runners

You'll see a new menu in the left side navigation bar called "My Running Tools". Click on this link and you'll see a cadre of new features including:

- Goal Setting System
- Training Logs
- Enter track results
- View assigned tasks
- Edit your account

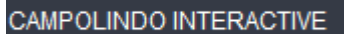


MY RUNNING TOOLS

#### For Runners and Parents

Once logged in, our schools INTERACTIVE page (example shown), exposes new features including:

- Send an email to a coach
- View your assigned tasks
- Enter a web link to share with the team, such as for videos, photos or articles
- Post a message to the school-only discussion forum



CAMPOLINDO INTERACTIVE

Also, on the top navigation bar, notice the menu item called "CA XC DATABASE". This provides access to the massive XCStats database of thousands of California cross country results. Six new reports are exposed allowing you to search both individual and teams results. This is only available to XCStats parents and runners who have registered and are logged-in!



CA XC DATABASE

Search Individuals

Search Teams