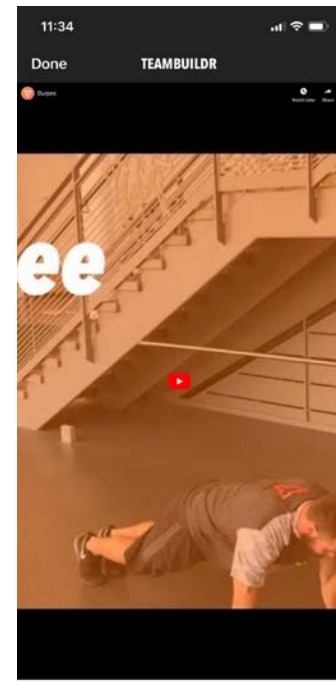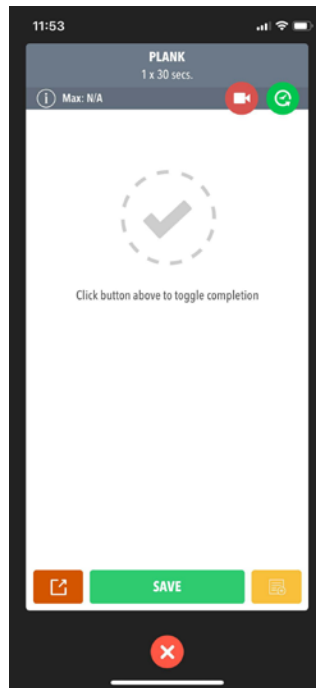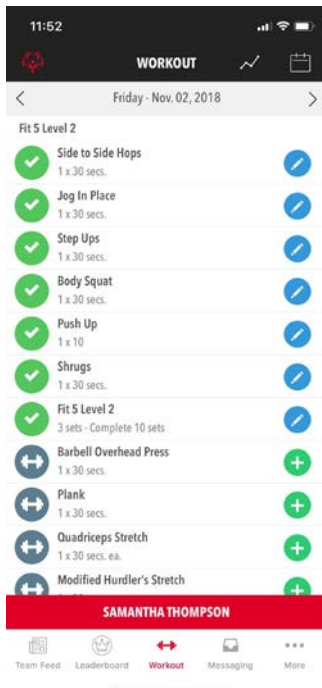# TEAMBUILDR

COMPETE AT YOUR BEST THIS SEASON

Follow *workout plans* to build strength, endurance, and speed. SOWA athletes and teams can download the TeamBuildr app and follow a customized workout plan over the season. Use TeamBuildr at home on your own, or at practice with your teammates! The app includes:

- Videos and written descriptions of all exercises and stretches
- *Strength Trainer* - Annalise DuSell
- *Social Feed* - share your successes and encourage other SOWA athletes
- *Healthy Habits Tracking* - log your nutrition and hydration
- *Leadership Board* - see your improvements over time
- *Technology Support* - for any challenges using the app

Contact: *Della Norton / dnorton@sowa.org*
Fill out this interest form:
https://forms.gle/WdcTQd4PLKkqL1eAA

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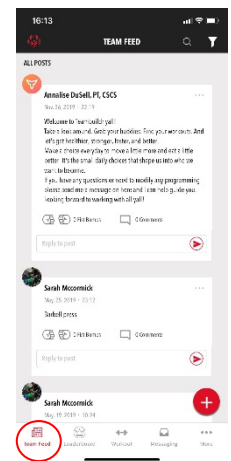OF SPECIAL OLYMPICS WASHINGTON

TEAMBUILDR

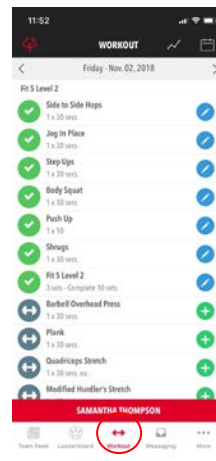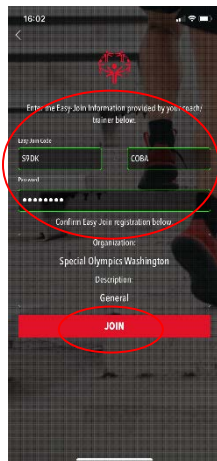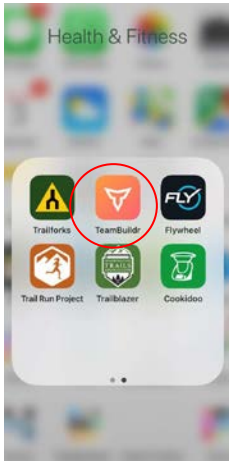## COMPETE AT YOUR BEST THIS SEASON

Sign Up:

1. Download TeamBuildr app on your phone or tablet
   - **Apple App store:** https://apps.apple.com/us/app/teambuildr/id1148960445
   - **Google Play store:** https://play.google.com/store/apps/details?id=com.teambuildr.android&hl=en_US
2. Open app and select "Do you have an Easy-Join code?" at the bottom of the screen
3. Enter the Easy-Join Code and Password for your sport (see below)
4. Click "Submit"
5. Click "Join"
6. Enter your information
7. Click "Submit

Workout Access Codes

Easy-Join Code: **LCGG-2DZG**
Password: **5HTYX8E5**

Contact: *Della Norton / dnorton@sowa.org*
Fill out this interest form:
https://forms.gle/WdcTQd4PLKkgL1eAA