LINKCOACH app member reviews

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Three members – Stephen Bennett (cricket, swimming, boxing, martial arts, equestrian and badminton.), Sarah Adams (dance) and Stephen Nugent (tennis and strength and conditioning) share their experiences of using the LINKCOACH app.

LINKCOACH is an app that allows you to professionalise your coaching by having all your clients' programs, assessments, videos and messages stored in an easy to access manner from any device in any place.

We asked three members – **Stephen Bennett** (cricket, swimming, boxing, martial arts, equestrian and badminton.), **Sarah Adams** (dance) and **Stephen Nugent** (tennis and strength and conditioning) to share their experiences of using the app.

Stephen Bennett of Dublin City University (DCU)

Sports: Cricket, swimming, boxing, martial arts, equestrian and badminton

System used: Apple

Performance: I've been using the app for about 8 weeks to communicate with my DCU scholarship athletes across a number of sports with regards to their strength and conditioning support. I use it about 2 or 3 times per a week to:

- post programmes
- send invites to schedule sessions in athletes calendars
- send any additional information they may need e.g. video/website links

My first impressions of the app are very good. It brings together a lot of aspects that I would use like mailing programs & communicating session times into one place. It's very user-friendly, easy to navigate and makes communicating with my athletes a lot easier.

Cons: I feel the app is very good for communicating with athletes but I still need to use other apps to gain wellness/injury information, if **LINK**COACH could provide this sort of information along with the current benefits I feel it would be better.

Overall: I would recommend it to all coaches and give it an 8/10

Sarah Adams of Empire Dance Studio

Sports: Dance

System used: Desktop and Apple (iphone)

Performance: I've been using **LINK**COACH regularly (at least twice a week) for about a year now to collaborate with dance students and parents, as well as to store programs and assessments.

Writing programs for students at the beginning of each term and sending them out to parents used to be quite time consuming, as I would have to manually keep track of email accounts. With **LINK**COACH, this is no longer the case. I can also post emails out to specific groups of students in just a couple of clicks. The platform utilizes Google Calendar and Google Drive, which means that my documents and

calendar are also available on other devices without me having to login to the platform.

My first impression was it needed some tweaking to make it more user-friendly but it is pretty much self-explanatory. It does make it easier if you are familiar with Google's tools too though, such as Calendar, Drive and Hangouts.

Cons: You need a Google account.

Overall: I would recommend it to all coaches, certainly trialling it out at least. You may need to make minor changes to the way you operate, but it will be worth it if you stick to using the platform. The app does make my life easier all round. I would give it 8/10.

Stephen Nugent of Leinster Tennis

Sports: Tennis and strength and conditioning

System used: Apple

Performance: I've been using the app 6 days a week for the last 9 months to organise Leinster Elite Tennis Junior squads from age 9 up to 18, give assessments and take and share videos.

It's excellent as it helps us organise all our coaching sessions. We post up programs for students and do their squad evaluations. We also use it for coach development so all coaches in the Leinster set up have our standard way of operating, health and safety guides etc.

It's very user friendly, ease to navigate and has helped us improve the quality of the coaching we deliver and improved the overall performance of our players.

Cons: I would really like it to be available in an Android and IoS app as well.

Overall: The app suits our needs and I would definitely recommend it to other coaches. I would give it an 8/10

Do you use LINKCOACH? How do you find it? Let us know by leaving a comment below.

Next Steps

Visit **LINK**COACH's website to find out more about them.

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- HudlTechnique [formerly Ubersense]
- EasyCoach
- Edufii app/website review
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