



## Commit Swimming Packet

Casper Swim Club is fortunate to be working with Commit Swimming and utilize their team management software. Commit has a lot of tools that allow coaches to make data driven decisions when used properly. Below you will find a guide so you can see and understand what the coaches are seeing as well!

### Practices

All workouts will be posted into Commit. As coaches start writing sets more regularly, Commit can make suggestions and auto fill parts of the set to streamline the process for coaches.

Have you ever wondered what your swimmer did in practice on \_\_\_\_ night? You can find out with a couple clicks.

- Start by logging in to your Commit account.
  - \*Please note: these screenshots are from a web version which might not be reflected the same on the mobile version.\*
- Once logged in, you should be on the dashboard. Navigate to the tab labeled “Swimmers” in the menu.

The screenshot shows the Commit Swimming dashboard. At the top left, the logo 'commit swimming' is displayed next to a 'Dashboard' title with a back arrow. Below the logo, the user profile for 'Tori Bailey Parent' is shown with a dropdown arrow. A 'Casper Swim Club' button is visible. The left sidebar menu includes: 'Dashboard' (highlighted with a blue bar), 'Meet Signups', 'Results', 'Payments', 'Swimmers' (highlighted with a blue bar and '>>>' icon), 'Calendar', 'Messaging' (with a '6' notification badge), and 'Jobs'. The main content area is divided into three sections: 'Meets' (with a large grey placeholder box), 'Invoices', and 'Programs'. Under 'Programs', there is a card for 'CASC Iron Dolphi' with the text 'Registration ongoing'.



- Once you have selected your swimmer, locate the “Attendance” tab

Date & Workout	Status	Groups
Wed, Jul 16, 2025 at 6:00 PM 1,350 Yards	Attended	State Swimmers (State)
Tue, Jul 15, 2025 at 6:00 PM 750 Yards	Attended	State Swimmers (State)
Mon, Jul 14, 2025 at 6:00 PM 1,200 Yards	Attended	State Swimmers (State)

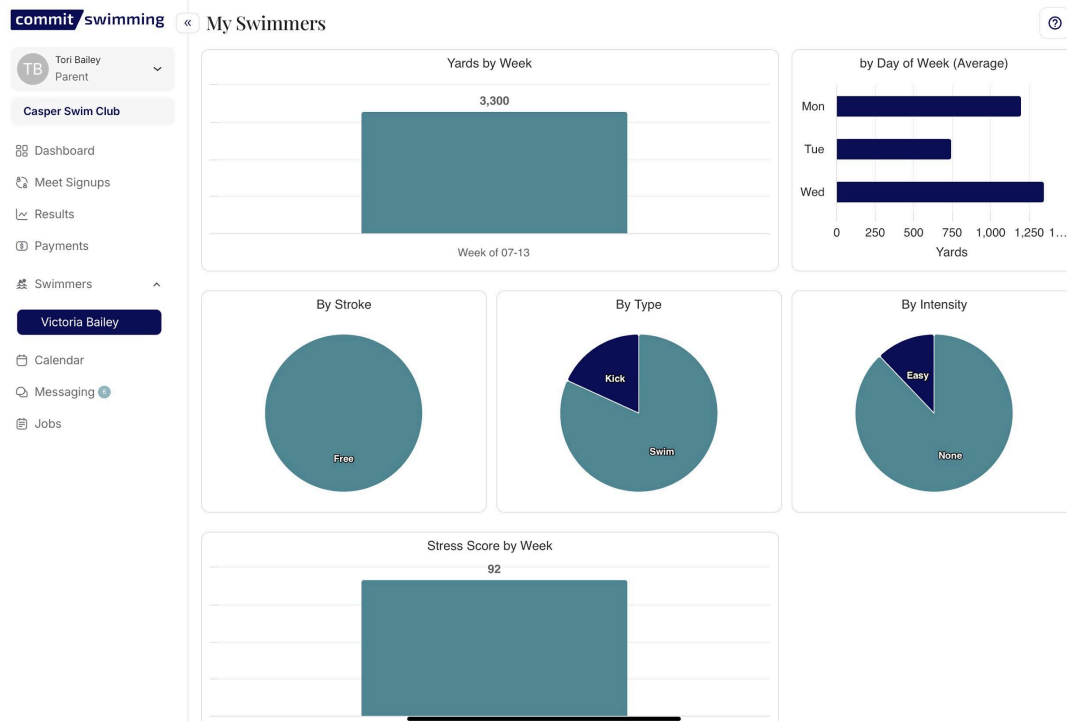
- Workouts are tracked by using the attendance feature. If a swimmer misses practice, it will not track the yardage for the missed practice.
- You can see the date and workout section here. If you click those, they are hyperlinked to the full set from that evening.
- Another way to access the workouts is by going to the “Workouts” tab on the top of that same dashboard.
  - By clicking those links you can see all the workouts assigned to the same group as your swimmer, whether they were there or not, by searching their group. This is helpful for those who are traveling but would still like to get in the pool at their destination.
  - Workouts are named by group and day for easy searching.

Date	Time	Group	Yardage
Wed, Jul 16th	6:00 PM	State Swimmers	1,350 Yards
Tue, Jul 15th	6:00 PM	State Swimmers	750 Yards
Mon, Jul 14th	6:00 PM	State Swimmers	1,200 Yards
Thu, Jul 10th	6:00 PM	State Swimmers	1,800 Yards
Wed, Jul 9th	6:00 PM	State Swimmers	

- Now we’re going to navigate to the “Training” tab. This is where you can see what your swimmer has been working on in a dashboard. It will split up the workout by stroke, type,



etc. Be warned, coaches are still learning which words trigger this dashboard. We know what *most* of them are, but not all of them so keep an eye on the actual workouts if you're curious.



## Meets

- In that dashboard you will also find a tab labeled “Performance.” This tab allows you to see your swimmers personal bests in all the events they’ve swam at a meet. It will also give a progression and a whole bunch of other fun metrics.
- If you go to the “Results” tab on the left side menu, you can also see the results from the rest of your team and what meets our team as attended in addition to those results.

## DQ's

As stated in the Parent Packet, we will be inputting DQ's into the Commit Software before going over them with your swimmer. Those comments can be found by:

- Navigate to “Swimmers” in the left menu
- Navigate to the “Profile” tab in the top menu
  - DQ's will be noted with type, and meet date under “Coach Notes” section

## Goal Setting

We want you swimmers to set goals at the beginning of every season, which takes some time. We will be inputting goals into Commit as well. Their goals can be accessed in the same place at DQ's in the section above titled “Athlete Goals.”



The coaches will assist them in setting three goals, 2 performance based, and 1 non-performance based. You'll notice that you can also add goals for your swimmers. If your swimmer has been talking about something, PLEASE put it in that slot and notify a coach of the change/addition.

We are very excited to use this software to its fullest potential. We hope this short guide will help you navigate some of the features it offers!