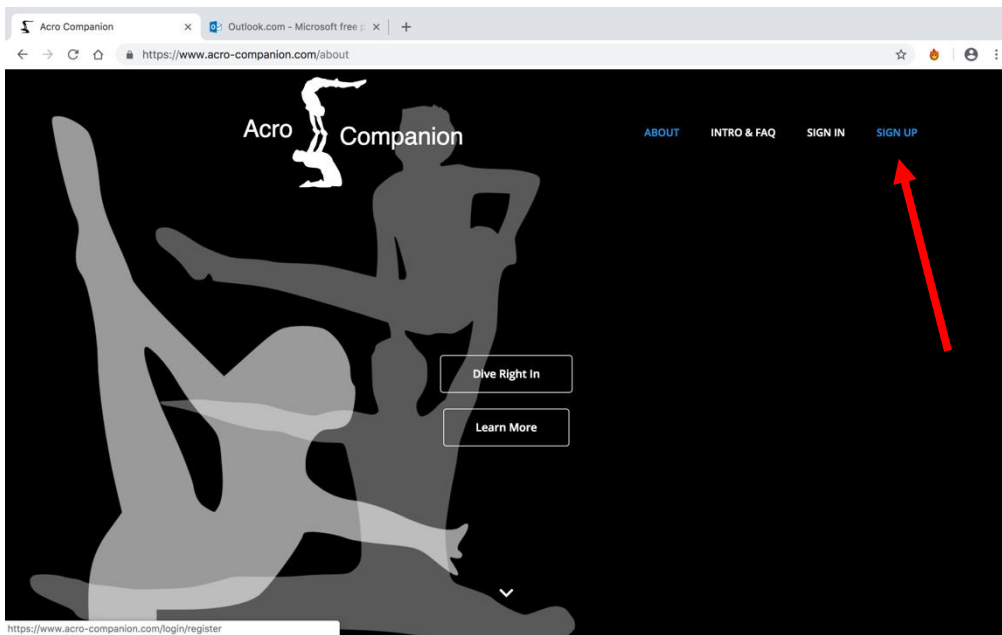


GUIDE TIL OPRETTELSE I ACRO COMPANION

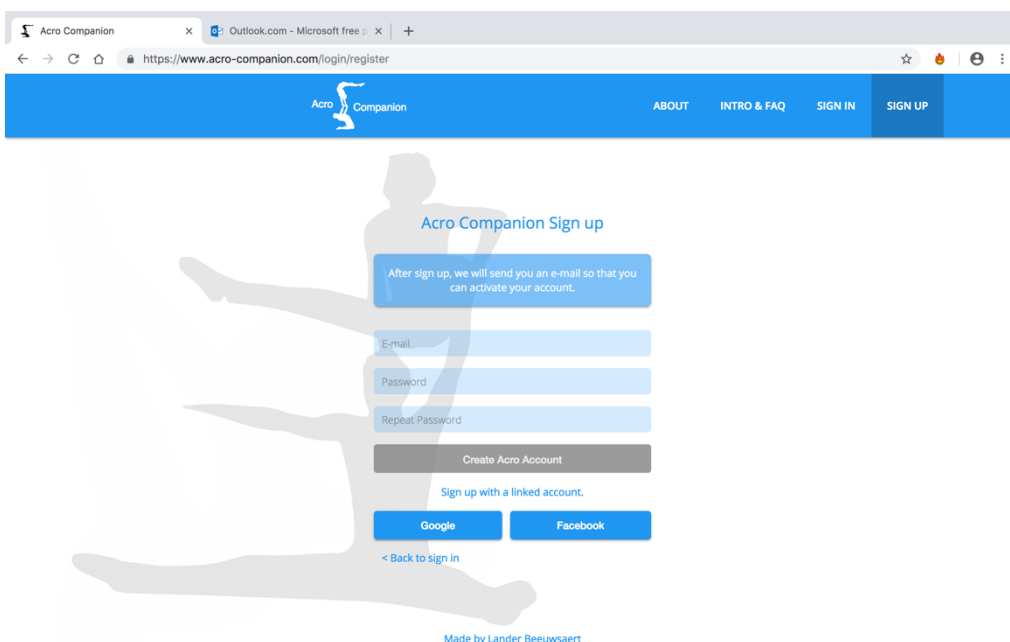
Oprettelse af ACRO COMPANION:

Husk at du skal bruge Google Chrome for at kunne åbne Acro Companion. Start med at skrive: www.acro-companion.com i webbrowseren.



Klik oppe i højre hjørne på "sign up"

Derefter kommer denne side frem.



Her udfylder I med en mail I har sendt til Natascha samt selv finder på et password.

Acro Companion Sign up

After sign up, we will send you an e-mail so that you can activate your account.

E-mail: acroteamhammel@hotmail.dk

Password: [masked]

Repeat Password: [masked]

Create Acro Account

Sign up with a linked account.

Google Facebook

< Back to sign in

Made by Lander Beeuwaert

Når I har udfyldt det hele, trykker I på "Create Acro Account"

Verify Email

We sent an e-mail to acroteamhammel@hotmail.dk when you signed up. Click on the link in the e-mail to activate your account.

Send validate e-mail again

Made by Lander Beeuwaert

Derefter kommer siden frem, hvor du skal godkende og trykke på linket, som I får tilsendt til jeres mail.

Verify your email for Acro Companion

Markér til opfølgning.

noreply@www.acro-companion.com
Fre 25-01-2019, 19:07
acroteamhammel@hotmail.dk

Hello,

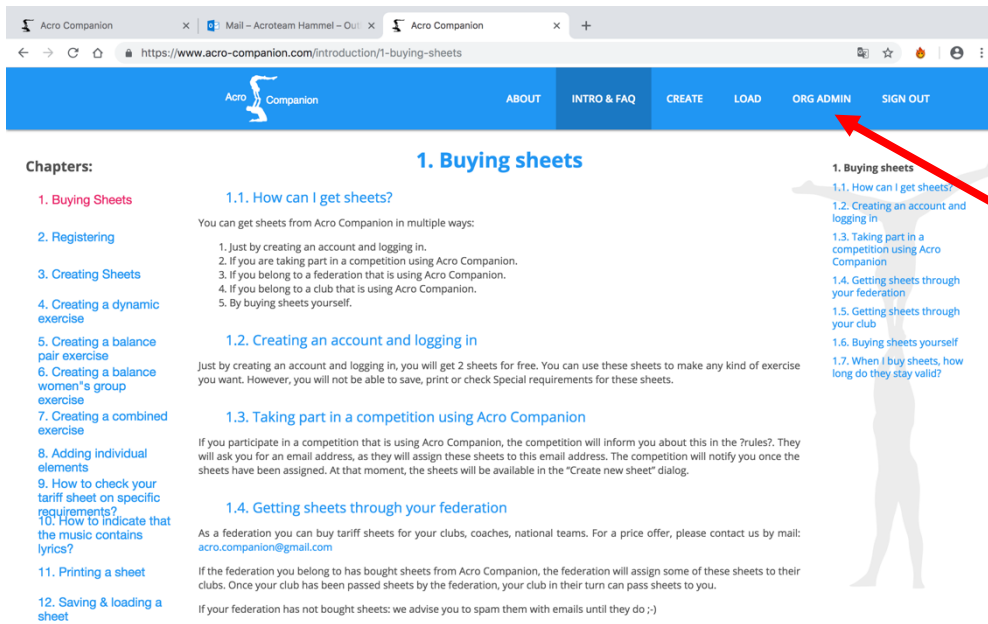
Follow this link to verify your email address.

<https://www.acro-companion.com/login/account-actions?mode=verifyEmail&soobCode=ksl35dk3BkM3lW7kIiWmIn3teSKBYipsiUBdTSOQ5IAAFohjInO&apiKey=AlzaSyCCSLU08tBXb0PIUHWO0Bj0L-muV9nrgDc&lang=en>

Acro Companion
Acro Companion application, facilitating the creation of tariff sheets.
www.acro-companion.com

If you didn't ask to verify this address, you can ignore this email.

Thanks,
Your Acro Companion team



Acro Companion

ABOUT INTRO & FAQ CREATE LOAD **ORG ADMIN** SIGN OUT

1. Buying sheets

Chapters:

- 1. Buying Sheets
- 2. Registering
- 3. Creating Sheets
- 4. Creating a dynamic exercise
- 5. Creating a balance pair exercise
- 6. Creating a balance women's group exercise
- 7. Creating a combined exercise
- 8. Adding individual elements
- 9. How to check your tariff sheet on specific requirements?
- 10. How to indicate that the music contains lyrics?
- 11. Printing a sheet
- 12. Saving & loading a sheet

1.1. How can I get sheets?

You can get sheets from Acro Companion in multiple ways:

1. just by creating an account and logging in.
2. If you are taking part in a competition using Acro Companion.
3. If you belong to a federation that is using Acro Companion.
4. If you belong to a club that is using Acro Companion.
5. By buying sheets yourself.

1.2. Creating an account and logging in

Just by creating an account and logging in, you will get 2 sheets for free. You can use these sheets to make any kind of exercise you want. However, you will not be able to save, print or check Special requirements for these sheets.

1.3. Taking part in a competition using Acro Companion

If you participate in a competition that is using Acro Companion, the competition will inform you about this in the ?rules?. They will ask you for an email address, as they will assign these sheets to this email address. The competition will notify you once the sheets have been assigned. At that moment, the sheets will be available in the "Create new sheet" dialog.

1.4. Getting sheets through your federation

As a federation you can buy tariff sheets for your clubs, coaches, national teams. For a price offer, please contact us by mail: acro.companion@gmail.com

If the federation you belong to has bought sheets from Acro Companion, the federation will assign some of these sheets to their clubs. Once your club has been passed sheets by the federation, your club in their turn can pass sheets to you.

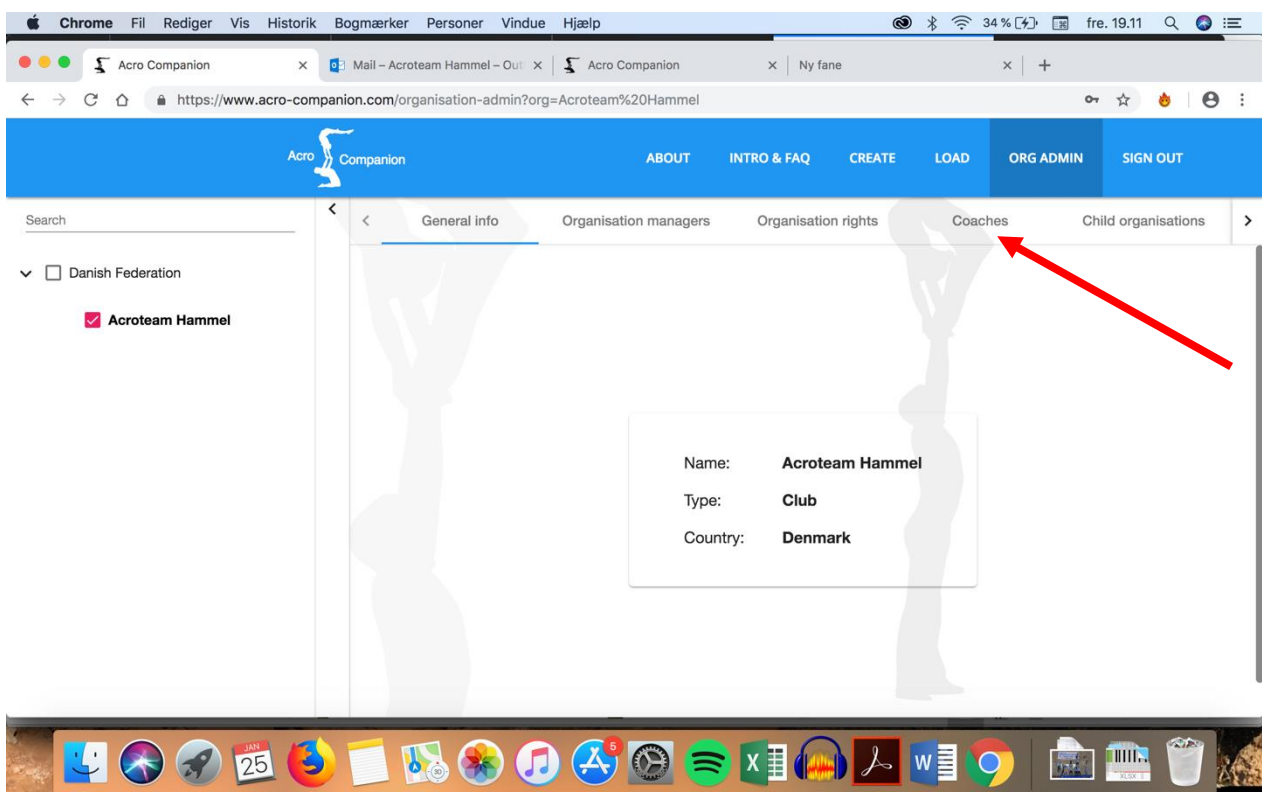
If your federation has not bought sheets: we advise you to spam them with emails until they do ;)

1. Buying sheets

- 1.1. How can I get sheets?
- 1.2. Creating an account and logging in
- 1.3. Taking part in a competition using Acro Companion
- 1.4. Getting sheets through your federation
- 1.5. Getting sheets through your club
- 1.6. Buying sheets yourself
- 1.7. When I buy sheets, how long do they stay valid?

Efter man har trykket på linket i mailen, kommer denne side frem.

Inden man kan bruge programmet, skal der oprettes en coach, som kan bruge dette. Derefter trykket I det faneblad i toppen der står "ORG ADMIN".



Chrome Fil Rediger Vis Historik Bogmærker Personer Vindue Hjælp

Acro Companion

ABOUT INTRO & FAQ CREATE LOAD **ORG ADMIN** SIGN OUT

Search

General info Organisation managers Organisation rights **Coaches** Child organisations

Danish Federation

Acroteam Hammel

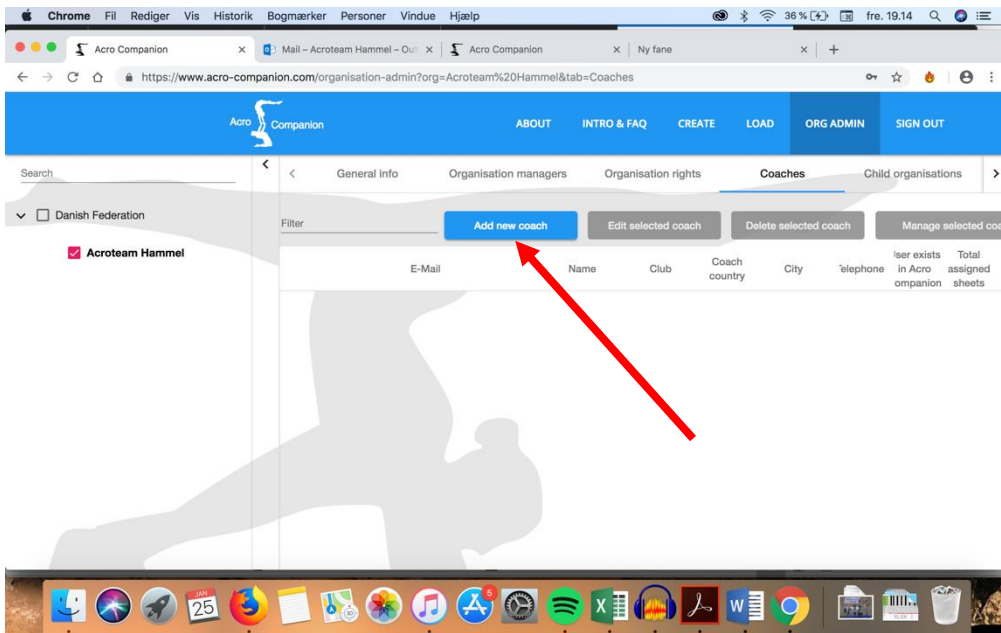
Name: **Acroteam Hammel**

Type: **Club**

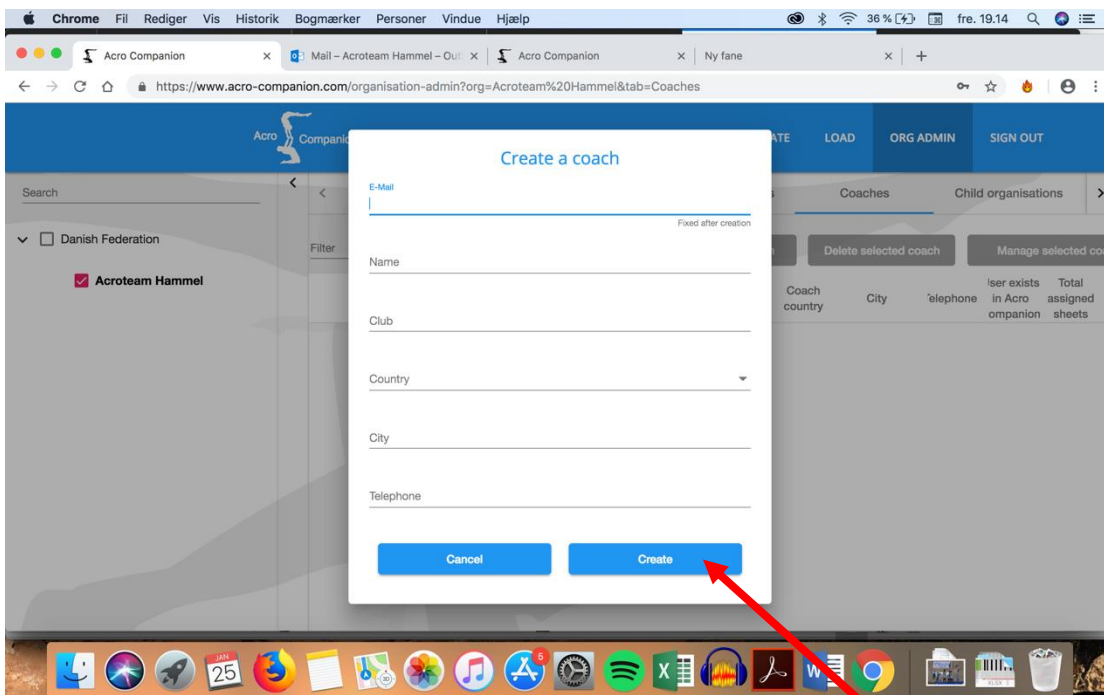
Country: **Denmark**

Her skal man ind under den der hedder "Coaches"

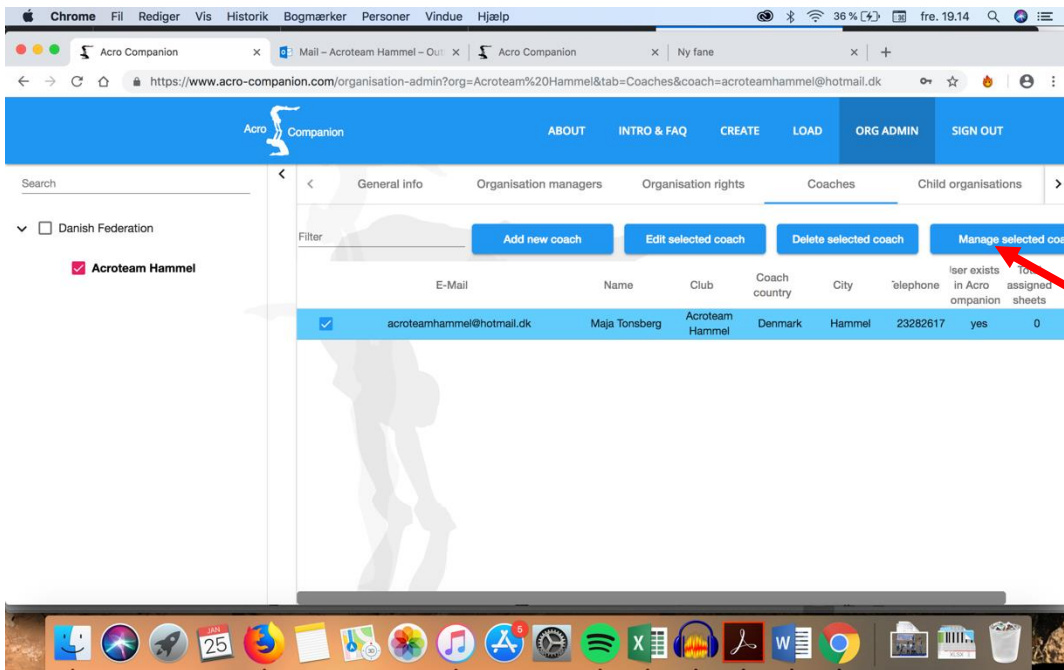
Her trykker I på
"Add new coach".



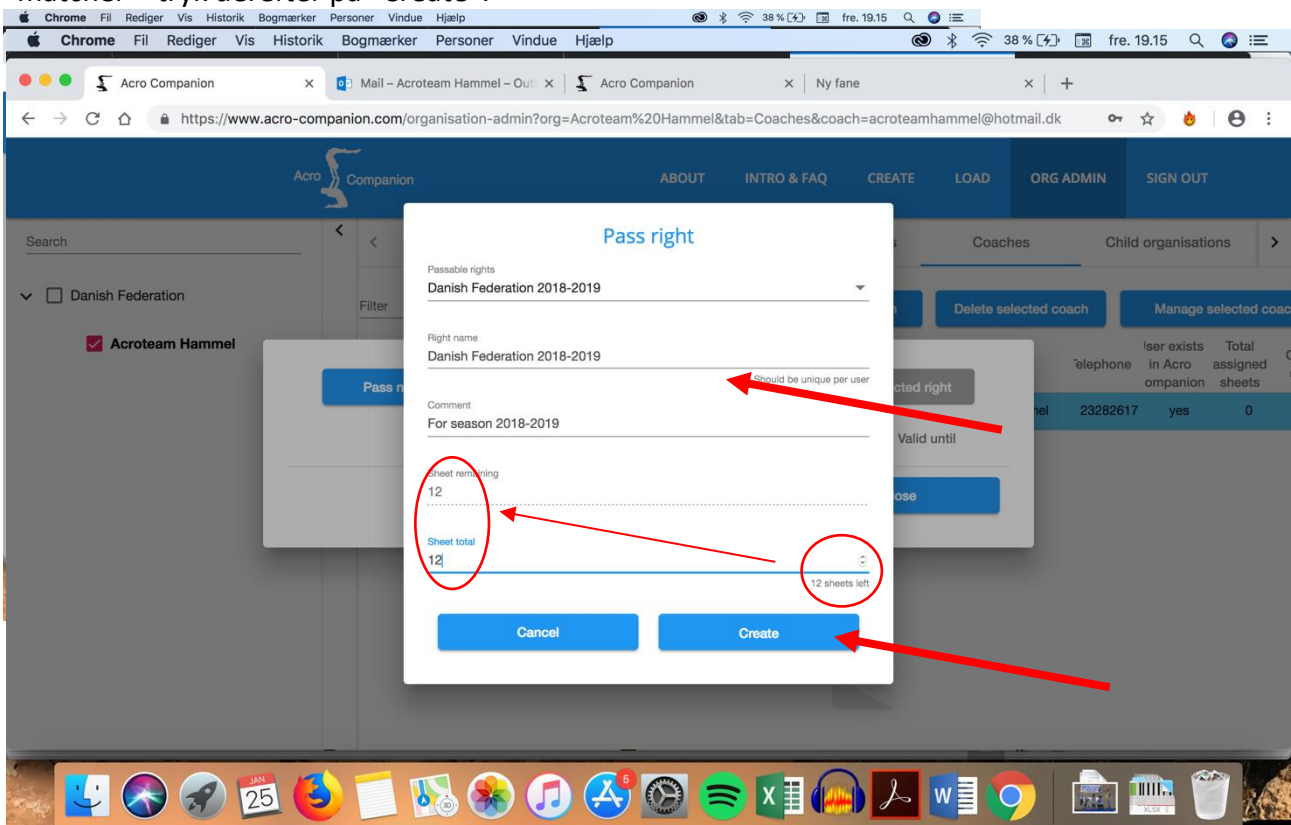
Denne side kommer frem nu. Udfyld alle felterne og tryk derefter på "Create".



Så kommer I tilbage til siden, hvor I skal sørge for at der er et flueben ud fra den I har oprettet og derefter trykker I på "Manage selected coaches"

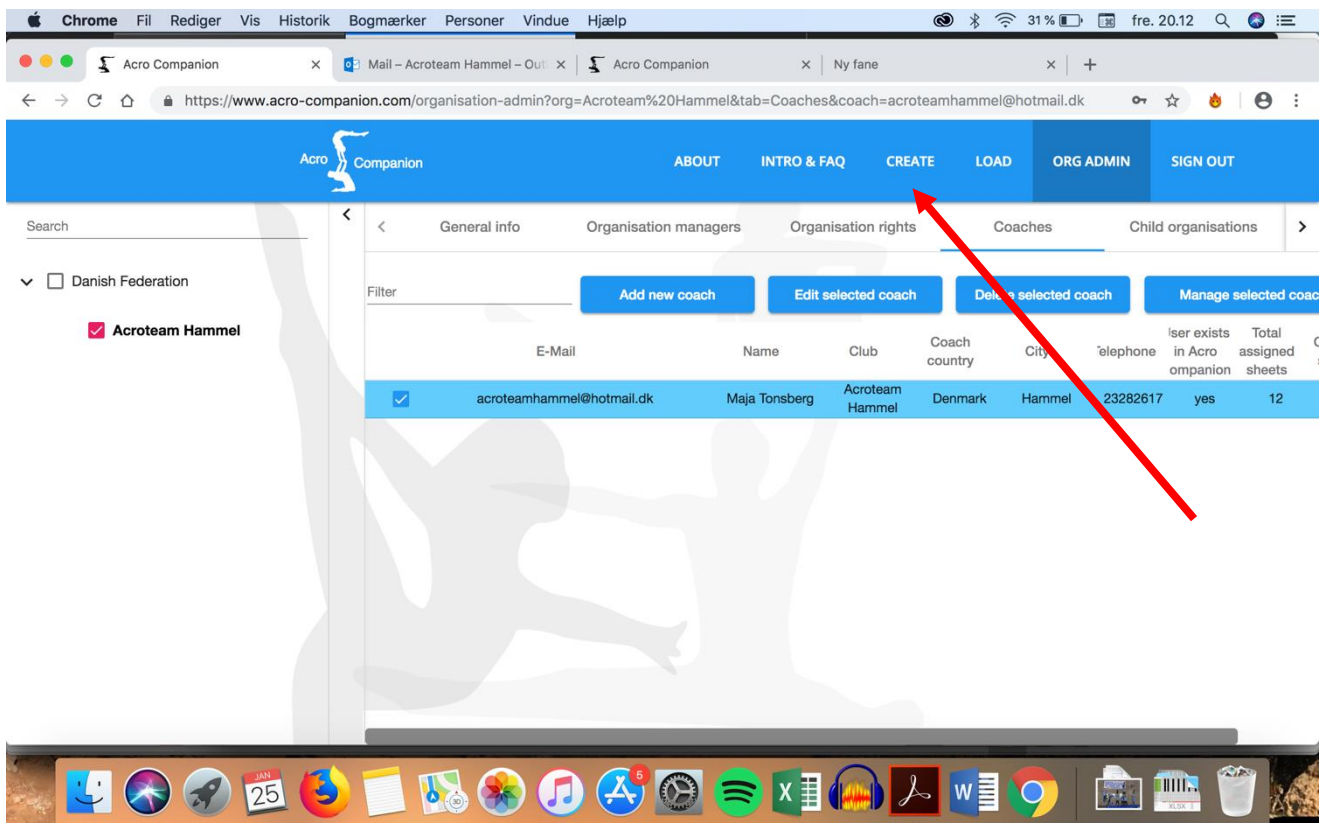


Så kommer den side frem. Her er det vigtigt, at man i det nederste felt rykker med pilene, så man har det antal sheets, som man er tildelt. Der står nede i hjørnet hvor mange I har. Når antallet matcher – tryk derefter på "Create".

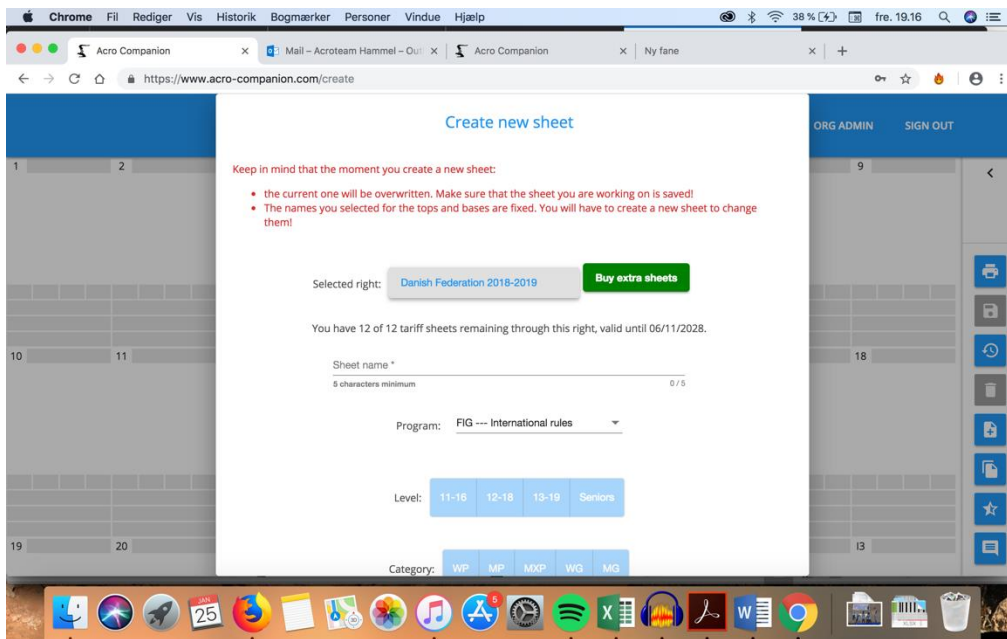


Nu kommer den side, hvor du kan se at du er tildelt x-antal sheets. Tryk blot på "close".

Så bliver den næste side vist. Vi har nu givet adgang til at kunne lave vores skemaer. For at komme i gang skal I trykke på fanen foroven hvor der står "create".

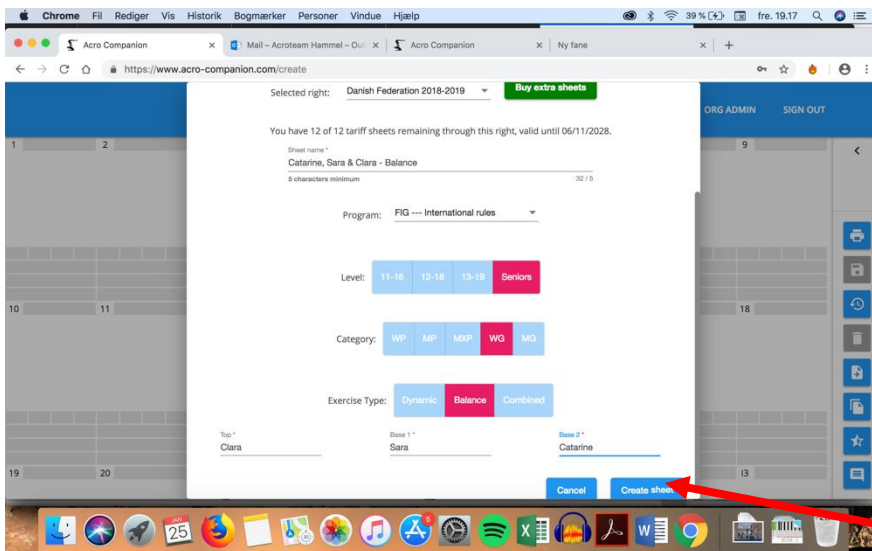


Så vil denne komme frem. Her vil der stå hvor mange skemaer I har tilbage. Vi skal lave det første skema. Sørg for at der står Danish Federation 2018-2019 i det første felt.



Herefter skal i navngive det første rutineskema. Det skal minimum være 5 tegn.

På det næste billede kan I se, at det første skema er navngivet med navnet på en trio.



Vi skal altid bruge LEVEL: SENIORS (Uanset om man stille op som junior eller senior herhjemme i Danmark.)

Derefter skal I vælge Category:

WP: Womens Pair (Pige-Par)

MP: Mens Pair (Drenge-par)

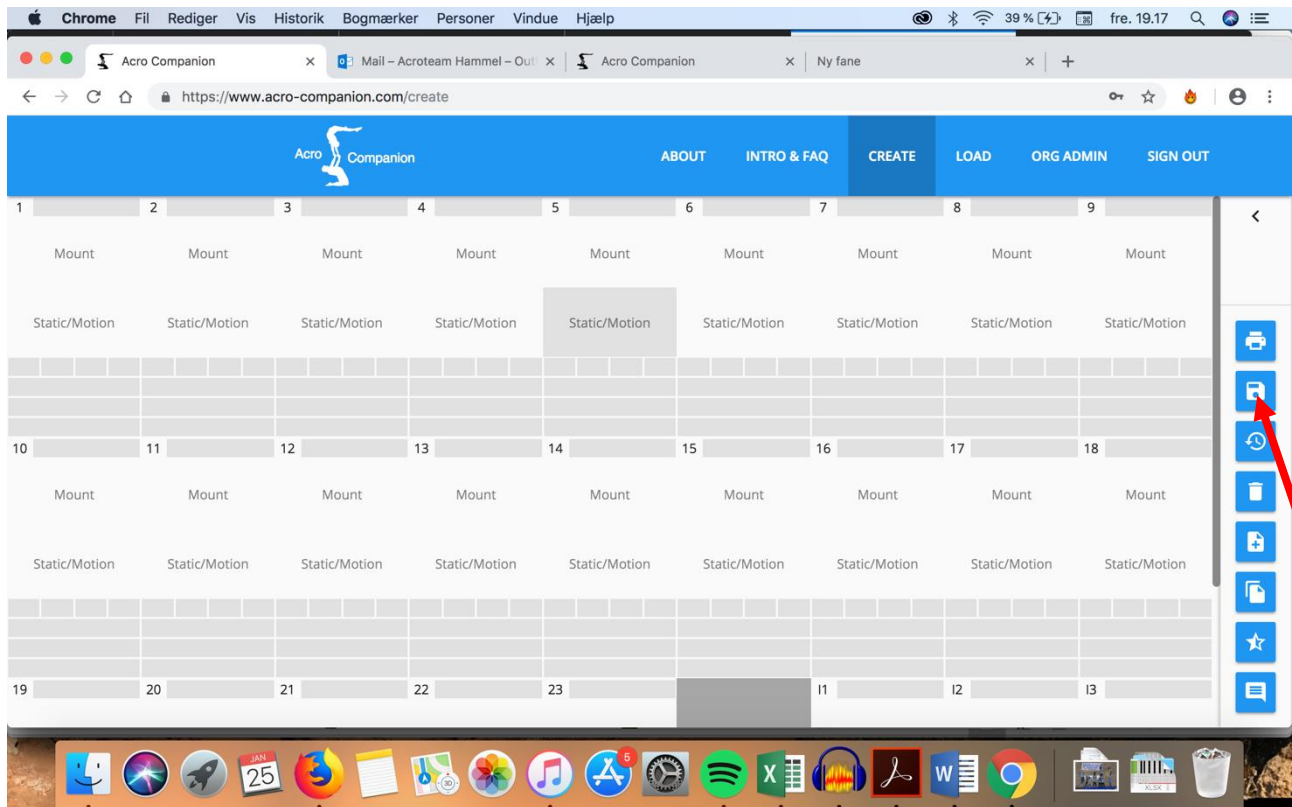
MXP: Mix Pair (Mix-par)

WG: Womens Group (Pige-gruppe)

MG: Mens Group (drenge-gruppe, 4 drenge sammen)

Og til sidst om man det tempo eller balance. Det er markeret med PINK, når man har valgt det. Skriv til allersidst navnet på toppen, base 1 og base 2, hvorefter man trykker på "Create Sheet".

Så kommer siden, hvor man skal lave sine momenter. Klik på enten mount eller static/motion for at starte med at lave dit første moment.



Husk ALTID at gemme dit sheet inden du går fra siden. Så kan du altid komme tilbage igen.

Når dit skema er udfyldt med alle de momenter, som du skal have. Kan du tjekke det igennem for Special Requirements ved at trykke på stjernen, som er det andensidste ikon i højre side.

I kan nu finde alle jeres sheet inden under fanen i toppen hvor der står load.

RIGTIG GOD ARBEJDSLYST 😊 😊