



ISS Coach Card Instructions

Please note that the ISS Coach Card Program is compatible with PC only. This program will not work on Apple products including MacBooks.

1. Visit the ISS Downloads page at:
https://www.integrationsports.net/iss_mms_synchro_download.asp
2. Click on "2023 Coach Card"
3. This should open a dialog box with the Installation. Install the Coach Card on your computer.
4. Once the program is installed, go to the "Start" menu and open the program. It will be titled "ISS Coach Card".
5. Fill in your card (fill in for 1 routine at a time). Use the "Elements Editor" at the bottom to add or edit the content of each line.
6. Once card is complete, click on "Menu" and then "Save Card". Choose the destination and name and save your file.
7. This file can now be uploaded from your computer to your club's Coach Card Dropbox folder.