

Groupset for Parents

What your rider's season looks like

Your coach runs the team on Groupset, an app for youth mountain-bike teams. This page explains what it does for your family, and why it's part of your team fee.

Why team fees may go up this year

Groupset is a new operating cost for the team, so your coach may add it to the season fee. It replaces the paper consent forms, the registration spreadsheet, and the evening fee-chasing. In return, families get something the team didn't have before: a way to see how the season is going.

What you'll get this season

- Riders who never see a podium still get seen: attendance streaks, personal records, and cheers on the team feed.
- A notification when a coach checks your rider in or out of practice.
- Race-day results on your phone as the timing system posts them, with each rider's place, laps, and time.
- Times from the team's time trials, weekly riding, and personal records, so progress stops being a guess. Ride totals, personal records, and time-trial times need Strava connected.
- Registration, payment, RSVPs, volunteer shifts, and your family's volunteer hours in one place.

You'll need your own account

Parents need their own Groupset account. Your coach gives you the team passcode to join; from your account you register your rider, sign the season's consents, keep emergency contacts and medical details current, and pay the team fee. Riders can have their own login too, but the parent account is the one that manages everything. If another parent or guardian helps manage your rider, you can invite them as a co-parent.

Two things to know

Check-in notifications depend on a coach tapping, and at trailheads with no signal they arrive when the coach's phone reconnects. Ride totals and personal records appear once your rider connects Strava — your coach will help them set that up.

Questions?

Ask your coach first — they know your team's setup. For anything else, email support@highfivelabs.net.

Getting the best experience from Groupset

A few minutes of setup makes the season run smoothly. Here is what your rider needs on the trail, and what each kind of ride data tells you — and costs.

What your rider needs on the trail

Groupset reads ride data from Strava, so your rider needs something Strava-compatible. Nothing expensive is required to get started.

Tier	Device	Worth knowing
Good	Smartphone with the free Strava app	Free if they already have a phone. Higher battery drain, and best kept in a backpack rather than handlebar-mounted — a crash can damage a mounted phone.
Better	Fitness tracker or smartwatch (e.g. Amazfit Bip 3, Apple Watch)	Affordable, starting around $30–50. Long battery life. Syncs to Strava over Bluetooth after each ride.
Best	Dedicated cycling GPS (e.g. Coospo, Garmin, Wahoo)	Built to survive trail crashes, with better GPS accuracy under tree cover and automatic background syncing.

What the data tells you — and what each sensor costs

Ride data comes in layers, and the cheapest layer answers the question parents ask most: did my kid ride, and did they get better? Add sensors in this order — each one costs a little more than the last, and each one adds a different piece of the picture.

1. GPS — miles and elevation gain · Good, and free if you have a phone

A phone with the free Strava app records where the ride went, how far it went, and how much it climbed. That is the baseline Groupset shows you: weekly miles, elevation gain, route maps, and the benchmark-climb times your coach sets up.

2. Heart rate — how hard the effort was · Better, and affordable

A heart-rate strap or watch shows how hard your rider's body worked, not just how fast they went. Two riders can ride the same loop at very different efforts; heart rate makes that visible, so training fits the rider — a hard week can be balanced with an easy one, and a rider who looks fine on the surface stops being a mystery. Chest straps commonly run around $30–70.

3. Cadence — protecting growing knees · Great value, often about $30

Cadence is how fast the pedals turn. Riders who push a big gear slowly put heavy load through knees that are still growing, and that is where mid-season knee complaints come from. A cadence sensor costs about as much as a pair of grips, and it turns that from a guess into something a coach can see and correct: a smoother, faster spin, with less strain on the joints. If you buy one sensor this season, this is the one.

4. Power — measuring strength development · Best, and the most expensive

A power meter measures the actual work going into the pedals, in watts. It is the most precise way to watch a rider get stronger, and it is the priciest of the four — hundreds, not tens. Groupset estimates FTP (a rider's sustainable power) when power data exists, but nothing else on this page depends on it, so it is a fine thing to grow into.

Connecting Strava

Strava is the ride recorder — GPS, distance, elevation, heart rate, cadence, and segment times. Groupset reads that data so your coach can follow along.

1. Create the Strava account at strava.com or in the free app. The free version is all your team needs. Strava requires users to be 13 or older — if your rider is younger, a parent registers the account using their own information. Avoid a school email; school filters often block the confirmation message.
2. Connect a GPS device or sensor if you are not just using a phone: open the device's companion app (Coospo, Garmin Connect, Wahoo ELEMNT), find App Authorization or Connected Apps, and link it to the Strava account. Heart-rate and cadence sensors pair the same way.
3. Authorize Groupset: sign in to your rider's profile at groupset.app or in the app, choose Connect Strava, and approve. On a browser, allow popups.

The first sync catches up on past rides, so it can take a little while. After that, a new ride arrives shortly after it is saved.

Privacy controls for younger riders

Strava has real, adjustable privacy settings. These are the two approaches most families use.

RECOMMENDED FOR MOST FAMILIES

Standard account, tighter privacy

In Strava, open Settings, then Privacy Controls, and switch Profile, Activities, and Map Visibility from "Everyone" to "Followers Only." You can also hide a radius around your home so the exact location never shows publicly.

MAXIMUM PRIVACY

Parent-managed account

A parent creates and holds the Strava login instead of the rider, sets Activities, Followers, and Profile to "Only You," links the bike computer to that account, and authorizes Groupset with those credentials. Your rider never has to open Strava or use it socially, and the coaching data still comes through.

Who can see what

Groupset enforces this in the database, not just on the screen: parents see their own children, coaches see the groups they coach, and athletes never see other riders' private details.

Can access	Athlete	Parent	L1	L2	L3	Admin
Own ride stats	✓	Family only	✓	✓	✓	✓
Emergency contacts	—	Family only	✓	✓	✓	✓
Medical info	—	Family only	—	✓	✓	✓
Check-in & attendance	View own	Their child	✓	✓	✓	✓
Group performance dashboards	—	—	✓	✓	✓	✓
Group assignments	—	—	—	—	—	✓
Team chat	Their channels	Family channels	✓	✓	✓	✓
Coach notes & Coach Insights	—	—	✓	✓	✓	✓
Race results	✓	✓	✓	✓	✓	✓
Volunteer hours	—	Family only	—	—	—	✓

L1 / L2 / L3 are NICA coach license levels. "Family only" means a parent sees their own children. Coach notes, Coach Insights, and incident reports are never shown to parents or athletes.

Your first week

1. Join the team: create your own account at groupset.app and enter the team passcode your coach gives you.
2. Register your rider and pay the team fee in the app; sign the three consent agreements as you go.
3. Connect Strava for your rider (page 3), then set the privacy controls you're comfortable with.
4. Turn on notifications so check-in alerts and announcements reach your phone.

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