



GROUPSET

PARENT INFO



by High Five Labs

Groupset is the digital drive train that turns insights into confidence. Through smart grouping, we keep every rider safe, seen, and in sync—empowering coaches to turn individual effort into a shared team journey.



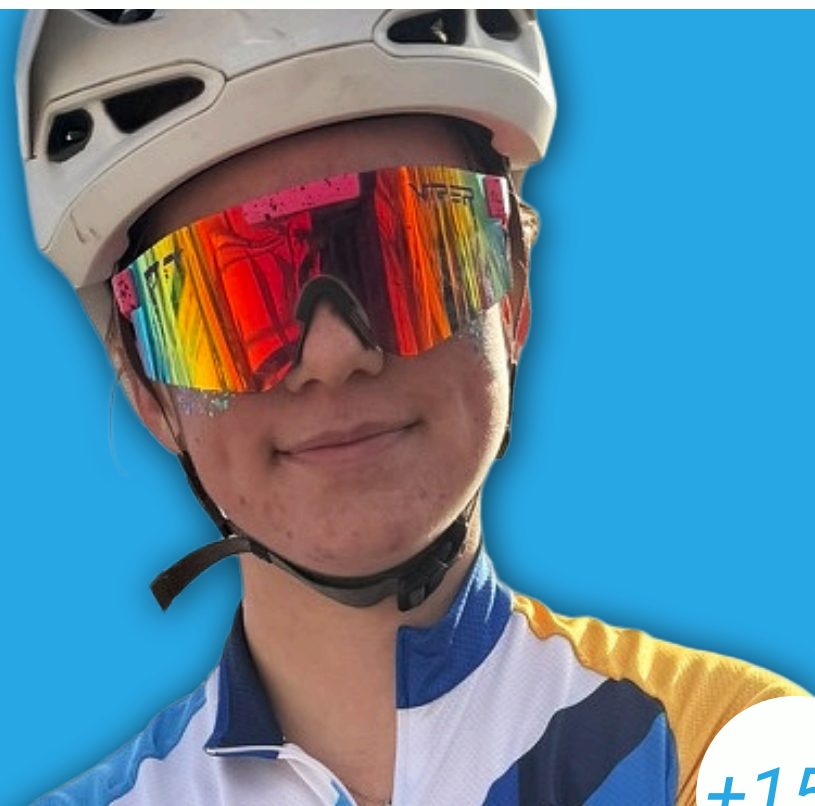
INSIGHTS INSPIRE ACTION

Groupset is a motivational framework for a safe, fair, and insightful season



+9%

After seeing his baseline time-trial result in Groupset, Otto didn't wait for practice. He shocked his mother when he woke up at 6:00 AM the next morning to re-run his time trial on his own! **He was inspired to take action** because he knew he could do better.



+15%

To a leaderboard, Brooke was 24th. To the data, she was a personal success. By using Groupset to track and reinforce her progress, she stopped racing against the crowd and **started racing against herself**. This helped her stay motivated and focused throughout the season.



+20%

Groupset flagged Brit, a Junior, as a downhill outlier; something that didn't show up during regular practices. His coach diagnosed the issue and corrected his form to be **safe**. He improved his downhill times by **51%** because he was **finally seen**, not just tracked.



(% figures are actual time trial improvements from start of 2025 Season in June to start of Race Season in August)

LOOK BEYOND THE PODIUM

Every rider deserves to be meaningfully recognized for their hard work

See the Invisible Achievements

- Don't let your child get lost in the team. Groupset enlarges the coach's vision, ensuring every rider—not just the top 10%—receives the diligent attention and recognition they need to refine their abilities at their skill level.

Validate the Process, Not Just the Result

- We turn "The Fearless Mind" into reality. By measuring the results of "Marginal Gains" in skill and form, we empower your coach to give your child objective proof of their growth, demonstrating that improvement is a choice, not a mystery.

Motivate Consistency, Inspire Confident Change

- Groupset provides a motivational performance framework for parents, kids, and coaches, turning frustration into confidence and keeping the sport fun through personal growth.



RECOGNIZE MORE ACHIEVEMENTS

Build a culture of recognizing success on and off the podium

~60%

Increase in Intrinsic
Motivation
(Coatsworth & Conroy
study, 2009)

[PennState](#)

When coaches provide objective, informational feedback—it creates a 'Large Effect' (~60%) on a child's self-confidence and their desire to keep riding.

Success is Everywhere

- Celebrate the success of all athletes that improved, not just those that made the podium

Confidence is Motivating

- Remove frustrating guesswork and motivate kids with personal insights to unlock their potential

Coach to the Athlete's Goals

- Meet kids at their level, help them commit to SMART goals, measure progress, adjust targets



REDUCE INJURY RATES

Athletes are matched to the right group based on skill, not just speed

50%

Rate of Injuries with Athlete
Skill-Terrain Mismatch

[NICA Study](#)

A mismatch between rider experience and terrain being ridden at the time of a crash is reported to be an associated factor for more than half of all injury events, emphasizing the importance of additional skills training for riders.

Identify Skill Mismatch Early

- Groupset helps prevent injuries by reducing skill and terrain mismatch
- Groupset identifies outlier results for athletes who require enhanced skills training relative to their group
- Group assignment measures uphill, downhill, and flat segment analysis to identify strengths and weaknesses of each athlete in the group



NURTURE FEARLESS MINDS

Focus on the process and capture marginal gains

37x

Annual Improvement
(Marginal Gains Theory)

Brailsford, 2010s

Performance improves when it is measured, and when that measurement is reported, the rate of improvement accelerates.

Marginal gains make ordinary athletes extraordinary

- Identify 1% improvement opportunities and track progress to **verify capture of marginal gains**
- **Fight fear-based performance** outcomes by focusing on objective trends and evaluations
- **Build resilience** by validating that skill improvements and controllable factors are generating expected results



THE MASTER LINK

Groupset gathers the data so coaches can inspire everyone

Easily Manage Repeatable Time Trials

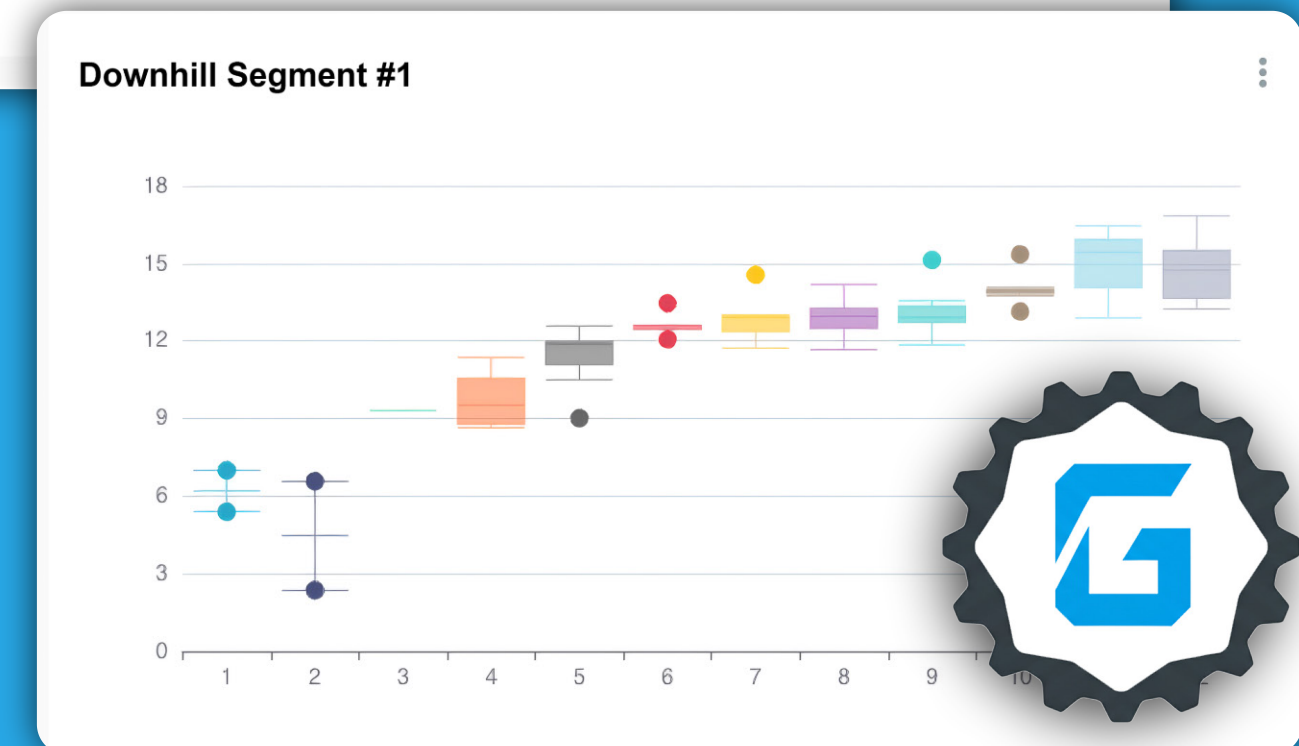
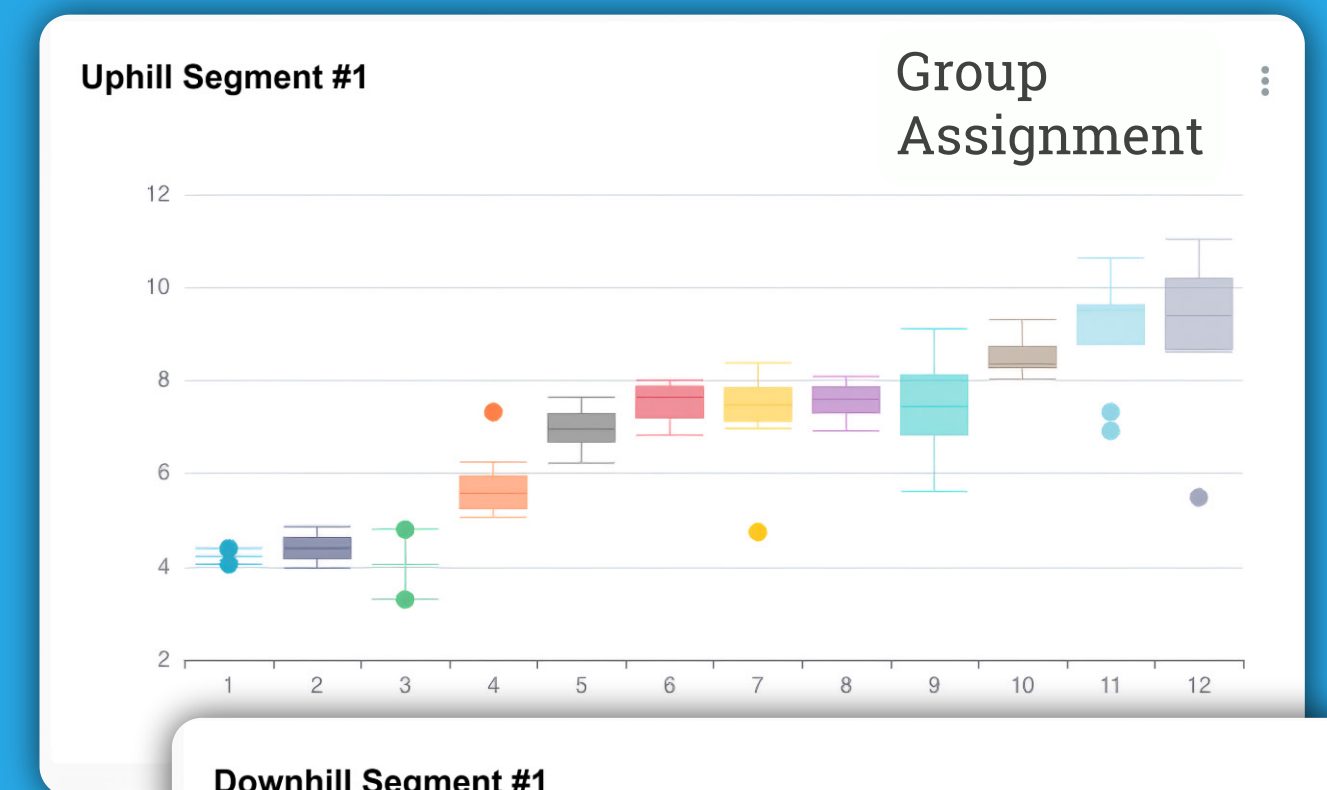
- Baseline Time Trials map every athlete's unique rider abilities. Automated reassessments verify skill refinements and reinforce motivations

Statistical Grouping

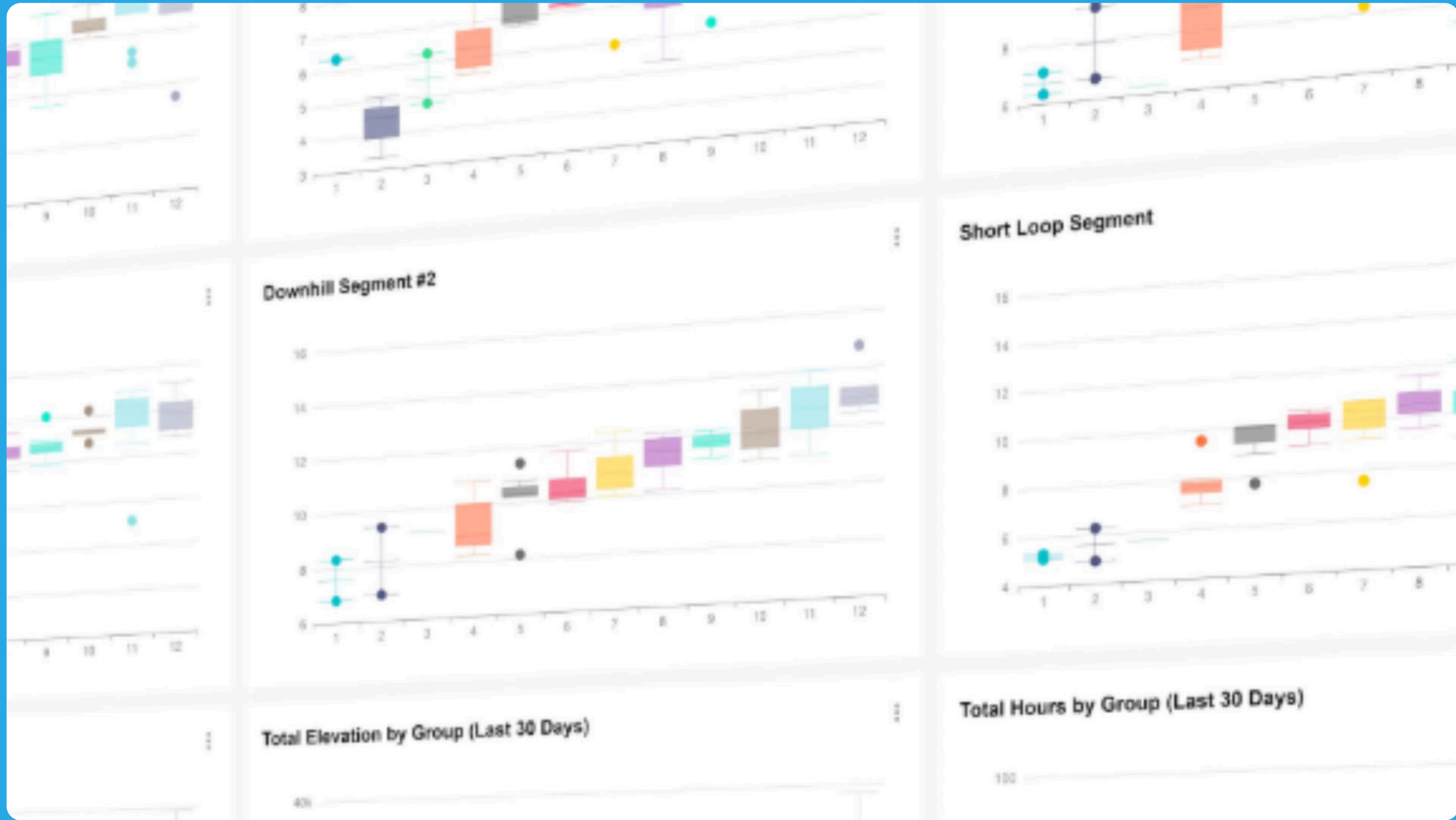
- Our algorithm performs a "Cluster Analysis" on the team, grouping kids who perform most similarly across uphill and downhill segments

Peer-Powered Benchmarks

- Make progress feel achievable by framing the results in context to the group they ride with at each practice



GROUP MANAGEMENT



PARENTS GET PEACE OF MIND

Groupset helps teams provide a safe, fair, and insightful experience

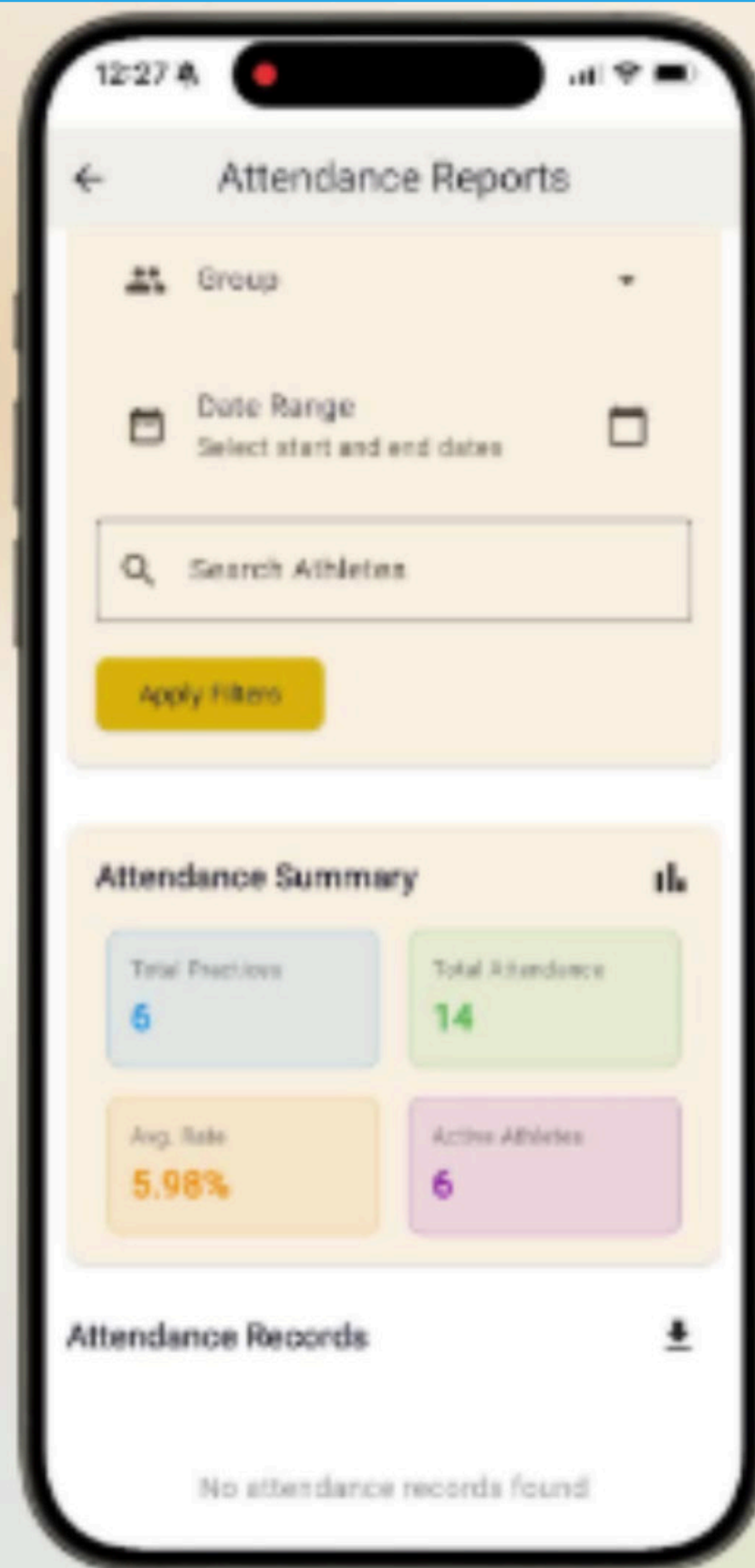
Safety & Emergency Notifications

- Get notified* when your child is checked in and out of practice, and which coaches they're with
- All coaches have easy access to parent and emergency contacts
- Athlete's medications or conditions are accessible to all Level 2 and Level 3 coaches



*Notifications are a planned feature under development pending release in app stores

CHECK-IN & CHECK-OUT



ENHANCED ATHLETE EXPERIENCES

Coaches are equipped to support your personal goals

Achieve your goals

- Personal goals are always visible to your coaches in-app
- Group placement is unbiased, thoughtful and data-driven
- Data surfaces strengths and improvement opportunities
- Track and monitor your progress and get coach support



TEAM COMMUNICATION

Groupset facilitates safe and secure communication

Team Chat

- Team chat and user-created sub-channels and private messaging
- Parents can monitor all private messages for their children
- Critical announcements and alerts can be pushed to devices and pinned to the top of the channel for visibility



FRAMEWORK FOR GROWTH

Common success frameworks for convenient benchmarking

Athletes

- Set realistic goals and adjust your training plan
- Measure progress and feel confident that your training is working
- Assess relative strengths and opportunities for improvement compared to your practice group

Parents

- Understand your child's performance trends
- Boost equipment ROI by improving training outcomes
- Help your child focus on process wins, not just race rank

Coaches

- Coach to kids goals
- Benchmark performance for the **whole team**, not just top performers
- Reduce injury risk with skill based statistical groupings
- Celebrate progress, not just rankings



