

# HOW TO SIGN UP TO TRAIN WITH US



# STEP 1

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Go to [www.hoophabits.com](http://www.hoophabits.com)

Click the schedule now button in  
the upper right hand corner of the  
home page

SCHEDULE NOW



# STEP 2

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You will be redirected to the GymMaster portal – the platform where our scheduling is managed

**Important:** by creating a login, you are not committing to any services. logging in will allow you to view our training offerings and schedule



## STEP 3

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Click “sign up”

Read through membership options to determine which plan is best for your athlete



# STEP 4

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Enter **ATHLETE'S**  
personal details



# STEP 5

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Sign the Hoop Habits operating policies, waiver of liability (use athlete's initials), and Hoop Habits Contract

**Note:** if you receive an error, try refreshing the page



# STEP 6

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Fill out the "Hoop Habits  
Questionnaire"

This will help with selecting the  
appropriate training group for  
your athlete



# STEP 7

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Click the "booking" drop down to see the training schedule

Click on a group to read the group session description to help with selecting the appropriate group for your athlete

**Important:** booking closes 4 hours prior to the beginning of each session

