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Back up or restore your team

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Download a copy of your team's data, or restore it from a backup.

Open **Settings**, then **Backup & Restore**.

Make a backup

1. Select **Download Backup**.
2. Keep the ZIP file somewhere safe.

The backup holds your roster, calendar, check-ins, recruiting, evaluations, planner, team notes, practice plans and uploaded files. Team Journals aren't included.

Restore

Restoring replaces your team's current data with the backup. Staff and Wrestling Journal links are kept.

1. Select **Restore from ZIP** and pick the backup file.
2. Read the warning, then type RESTORE to confirm.

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