



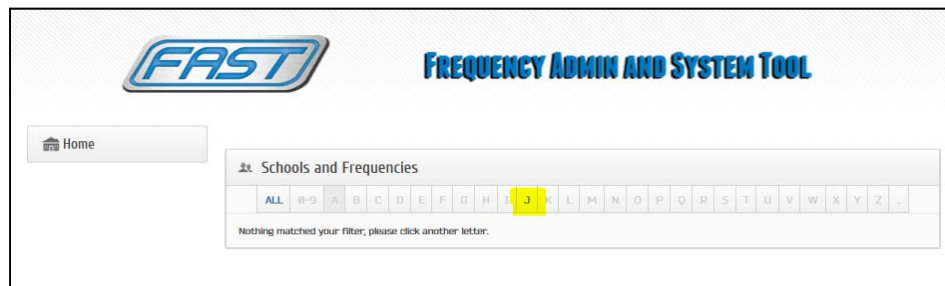
## FAST Instructions

The **FAST** system [Frequency Admistration and System Tool] is a NEW and secure frequency management system that will provide you with an easy way to retrieve your game day frequency information for the 2013 football season. FAST will automatically provide notifications to the email addresses you specify in your account when your game day frequencies have been posted to your school account. You may add several users to your school account to ensure that no one misses that frequencies have been posted to your account.

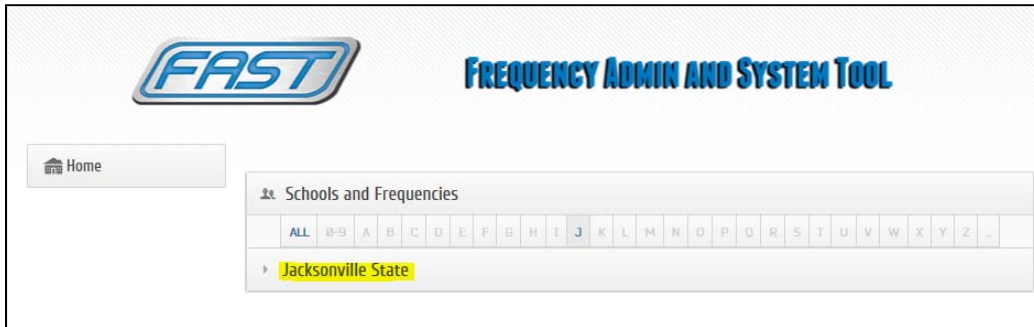
**Getting started is easy.** Simply follow the instructions below to request your account and you're on your way.

1. Visit <http://frequencies.coachcomm.com/> to sign up by clicking "Request Account" and filling out the form. You will need to individually request an account for each user that you wish to be on your account. If your school is not listed, select "Other" and be sure to fill in the school name in the box next to the dropdown menu. Once you submit the form, the account request will go to CoachComm and will be approved by the site administrator.
2. Once you receive an email notifying you that your account has been approved, visit <http://frequencies.coachcomm.com/login> and enter the username and password you selected when you created your account.
3. You'll then be taken to the homepage where you will be able to select your school and download your game day frequencies using the following steps:

Click the letter corresponding to the first letter of your school name.



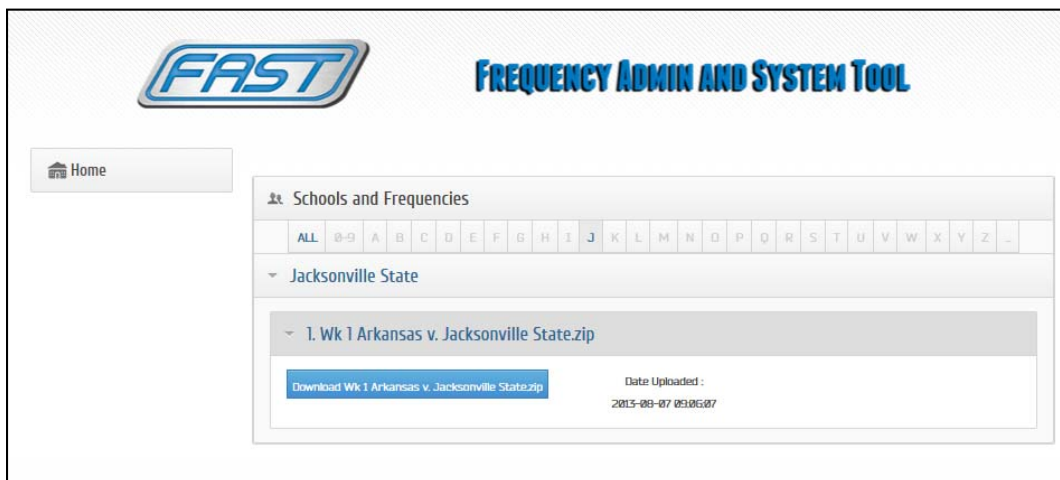
Click on your school to bring up a list of the available downloads.



Click on the file you wish to download.



Click "Download [Filename]" to begin downloading the file.



4. Once you've downloaded the files you need, simply click "Logout" in the upper right-hand corner. *Please note that you will need FM-1 software installed in order to execute .fm1 files. You may download and install the software from our Tempest NG Support Page:*  
<http://www.coachcomm.com/supportdocuments/tempest-ng>
5. You will be notified via email each time a frequency file has been placed in your account.

*If you have any questions and issues with the FAST system, please don't hesitate to contact:*

Jonathan Middleton

1.800.749.2761 ext 253 or email at [jonathan.middleton@coachcomm.com](mailto:jonathan.middleton@coachcomm.com)