This document is provided free of charge by Horton Press. You may view, download, and share the original. You may not edit, remove, or add information to this document, or redistribute altered versions.

# Back up or restore your team

Revision 2026-10-10

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.

© 2026 Horton Press — All rights reserved
Learn more and see other program tools and resources at **www.hortonpress.com**