**PLAYTRI GOLD 1 TEAM SUMMER SESSION**

Coach Morgan: morgan@playtri.com

**PRACTICE SCHEDULE**

* Wednesdays, 6:00-7:00 PM – Swim Practice, Don Rodenbaugh Natatorium
* Thursdays, 5:30-6:30 PM – Run Practice, Playtri McKinney Store
* Saturdays, 10:30-11:30 AM – Bike/Run Practice, Playtri McKinney Store

Visit [www.playtri.com/youth-calendar](http://www.playtri.com/youth-calendar) for detailed practice and race schedules.

**SUMMER RACE SCHEDULE**

Please remember, parents are responsible for completing individual registration for all team races, and for picking up race packets prior to each event. Check [www.playtri.com/upcoming-events](http://www.playtri.com/upcoming-events) for detailed team race day schedules.

* KIDS! Splash n Dash – June 10th
* Cooper Kids Triathlon – June 24th
* Mansfield Kids Triathlon – July 2nd
* Little Buggy Kids Triathlon – September 4th
* Stonebridge Ranch Kids Triathlon – September 23rd (discount code YOUTH2017)

**EQUIPMENT**

* Swim goggles
* Swim cap (for long hair)
* One-piece training style swimsuit
* Swim snorkel (front-loaded)
* Pull buoy
* Bicycle in good working order with multiple speeds and hand brakes (please make sure tires are aired up before every practice)
* Bicycle helmet (no crashes or other damage)
* Water bottle cage on bike
* Sports water bottle
* Comfortable exercise clothes (not too baggy)
* Running shoes (prefer neutral w/ moderate cushion)
* Elastic laces/Velcro
* Race belt
* Team trisuit (order by June 17th)

Remember, Team Playtri athletes receive a 15% discount off full price retail at all Playtri Stores!

**SERVICE HOURS**

Parents are required to complete two service hours per athlete during each four month team session. There is a reporting sheet at [www.playtri.com/youth-documents](http://www.playtri.com/youth-documents) with suggested service activities. Alternatively, parents can take the PCA Second Goal Parent online course through Team Playtri, or make a $50 donation to the program.

**ATHLETE EXPECTATIONS**

* Respect your ROOTS: Rules, Officials, Opponents, Teammates, Self
* Practice ELM: Effort, Learning, Mistakes are OK
* Always put safety first

**PARENT EXPECTATIONS**

* Respect athletes, other parents, coaches, and race day staff
* Help your athletes to be early or on-time to all practices and events
* Let your athlete them take ownership of their sport experience – failing is ok, and a great learning tool
* Encourage your athlete – let them know you believe them, and that the most important thing is that they work hard, meet their commitments, and demonstrate good character in their words and actions
* Let the coach handle any race day issues
* Follow the guidelines outlined in the Playtri Parent Pledge
* Represent the team and the Playtri brand in a positive manner at all times

Visit [www.positivecoach.org](http://www.positivecoach.org) for great resources on sports parenting.

**COACH EXPECTATIONS**

* Endeavor to provide a quality training environment with sustainable structure
* Provide support and guidance at team races
* Be early or on-time to all team practices and events
* Educate athletes and parents
* Educate athletes on sportsmanship, work ethic and honoring the game
* Discipline athletes appropriately as necessary
* Speak and act with respect towards athletes, parents and other coaches