

# PLAYTRI YOUTH & JUNIORS

OFF-SEASON 2017-2018 TEAM HANDBOOK



## TABLE OF CONTENTS

TRYOUTS .....	pg. 3
PARENT MEETINGS/SERVICE HOURS .....	pg. 4
USAT/PCA/PARENT PLEDGE/UNIFORMS .....	pg. 5
COLLEYVILLE PROGRAMS .....	pg. 6
PLANO/THE COLONY PROGRAMS .....	pg. 7
ROCKWALL PROGRAMS .....	pg. 8
DALLAS PROGRAMS .....	pg. 9-11
MCKINNEY PROGRAMS .....	pg. 12-13
ELITE TEAM PROGRAMS .....	pg. 14-19
PLAYTRI LIABILITY WAIVER .....	pg. 20
PLAYTRI PARENT PLEDGE .....	pg. 21
COACHES/PARTNERS .....	pg. 22

## TRYOUTS

All athletes wishing to participate in the 2017 Dallas or McKinney Team Playtri Off-Season Session must participate in the tryout for their desired team. Colleyville, Plano and Rockwall athletes are not required to complete a tryout.

Athletes must RSVP online at [www.playtri.com/trials-week](http://www.playtri.com/trials-week) prior to tryouts in order to participate.

### Tryout Schedules:

#### Dallas All Teams (Ages 6-18)

Swim: Saturday, 9/16, 1:30-2:30 PM

Bike/Run: Friday, 9/19, 5:30-6:30 PM

#### McKinney Blue Team (Ages 6-9 Beginner)

Swim: Monday, 9/25, 5:30-6:00 PM

Bike/Run: Tuesday, 9/26, 5:30-6:30 PM

#### McKinney Silver Team (Ages 8-12 Intermediate)

Swim: Monday, 9/25, 6:00-7:00 PM

Bike/Run: Wednesday, 9/27, 4:30-6:00 PM

#### Colleyville Club Team (Ages 6-15)

No tryout required

#### McKinney Gold 1 Team (Ages 9-15 Intermediate)

Swim: Monday, 9/25, 6:00-7:00 PM

Bike/Run: Wednesday, 9/27, 4:30-6:00 PM

#### Rockwall Teams (Ages 6-15)

No tryout required

#### McKinney Gold 2 Team (Ages 10-16 Advanced)

Swim: Friday, 9/29, 6:00-7:00 PM

Bike/Run: Thursday, 9/28, 4:30-5:30 PM

#### Plano Club Team (Ages 6-15)

No tryout required

#### McKinney Elite Teams (Ages 12-19 Advanced)

Swim: Friday, 9/29, 6:00-7:00 PM

Bike Skills: Thursday, 9/28, 5:30-6:30 PM

Run: Wednesday, 9/27, 6:00-7:00 PM

**Dallas Bike/Run Location:** Playtri Dallas Store

**Dallas Swim Location:** JCC Dallas, 7900 Northaven Road, Dallas, TX 75230

**McKinney Bike/Run Location:** Playtri McKinney Store

**McKinney Swim Location:** Don Rodenbaugh Natatorium, 110 Rivercrest Blvd, Allen, TX 75002

**Athletes must bring their own equipment to tryouts.** Swim tryouts require goggles, and a swim cap for Gold 2. Bike/run tryouts require a bike in good working order, helmet that fits properly with no damage, water bottle, running shoes, and cycling/tight fitting shorts for all Gold teams and Juniors. Athletes already using cycling shoes should bring those as well.

Parents will be required to complete and sign a liability waiver at the first tryout session.

## PARENT MEETINGS

*All athletes are required to have a parent present at their respective team meeting as part of their Spring Session participation.*

All parent meetings will be at the team's Playtri Store location (same as bike/run tryout).

### Parent Meeting Schedule:

Dallas Blue Team  
Tuesday, 10/3, 4:30-5:15 PM

McKinney Blue Team  
Monday, 10/30, 5:00-5:30 PM

Colleyville Club Team  
Tuesday, 11/13, 6:00-7:00 PM

Dallas Silver Team  
Tuesday, 10/3, 5:15-6:30 PM

McKinney Silver Team  
Monday, 10/30, 5:30-6:00 PM

Rockwall Teams  
Saturday, 11/11, 12:00-1:00 PM

Dallas Gold/Juniors Teams  
Monday, 10/2, 5:30-6:30 PM

McKinney Gold 1 Team  
Monday, 10/30, 6:00-6:30 PM

Plano Club Team  
Thursday, 11/9, 6:30-7:30 PM

McKinney Gold 2 Team  
Monday, 10/30, 6:30-7:00 PM

McKinney Elite Teams  
Monday, 10/30, 7:00-8:00 PM

## PARENT SERVICE HOURS

All Team Playtri parents are required to complete two (2) service hours per athlete during each team session. There are a wide variety of ways to fulfill this commitment – you can view a list of suggestions on the “Documents” page of the team website.

Parents who are unable to complete the two hours may make a \$50 donation instead.

Documentation of service hours must be submitted using the provided form on the “Documents” page of the team website.

## USAT MEMBERSHIP AND LIABILITY WAIVER

All Team Playtri athletes must have a current USA Triathlon annual membership and a current liability waiver (posted on the team “Documents” page) before participating in their first team tryout or practice.

Visit [www.usatriathlon.org/membership](http://www.usatriathlon.org/membership) for details on obtaining an annual membership.

## POSITIVE COACHING ALLIANCE

We are proud to be partnered with the Positive Coaching Alliance (PCA) and to offer their Second-Goal Parent online course to our families. Completion of this course by a parent can fulfill the 2 hour service requirement for one athlete for one session. Parents cannot complete the course multiple times for credit. You will be able to pay for your Second-Goal Parent course during online registration.

Visit [www.positivecoach.org](http://www.positivecoach.org) to learn more about PCA and their resources.

## PARENT PLEDGE

All Team Playtri parents are required to sign and submit our “Parent Pledge” prior to their athlete’s first team practice. We review the pledge as a group at the team parent meetings.

Visit our “Documents” page on the team website to download the pledge and review in advance.

## UNIFORMS

Off-Season athletes are not required to purchase the team trisuit – however, those that wish to purchase early for the Spring season will be able to do so. Athletes will also have the opportunity to purchase cycling jerseys and shorts, as well as track singlets. Coaches will review sizing and specific items during team parent meetings.

Team trisuit: \$104

Team cycling jersey: \$78

Team cycling short: \$78

## TEAM PLAYTRI RULES AND EXPECTATIONS

The same rules apply to coaches, athletes and parents alike. We keep it simple!

1. Demonstrate respect to all individuals involved in your triathlon experience
2. Provide feedback, not complaints
3. Take responsibility for your own equipment
4. Ask questions
5. Be early (or, at the very latest, on time)

### Training Locations

- GCISD Natatorium – 2305 Pool Road, Grapevine, TX 76051
- Playtri Colleyville Store – 7171 Colleyville Blvd, Ste. 108, Colleyville, TX 76034

**Head Coach:** Andrew Harley, [a.theharley@gmail.com](mailto:a.theharley@gmail.com)

### Colleyville Club Team

Race Ages 6-15

Recreational, skills-based team focused on understanding USAT rules, basic skills and strategy for triathlon racing.

Prerequisites: Athletes must be off training wheels, and must be able to swim from one end of the pool to the other without stopping.

Required Equipment: Bicycle in good working order with bottle cage, bicycle helmet, water bottle (sports bottle), running shoes, swimsuit, goggles, towel, race belt, team trisuit

Weekly Practices:

- Tuesday, 5:00-6:00 PM – Bike/Run Practice – Playtri Colleyville Store
- Thursday, 7:00-8:00 PM – Swim Practice – GCISD Natatorium

Cost: \$225 (\$75/month), plus \$2 pool fee for each swim practice

## PLANO/THE COLONY PROGRAMS

### Training Locations

- Natatorium TBA
- Playtri Cycling – 6800 Windhaven Pkwy, Ste 137, The Colony, TX 75056

**Head Coach:** Selcuk Caglar, [selcuk@playtri.com](mailto:selcuk@playtri.com)

### Plano Club Team

Race Ages 6-15

Recreational, skills-based team focused on understanding USAT rules, basic skills and strategy for triathlon racing.

Prerequisites: Athletes must be off training wheels, and must be able to swim from one end of the pool to the other without stopping.

Required Equipment: Bicycle in good working order with bottle cage, bicycle helmet, water bottle (sports bottle), running shoes, swimsuit, goggles, towel, race belt, team trisuit

Weekly Practices:

- Thursdays, 5:30-6:30 PM – Bike Practice – Playtri Cycling
- Fridays, 5:30-6:30 PM – Run Practice – Playtri Cycling

Cost: \$225 (\$75/month)

## ROCKWALL PROGRAMS

### Training Locations

- Natatorium TBD
- Rockwall Cycling – 939 E I-30, Rockwall, TX 75032

**Head Coach:** Morgan Davis, [Morgandavis@playtri.com](mailto:Morgandavis@playtri.com)

### Silver Team

Race Ages 9-12

Beginner to Intermediate team format with three weekly practices. Primary emphases are fun, refining basic techniques and learning basic racing and training strategy. Athletes participate in local youth triathlon events.

Prerequisites: 8-9 year olds entering the Silver Team program should be able to swim 100y freestyle continuously, safely participate in a group bike ride, execute basic bike drills and run a half mile without walking. 10-11 year olds do not have any skills prerequisites, though coaches may recommend private lessons for those who are very new to the sport.

Required Equipment: Bicycle in good working order with multiple speeds, water bottle cage, bicycle helmet, water bottle (sports bottle), running shoes, swimsuit, goggles, towel, race belt, team trisuit

Weekly Practices:

- Tuesdays, 4:00-5:00 PM – Bike/Run Practice – Rockwall Cycling
- Wednesdays, 4:00-5:00 PM – Conditioning – Rockwall Cycling
- Thursdays, 4:00-5:00 PM – Bike/Run Practice – Rockwall Cycling

Cost: \$600/session (\$150/month)



## DALLAS PROGRAMS

### Training Locations

- JCC Dallas – 7900 Northaven Road, Dallas, TX 75230
- Playtri Dallas Store – 6465 E Mockingbird Lane, Ste. 350, Dallas, TX 75214

**Head Coach:** Debi Berg, [tricoachdebi@gmail.com](mailto:tricoachdebi@gmail.com)

### Blue Team

Race Ages 6-9

Introductory team format with two weekly practices. Primary emphases are fun and sport basics such as freestyle swim technique, USAT race rules, bike safety and handling, run form and pacing, etc.

Prerequisites: Athletes must be off training wheels, and must be able to swim from one end of the pool to the other without stopping.

Required Equipment: Bicycle in good working order with bottle cage, bicycle helmet, water bottle (sports bottle), running shoes, swimsuit, goggles, towel, race belt, team trisuit

Weekly Practices:

- Tuesdays, 5:30-6:30 PM – Bike/Run Practice – Playtri Dallas
- Saturdays, 12:30-1:30 PM – Swim Practice – JCC Dallas

Cost: \$500 (\$125/month) + \$75 pool facility fee

### Silver Team

Race Ages 8-11

Beginner to Intermediate team format with three weekly practices. Primary emphases are fun, refining basic techniques and learning basic racing and training strategy.

Prerequisites: 8-9 year olds entering the Silver Team program should be able to swim 100y freestyle continuously, safely participate in a group bike ride, execute basic bike drills and run a half mile without walking. 10-11 year olds do not have any skills prerequisites, though coaches may recommend private lessons for those who are very new to one or more of the three sports.

Required Equipment: Bicycle in good working order with multiple speeds, water bottle cage, bicycle helmet, water bottle (sports bottle), running shoes, swimsuit, goggles, towel, race belt, team trisuit

Weekly Practices:

- Mondays, 4:30-5:30 PM – Bike Practice – Playtri Dallas Store
- Thursdays, 4:30-5:30 PM – Run/Conditioning Practice – Playtri Dallas Store
- Saturdays, 12:30-1:30 PM – Swim Practice – JCC Dallas

Cost: \$600 (\$150/month) + \$75 pool facility fee

## **Gold Team**

Race Ages 9-15

Intermediate team format with three weekly practices. Primary emphases are fun, refining basic techniques and learning basic racing and training strategy.

Prerequisites: 9-11 year olds entering the Gold Team program should be able to swim 100y freestyle without stopping, safely participate in a group bike ride, execute basic bike drills and run one mile without walking. 12-15 year olds do not have any skills prerequisites, though coaches may recommend private lessons for those who are very new to one or more of the three sports.

Required Equipment: Road or hybrid bicycle in good working order with multiple speeds, water bottle cage, bicycle helmet, cycling shorts, clipless cycling shoes, clipless pedals, flat kit, water bottle (sports bottle), running shoes, swimsuit, goggles, towel, race belt, team trisuit

Weekly Practices:

- Tuesdays, 4:30-5:30 PM – Bike/Run Practice – Playtri Dallas Store
- Thursdays, 4:30-5:30 PM – Run/Conditioning Practice – Playtri Dallas Store
- Saturdays, 1:30-2:30 PM – Swim Practice – JCC Dallas

Cost: \$600 (\$150/month) + \$75 pool facility fee

## **Juniors Team**

Race Ages 12-18

Intermediate team format for middle and high school age athletes with 3 weekly team practices. Primary emphases are fun, refining basic techniques, learning basic racing and training strategy, and improving general and sport-specific fitness.

Prerequisites: 12-15 year olds entering the Juniors Team program should be able to swim 100y freestyle in under 2:00, safely participate in a group bike ride, execute basic bike drills, run one mile in 10:00 or faster and be willing to transition to clipless cycling shoes during their first session with the program. 16-18 year olds do not have any skills prerequisites, though coaches may recommend private lessons for those who are very new to one or more of the three sports.

Required Equipment: Road or hybrid bicycle in good working order with multiple speeds, water bottle cage, bicycle helmet, cycling shorts, clipless cycling shoes, clipless pedals, flat kit, water bottle (sports bottle), running shoes, swimsuit, goggles, towel, race belt, team trisuit

Weekly Practices:

- Mondays, 5:30-6:30 PM – Run/Conditioning Practice – Playtri Dallas Store
- Wednesdays, 5:00-6:00 PM – Bike/Run Practice – Playtri Dallas Store
- Saturdays, 1:30-2:30 PM – Swim Practice – JCC Dallas

Cost: \$600 (\$150/month) + \$75 pool facility fee

## **Juniors Team Plus**

Practices, prerequisites and equipment requirements are the same for this program, but athletes are also provided with individual coaching in the form of at-home workouts from the head coach based on the individual athlete's strengths, weaknesses and goals.

This program demands a certain amount of self-motivation from young athletes, and is generally recommend for older/more mature athletes.

Cost: \$1000 (\$250/month) + \$75 pool facility fee

## MCKINNEY PROGRAMS

### Training Locations

- Don Rodenbaugh Natatorium – 110 Rivercrest Blvd, Allen, TX 75002
- Playtri McKinney Store – 7951 Collin McKinney Pkwy, Ste. 1500, McKinney, TX 75070

**Head Coach:** Morgan Hoffman, [morgan@playtri.com](mailto:morgan@playtri.com)

### Blue Team

Race Ages 6-9

Introductory team format with three weekly practices. Primary emphases are fun and sport basics such as freestyle swim technique, USAT race rules, bike safety and handling, run form and pacing, etc.

Prerequisites: Athletes must be off training wheels, and must be able to swim from one end of the pool to the other without stopping.

Required Equipment: Bicycle in good working order with bottle cage, bicycle helmet, water bottle (sports bottle), running shoes, swimsuit, goggles, towel

Weekly Practices:

- Mondays, 4:30-5:00 PM – Swim Practice – Don Rodenbaugh Natatorium
- Tuesdays, 4:30-5:30 PM – Bike/Run Practice – Playtri Dallas Store
- Wednesdays, 4:00-4:30 PM – Swim Practice – Don Rodenbaugh Natatorium

Cost: \$375 (\$125/month) + \$75 pool facility fee

### Silver Team

Race Ages 8-12

Beginner to Intermediate team format with three weekly practices. Primary emphases are fun, refining basic techniques and learning basic racing and training strategy. Athletes participate in local youth triathlon events.

Prerequisites: 8-9 year olds entering the Silver Team program should be able to swim 100y freestyle continuously (5-10 second wall rests allowed), safely participate in an age-level group bike ride, execute basic bike drills and run a half mile without walking. 10-12 year olds do not have any skills prerequisites, though coaches may recommend private lessons for those who are very new to one or more of the three sports.

Required Equipment: Bicycle in good working order with multiple speeds, water bottle cage, bicycle helmet, water bottle (sports bottle), running shoes, swimsuit, goggles, swim snorkel, towel

Weekly Practices:

- Mondays, 6:00-7:00 PM – Swim Practice – Don Rodenbaugh Natatorium
- Tuesdays, 5:30-6:30 PM – Bike Practice – Playtri McKinney Store
- Thursdays, 5:30-6:30 PM – Run/Conditioning Practice – Playtri McKinney Store

Cost: \$450/session (\$150/month) + \$75 pool facility fee

## **Gold 1 Team**

Race Ages 10-15

Intermediate team format with three weekly practices. Primary emphases are fun, refining basic techniques and learning basic racing and training strategy. Athletes participate in local and travel team races and events as they and their coaches feel they are ready.

Prerequisites: 10-12 year olds entering the Gold Team program should be able to swim 100y freestyle in 2:00 or faster, safely participate in a group bike ride, execute basic bike drills and run one mile in 8:30 or faster. 13-15 year olds do not have any skills prerequisites, though coaches may recommend private lessons.

Required Equipment: Road or hybrid bicycle in good working order with multiple speeds, water bottle cage, bicycle helmet, cycling shorts, flat kit, water bottle (sports bottle), running shoes, swimsuit, goggles, swim snorkel, towel

Weekly Practices:

- Thursdays, 5:30-6:30 PM – Run/Conditioning Practice – Playtri McKinney Store
- Fridays, 5:00-6:00 PM – Swim Practice – Don Rodenbaugh Natatorium
- Saturdays, 11:00-12:00 PM – Bike Practice – Playtri McKinney Store

Cost: \$600/session (\$150/month) + \$75 pool facility fee

## **Gold 2 Team**

Race Ages 10-16

Advanced team format with 3 weekly practices. Gold 2 is a competitive/pre-youth-elite program where athletes refine their current abilities and are introduced to the skills competencies for draft-legal (youth elite format) triathlon competition.

Prerequisites: 10-16 year olds entering the Gold 2 Team program should be able to swim 100y freestyle in 1:35 or faster (boys) or 1:40 or faster (girls), work safely and effectively in a paceline on the bike, execute advanced bike drills, run one mile in 7:30 or faster (boys) or 8:00 or faster (girls), and be prepared to transition to clipless cycling shoes.

Required Equipment: Road bicycle in good working order with multiple speeds, water bottle cage, cycling computer with cadence, bicycle helmet, cycling shorts, clipless cycling shoes, clipless pedals, flat kit, water bottle (sports bottle), running shoes, swimsuit, goggles, swim snorkel, Finis leg band, short fins, pull buoy, towel

Weekly Practices:

- Tuesdays, 5:30-6:30 PM – Run/Conditioning Practice – Playtri McKinney Store
- Thursdays, 4:30-5:30 PM – Bike Practice – Playtri McKinney Store
- Saturdays, 4:00-5:00 PM – Swim Practice – Don Rodenbaugh Natatorium

Expanded Swim Option:

- Wednesdays, 6:00-7:00 PM – Swim Practice – Don Rodenbaugh Natatorium

Cost: \$600/session (\$150/month) + \$75 pool facility fee

Cost w/ Expanded Swim: \$740/session (\$185/month) + \$75 pool facility fee

## TEAM PLAYTRI ELITE PROGRAMS (MCKINNEY AND DISTANCE)

If you are a parent whose athlete plans to try out for the Elite team program in October 2017, we strongly recommend a parent/coach/athlete meeting prior to tryouts to review the commitments and expectations of the Elite team programs, and answer any questions that parents/athletes may have.

### MEMBERSHIP STANDARDS

To be placed in a Team Playtri Elite program, athletes must be race age 12-19, OR joining in the off-season session (November) of their race age 11 year. All athletes must meet their gender standards during tryouts (or within one month prior) to be accepted to a Team Playtri Elite program. All athletes must complete a full year in the Team Playtri Elite Development program (or F1 program, prior to 2018) before they are eligible to move to Team Playtri Elite, unless they have prior extensive draft-legal triathlon experience.

Standard	Girls	Boys
100y Freestyle Swim (in water start with proper freestyle – flip – turns)	1:25 or faster	1:20 or faster
Group Riding	Complete 1 hour group ride (15-16 mph average) with current members – expected to work within a rotating paceline	Complete 1 hour group ride (15-16 mph average) with current members – expected to work within a rotating paceline
Flying Mount	Complete successfully and consistently w/o rubber bands	Complete successfully and consistently w/o rubber bands
Over the Bar Dismount	Complete successfully and consistently	Complete successfully and consistently
On the Bike Shoe Entry/Removal	Get in and out of shoe within 40 yards of riding (each side)	Get in and out of shoe within 40 yards of riding (each side)
Clipless Pedals	Able to quickly clip into pedals without looking down	Able to quickly clip into pedals without looking down
1 Mile Run	7:00 or faster	6:30 or faster

### TEAM PLAYTRI ELITE DEVELOPMENT TEAM (DEVO TEAM)

Once an athlete meets the membership standards above in the Off-Season Session tryouts, he or she is automatically eligible to join the Team Playtri Elite Development Team for the upcoming Off-Season Session.

Devo Team members are required to attend a minimum of three (3) team practices a week, which must include Tuesday Conditioning and Thursday Bike/Run. Athletes are expected to attend **every** team practice, unless excused by the Head Coach. This is a non-negotiable commitment.

## TEAM PLAYTRI ELITE

Once an athlete meets the membership standards above, he or she can apply to join Team Playtri Elite at the beginning of any team session (Off-Season, Spring or Summer). Athletes applying to Team Playtri Elite are required to submit a 1-2 page essay outlining:

- What they feel they would bring to the team
- Evidence of their ability to meet the program commitments (see below)

The Head Coach has the ability to accept or decline any applicant.

### **The Team Playtri Elite commitment includes:**

- Attending a minimum of three (3) team practices a week, which must include Tuesday Conditioning, Thursday Bike/Run, and an additional TPE-only practice. Athletes are expected to attend **every** team practice, unless excused by the Head Coach. Holiday weeks are excluded from this expectation.
- Having and maintaining an active TrainingPeaks account with updates every 72 hours or more often with written workout feedback, swim set descriptions, and files for bike and run workouts.
- Completing individual training sessions as assigned by the Head Coach.
- Meeting once a week with the Head Coach to review feedback and address questions and individual issues/planning. Athletes are responsible for scheduling these meetings. Holiday weeks are excluded from this expectation.
- Making a concerted effort to make good nutrition, hydration, sleep and other lifestyle choices that impact the athlete's ability to train and perform.
- Competing in at least one Junior/Youth Elite Cup Series race and one USAT National Championship (Junior/Youth Elite Championship is expected if the athlete qualifies)
- Acting as mentor to a Devo Team member or members

These commitments are non-negotiable. Athletes who fail to meet the above commitments on multiple occasions can and will be released from Team Playtri Elite into the Devo Team Program at the Head Coach's discretion until the next team session – at that time they may apply to return to Team Playtri Elite.

## TEAM PLAYTRI ELITE AND DEVO TEAM EXPECTATIONS

ALL team members are expected to:

- Take care of their own equipment (maintenance and transportation)
- Be punctual for all team events
- Demonstrate a best effort at every team practice and event
- Demonstrate a positive, sportsmanlike attitude at every team practice and event
- Wear Playtri apparel to ALL team events and any races or race-related activities
- Have the current TPE trisuit and cycling jersey (current team cycling kits must be worn at every Thursday bike practice)
- Participate in all team competitions as able
- Complete 10 hours of community service per team session (every 4 months)

These commitments are non-negotiable. Athletes who fail to meet the above commitments on multiple occasions can and will be released from Team Playtri Elite or the Devo Team Program at the Head Coach’s discretion until the next team session – at that time they may apply to return to their former program.

**NATIONAL COMPETITION REQUIREMENTS**

**Age Group, EDR and F1 Competition**

All TPE and Devo Team members will be eligible to compete in any national age group, EDR or F1 competitions as long as they are in good standing with the team and meet the other requirements for competition.

**USAT Junior/Youth Elite Cup Series Competition**

All TPE and Devo Team members will be eligible to compete in Junior and Youth Elite Cup Series races as long as they are in good standing with the team, meet USAT requirements for competitions, and meet the following standards within one month of competition:

Youth Elite Cup Series Competition Standard

<b>Standard</b>	<b>Girls</b>	<b>Boys</b>
100y Freestyle Swim (in water start with proper freestyle – flip – turns)	1:15 or faster	1:10 or faster
100y Flutter Kick	1:50 or faster	1:40 or faster
400y Freestyle Swim	6:00 or faster	5:40 or faster
Freestyle Start	Perform off the deck	Perform off the deck
Cycling	Compete in two (2) USA Cycling age-specific events and stay with the lead or chase group for the athlete’s division	Compete in two (2) USA Cycling age-specific events and stay with the lead or chase group for the athlete’s division
1 Mile Run	6:30 or faster	5:45 or faster

Cup Series standards continued on next page.



## Junior Elite Cup Series Competition Standard

<b>Standard</b>	<b>Girls</b>	<b>Boys</b>
100y Freestyle Swim (in water start with proper freestyle – flip – turns)	1:10 or faster	1:05 or faster
100y Flutter Kick	1:50 or faster	1:40 or faster
800y Freestyle Swim	12:00 or faster	11:00 or faster
Freestyle Start	Perform off the deck	Perform off the deck
Cycling	Compete in two (2) USA Cycling age-specific events and stay with the lead or chase group for the athlete's division	Compete in two (2) USA Cycling age-specific events and stay with the lead or chase group for the athlete's division
5K Run	22:00 or faster	20:00 or faster

### **ITU Competition**

Athletes who qualify for an invitation to compete internationally must schedule a formal meeting with the Head Coach prior to committing to compete to discuss training/preparation expectations. Athletes will NOT compete internationally as Playtri representatives unless they, their family, and the Head Coach feel that they have had sufficient preparation to represent themselves, their team, and their country at an appropriate level.

### **TEAM PRACTICE SCHEDULE**

Subject to change prior to beginning of session based on facility and staff availability.

- Monday, 5:00-6:00 PM: Swim Program Practice
- Tuesday, 5:30-6:30 PM: Run Practice\* (with Gold 2 Team)  
\*Athletes needing to focus on bike fitness may be assigned a CompuTrainer ride during this time
- Tuesday, 6:30-7:30 PM: Weights/Conditioning
- Wednesday, 5:00-6:00 PM: Swim Program Practice
- Wednesday, 6:00-7:00 PM: Run/Dryland (athlete-led)
- Thursday, 5:30-6:30 PM: Bike Practice (team kit day)
- Thursday, 6:30-7:30 PM: Run Practice
- Thursday, 7:30-8:30 PM: Team Dinner
- Friday, 5:00-6:00 PM: Run Practice (athlete-led)
- Friday, 6:00-7:00 PM: Swim Program Practice
- Saturday, TBD AM: Group Ride
- Saturday, 4:00-5:00 PM: Swim Practice

## **EQUIPMENT (TPE AND DEVO PROGRAMS)**

Athletes are required to supply and maintain their own equipment. They will be asked to complete an equipment checklist at the beginning of each Off-Season Session to ensure that they have the items necessary for participation and success.

### **Swim Equipment**

- Training/racing style swimsuit
- 3 pair goggles – clear, tinted, mirrored
- 2 Playtri swim caps – provided
- Mesh bag
- Swim snorkel
- Finis ankle band
- Paddles – fingertip or agility
- Fins – Burner/Zoomer/short/etc.
- Pull buoy

### **Bike Equipment**

- Road bicycle – properly fitted, in excellent condition
- Cycling helmet – properly fitted, in excellent condition, NO PRIOR CRASHES
- Red tail light
- Flat kit – saddle bag, spare tube, tire levers, 2 x Co2, Co2 nozzle
- Clipless pedals – road style, Shimano/Keo preferred
- Clipless cleats – in serviceable condition
- Cycling shoes – triathlon style, properly fitted, in serviceable condition, no more than 1.5 years old (road style shoes are acceptable for Off-Season and road racing)
- Current team cycling jersey
- Cycling shorts – solid black or current team style, bib style recommended
- Socks – wicking and temperature appropriate
- Shoe or toe covers
- Gloves – proper cold weather cycling style
- Base layers – either leg/arm warmers or top/tights, must be fitted, solid black or current team style preferred
- Ear/head cover – for cold weather, must fit securely under helmet
- Jacket/shell – for cold weather, must be fitted, solid black or current team style preferred
- Computer – displaying speed, cadence and HR, may use multisport watch/computer
- Heart rate monitor
- Power meter – not required but recommended for TPE athletes
- 2 sport water bottles

### **Run/Conditioning Equipment**

- Running shoes – neutral with moderate cushion and low heel drop preferred, less than 5 months old, properly fitted and in serviceable condition (no holes!)

- Socks – wicking and temperature appropriate
- Shorts – dry fit, lightweight shorts
- Tops – dry fit, lightweight
- Base layers – tights/tops for cold weather, should be fitted
- Ear/head cover – for cold weather, must fit securely under helmet
- Jacket/shell – for cold weather, must be fitted, solid black or current team style preferred
- Gloves – for cold weather
- Heart Rate Monitor – and compatible watch
- 2 sport water bottles

#### **Other/General Equipment**

- Foam roller
- Lacrosse ball
- Body Glide

#### **TEAM COSTS**

##### **Team Playtri Elite Devo Program:**

- \$200/month with Saturday Swim only\*
- \$275/month with full TPE Swim Program
- All athletes participating in swim practices must pay a \$75/Session pool facility fee

\*Recommend that athletes wishing to qualify to race the Elite Series Cups participate in either the full TPE Swim Program, or in a swim team program

##### **Team Playtri Elite:**

- \$250/month if athlete is utilizing swim team program
- \$375/month with full TPE Swim Program
- All athletes participating in swim practices must pay a \$75/Session pool facility fee

##### **Parent Service Hours:**

All parents are required to complete two service hours per athlete per session, or make a \$50 donation to the program.

# PLAYTRI RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT WITH PARENTAL CONSENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in any event ("Activity") at any time during the current calendar year I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of the Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if, at any time, I believe the conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) THIS ACTIVITY INVOLVES RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS or SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation ,or that of the minor, in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE Ali Zaher Enterprises, LLC, the sanctioning organization(s), their administrators, directors, agents, officers, members, volunteers, and employees, other participants, officials, rescue personnel, sponsors, advertisers, owners and lessees of Premises on which the Activity is conducted, (each of the forgoing shall be considered one of the RELEASEES herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may be incurred as the result of such claim.

I ACKNOWLEDGE THAT I AM OVER THE AGE OF 18 YEARS, HAVE READ THIS AGREEMENT AND FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, AND I INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

CLUB NAME: \_\_\_\_\_

PRINTED NAME OF PARTICIPANT: PARTICIPANT'S SIGNATURE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
(Street) (City) (State) (Zip)

PHONE: \_\_\_\_\_ DATE: \_\_\_\_\_

## Below section must be completed by Parent/Guardian for any participant under the age of 18.

### MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF THE ACTIVITY AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIMS AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST THAT MAY OCCUR AS A RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN: I HAVE READ THIS RELEASE \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): I HAVE READ THIS RELEASE \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
(Street) (City) (State) (Zip)

PHONE: \_\_\_\_\_ DATE: \_\_\_\_\_



## The Playtri Parent's Pledge

*Taken from the Positive Coaching Alliance Parent Pledge*

Our organization is committed to the principles of the Positive Coaching Alliance. Therefore, we ask that you read, sign and return this form to your child's coach prior to his or her first practice.

As a Team Playtri Parent, I pledge to:

1. Be a Second-Goal Parent, focused on the goal of using sports to teach life lessons, while leaving the goal of winning to players and coaches. This is in keeping with the ideal of the Double-Goal Coach – who has a goal of winning and an even more important goal of teaching life lessons through sport.
2. Use positive encouragement to fill the emotional tanks of my child(ren), their teammates, and their coaches. I understand that, like the gas tank of a car, a full Emotional Tank can take folks most anywhere.
3. Reinforce the ELM Tree of Mastery with my child, by:
  - a. Encouraging my athlete to exert maximum **Effort**
  - b. Helping my child **Learn** through sports
  - c. Urging my child to get past **Mistakes** by using a Mistake Ritual...Because I understand that a mastery approach will help my child succeed in sports and in life.
4. Set an example for my child by Honoring the Game, respecting its ROOTS (Rules, Opponents, Officials, Teammates and Self). If I disagree with an official's call, I will Honor the Game and be silent.
5. Use a Self-Control Routine to avoid losing my composure if I grow frustrated. I will take a deep breath, turn away from the game to refocus, count backwards from 100 or use self-talk ("I can rise above this. I need to be a role model").
6. Refrain from negative comments about my child's coach in my child's presence so that I do not negatively influence my child's motivation and overall experience.
7. Be as prompt as possible dropping my child off and pick my child up from practices and races.
8. Engage in No-Directions Cheering, limiting my comments during practice and races to encouraging my child and other athletes (from all teams).

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Print Athlete's Name

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Parent's Signature

## COACHES

Andrew Harley – Colleyville Head Coach

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## THANK YOU TO OUR PARTNERS



HEALTHY SMILES. BEAUTIFUL FACES.