

# TEAM PLAYTRI ELITE 2024 SEASON HANDBOOK



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## OVERVIEW

Team Playtri Elite has been a designated USA Triathlon [High Performance Development Team](#) program since January 2013. We have been proud to produce internationally competitive junior elite athletes, top ten youth and junior elite athletes, national champions, NCAA/collegiate club triathletes, and most importantly young men and women who are leaders in their sport and community. Primary short-term goals for our program include:

- Developing strong, healthy athletes with potential for high performance
- Developing athletes into leaders who demonstrate sportsmanship on and off the race course
- Making a positive contribution to the USAT Olympic and Paralympic pipelines

### Program options:

Our current program is comprised of five options for qualified athletes:

- **Junior Development Athletes:**
  - Race ages 13-19
  - Meet junior tryout standards for their gender
  - Participate in local (DFW) practices
  - Access to team camps
  - Compete in the USAT Junior Development Series (with coach support at events)
- **Junior High Performance Athletes:**
  - Race ages 14-19
  - Have been part of the Junior Development team for at least 1 year
  - Participate in local (DFW) practices
  - Access to team camps
  - Compete in the USAT Junior Development Series (with coach support at events)
  - Maintain an active TrainingPeaks account and receive individually prescribed sessions as needed
  - Meet regularly with the Head Coach via Zoom
- **Junior Distance Athletes:**
  - Race ages 13-19
  - Meet junior tryout standards for their gender
  - Access to team camps
  - Access to team training when visiting
  - Compete in the USAT Junior Development Series (with coach support at events)
  - Maintain an active TrainingPeaks account with individually prescribed sessions
  - Meet regularly with the Head Coach via Zoom
- **U23 Distance Athletes:**
  - Race ages 19-22
  - Meet at least 2 of the “Development Potential” standards in 2 different sports (swim/bike/run) specific to your gender as listed for the [USAT Talent ID Program](#)
  - Access to team camps
  - Access to team training when visiting
  - Compete in the USAT National Triathlon Development Race Series (if still seeking elite license)
  - Compete in World Triathlon elite races (if currently in possession of elite license)
  - Maintain an active TrainingPeaks account with individually prescribed sessions
  - Meet regularly with the Head Coach via Zoom
- **Elite Athletes:**
  - Athletes race age 23 and older (no longer in the junior or U23 category) who CURRENTLY POSSESS AN ELITE LICENSE (triathlon or paratriathlon) are eligible for the Elite Athlete program at the discretion of

the Head Coach. These athletes receive individual coaching from the Head Coach, as well as access to Team Playtri Elite training sessions as appropriate. Email [headcoach@playtri.com](mailto:headcoach@playtri.com) for details.

### **Daily Training Environment (DFW)**

Our Daily Training Environment (DTE) is 6 days a week year-round, with select days off throughout the year. Athletes generally practice 2-4 hours a day, with a combination of swim, bike, run and conditioning sessions. Practices are typically suspended for holidays, and out-of-town race weekends when most athletes will be at national events.

Practice sessions are designed to meet individual athletes where they are at to ensure that every athlete receives a workout that is age/ability appropriate and beneficial to their goals.

**All athletes are required to train with a chest-based heart rate monitor (HRM) during bike and run sessions,** and training with power on the bike is highly encouraged for Team Playtri Elite athletes.

See practice schedule later in the handbook for days/times/locations of training.

### **USA Triathlon Development Series (Junior + U25)**

Youth, Junior and U23 athletes (non-elite) on Team Playtri Elite are expected to actively complete in the [USAT Junior and Development Series OR USAT National Triathlon Development Race Series](#), assuming they meet the competition standards below. The Head Coach will set an official team schedule of races from the series, but athletes are permitted to race additional events should they so choose. Families are responsible for race registration and all travel costs/logistics.

## PROGRAM DETAIL

### Junior Development Athletes

All local (DFW) junior athletes who complete the season tryouts and meet the standards for team qualification will be offered a place on Team Playtri Elite as Junior Development Athletes.

Program Benefits – Athletes will receive:

- Coached practices 6 days a week (swim, bike, run, conditioning)
- Race support at pre-determined USAT high performance events, and coordinated race support from other coaches as needed at non-team events
- 15% off full-price, in-stock retail at Playtri Dallas (bikes and some other items excluded)

Program Expectations – Athletes will:

- Attend a minimum of three (3) team practices a week, which must include Tuesday/Thursday practices. Athletes are expected to attend **every** team practice, unless previously excused by the Head Coach. This is a non-negotiable commitment.
- Come to practice with all necessary equipment in good working order
- Provide feedback, not complaints
- Be on time or early to all practices
- Communicate with coaches in a timely and appropriate manner
- Demonstrate gratitude and a positive attitude with words and body language in training and at races
- Be respectful of teammates, coaches, parents, officials, volunteers, staff, competitors and self
- Compete in at least ONE Junior Development Series race and the USA Triathlon Youth & Junior National Championship in 2024
- Purchase and wear as instructed the team trisuit, cycling jersey, polo and run/conditioning tops

Athletes who consistently/intentionally fail to meet program expectations may be removed from the program at any time at the discretion of the Head Coach.

All JD athletes will be eligible to compete in any **national age group and/or NTDR competitions** if they are in good standing with the team and meet the other requirements for competition.

All JD athletes will be eligible to compete in **Junior Development Series races** if they are in good standing with the team, meet USAT requirements for competitions, and meet the team competition standards within 6 months prior to competition.

Please speak with the Head Coach regarding international competition opportunities.

### Junior & U23 Distance Athletes

All out-of-town junior and U23 athletes who apply and meet the standards for team qualification will be offered a place on Team Playtri Elite as Distance Athletes.

Program Benefits – Athletes will receive:

- TrainingPeaks Premium account and assigned training sessions

- Virtual lectures on various topics relevant to triathlon/health/fitness
- Race support at pre-determined USAT high performance events, and coordinated race support from other coaches as needed at non-team events
- 15% off full-price, in-stock retail at Playtri Dallas (bikes and some other items excluded)

Program Expectations – Athletes will:

- Ensure TrainingPeaks is fully updated at a minimum every other day
  - Resting HR (can be provided through a Whoop, Garmin or similar device)
  - Bike and run training files
  - Subjective measurements (feel emoji and #/10 difficulty score)
  - Written feedback
  - Additional workouts/activities completed
- Meet at least every 2 weeks with the Head Coach via Zoom
- Complete individually assigned sessions in addition to team sessions
- Communicate with coaches in a timely manner
  - All changes in schedule must be communicated 24 hours in advance, except in the case of emergencies or situations outside the athlete’s control (HW does not count as a situation outside of your control!)
- Provide feedback, not complaints
- Demonstrate gratitude and a positive attitude with words and body language in training and at races
- Be respectful of teammates, coaches, parents, officials, volunteers, staff, competitors and self
- Compete in at least ONE Junior Development Series race (NTDR for U23 athletes) and the USA Triathlon Youth & Junior National Championship in 2024
- Purchase and wear as instructed the team trisuit, cycling jersey and polo

Athletes who consistently/intentionally fail to meet program expectations may be removed from the program at any time at the discretion of the Head Coach.

All Distance athletes will be eligible to compete in any **national AG/NTDR competitions** if they are in good standing with the team and meet the other requirements for competition.

All Distance athletes will be eligible to compete in **Junior Development Series races** as long as they are in good standing with the team, meet USAT requirements for competitions, and meet the team competition standards within 6 months prior to competition.

Please speak with the Head Coach regarding international competition opportunities.

### **Junior High Performance Athletes (JHPA)**

Application for the Junior High Performance Athlete program:

- Athletes must have spent at least one season as a Junior Development Athlete prior to applying for the JHPA program.
- If you have previously been part of the program, you need to voice your desire to continue as a JHPA by emailing [morgan@playtri.com](mailto:morgan@playtri.com) by November 15, 2023. If your commitment in past seasons has met or exceeded expectations, this is all you need to do. If for any reason you do not feel that your commitment to the expectations of this program in the past has met the standards outlined below, please take time to explain why you should be reconsidered for a spot in 2024. Past performance in competition will be considered in

acceptance, but it will NOT be the only consideration – the goal is to ensure athletes selected will be those who will best fulfill the program commitments/expectations.

- Athletes who have NOT previously been in this program should email [morgan@playtri.com](mailto:morgan@playtri.com) the following:
  - Triathlon resume
  - Most recent report card
  - What you personally have contributed to the team culture over the past season
  - What you hope to get out of the HPA program
  - Why you think you should be considered for the program

Program Benefits – Athletes will receive:

- All the benefits of Junior Development Athletes
- TrainingPeaks Premium account (part of our partnership with TrainingPeaks)
  - Gives you greater access to analyzing files and tracking PRs
  - Allows you to input future events/notes
- Access to Head Coach for individual weekly meetings (athlete must schedule)
  - All meetings will be via Zoom
  - The ATHLETE must schedule their meetings as needed (an online link will be provided)
  - Athletes must meet with the Head Coach a minimum of once a month
- Coach will track weekly mileage and hours via TrainingPeaks for analysis, as well as provide updated power and heart rate training zones
- Assigned recovery protocol as needed
- Detailed individual workouts provided in addition to team sessions as needed
- Assistance with managing single sport teams/programs as part of triathlon training

Program Expectations – Athletes will:

- Meet all the expectations of Junior Development Athletes
- Proactively work with Head Coach to identify and pursue opportunities for improvement in the sport
- Ensure TrainingPeaks is fully updated at a minimum every other day
  - Resting HR
  - Bike and run training files
  - Subjective measurements (feel emoji and #/10 difficulty score)
  - Written feedback
  - Additional workouts/activities completed
- Complete individually assigned sessions in addition to team sessions
- Communicate with coaches in a timely manner
  - All changes in schedule must be communicated 24 hours in advance, except in the case of emergencies or situations outside the athlete's control (HW does not count as a situation outside of your control!!)
- Prioritize team practices, understanding that their presence has a direct impact on their teammates and on their own engagement in the development process
- Lead the way at practices and competitions
  - Make an effort to engage with every athlete on the team at races and practices
  - Respect coaches, teammates, parents, officials, staff, volunteers and self
  - Provide feedback, not complaints
  - Always have necessary equipment, in good working order
  - Give a best effort in completing the session for the day
  - Demonstrate good sportsmanship
  - Be on time or early for all sessions and events

- Demonstrate gratitude and a positive attitude with words and body language in training and at races
- Make lifestyle choices that serve high performance
  - Prioritize sleep
  - Eat and hydrate intentionally
  - Do mobility and soft tissue work regularly
  - Manage time efficiently
- Maintain a high academic standard – submit report card each grading period
  - Athletes are expected to maintain a passing grade in all classes
  - Obviously, parents and athletes can ALWAYS set a higher standard!

Ultimately it is at the Head Coach’s discretion whether an athlete remains in the JHPA program, and athletes can be removed at any time.

This is not a program for athletes who do not desire extra commitment in their training – just being in the program will not make you a better athlete. Discipline, focus and effort are the things that will make you a better athlete – this program gives you the tools to use, but you must choose to use them. As the team expands and more athletes are interested in having additional individual sport, we must prioritize the athletes who are giving the best/most consistent effort and commitment.

### **Elite Athlete**

Athletes race age 20 and older (no longer in the junior category) who CURRENTLY POSSESS AN ELITE LICENSE (triathlon or paratriathlon) are eligible for the Elite Athlete program at the discretion of the Head Coach. New athletes can apply by emailing [morgan@playtri.com](mailto:morgan@playtri.com) with a sport resume, proof of elite license, short- and long-term goals, and a brief outline of what they feel they would bring to the culture of the team. Athletes being considered will undergo an interview process prior to acceptance.

We will work with sponsors (USAT and other) as needed to assist athletes in maintaining grants for coaching services. Athletes unable to meet the financial requirements for the program should speak with the Head Coach about work programs with Playtri.

Elite Athletes in the program are expected to meet and exceed the expectations set for JHPA members and set an example for athletes coming up in the team.



## JUNIOR TRYOUT STANDARDS

Junior Athletes must be race age 12-18 at the time of tryouts (typically October of the year prior to the season they are trying out for).

All athletes must meet their gender standards (see below) during tryouts (or within one month prior for distance athletes) to be accepted to a Team Playtri Elite program. All athletes must complete a full year in the Team Playtri Elite Development Program (Devo Team) before they are eligible to move to the JHPA Program 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 45-60 min group ride (14-15 mph average) with current members – expected to work within a rotating paceline	Complete 45-60 min group ride (14-15 mph average) with current members – expected to work within a rotating paceline
Flying Mount	Complete successfully and consistently	Complete successfully and consistently
Proper 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

## U23 ATHLETE STANDARDS

Meet at least 2 of the “Development Potential” standards in 2 different sports (swim/bike/run) specific to your gender as listed for the [USAT Talent ID Program](#). Times must be verifiable (training files/video are acceptable methods of verification for this program).

## ELITE ATHLETE STANDARDS

Athletes must have a current elite triathlon or paratriathlon license through their national federation to be eligible to be part of this program.

## REGISTRATION

Registration for junior athletes must be completed at [www.playtri.com/youth-team-registration](http://www.playtri.com/youth-team-registration). No online registration required for elite or U23 athletes.

## BILLING + FEES

Parents/athletes will receive a link for payment once a month based on athlete program.

Team fees are due every month no later than the 5<sup>th</sup>.

Starting in November, 2023 the swim facility fee will be included as part of monthly pricing.

### Team Fees Outline:

- Junior Development Athletes - \$200.00/month (swimming with swim team)
- Junior Development Athletes - \$290.00/month (swimming with Playtri)
- Junior Distance Athletes - \$200.00/month
- Junior High Performance Athletes - \$250.00/month (swimming with swim team)
- Junior High Performance Athletes - \$390.00/month (swimming with Playtri)
- U23 Distance Athletes - \$200.00/month
- Elite Athletes – Varies based on need/additional services (work aid programs available - email [morgan@playtri.com](mailto:morgan@playtri.com) for details)

Our aim is that no athlete should be prevented from participating in Team Playtri Elite programs due to cost. If team pricing is prohibitive for you/your family, please speak directly to the Head Coach about potential accommodations.

## WAIVERS

Waivers must be completed for 2023 prior to your athlete's first month of training or practice with the team.

Playtri Waiver: [www.playtri.com/waiver](http://www.playtri.com/waiver)

## USAT MEMBERSHIP

All athletes are required to have a current USA Triathlon annual membership as part of our team liability plan. You will need your athlete's current membership number to complete registration for the team. Please visit the following link to join, or to renew:

<https://www.usatriathlon.org/membership>

USAT membership will also be required for multisport competitions.



## PARENT MEETING

All *new and returning parents* are required to attend the scheduled parent meeting at the beginning of every new session. This is when the head coach reviews equipment needs, session goals, uniform orders, team races and more.

### Team Playtri Elite Parent Meeting

Sunday, October 29<sup>th</sup>

5:00-6:30 PM Central Time

This meeting will take place in person at the Garimella's home (see TeamSnap for details) following the team Halloween party. Parents who are able are encouraged to attend in person. Out-of-town parents and athletes should attend via Zoom:

### Zoom Video Conference:

Join Zoom Meeting:

<https://us02web.zoom.us/j/81130014193>

Meeting ID: 811 3001 4193

## CONTACTS

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

Swim Coach: Wesley Ebanks ([wesley.ebanks@playtri.com](mailto:wesley.ebanks@playtri.com))

Administrative Asst: Meghan Gebke ([meghan.gebke@playtri.com](mailto:meghan.gebke@playtri.com))

Administrative Asst: Gyllian Gautreaux ([gyllian.gautreaux@playtri.com](mailto:gyllian.gautreaux@playtri.com))

## ATHLETE HEALTH + GROWTH CHECKS (new for 2024)

As part of our effort to ensure development athletes have a team and training experience that meets their individual needs and creates a foundation for their success and health, we are introducing TPE Health + Growth Checks for the 2024 season. Every two months, parents will receive a reminder to complete a check-in via Google Forms at the following link:

<https://forms.gle/dEvALodUv9y8haw7A>

Completing check-ins will be optional but highly encouraged. We respect athletes' right to privacy regarding their own health and wellness, but hope that, when appropriate, parents will feel comfortable sharing relevant information so we can better support our athletes.

## TEAMSNAAP

All team communication will be posted in TeamSnap. Families/athletes must maintain their contact information in TeamSnap and have the app on their phone(s) to stay abreast of updates and other important news.

Coaches will not communicate through email unless absolutely necessary (typically if we have to send an attached file, we will utilize email – otherwise expect all updates through TeamSnap).

## TEAM PLAYTRI SHARED GOOGLE DOC

Much of our athlete/parent schedules and commitments are documented via our shared team doc – please save this link for future use:

<https://docs.google.com/spreadsheets/d/1TuhuKbwycTbVHQ8ZvDspuwNelB6Uzk2wfkys9qtPyyA/edit?usp=sharing>

## SAFESPORT

We highly recommend parents and athletes completing SafeSport training as part of their sport experience. You can learn more at: [SafeSport Courses for All | U.S. Center for SafeSport \(uscenterforsafesport.org\)](https://www.uscenterforsafesport.org/)

## TEAM STANDARDS

The following standards were developed for the team for 2024 by four of our senior athletes: Eli McWard, Jay Garimella, Jenna Topott and Mia Remorca. Athletes are expected to embrace these standards and pursue them to the best of their ability in the coming season – we will spend lots of time in practice discussing what this looks like!

**Ownership:** We take ownership of outcomes and look for our own opportunities to improve, instead of focusing on variables outside of our control, to give ourselves and the team the opportunity to grow and be more. We do not look to place blame for mistakes on others – instead, we work together so we can all grow.

**Attitude:** It only takes one bad attitude to change the entire team’s perception at a training session or race – and the same can be true for one great attitude! We practice gratitude and consider our impact on the entire team with the attitude we bring to practices, meetings and events. We each strive to be the athlete who makes the whole team great.

**Details Matter:** Preparation can beat talent on race day! We will be the team that is most prepared for training sessions and races so that our fitness and hard work shows itself, and we can make ourselves and our team proud.

**Family:** We spend hundreds of hours together throughout the season – we strive to support each other as family, even though we may have different backgrounds, preferences and viewpoints. We go to bat for each other and hold each other accountable to our individual and shared goals.

## EQUIPMENT

Athletes are required to supply and maintain their own equipment. **ALL EQUIPMENT LISTED IS MANDATORY\*** though Race Specific items are not needed until the new year.

Team apparel (including polo, cycling kit and trisuit) will be ordered in November. Athletes will be able to reorder items throughout the year as needed.

Athletes are required to “dress out” in their team conditioning/run tops for all run and conditioning sessions. Thursdays will be team cycling kit day at practice, Tuesdays and Saturdays will be “pick your own” cycling kit day.

\*We get it – it’s a LOT of gear. Yes, we do actually use all of it (except the Race Specific items) right off the bat. If anything on the list presents a financial barrier to your athlete’s participation in the team, or if you are having difficulty locating an item, please email Coach Morgan and we will make a plan to get your athlete any items causing an issue.

### Swim Equipment:

- Training/racing style swimsuit
- 3 pair goggles: clear, tinted, mirrored
- Swim cap
- [Swim snorkel](#)
- [Paddles: agility or single strap](#)
- [Fins: short to medium length](#)
- Pull buoy
- Kickboard

### Bike Equipment:

- Road bicycle: properly fitted, in excellent condition
- Cycling helmet: properly fitted, in excellent condition, NO PRIOR CRASHES
- [Sunglasses \(with clear lenses or tint adjust for night riding\)](#)
- [Red taillight](#)
- [White headlight \(at least 400 lumens\)](#)
- Flat kit: saddle bag, spare tube, tire levers, 2 x Co2, Co2 nozzle
- Clipless pedals: road style (recommend Look Keo style)
- Clipless cleats: in serviceable condition
- Cycling shoes: [triathlon style](#), properly fitted, in serviceable condition, no more than 1.5 years old
- Current team cycling jersey (can order in Nov)
- Cycling shorts: solid black or current team style, [bib style](#) recommended
- Socks: wicking and temperature appropriate ([wool for cold rides](#))
- [Shoe or toe covers](#)
- Gloves: [proper cold weather cycling style](#)
- Base layers: either [leg/arm warmers](#) or top/tights, must fit TIGHT, solid black preferred
- [Ear/head cover](#): for cold weather, must fit securely under helmet
- [Jacket/shell](#): for cold weather, must be fitted, solid black preferred
- Computer: displaying speed, cadence and HR, may use [multisport watch/computer](#)
  - Strongly recommend GPS/Bluetooth and power capabilities for future use
- [Bike cadence sensor](#) (athletes with power meters will not need a cadence sensor)
- [Heart rate monitor](#) (chest or arm strap, NOT WRIST-BASED, prefer Garmin)

- 2 sport water bottles

### Run Equipment:

- Running shoes: neutral with moderate cushion, less than 5 months old
  - Carbon plated shoes are for speed work/racing ONLY – NOT every-day wear!
  - Speed laces (elastics) are for race sim and racing ONLY – NOT every-day wear!
- Socks: wicking and temperature appropriate
- Shorts: dry fit, lightweight shorts or compression shorts
- Tops: approved team conditioning and run t-shirts
- 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 preferred
- Gloves: for cold weather
- [Heart rate monitor](#) (chest or arm strap, NOT WRIST-BASED, prefer Garmin)
- GPS/[multisport watch](#) compatible w HRM (prefer Garmin), must be waterproof
  - Strongly recommend Bluetooth for future use
- 2 sport water bottles

### Conditioning Equipment:

- Running shoes: low cushion/neutral, NO CARBON PLATES OR ELASTIC LACES
- Socks: wicking and temperature appropriate
- Shorts: dry fit, lightweight shorts
- Tops: team conditioning and run t-shirts
- Mat: yoga or exercise, or a towel works too!
- [2 x Light dumbbells](#) (Less than 4% of body weight)
- [2 x Medium dumbbells](#) (4-8% of body weight)
- [Mini resistance band](#)
- [Large resistance bands](#) (need at least one very light and one moderate to heavy)
- [Resistance tubing w handles](#) (light to moderate weight)
- [Speed jump rope](#)
- [Foam roller](#)
- [Lacrosse ball](#) or similar

### Race Specific Equipment:

- [Open water swim wetsuit](#) (NOT A SURF SUIT)
- Team trisuit (w World Triathlon logo, name and country code)
- [Body Glide](#) or similar
- Transition bag (can order team bag)
- [Racebelt](#) (for age group races)
- [Speed laces](#)
- [Rubberbands](#) (very small/thin)

## TEAM APPAREL/GEAR ORDERS

### Run/Conditioning Tops

- Available for order through November 5<sup>th</sup> using the link below
- <https://www.customink.com/g/wsy0-00ct-49cd>

### Personalized Team Swim Caps + TYR Team Bags

- Available for order through November 11<sup>th</sup> using the link below
- [https://docs.google.com/forms/d/e/1FAIpQLScBm1ZhCZu9nCk9mXmEMeGZioD9eghrUiBmm1OaOhArZvLwDg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScBm1ZhCZu9nCk9mXmEMeGZioD9eghrUiBmm1OaOhArZvLwDg/viewform?usp=sf_link)
- Pay with check(s) made out to Playtri

### Cycling Kits, Polos + Parkas

- Available for order through November 12<sup>th</sup> using the link below\*:
- <https://www.rocketciencesports.com/team-portals/playtriyt.html>

*\*DO NOT ORDER TRISUITS THROUGH THIS LINK. THEY WILL BE THE WRONG STYLE FOR THIS TEAM.*

### 2024 Team Trisuits

Will be ordered in November of 2023 by the Head Coach to ensure all details are correct (these can be a bit tricky). More details on pricing and how to place your order will be provided soon.

## FALL DFW PRACTICE SCHEDULE

The team practice schedule **will vary** based on the time of year and the needs of the athletes at different points in the season. Athletes new to program will gradually build up to a full schedule of practices depending on their background, age and current fitness (new Devo athletes received their condensed schedule in their welcome emails).

The current schedule can always be viewed at: [www.playtri.com/mckinney-youth-calendar](http://www.playtri.com/mckinney-youth-calendar).

### MONDAYS:

- 4:45-6:15 PM Swim Practice @ Don Rodenbaugh
- 6:15-7:15 PM Conditioning @ Don Rodenbaugh

### TUESDAY:

- 4:45-6:05 PM Bike Practice @ Scoggins MS
- 6:05-7:15 PM Run Practice @ Scoggins MS

### WEDNESDAY:

- 4:45-6:15 PM Swim Practice @ Don Rodenbaugh
- 6:15-7:15 PM Conditioning @ Don Rodenbaugh

### THURSDAY:

- 4:45-6:05 PM Bike Practice @ Scoggins MS
- 6:05-7:15 PM Run Practice @ Scoggins MS

### FRIDAY:

- 4:45-6:45 PM Swim Practice @ Don Rodenbaugh
- 6:45-7:15 PM Conditioning @ Don Rodenbaugh

### SATURDAY:

- 9:00-11:30 AM Group Long Ride @ Collin Co Courthouse in McKinney
- 2:00-4:00 PM Swim Practice @ Don Rodenbaugh

### SUNDAY:

- OFF



## TEAM PRE-SEASON CAMP

Starts: 5:00 PM on Friday, 12/1

Ends: 2:00 PM on Sunday, 12/3

Athlete cost: \$149.00

Our pre-season training camp will take place the 1<sup>st</sup> weekend of December and is mandatory (and honestly, why would you want to miss it?!) for all athletes. A full schedule for the weekend will be provided closer to the dates of the camp.

Registration/payment:

<https://app.acuityscheduling.com/catalog.php?owner=17580028&action=addCart&clear=1&id=1620868>

## TEAM HOLIDAY SWIM CAMP

Mornings at Don Rodenbaugh:

Wednesday, 12/27-Friday, 12/329

Tuesday, 1/2-Friday, 1/5

Full details pending.

Cost: ~\$100 for TPE team members (final price TBD)

## TEXAS HIGH PERFORMANCE TEAMS CAMP

February 16<sup>th</sup> to February 18<sup>th</sup>

New Braunfels, TX

This is our 4<sup>th</sup> annual early season training camp with the High Performance Development Teams of the state of Texas, including:

- Alpha Multisport
- Bolt Triathlon
- Caliber
- Fort Worth Tri Club
- Fury Tri Team
- SelecTri
- Team Playtri Elite

Registration and payment information will be available closer to the date at: [www.playtri.com/texas-hpt-camp](http://www.playtri.com/texas-hpt-camp). Families are responsible for transportation, lodging and food during the event.

## TEAM RACES

Parents are responsible for registering athletes for events, picking up their race packets (with race numbers) and transporting athletes and their equipment to the team events. TPE will participate in both local and national competitions. ALL ATHLETES are expected to race at the USA Triathlon National Championships, regardless of qualification for the draft-legal championship races.

It is VERY IMPORTANT that families plan to arrive TWO DAYS before the race for national/draft-legal events when traveling. The day before the race will be a 2 hour course preview (frequently in the morning) that will have a huge impact on your athlete's success on race day.

This list WILL be expanded as more events are announced.

### **Cedar Hill (cycling race)**

Cedar Hill, TX

February

### **Clermont Draft-Legal Challenge Youth DL & NTDR**

Clermont, FL

March 2<sup>nd</sup> & 3<sup>rd</sup>

<http://www.draftlegalchallenge.com>

Registration: November 1<sup>st</sup>, 2023 @ 12:00 PM Eastern (11:00 AM Central)

### **PATCO Junior Championship (invitation only)**

Location TBD (likely Miami)

March 11<sup>th</sup> or 12<sup>th</sup> (date not finalized)

Registration: By invitation once athletes have been given a spot on the start list

### **Jesuit Ranger Roundup (cycling race)**

Celina, TX

End of March

### **Tuesday Night Crits (weekly cycling races\*)**

Richardson, TX

Start end of March

*\*We frequently use these races as a Tuesday practice replacement in the Spring/Summer*

### **Texas USAT Development Series Races**

Fort Worth, TX

April 13<sup>th</sup>-14<sup>th</sup>

Registration/details TBD

### **Richmond USAT Development Series Races & NTDR (TBD for team support)**

Richmond, VA

May 5<sup>th</sup>

<https://livered.org/east-coast-triathlon-festival/>

**Pleasant Prairie USAT Development Series Races**

Pleasant Prairie, Wisconsin

June 2<sup>nd</sup>

[https://www.recplexonline.com/Events/triathlons/pleasant\\_prairie\\_cup](https://www.recplexonline.com/Events/triathlons/pleasant_prairie_cup)

**Jenny Lee USAT Development Series Races & NTDR**

Beaver Falls, PA

June 14<sup>th</sup>-16<sup>th</sup>

<https://www.jennyleetri.com>

**Flatlands USAT Development Series Races**

Des Moines, IA

July 14<sup>th</sup>

<http://www.flatlandtri.com>

**USAT Youth & Junior National Championships**

Location TBD

Date TBD (expect last week of July)

Registration: By invitation following qualification at a USAT Junior Development Series event.

## NATIONAL & INTERNATIONAL COMPETITION STANDARDS

We set standards for team athletes wishing to compete in national and international competition to ensure a positive experience for the athlete at these events, and to ensure that the team (and, in the case of international events, the athlete's country) is well-represented.

### Age Group, NTDR and Age Group Draft-Legal Competition

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

### USAT Junior Development Series Competition

All JHP and Devo Team members will be eligible to compete in Junior and Youth Development Series races if they are in good standing with the team, meet USAT requirements for competitions, and meet the following standards within 1 year prior to competition:

#### Youth Development Series Competition Standard

Standard	Girls	Boys
100y Freestyle Swim (in water start with proper freestyle – flip – turns)	1:15 or faster	1:10 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 road or criterium races	Compete in two (2) USA Cycling road or criterium races
1 Mile Run	6:30 or faster	5:45 or faster

#### Junior Development Series Competition Standard

Standard	Girls	Boys
100y Freestyle Swim (in water start with proper freestyle – flip – turns)	1:10 or faster	1:05 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 road or criterium races	Compete in two (2) USA Cycling road or criterium races
5K Run	22:00 or faster	20:00 or faster

### World Triathlon (Intl) 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.

## TEAM PARENT LEADS

### 2024 Season Team Parent Leads:

Nirisha Garimella: [nirishagarimella@gmail.com](mailto:nirishagarimella@gmail.com) / 214-708-4762

Addi Locke: [addilocke@gmail.com](mailto:addilocke@gmail.com) / 214-415-7650

Parent Leads are available to answer questions about family service, travel logistics, and general expectations surrounding team involvement! These individuals are a phenomenal resource, especially to new families just learning the ropes. Don't hesitate to reach out to them.

## TEAM MONTHLY SOCIAL EVENTS

Because Coach likes "focused fun" at practice, we are adding regular social events to our team schedule for 2024 so athletes can relax and enjoy spending time together outside of training.

Parent Leads ask that families help off-set the cost of events as follows:

- Local athletes: \$100 for the year
- Semi-local athletes: \$50 for the year
- Distance athletes: \$20 for the year

Details on payment will be provided at the season parents meeting.

## FAMILY SERVICE POINTS

Playtri is a family-centric team. Each term families will be required to earn a set number of minimum service hours for each term. The purpose of service hours is to provide opportunities for all athletes, parents and families to be engaged with the team. The intention is to promote a positive environment for the athletes and their families. If we are lacking in even distribution or participation of these expectations, we reserve the right to add monetary or non-monetary consequences.

The list of ways to earn points is available below. The Team Parent Leads will keep track of these on the Playtri Google sheets. Families can check points earned at any time. All efforts will be taken to add earned points within 3 days of completion. If you notice any discrepancies or anticipate difficulty in earning service hours during any term, please reach out to Team Parent Leads.

### Term 1: November-February (10 point minimum)

*DFW families only*

Options for earning points:

- Tuesday/Thursday night bike SAG (1 point)
- Saturday bike SAG (2 points)
- Lead rider for Saturday bike ride per coach's request (2 points)
- Host athletes for an official team social event (2 points)
- Organize a team volunteer activity (2 points)
- Signup to volunteer for a team event (1 point)

### Term 2: March-May (Point minimum TBD)

Options for earning points:

- Tuesday/Thursday night bike SAG (1 point)
- Saturday bike SAG (2 points)
- Lead rider for Saturday bike ride per coach's request (2 points)
- Host athletes for an official team social event (2 points)
- Organize a team volunteer activity (2 points)
- Sign-up to volunteer for team event (1 point)
- Sign-up to transport team tent and/or team bike rack to and from travel race venue (2 points)
- Sign-up to bring team drinks and snacks to the travel race (1 point)
- Sign-up Bring snacks and drinks to a team practice (1 point)

### **Term 3: June - August (Point minimum TBD)**

Options for earning points:

- Tuesday/Thursday night bike SAG (1 point)
- Saturday bike SAG (2 points)
- Lead rider for Saturday bike ride per coach's request (2 points)
- Host athletes for an official team social event (2 points)
- Organize a team volunteer activity (2 points)
- Sign-up to volunteer for team event (1 point)
- Sign-up to transport team tent and/or team bike rack to and from travel race venue (2 points)
- Sign-up to bring team drinks and snacks to the travel race (1 point)
- Sign-up bring snacks and drinks to a team practice (1 point)

## **PARENT TIPS**

We frequently have parents ask us how they can best support their athletes in their development. Following are some tried-and-true tips based on our observations from over a decade of coaching these programs.

1. Let your kids take ownership and **let them fail**.
2. If you are the driver, try not to be the reason they are late. If they are late, tell them to hustle!
3. Your athletes will absorb your habits, moods, perceptions and opinions. Take care of yourself and keep the priorities the priorities.
4. Pay attention to the "big" stuff: sleep, overall mood, illness/injury, eating habits, hydration, perception of success/failure.
5. Keep health/safety first, character development second, and academics close behind – triathlon comes fourth!
6. Leave coaching to the coaches – if you think you see something your athlete needs to change in their training or racing approach, please discuss with a coach first.
7. Ask athletes how you can support them in achieving their process goals.
8. High performance development is **and should be** a long process.
9. Support every athlete/family on the team.
10. If finances are ever an issue, talk to us.
11. Always remember – the percent of HS athletes who will compete in an NCAA program is 6%. The percent of HS athletes that have a professional career is 0.02%. But the percent of HS athletes that can have a fulfilling life and a positive impact on their future communities is 100%. We are developing humans first.