**TPE SUMMER SESSION**

**PRACTICE SCHEDULE (subject to adjustments due to team/coach travel)**

Mondays:

* 11:00-11:45 AM Run Practice OR CompuTrainer (athletes will be assigned to one focus based on need)
* 5:00-6:00 PM Swim Practice

Tuesdays:

* 5:00-7:00 PM Tuesday Night Crit and Brick Run

Wednesdays:

* 11:00-11:45 AM Optional Recovery Ride (in-store)
* 5:00-6:00 PM Swim Practice
* 6:00-7:00 PM Dryland/Run Practice

Thursdays:

* 5:30-7:30 PM Bike/Run Practice

Fridays:

* 11:00-11:45 AM Run Practice
* 4:30-5:30 PM Strength Training (focused on functional movement for summer season)
* 6:00-7:00 PM Swim Practice

Saturdays:

* 7:00-8:30 AM Open Water Swim
* 9:00-10:30 AM Group Ride OR CompuTrainer
* 3:30-5:00 PM Swim Practice

Sundays:

* DAY OFF or Active Recovery

**JULY TRAINING CAMP**

July 11th-15th

[www.playtri.com/juniorelitesummercamp](http://www.playtri.com/juniorelitesummercamp)

Discount code: IMBACK2017

**TRAINING “FLOW” FOR SUMMER**

* Week of 6/5 – Build Week
* Week of 6/12 – Benchmark Week
* Week of 6/19 – Recovery/Taper Week
* Week of 7/10 – Build Week (Camp)
* Week of 7/17 – Build Week (final heavy load week before Nationals)
* Week of 7/25 – Benchmark Week
* Week of 8/1 – Recovery/Taper Week
* Week of 8/7 – Recovery/Taper Week
* Week of 8/14 – Recovery Week
* Week of 9/4 – Build Week (final heavy load week of the season)
* Week of 9/11 – Benchmark Week
* Week of 9/18 – Recovery/Taper Week
* Week of 9/25 – Off-Season/2018 Tryouts

**SUMMER RACE SCHEDULE**

Tri-It for Casa Sprint – June 11th (discount code YOUTH2017)

Cooper Kids Triathlon – June 24th

Monroe USAT Junior Elite Cup – June 24th (and mixed team relay)

Mansfield Kids Triathlon – July 2nd

Playtri Festival Sprint and Super Sprint – July 9th (discount code YOUTH2017)

Flatland USAT Junior Elite Cup – July 9th

Take on the Heat Sprint – July 23rd (discount code YOUTH2017)

USAT Youth & Junior Nationals – August 5th & 6th

USAT Age Group Sprint Nationals – August 13th

Little Buggy Kids Triathlon – TBD

Prairie Man Sprint Triathlon – September 10th

Stonebridge Ranch Kids Triathlon – September 23rd (discount code YOUTH2017)

Stonebridge Ranch Sprint and Super Sprint – September 24th (discount code YOUTH2017)

**TEAM TRAVEL LOGISTICS**

* Lodging
* Bike transportation
* Tent and bike rack transportation

**EQUIPMENT**

|  |  |  |
| --- | --- | --- |
| Road bike (properly maintained) | Running shoes (new every 3-4 mo) | Agility or fingertip paddles |
| Road helmet | Comfortable running apparel | Zoomer (short) fins |
| Tri-specific cycling shoes | Dry-wicking socks | Pull buoy |
| Water bottle cages (2) | Elastic/lock laces | Finis leg band |
| Water bottles (2) | Race belt | Swim snorkel (front-loaded) |
| Team cycling jersey and shorts | Team trisuit | One piece training swimsuit |
| Garmin or similar computer | Goggles (3 pair – clear/tinted/mirror) | Lacrosse ball |
| Heart rate monitor | Swim cap (Playtri silicone) | Foam roller |

Team apparel order going on June 17th for any new/replacement apparel items.

**ATHLETE EXPECTATIONS**

* Speak and act with respect towards teammates, parents and coaches
* Be early or on-time for all activities
* Maintain equipment appropriately, and have the correct items for every practice/event
* Care for your body in such a way that you are able to complete your assigned training
* Maintain communication with your head coach as needed
* Update TrainingPeaks as instructed (National Team only)
* Meet the commitment you have made to the team and to your own training
* Take responsibility for your actions
* Represent your team and the Playtri brand in a positive manner at all times

**PARENT EXPECTATIONS**

* Speak and act with respect towards athletes, other parents and coaches
* Help your athletes be early or on-time if transportation is out of their hands
* Hold your athlete accountable for their choices and to their commitments
* 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

**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