



Z3 COMPETITIVE SQUAD

Head Coach: TJ Tollakson

Founder/CEO: Jenny Weber, RD LD

The Z3 Triathlon Team's Competitive Squad (Comp) is comprised of athletes race ages 10-15*. Youth athletes on this squad compete in non-drafting races, with our primary focus on competing in the RipRoar Triathlon Series in the Intermediate (9-11) and Senior (12-15) divisions. Most athletes on this squad have some triathlon experience, however, it is not required. This squad is the perfect stepping stone for those athletes who want to move up to our Pre HPT and High Performance Team (HPT) and compete in draft-legal racing (13-19).

Youth athletes between the ages of 13-15 also have the opportunity to compete in draft-legal triathlons, called Youth and Junior Development Races. These super-sprint distance races mimic the ITU World Cup and Olympic format of racing. Youth Development do not have to qualify for these events, but generally should have above average swim skills, the ability to ride in a peloton and a strong run. In addition, athletes ages 12-16 have the opportunity to participate in F1 races which are designed to prep the youth athlete for the development races.

**Younger athletes may join our ZiPRZ or ZipUp Squads, please see applicable Welcome Letter for more information.*

Qualifications and Expectations

NEW!!! For 2024, there will be a tryout process for the Competitive (Comp) Group/Squad.

1. Attend the Youth Minicamp on March 30th from 11-1pm at Wellmark YMCA (501 Grand Ave Des Moines 50309) where coaches will have additional information for athletes and parents as well as an opportunity to help with swim skills, expectations for the bike, and run skills and speed. You may sign up for this Youth Mini Camp at www.teamunify.com/triz3 under EVENTS.
2. An April tryout (date TBD and based on what works for families) will be held to determine where best athletes fit into each group.
3. The tryout will assess swim and run ability. Athletes will swim 100y and 200y for safety and skill assessment. In addition, athletes will be assessed on 200m and 400m runs.
4. It's preferred that athletes have a general understanding of the rules in competitive youth triathlon and have the goal to compete at USAT Nationals In July.
5. Comp athletes will have a required set of bike skills that will be taught and learned throughout the season to set them up for success in riding with older athletes on Pre-HPT and HPT.
6. If you want to be part of the comp squad and are unsure of how to register, please register for the Competitive Squad and if changes need to be made before the season starts, we can modify it.

Z3 Pillars of Character

Our work is guided by our belief that competition teaches more than good old-fashioned physical fitness. We believe in teaching life skills through the preparation for and competition in sport, specifically triathlon, which is guided on our following 7 Pillars of Character:

- Integrity
- Sportsmanship
- Respect
- Safety
- Humility
- Goal Setting
- Accountability

Our commitment is to prepare every athlete with the necessary skills and confidence for Local, Regional and National level of competition while instilling the Z3 pillars of character.

Z3 Athlete Expectations

- Be the Z3 Pillars of Character
- Be able to swim a comfortable race distance
- Ride a road bike safely
- Thank you note writing, race reporting, mentorships
- USAT membership in good standing
- Familiarity with USAT rules
- Brand and sponsor awareness and appreciation
- Obey Z3 Codes of Conduct (Athletes and Parents)

What do I Need?

- Z3 Uniform
- Road bike
- Helmet (CPSC sticker, MIPS)
- Bike gear (water bottle, water bottle cage, flat kit and preferred bike computer with cadence monitor)
- Swimsuit, goggles and cap
- Running shoes with quick laces
- Race belt

Uniform

Uniforms are not required, but strongly encouraged. Athletes are able to purchase a team uniform from Zerod when our store is open. Other team apparel is also available through Pactimo and other partners throughout the season.

2024 Training and Practices

May Training and Practices: Official practices will begin May 18th with a combined Comp Squad and High Performance Mini Camp. Practices will be held in conjunction with PreHPT and HPT thru May on most Monday's, Tuesday's, Thursday's and Saturday's. Due to MS and HS track, some Sunday training may be added.

June/July Training and Practices: Tuesday's and Thursday's 6pm at Gray's Lake. Comp team will also be invited to attend a Monday or Saturday practice with the High Performance Team.

August Practices: Tuesday and Thursdays 6pm. Location will vary based on what athletes need but plan for Gray's Lake. Athletes will be invited to attend a Wednesday practice with the ZiPU squad.

Other: There will also be all team open water swims scheduled throughout the season and race course coach led previews.

Full practice calendar will be available in TU by May 1st.

2024 Important Dates

- March 30th – Youth Squads Kickoff at Wellmark YMCA 11-1pm
- April TBD - Try-Outs for Competitive Squad Team
- May 18th - Official Practice kicks off with Mini Camp
- July 13th – All Team Party that Honors Seniors and Awards for the Season
- July 13th – Volunteer at Youth & Junior UAST Triathlon National Championships in West Des Moines (expected of all Youth Squad athletes, signup in TU)*
- August 17th – Youth Squads Year End Party (post Johnston RipRoar Championships)

Benefits of Joining Z3

- Dedicated, educated and passionate coaches and helpers
- Race weekend support
- Awesome uniform and team apparel
- Discounted products and equipment through our sponsors
- Training schedule designed by certified USAT Coaches
- At minimum, 3 coach-led practices per week (May through July)
- Opportunity to learn from and socialize with elite athletes across the USA

2024 Tuition

- \$595 for Des Moines based athletes
- \$140 for Satellite athletes living outside Des Moines and unable to attend all/most practices but want the support of the team
- Full payment is due May 1st via Team Unify (TU) via credit card
- Registration to be completed prior to April 28th in TU

2024 Z3 Supported Races

Date	Race	Location	Coaches Attending	Level of Support
6/8	RipRoar Omaha	Omaha, NE	Yes	Race Day
6/29	RipRoar Des Moines	Grays Lake, DSM	Yes	Race Day
7/14	USAT Youth Nationals**	Raccoon River Park, WDM	Yes	Race Day, All Team Party
7/20	Ankeny Youth Tri	Cascade Falls Aquatic Center	Yes	Race Day
7/27	RipRoar TBD	TBD	Yes	Race Day
8/17	RipRoar Championships	Johnston, IA	Yes	Race Day, Year End Party

All races are posted in www.teamunify.com/triz3 under “Team Calendar - Team Events”. You will find the race site, link, Z3 hotel room blocks (if applicable) and more information there. Please sign-up on the official race site as well as under the “EVENT RSVP” tab, so we can plan accordingly.

*We do have some athletes attending Rip Roar Scottsdale, AZ on April 21st and there is a sign up for this event in www.teamunify.com/triz3 - if you intend to go, please do also commit to that event in TU. If we have enough athletes attending, we will have some sort of formal team warmup and gathering.

**Please note that we are hosting this event and there will be volunteering requirements likely for the draft legal events on Saturday, July 13. This is also a big weekend for our team with a party the evening of the 13 to honor our seniors and award winners.