



### **Z3 ZiPRZ SQUAD**

**Head Coach: TJ Tollakson**

**Founder/CEO: Jenny Weber, RD LD**

The Z3 Triathlon Team's ZiPRZ Squad (ZiPRZ) is comprised of athletes race ages 6-9. ZiPRZ is the first stepping stone in a very exciting triathlon journey. Athletes get a feel for all 3 disciplines of swimming, biking and running. These athletes also learn about nutrition, the importance of hard work and rest, and other important life skills. Our goal as a group is to grow as children and athletes. ZiPRZ athletes on this squad compete in non-drafting races, with our primary focus on competing in the RipRoar Triathlon Series in the Junior (6-8) and Intermediate (9-11) divisions. The Junior division are distances of: 50 yard swim, 2 mile bike and 800 yard run. The Intermediate division have race distances of: 100 yard swim, 4 mile bike and 1 mile run.

After ZiPRZ, athletes move to our ZipUp (race ages 8-10) or Competitive Squad (race ages 10-15) and then up to our High Performance Team (HPT) and compete in draft-legal racing (race ages 13-19).

#### **Qualifications and Expectations**

There is not a tryout process currently for our ZiPRZ and ZipUP Squads. Our expectations are that ZiPRZ athletes are able to complete a 50 yard swim unassisted and show enthusiasm for the sport. We hope they want to learn all 3 disciplines and work on excelling at all of them. At this age, the main objective is to teach the athletes the basics of triathlon in a fun, team-oriented environment.

### ***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 by 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 bike safely
- 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 (preferred, see below)
- Bike
- Helmet (CPSC sticker, MIPS)
- Bike gear (water bottle, water bottle cage)
- Swimsuit, goggles and cap
- Running shoes
- Race belt (encouraged, not required)

### ***Uniform***

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

## **2024 Training and Practices**

Official practices will begin June 3<sup>rd</sup>. Practices will be held Monday evenings from 6-7:00pm. Our location will sometimes change; however, most practices will start at Easter Lake in Des Moines on Monday evenings. Athletes will need swim, bike and run gear for every practice. There will also be ALL TEAM open water swims scheduled throughout the season on Friday evenings that the Ziprz Squad will be able to attend as well as race course coach led previews.

Full practice calendar will be available in TU by May 1<sup>st</sup>.

## **2024 Important Dates**

- March 30<sup>th</sup> – Youth Squads Kickoff at Wellmark YMCA 11-1pm
- June 3<sup>rd</sup> – 1<sup>st</sup> Official practice
- July 13<sup>th</sup> – All Team Party that Honors Seniors and Awards for the Season
- July 13<sup>th</sup> – Volunteer at Youth & Junior UAST Triathlon National Championships in West Des Moines (expected of all Youth Squad athletes, signup in TU)\*
- August 17<sup>th</sup> – 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, 1 coach-led practices per week
- Opportunity to learn from and socialize with elite athletes across the USA

## **2024 Tuition**

- \$225 for Des Moines based athletes
- \$140 for Satellite athletes that live outside the area and unable to attend all/most practices however, want race and team support.
- Full payment is due May 1<sup>st</sup> via Team Unify (TU) via credit card
- Registration to be completed prior to April 28<sup>th</sup> 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](http://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](http://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.