



Z3 ZipUp SQUAD

Head Coach: TJ Tollakson

Founder: Jenny Weber, RD LD

The Z3 Triathlon Team's ZipUP Squad is comprised of athletes race ages 8-10*. 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) division. 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 Competitive Squad (Comp). The Intermediate division has race distances of: 100 yard swim, 4 mile bike and 1 mile run. After ZipUP, athletes move to our 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).

**Younger athletes may join our ZiPRZ program, please see ZiPRZ Welcome Letter for more information.*

Qualifications and Expectations

NEW!!! For 2025, there will be a tryout process for ZipUp and Competitive (Comp) Groups/Squads. This is just a way for coaches to help athletes determine their practice group.

1. Please attend the Youth Kick Off on April 6 from 10-12pm 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 event at www.teamunify.com/triz3 under TEAM EVENTS.
2. The tryout will assess swim and run ability. Athletes will swim a 50y and 100y for safety and skill assessment. In addition, athletes will be assessed on 100m and 200m run times.
3. If you want to be part of the ZipUp squad and are unsure of how to register, please register for the ZipUp 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 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, flat kit)
- 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 or Jolyn 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.

2025 Training and Practices

Official practices will begin June 1. Practices will be held Monday and Wednesday evenings from 6-7:00/7:15pm. Our location will sometimes change; however, most practices will start at Easter Lake on Monday's and Gray's Lake on Wednesday's. 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 ZipUP Squad will be able to attend as well as race course coach led previews.

2025 Important Dates

- April 6 – Youth Squads Kickoff at Wellmark YMCA 10-12pm
- June 1– 1st Official practice
- July 12 – All Team Party that Honors Seniors
- July 13 – Volunteer at our team home race - Flatlands Triathlon Cup - in West Des Moines (expected of all Youth Squad athletes, signup in TU)*
- August 16 – 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, 2 coach-led practices per week
- Opportunity to learn from and socialize with elite athletes across the USA

2025 Tuition

- \$300 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 1 via Team Unify (TU) via credit card
- Registration to be completed prior to April 28 in TU

2025 Z3 Supported Races

Date	Race	Location	Coaches Attending	Level of Support
6/14	RipRoar Valley View	West Des Moines	Yes	Race Day
6/28	RipRoar Des Moines	Grays Lake, DSM	Yes	Race Day
7/12	Rip Roar West Des Moines	Raccoon River Park, WDM	Yes	Race Day, All Team Party on 7/12 and volunteer for Flatlands Triathlon 7/13 - Z3's home race
7/19	Rip Roar Waukee and Ankeny Youth Triathlon	Waukee and Ankeny	Yes	Race Day
7/31	USA Triathlon Youth and Junior National Championships	West Chester, Ohio	Yes	Race Weekend
8/16	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 19 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 Sunday, July 13. This is also a big weekend for our team with a party the evening of the 13 to honor our seniors.