

PLAYTRI YOUTH & JUNIORS

SPRING 2017 TEAM HANDBOOK



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TRYOUTS

All athletes wishing to participate in the 2017 Dallas or McKinney Team Playtri Spring Session must participate in the tryout for their desired team. Colleyville athletes are not required to complete a tryout.

Athletes must RSVP online at www.playtri.com/trials-week prior to tryouts in order to participate.

Tryout Schedules:

Dallas Blue Team (Ages 6-9)

Swim: Saturday, 1/21, 12:30-1:30 PM
Bike/Run: Tuesday, 1/24, 4:00-5:00 PM

McKinney Blue Team (Ages 6-9)

Swim: Monday, 1/23, 6:00-7:00 PM
Bike/Run: Thursday, 1/26, 4:30-5:30 PM

Dallas Silver Team (Ages 8-11)

Swim: Saturday, 1/21, 12:30-1:30 PM
Bike/Run: Tuesday, 1/24, 5:00-6:00 PM

McKinney Silver Team (Ages 8-12)

Swim: Wednesday, 1/25, 4:30-5:30 PM
Bike/Run: Tuesday, 1/24, 4:30-5:30 PM

Dallas Gold Team (Ages 9-15)

Swim: Saturday, 1/21, 1:30-2:30 PM
Bike/Run: Wednesday, 1/25, 4:30-6:00 PM

McKinney Gold 1 Team (Ages 9-15)

Swim: Wednesday, 1/25, 4:30-5:30 PM
Bike/Run: Tuesday, 1/24, 4:30-5:30 PM

Dallas Juniors Team (Ages 12-18)

Swim: Saturday, 1/21, 1:30-2:30 PM
Bike/Run: Wednesday, 1/25, 4:30-6:00 PM

McKinney Gold 2 Team (Ages 10-16)

Swim: Wednesday, 1/25, 5:30-7:00 PM
Bike/Run: Monday, 1/23, 4:30-5:30 PM

Dallas Bike/Run Location: Playtri Dallas Store

Dallas Swim Location: JCC Dallas, 7900 Northaven Road, Dallas, TX 75230

McKinney Bike/Run Location: Playtri McKinney Store

McKinney Swim Location: Don Rodenbaugh Natatorium, 110 Rivercrest Blvd, Allen, TX 75002

Athletes must bring their own equipment to tryouts. Swim tryouts require goggles, and a swim cap for Gold 2. Bike/run tryouts require a bike in good working order, helmet that fits properly with no damage, water bottle, running shoes, and cycling/tight fitting shorts for all Gold teams and Juniors. Athletes already using cycling shoes should bring those as well.

Parents will be required to complete and sign a liability waiver at the first tryout session.

PARENT MEETINGS

All athletes are required to have a parent present at their respective team meeting as part of their Spring Session participation.

All parent meetings will be at the team's Playtri Store location (same as bike/run tryout).

Parent Meeting Schedule:

Dallas Blue Team Wednesday, 2/1, 4:30-5:15 PM	McKinney Blue Team Tuesday, 2/7, 4:30-5:15 PM	Colleyville Club Team TBD
Dallas Silver Team Wednesday, 2/1, 5:15-6:00 PM	McKinney Silver Team Tuesday, 2/7, 5:15-6:00 PM	
Dallas Gold Team Wednesday, 2/1, 6:00-6:45 PM	McKinney Gold 1 Team Tuesday, 2/7, 6:00-6:45 PM	
Dallas Juniors Team Wednesday, 2/1, 6:45-7:30 PM	McKinney Gold 2 Team Thursday, 2/9, 4:30-5:15 PM	
	McKinney Elite Teams Thursday, 2/9, 5:30-6:30 PM	

PARENT SERVICE HOURS

All Team Playtri parents are required to complete two (2) service hours per athlete during each team session. There are a wide variety of ways to fulfill this commitment – you can view a list of suggestions on the “Documents” page of the team website.

Parents who are unable to complete the two hours may make a \$50 donation instead.

Documentation of service hours must be submitted using the provided form on the “Documents” page of the team website.

USAT MEMBERSHIP AND LIABILITY WAIVER

All Team Playtri athletes must have a current USA Triathlon annual membership and a current liability waiver (posted on the team “Documents” page) before participating in their first team practice.

Visit www.usatriathlon.org/membership for details on obtaining an annual membership.

POSITIVE COACHING ALLIANCE

We are proud to be partnered with the Positive Coaching Alliance (PCA) and to offer their Second-Goal Parent online course to our families. Completion of this course by a parent can fulfill the 2 hour service requirement for one athlete for one session. Parents cannot complete the course multiple times for credit. You will be able to pay for your Second-Goal Parent course during online registration.

Visit www.positivecoach.org to learn more about PCA and their resources.

PARENT PLEDGE

All Team Playtri parents are required to sign and submit our “Parent Pledge” prior to their athlete’s first team practice. We review the pledge as a group at the team parent meetings.

Visit our “Documents” page on the team website to download the pledge and review in advance.

UNIFORMS

Spring team uniform orders and payment must be submitted to your head coach by Saturday, February 25th. Coaches will review sizing and specific items during team parent meetings. All athletes are required to wear their team trisuit for competitions. In general, Spring uniforms will arrive by mid-April.

Team trisuit (required): \$104

Team cycling jersey: \$78

Team cycling short: \$78

COLLEYVILLE PROGRAMS

Training Locations

GCISD Natatorium – 2305 Pool Road, Grapevine, TX 76051

Playtri Colleyville Store – 7171 Colleyville Blvd, Ste. 108, Colleyville, TX 76034

Colleyville Club Team

Race Ages 6-15

Recreational, skills-based team focused on understanding USAT rules, basic skills and strategy for triathlon racing.

Prerequisites: Athletes must be off training wheels, and must be able to swim from one end of the pool to the other without stopping.

Required Equipment: Bicycle in good working order with bottle cage, bicycle helmet, water bottle (sports bottle), running shoes, swimsuit, goggles, towel, race belt, team trisuit

Weekly Practices:

- Thursdays, 6:00-8:15 PM – GCISD Natatorium

Cost: \$200/session (\$50/month)

DALLAS PROGRAMS

Training Locations

JCC Dallas – 7900 Northaven Road, Dallas, TX 75230

Playtri Dallas Store – 6465 E Mockingbird Lane, Ste. 350, Dallas, TX 75214

Blue Team

Race Ages 6-9

Introductory team format with two weekly practices. Primary emphases are fun and sport basics such as freestyle swim technique, USAT race rules, bike safety and handling, run form and pacing, etc. Athletes participate in local youth triathlon events.

Prerequisites: Athletes must be off training wheels, and must be able to swim from one end of the pool to the other without stopping.

Required Equipment: Bicycle in good working order with bottle cage, bicycle helmet, water bottle (sports bottle), running shoes, swimsuit, goggles, towel, race belt, team trisuit

Weekly Practices:

- Mondays, 4:30-5:30 PM – Bike/Run Practice – Playtri Dallas Store
- Saturdays, 12:30-1:30 PM – Swim Practice – JCC Dallas

Cost: \$500/session (\$125/month) + \$75 pool facility fee

Silver Team

Race Ages 8-11

Beginner to Intermediate team format with three weekly practices. Primary emphases are fun, refining basic techniques and learning basic racing and training strategy. Athletes participate in local youth triathlon events.

Prerequisites: 8-9 year olds entering the Silver Team program should be able to swim 100y freestyle continuously, safely participate in a group bike ride, execute basic bike drills and run a half mile without walking. 10-11 year olds do not have any skills prerequisites, though coaches may recommend private lessons for those who are very new to one or more of the three sports.

Required Equipment: Bicycle in good working order with multiple speeds, water bottle cage, bicycle helmet, water bottle (sports bottle), running shoes, swimsuit, goggles, towel, race belt, team trisuit

Weekly Practices:

- Tuesdays, 4:30-5:30 PM – Run/Conditioning Practice – Playtri Dallas Store
- Wednesdays, 4:30-5:30 PM – Bike/Run Practice – Playtri Dallas Store
- Saturdays, 12:30-1:30 PM – Swim Practice – JCC Dallas

Cost: \$600/session (\$150/month) + \$75 pool facility fee

Gold Team

Race Ages 9-15

Intermediate team format with three weekly practices. Primary emphases are fun, refining basic techniques and learning basic racing and training strategy. Athletes participate in local and travel team races and events as they and their coaches feel they are ready.

Prerequisites: 9-11 year olds entering the Gold Team program should be able to swim 100y freestyle without stopping, safely participate in a group bike ride, execute basic bike drills and run one mile without walking. 12-15 year olds do not have any skills prerequisites, though coaches may recommend private lessons for those who are very new to one or more of the three sports.

Required Equipment: Road or hybrid bicycle in good working order with multiple speeds, water bottle cage, bicycle helmet, cycling shorts, clipless cycling shoes, clipless pedals, flat kit, water bottle (sports bottle), running shoes, swimsuit, goggles, towel, race belt, team trisuit

Weekly Practices:

- Mondays, 5:30-6:30 PM – Run/Conditioning Practice – Playtri Dallas Store
- Wednesdays, 5:30-6:30 PM – Bike/Run Practice – Playtri Dallas Store
- Saturdays, 1:30-2:30 PM – Swim Practice – JCC Dallas

Cost: \$600/session (\$150/month) + \$75 pool facility fee

Juniors Team

Race Ages 12-18

Intermediate team format for middle and high school age athletes with 3 weekly team practices. Primary emphases are fun, refining basic techniques, learning basic racing and training strategy, and improving general and sport-specific fitness. Athletes participate in local and in-state travel team races and events as they and their coaches feel they are ready. Athletes may also choose to participate in either the USAT Youth National Championship or USAT Age Group National Championship.

Prerequisites: 12-15 year olds entering the Juniors Team program should be able to swim 100y freestyle in under 2:00, safely participate in a group bike ride, execute basic bike drills, run one mile in 10:00 or faster and be willing to transition to clipless cycling shoes during their first session with the program. 16-18 year olds do not have any skills prerequisites, though coaches may recommend private lessons for those who are very new to one or more of the three sports.

Required Equipment: Road or hybrid bicycle in good working order with multiple speeds, water bottle cage, bicycle helmet, cycling shorts, clipless cycling shoes, clipless pedals, flat kit, water bottle (sports bottle), running shoes, swimsuit, goggles, towel, race belt, team trisuit

Weekly Practices:

- Mondays, 5:30-6:30 PM – Run/Conditioning Practice – Playtri Dallas Store
- Wednesdays, 5:30-6:30 PM – Bike/Run Practice – Playtri Dallas Store
- Saturdays, 1:30-2:30 PM – Swim Practice – JCC Dallas

Cost: \$600/session (\$150/month) + \$75 pool facility fee

Juniors Team Plus

Practices, prerequisites and equipment requirements are the same for this program, but athletes are also provided with individual coaching in the form of at-home workouts from the head coach based on the individual athlete's strengths, weaknesses and goals.

This program demands a certain amount of self-motivation from young athletes, and is generally recommend for older/more mature athletes.

Cost: \$1000/session (\$250/month) + \$75 pool facility fee

MCKINNEY PROGRAMS

Training Locations

Don Rodenbaugh Natatorium – 110 Rivercrest Blvd, Allen, TX 75002

Playtri McKinney Store – 7951 Collin McKinney Pkwy, Ste. 1500, McKinney, TX 75070

Blue Team

Race Ages 6-9

Introductory team format with three weekly practices. Primary emphases are fun and sport basics such as freestyle swim technique, USAT race rules, bike safety and handling, run form and pacing, etc. Athletes participate in local youth triathlon events.

Prerequisites: Athletes must be off training wheels, and must be able to swim from one end of the pool to the other without stopping.

Required Equipment: Bicycle in good working order with bottle cage, bicycle helmet, water bottle (sports bottle), running shoes, swimsuit, goggles, towel, race belt, team trisuit

Weekly Practices:

- Mondays, 4:30-5:00 PM – Swim Practice – Don Rodenbaugh Natatorium
- Tuesdays, 4:30-5:30 PM – Bike/Run Practice – Playtri Dallas Store
- Wednesdays, 4:30-5:00 PM – Swim Practice – Don Rodenbaugh Natatorium

Cost: \$500/session (\$125/month) + \$75 pool facility fee

Silver Team

Race Ages 8-12

Beginner to Intermediate team format with three weekly practices. Primary emphases are fun, refining basic techniques and learning basic racing and training strategy. Athletes participate in local youth triathlon events.

Prerequisites: 8-9 year olds entering the Silver Team program should be able to swim 100y freestyle continuously, safely participate in a group bike ride, execute basic bike drills and run a half mile without walking. 10-12 year olds do not have any skills prerequisites, though coaches may recommend private lessons for those who are very new to one or more of the three sports.

Required Equipment: Bicycle in good working order with multiple speeds, water bottle cage, bicycle helmet, water bottle (sports bottle), running shoes, swimsuit, goggles, swim snorkel, towel, race belt, team trisuit

Weekly Practices:

- Wednesdays, 6:00-7:00 PM – Swim Practice – Don Rodenbaugh Natatorium
- Fridays, 4:30-5:30 PM – Run/Conditioning Practice – Playtri McKinney Store
- Saturdays, 9:30-10:30 AM – Bike/Run Practice – Playtri McKinney Store

Cost: \$600/session (\$150/month) + \$75 pool facility fee

Gold 1 Team

Race Ages 10-15

Intermediate team format with three weekly practices. Primary emphases are fun, refining basic techniques and learning basic racing and training strategy. Athletes participate in local and travel team races and events as they and their coaches feel they are ready.

Prerequisites: 10-12 year olds entering the Gold Team program should be able to swim 100y freestyle in 2:00 or faster, safely participate in a group bike ride, execute basic bike drills and run one mile in 8:30 or faster. 13-15 year olds do not have any skills prerequisites, though coaches may recommend private lessons.

Required Equipment: Road or hybrid bicycle in good working order with multiple speeds, water bottle cage, bicycle helmet, cycling shorts, flat kit, water bottle (sports bottle), running shoes, swimsuit, goggles, swim snorkel, towel, race belt, team trisuit

Weekly Practices:

- Mondays, 6:00-7:00 PM – Swim Practice – Don Rodenbaugh Natatorium
- Fridays, 4:30-5:30 PM – Run/Conditioning Practice – Playtri McKinney Store
- Saturdays, 10:30-11:30 AM – Bike/Run Practice – Playtri McKinney Store

Cost: \$600/session (\$150/month) + \$75 pool facility fee

Gold 2 Team

Race Ages 10-16

Advanced/pre-draft-legal team format with 3 weekly practices. Gold 2 is a pre-elite program where athletes refine their current abilities and are introduced to the skills competencies for draft-legal triathlon competition. Athletes participate in local and in-state travel team races and events as they and their coaches feel they are ready. Athletes may also choose to participate in the USAT Youth National Championship at the discretion of their coaches and family.

Prerequisites: 10-16 year olds entering the Gold 2 Team program should be able to swim 100y freestyle in 1:35 or faster (boys) or 1:40 or faster (girls), work safely and effectively in a paceline on the bike, execute advanced bike drills, run one mile in 7:30 or faster (boys) or 8:00 or faster (girls), and be prepared to transition to clipless cycling shoes.

Required Equipment: Road bicycle in good working order with multiple speeds, water bottle cage, cycling computer with cadence, bicycle helmet, cycling shorts, clipless cycling shoes, clipless pedals, flat kit, water bottle (sports bottle), running shoes, swimsuit, goggles, swim snorkel, Finis leg band, short fins, pull buoy, towel, race belt, team trisuit

Weekly Practices:

- Tuesdays, 5:30-6:30 PM – Bike/Run Practice – Playtri McKinney Store
- Thursdays, 4:30-5:30 PM – Bike/Run Practice – Playtri McKinney Store
- Saturdays, 3:30-5:00 PM – Swim Practice – Don Rodenbaugh Natatorium

Expanded Swim Option:

- Wednesdays, 5:00-6:00 PM – Swim Practice – Don Rodenbaugh Natatorium

Cost: \$600/session (\$150/month) + \$75 pool facility fee

Cost w/ Expanded Swim: \$740/session (\$185/month) + \$75 pool facility fee

Elite Teams

Team Playtri Elite F1 and National Team do not accept new athletes during the Spring and Summer Sessions. If your athlete has prior draft-legal triathlon experience and you feel he or she should be considered, please email morgan@playtri.com with your athlete's resume and details on his or her current team situation.

Required Equipment:

- Swim: Goggles (2 pair), Swim caps (2), One-piece training suit, swim snorkel, Finis leg band, Finis agility paddles, pull buoy, kickboard, towel, water bottle, open water swim wetsuit
- Bike: Road bicycle, bicycle helmet, bottle cages (2), water bottles (2), weather-appropriate cycling apparel (NO BAGGY CLOTHES ON THE BIKE), clipless pedals and cleats, triathlon-specific cycling shoes, front and rear bike lights, flat kit, cycling computer with cadence, HRM, sunglasses, team cycling jersey w/ matching or black shorts, bike box for travel (not required, but recommended), degreaser/lube for cleaning bicycle
- Run: Weather-appropriate run apparel, running shoes (please discuss new run shoes with coach), technical socks, water bottle, HRM, watch with time/distance/pace
- Triathlon race weekend: Team trisuit, team polo, race belt (non-draft races), Body Glide/TriSlide, extra running shoes for warm ups
- Other: National team members are required to have a Garmin 920XT or similar training computer, and are recommend to have a power meter

Weekly Practices:

- Mondays, 5:00-6:00 PM – Swim Program – Don Rodenbaugh Natatorium
- Tuesdays, 5:15-6:15 PM – Run Practice – Playtri McKinney Store
- Tuesdays, 6:30-7:30 PM – Conditioning – Playtri McKinney Store
- Wednesdays, 5:00-6:00 PM – Swim Program – Don Rodenbaugh Natatorium
- Wednesdays, 6:00-7:00 PM – Run/Dryland – Don Rodenbaugh Natatorium
- Thursdays, 5:30-7:30 PM – Bike/Run Practice – Playtri McKinney Store
- Fridays, 4:30-5:30 PM – Run Practice – Playtri McKinney Store
- Fridays, 6:00-7:00 PM – Swim Program – Don Rodenbaugh Natatorium
- Saturdays, 7:30-9:00 AM – Group Ride – Playtri McKinney Store
- Saturdays, 3:30-5:00 PM – Swim Practice – Don Rodenbaugh Natatorium
- Sundays, 3:30-5:30 PM – Group Brick – Playtri McKinney Store
- Sundays, 5:30-6:30 PM – Mental Toughness Class – Playtri McKinney Store

F1 Cost: \$800/session (\$200/month) + \$75 pool facility fee

F1 Cost w/ Swim Program: \$1100/session (\$275/month) + \$75 pool facility fee

National Team Costs (Monthly):

- Base membership/coaching: \$100
- Swim practice (Saturday only): \$50
- Swim program (includes all swims: \$125
- Bike practice: \$50
- Run practice: \$50
- Conditioning/weights: \$50

National team athletes must either be in the TPE swim program or a coach-approved school/club team.

RULES AND EXPECTATIONS

The same rules apply to coaches, athletes and parents alike. We keep it simple!

1. Demonstrate respect to all individuals involved in your triathlon experience
2. Provide feedback, not complaints
3. Take responsibility for your own equipment
4. Ask questions
5. Be early (or, at the very latest, on time)

SPRING RACE SCHEDULE

Parents are responsible for completing registration and packet pickup for all team races. The head coach will send an email the week prior to each event with race day instructions. Some races will only be recommended for older or younger athletes – the head coach will review your team’s specific events at the team parent meeting.

Cedar Hill Junior Cycling Races

February 4th & 5th

It Takes Two 5K and 1K Run Races (McKinney Teams)

February 11th

Clermont F1/EDR Races

March 4th & 5th

Luck of the Irish Sprint

March 19th

Tal Morrison 5K (Dallas Teams)

April 1st

Run for Cover 5K and 1K Run Races (McKinney Teams)

April 8th

Kiwanis Sprint and Kids Triathlon

April 23rd

Sunny Kids Tri at Baylor Tom Landry

April 29th

White Rock and Roll 5K (Dallas Teams)

May 6th

WaterWorks Sprint and Kids Splash n’ Dash

May 21st

PLAYTRI RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT WITH PARENTAL CONSENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in any event ("Activity") at any time during the current calendar year I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of the Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if, at any time, I believe the conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) THIS ACTIVITY INVOLVES RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS or SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation ,or that of the minor, in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE Ali Zaher Enterprises, LLC, the sanctioning organization(s), their administrators, directors, agents, officers, members, volunteers, and employees, other participants, officials, rescue personnel, sponsors, advertisers, owners and lessees of Premises on which the Activity is conducted, (each of the forgoing shall be considered one of the RELEASEES herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may be incurred as the result of such claim.

I ACKNOWLEDGE THAT I AM OVER THE AGE OF 18 YEARS, HAVE READ THIS AGREEMENT AND FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, AND I INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

CLUB NAME: _____

PRINTED NAME OF PARTICIPANT: PARTICIPANT'S SIGNATURE: _____

ADDRESS: _____
(Street) (City) (State) (Zip)

PHONE: _____ DATE: _____

Below section must be completed by Parent/Guardian for any participant under the age of 18.

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF THE ACTIVITY AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIMS AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST THAT MAY OCCUR AS A RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN: I HAVE READ THIS RELEASE _____

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): I HAVE READ THIS RELEASE _____

ADDRESS: _____
(Street) (City) (State) (Zip)

PHONE: _____ DATE: _____



The Playtri Parent's Pledge

Taken from the Positive Coaching Alliance Parent Pledge

Our organization is committed to the principles of the Positive Coaching Alliance. Therefore, we ask that you read, sign and return this form to your child's coach prior to his or her first practice.

As a Team Playtri Parent, I pledge to:

1. Be a Second-Goal Parent, focused on the goal of using sports to teach life lessons, while leaving the goal of winning to players and coaches. This is in keeping with the ideal of the Double-Goal Coach – who has a goal of winning and an even more important goal of teaching life lessons through sport.
2. Use positive encouragement to fill the emotional tanks of my child(ren), their teammates, and their coaches. I understand that, like the gas tank of a car, a full Emotional Tank can take folks most anywhere.
3. Reinforce the ELM Tree of Mastery with my child, by:
 - a. Encouraging my athlete to exert maximum **Effort**
 - b. Helping my child **Learn** through sports
 - c. Urging my child to get past **Mistakes** by using a Mistake Ritual...Because I understand that a mastery approach will help my child succeed in sports and in life.
4. Set an example for my child by Honoring the Game, respecting its ROOTS (Rules, Opponents, Officials, Teammates and Self). If I disagree with an official's call, I will Honor the Game and be silent.
5. Use a Self-Control Routine to avoid losing my composure if I grow frustrated. I will take a deep breath, turn away from the game to refocus, count backwards from 100 or use self-talk ("I can rise above this. I need to be a role model").
6. Refrain from negative comments about my child's coach in my child's presence so that I do not negatively influence my child's motivation and overall experience.
7. Be as prompt as possible dropping my child off and pick my child up from practices and races.
8. Engage in No-Directions Cheering, limiting my comments during the race to encouraging my child and other athletes (from all teams).

Print Athlete's Name

Parent's Signature

COACHES

Andrew Harley – Colleyville Head Coach

a.theharley@gmail.com

Debi Berg – Dallas Head Coach

debi@playtri.com

Morgan Hoffman – McKinney/Elite Head Coach

morgan@playtri.com

THANK YOU TO OUR PARTNERS

