GREEN BAY
MULTISPORT
– YOUTH TEAM –

Team Handbook

Green Bay Multisport Youth Team



GREEN BAY MULTISPORT YOUTH TEAM

Determination. Respect. Humility. Accountability. Integrity. Goal Setting. Safety. Sportsmanship. Perseverance. Character. Strength. Courage. Fitness. Encouragement. Knowledge. Endurance. Resolve. Adaptability. Teamwork.

The Green Bay Multisport Youth Team has a 501c3 designation (EIN 82-1663027). Contributions are tax-deductible for income, gift, and estate taxes.

Volunteer Board of Directors

Erik Hansen	President
John Biese	Secretary
Ryan Peper	Treasurer
Andy Belongia	At-Large
Sean Burns	At-Large

Please consider volunteering for a one year term on the Board of Directors.

Volunteer Coaches:

Erik Hansen (*USAT Level I Certified Coach)*

John Biese

-Parents are always welcome to ride/run/swim along when practice is conducive to parent support.

-Please like the Green Bay Youth Triathlon Team on Facebook for team information. TeamSnap will be used for all team practices and events and event scheduling.

teamSNAP Facebook GBMSYT

Mission

To develop young athletes in the sport of triathlon and promote an active and healthy lifestyle for youth and their families.

Vision

To educate and properly train youth and junior athletes of NE WI in a team environment. We will strive to teach lifelong wellness and give youth of all abilities, a safe training environment with knowledgeable coaches. Our goal is to have youth athletes participate, learn, improve, and enjoy multisport events, such as triathlon.

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and seven core principles:

- Courage
- Safety
- Integrity
- Respect
- Humility
- Adaptability
- Accountability

GREEN BAY MULTISPORT YOUTH TEAM

Parent Code of Conduct

We, the GB Multisport Youth Triathlon Team, have implemented the following Sport Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand, and sign this form prior to their children participating on our team. Any parent guilty of improper conduct at any event or practice will be asked to leave the premises and be suspended from the following event.

I therefore agree:

1. I will not force my child to participate in triathlon training or events.
2. I will remember that children participate to have fun and that the event is for them.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or of others.
4. I will learn the rules of triathlon and other events we are involved in.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all athletes, coaches, officials, and spectators at every event or practice.
6. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
7. I will demand that my child treat other athletes, coaches, officials, and spectators with respect regardless of race, creed, color, gender, orientation or ability.
8. I will praise my child for working hard, competing fairly, and focusing on the importance of doing one's best.
9. I will refrain from coaching my child or other athletes during practices and events.
10. I will remind myself that triathlon is an individual sport, but will become stronger with the support of the whole team.

Athlete Code of Conduct

As a Green Bay Multisport Team Member, I will:

1. **Set a positive example for others, particularly younger athletes. Lead by example.**
2. **Always show respect and courtesy to parents, race officials, race directors, supporters, fellow athletes, and competitors.**
3. **Know and abide by USAT laws, rules, and spirit of the sport.**
4. **I will positively represent the Green Bay Multisport Youth Team at practices, races, and other team activities.**
5. **Accept success and failure, victory and defeat, equally, and use any obstacles or mistakes as learning experiences.**
6. **I will resist any temptation to use alcohol, illegal substances, nicotine products, or banned substances or equipment.**
7. **I will always adhere to the core principle of safety in regards to myself, teammates, coaches, competitors, and equipment.**
8. **I will always wear a helmet with the chinstrap buckled while on a bike.**

Athlete Responsibilities

- **Obey Code of Conduct**
- **Come prepared with equipment to practice - This is your responsibility, not your parents**
- **Be on time, be ready when practice starts**
- **Have fun**
- **Be responsible for myself**
- **Improve and learn every day**
- **Listen to your coaches**
- **Train and race boldly and safely – bike helmet, etc.**

Equipment

What you will need to participate:

Swimming

- Goggles
- Swimsuit
- Swim cap
- Towel
- Wetsuit (optional)

Biking

- Bike (any type is ok, road is preferred) - *We have several youth size road bikes available for newcomers to rent for the season if needed.*
- Approved Helmet
- Bike Shoes (optional)/Toe cages (optional)
- Bike or Tri Shorts (highly recommended)
- Spare tube
- Tire changing equipment (tire levers, CO2 cartridges, plugs - optional)
- Bike computer w/ cadence (optional)
- Junior athletes- think about using a power meter

Running

- Running Shoes
- Lock Laces (provided)
- Race Belt (provided)
- Hat or Visor (optional)
- Running Watch (optional)

Practice Schedule

- Practice days are Monday, Wednesday, & Friday with occasional weekend team events.
- Practice time is typically 5:00 and is 1 hour long with some occasional flexing of start times depending on the time of the season and/or activity.
- Activities including some form of running, biking, and/or swimming vary from week to week at different locations in the Green Bay area.
- TeamSnap is the app that will be used for all practice and team event scheduling to allow for effective communication between coaches, parents, & athletes.

PLEASE RSVP TO ALL TEAM EVENTS!

Pricing & Benefits

Pricing*

- $175 from April through August
- Multi-Athlete discount offered for members from the same family
- Tri-suit or Jersey & Tri Shorts - Optional Attire

Make checks payable to:
Green Bay Multisport Youth Team
Attn: Ryan Peper
2881 Durham Rd
Green Bay, WI 54311

Green Bay Multisport Team Benefits

- Certified coaching services at most practices and all team events
- Dri-fit team shirt
- Race belt
- Lock Laces for shoes
- End of the season team party & gift

**Needs-based scholarships may be available, and all requests will be considered. Please contact any coach or board member–*
greenbaymultisportyouthteam@gmail.com