It's NOT about the Finish Line it's about the JOURNEY to get there and beyond…

- Program runs from February – July

- 200+ hours of programing & training

- Empowerment workshops

- After-school fitness class experiences

- Hands-on family nutrition workshop

- Specific swim-bike-run (triathlon) training

- RACE DAY JULY 11TH
  - If you will not be here race day you can not participate in the program

How i-tri works for YOUR SCHOOL (THURSDAYS)

- First meeting is Feb 13th in the cafeteria-Hand in permission slips (if you already registered online you don't need a permission slip) pick up is 4pm

- Girls must meet in the cafeteria every Thursday after school for empowerment and fitness session (pick up is 5pm).

- Girls should wear comfortable clothes and running sneakers to every afterschool session

How i-tri works for YOUR SCHOOL (SATURDAYS)

- **EAST HAMPTON YMCA 1-2:30**
  - Please arrive by 12:45- ready to go! If you do not have a ride - set up a carpool IN ADVANCE or let your Program Leader know by Friday afternoon so that they can help make arrangements.
  - Bring bathing suit, towel, flip flops, RUNNING shoes and workout clothes - We WILL BE RUNNING OUTSIDE - so dress warm!
  - Have a good breakfast , lunch and drink plenty of water BEFORE coming to practice - the snack machines are OFF LIMITS to i-tri girls - if you feel that you will need a snack, please bring one with you.
  - Parents PLEASE use the Drop off Crescent on the side of the building for drop off and pick up so that we do not block the parking lot.

What you need…

- **Running shoes*** - need to be worn at EVERY afterschool fitness session and on Saturdays when we train at the YMCA - no Keds -no UGGS - no Flip Flops

- **Sports Bra -** we will provide if you need one

- **Swimsuit -** if you have your own one-piece swimsuit wear it to each Saturday practice (if you do not have one, let your Program Leader know and one will be provided for you)

- **Towel and flip flops -** bring your own towel and flip flops to the Y each Sat

*You can go to the Gubbins stores in East Hampton or Southampton for the running shoes, they are very generous supporters of the program and i-tri girls receive a 40% discount on non-sale items. We ask that you pay what your family can afford (even if it is just a few dollars) and i-tri will cover the balance

i-tri will supply...

- **Training T's and Spandex shorts -** these should be worn to all i-tri training sessions

- **Bike -** to train on and ride during the race (if you would like to use your own, you can)

- **Helmet -** if you would like to use your own you can

- **RACE UNIFORMS -** these you wear for the race and must be returned

Special Events

- **Feb 29th - KICK OFF RETREAT**
  - 1-4 at Pierson High School
  - Mandatory for all i-tri girls AND one parent or guardian

- **MARCH 7TH - SWIM EVALS**
  - EAST HAMPTON YMCA 2:30-4
  - This is how we will divide girls into groups based on their individual levels – IF YOU DON'T KNOW HOW TO SWIM ITS OKAY EVERYONE PASSES OUR EVALUATIONS !!
  - We won't take the whole hour and a half so parents should stay and wait for girls to finish

- **APRIL 18TH - MENTORING DAY**
  - East Hampton Middle School 1-4
  - Girls will meet with successful women from different career backgrounds and get to talk to them about their journeys

- **APRIL 23rd - FAMILY NUTRITION NIGHT**
  - After our usual i-tri practice girls will have time to do homework and then at 5:30 families are invited to join us to cook a meal together
  - We only have 1 nutrition night this year so we ask at least 1 member from each family attend

- **MAY 30TH - SWIM-A-THON**
  - Our graduation from the pool. Girls will swim 12 lengths of the pool (the same distance of our race swim)
  - Families and donors are invited to cheer girls on

Absences

- If you are sick or cannot come for a valid reason - you must let us know via REMIND - **this is an excused absence.**

- If you do not let us know in advance or just do not show up (Saturdays, school sessions, after school sessions OR evening nutrition sessions) that counts as an **unexcused absence.**

- If you have more than 3 UNEXCUSED absences- you may be cut from the program.

Cost and Commitment

- **i-tri provides ALL training and equipment necessary at NO COST to participants and their families.** It costs approx. $2,000 per girl- which is raised through grants, donations and fundraising efforts. Girls and their families are expected to participate in these efforts.

- The girls participate in a POINTS system that encourages independent fundraising opportunities and supporting one another. For example: girls earn points for giving other girls rides to and from i-tri training events, or for asking a business to sponsor our race, having a bake sale or donation jars

- Each girl will be asked to raise $100 in support of her SWIMATHON! Fundraising pages will be created for each girl which girls/families can share via email and social media with family and friends

Cost and Commitment

- We do however ask that, since this is a GOAL BASED Program, that families REGISTER and pay the $45 registration fee for the Hamptons Youth Triathlon now as a sign of their family's commitment to their daughter's success. If you are not able to cover this fee - please let us know and we will provide financial aid.

- i-tri makes a Huge Commitment of time, money and resources to make sure that EVERY GIRL has EVERYTHING she needs to complete her goal. Participants and their families must make the Commitment to participate fully and make EVERY EFFORT to attend all trainings and activities.

Contact

- REMIND
  - Program Leaders share the same REMIND account. You will be added to the REMIND group once you register for the program. If you are not getting the messages, let your Program Leader know immediately
- You can always call/text or email your Program Leader if you have any questions
  - Alyssa Channin
    - 516-426-9740
    - Alyssa@itrigirls.org
  - Natalie Sisco
    - 631-764-5702
    - Natalie@itrigirls.org
  - Jill Raynor
    - 631-702-0017
    - Jill@itrigirls.org