



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 workshops
- 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 (WEDNESDAYS)

- First meeting in Feb 12th (after school till 4pm)- No fitness
 - Hand in permission slips (if you already registered online you don't need a permission slip
- Feb 26th-June 10th
 - Girls must meet every Wednesdays from 3-5pm for empowerment and fitness session.
 - Girls should wear comfortable clothes and running sneakers to every afterschool session



How i-tri works for YOUR SCHOOL (SATURDAYS)

- Suffolk Community College :1-2pm
 - Bus from William Floyd High School
 - i-tri will provide a bus from WFHS to SCC
 - Bus leave WFHS 12:25 brings the girls to SCC and then picks them up at 2pm and drops them off at their regular school bus stop
 - Please arrive to WFHS 12:15 - ready to go! If you do not have a ride- set up a carpool IN ADVANCE or let your Program Leader know by Friday night so that they can help make arrangements. (BUS WILL LEAVE AT 12:25 WITHOUT YOU)
 - Bring bathing suit, towel, flip flops, RUNNING shoes and workout clothes- We WILL BE RUNNING OUTSIDE- so dress warm!
 - Have a good breakfast AND 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 then please bring one with you.



What you need...

- **Running shoes** – need to be worn at EVERY afterschool fitness session and on Saturdays when we train at the Y- 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

**if you need any one of these items please let your Program Leader know ASAP and one will be provided for you*



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 7th- KICK OFF RETREAT**
 - 1-4 at William PACA Middle School
 - Mandatory for all i-tri girls AND one parent or guardian
- **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
 - Bus will be provided from WFHS to East Hampton Middle School and back home
- **APRIL 28th - 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 or having a bake sale, 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 families 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
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