RIVERHEAD MIDDLE SCHOOL
GUIDANCE DEPARMENT PROGRAM UPDATE

Riverhead Middle School is excited to announce that I-Tri will offer their empowerment program for girls again this year.

All 7th grade girls were provided the opportunity to attend an information session in January to learn about this program from members of the I-Tri staff and, if interested, began weekly meetings in February.

I-Tri is a goal-based empowerment program that integrates several core components and culminates in a youth distance triathlon in mid-July.
For 6 months, participants meet for an immersive training program that consists of workshops that focus on self-esteem building empowerment sessions, fitness experiences, triathlon-specific training, family nutrition workshops and science of triathlon curriculum.
The weekly sessions are designed to build confidence, endurance, physical fitness and help participants learn how to use powerful tools to achieve their goals. In addition, the program and all equipment, including transportation, is free to all participants.

A segment from the i-tri website is below and you can find more information on their website at https://itrigirls.org/

A message from I-tri……

"I-tri girls learn to believe in themselves, and that can change everything. Along the journey to the finish line of a youth distance triathlon, our girls discover that they are capable, strong and brave. They make connections that show them that while they are unique, they're definitely not alone. Side by side, with new friends, i-tri girls learn to go inward to find their own strengths and to help others find theirs. i-tri girls are not triathletes. Rather, we use the sport of triathlon to give them a goal that is seemingly impossible, that is overwhelming and scary. And then we give them the physical and mental tools to achieve that goal."

If you would like more information about this program, please contact:
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