

2020 - 15 ANNUAL KICK OFF MEETING
CFL TRI CLUB KICK OFF



**Special
Olympics**
Florida





Goals

The goal of the triathlon club is to encourage good health and fitness, success, and create a sense of belonging. Members encourage one another, helping to achieve their personal goals such as finishing a triathlon or getting faster.

Build awareness for the sport of triathlon and related multi-sport events

- Attend Expos for running and biking events
- Promote multisport events
- Promote benefits of USA Triathlon
- Social media
- Web site





Council Members

Name	Role	Notes
Hector Torres	President / Head Coach	
Don DeBeaux	Vice Chair	
Ana Caminas	Treasurer	
Michelle Hill	Assistant Coach	
Dan Grieb	Assistant Coach	
Michael Fitz Patrick	Assistant Coach	
Carlos Mendoza	Group Lead	
Jennifer Sturgess	Group Lead	
Laura Minns	Group Lead	
Wynne McFarlin	Special Olympics	
Valerie Barbosa	Board Member	
Joel Diaz	Social Coordinator	





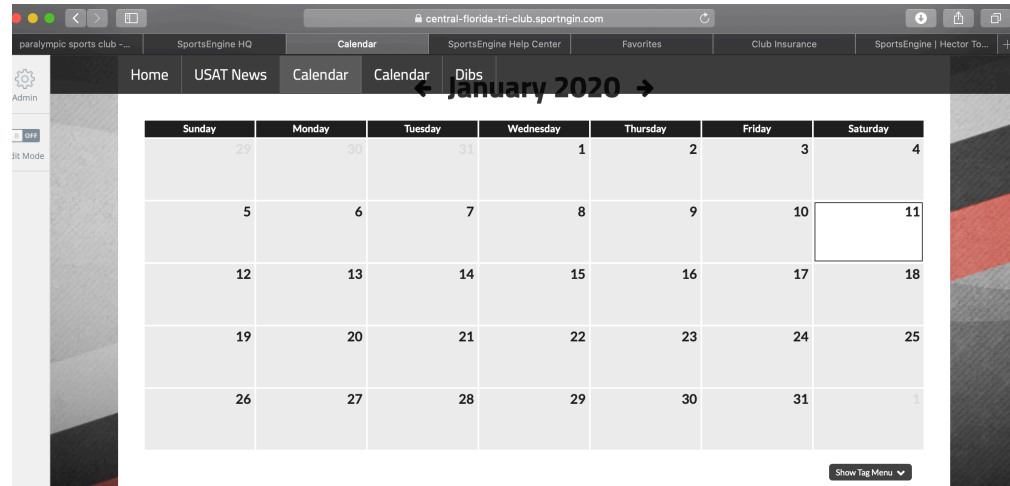
Safe Sport

- **USA Triathlon, the U.S. Center for SafeSport and the U.S. Olympic & Paralympic Committee — is critical to creating a safe and healthy setting for sport while preventing abuse of all forms.**
- **Clubs have 30 days from their registration date to meet all SafeSport requirements.** Your clubs SafeSport deadline is: **2020-01-31**
- **All club board members, and all club administrators must complete the online SafeSport training located at safesport.org/authentication/signin using the USA Triathlon SafeSport Code: FDV2-N6TL-T4GA-SWNZ.**



Sports Engine

- New Website
- New Programming
- New App
- ROSTER....



[https://central-florida-tri-club.sportngin.com/?
_ga=2.148262131.558079268.1578685720-189
404182.1578541648](https://central-florida-tri-club.sportngin.com/?_ga=2.148262131.558079268.1578685720-189404182.1578541648)



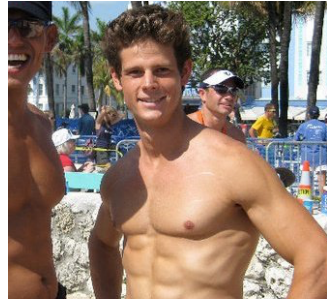


Who do we cater?


All levels

- Beginner
- Intermediate
- Advanced
- Elite





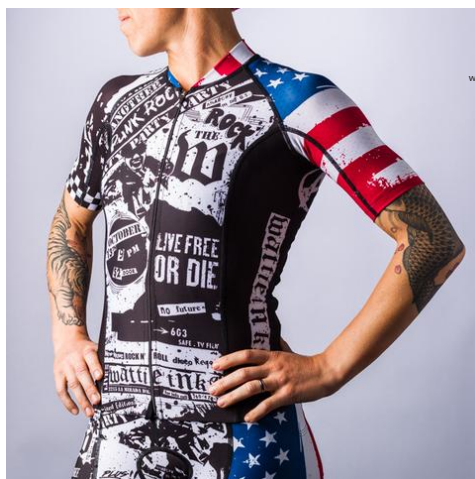
January to November 2020 Races

	Half Course		Club Lead	Short Course			Full Course	
	Disney Marathon - 5k, 10k, 13.1 & 26.2	January 8 - 12, 2020		Disney Marathon - 5k, 10k, 13.1 & 26.2	January 8 - 12, 2020		Disney Marathon - 5k, 10k, 13.1 & 26.2	January 8 - 12, 2020
	Celebration - 13.1 & 26.2	January 26, 2020		Celebration - 13.1 & 26.2	January 26, 2020		Celebration - 13.1 & 26.2	January 26, 2020
	Best Damn Race - 5k, 10k & 13.1	February 29, 2020		Best Damn Race - 5k, 10k & 13.1	February 29, 2020		Best Damn Race - 5k, 10k & 13.1	February 29, 2020
	Great Clermont Triathlon - Sprint and Olympic (Training Race)	March 14, 2020		Great Clermont Triathlon - Sprint and Olympic (Training Race)	March 14, 2020		Ironman New Zealand & 70.3	March 7, 2020
	Haines City 70.3	April 19, 2020		St. Anthony's - Sprint and Olympic	April 27, 2020		Haines City 70.3	April 19, 2020
				Bermuda - Olympic	April 27, 2020			
May Transition Month								
	June Clermont	June 6, 2020		June Clermont	June 6, 2020		June Clermont	June 6, 2020
	Denmark 70.3	June 23, 2019		July Clermont	July 11, 2020		July Clermont	July 11, 2020
	July Clermont	July 11, 2020		August Clermont	August 15, 2020		Panama - Travel Race	August 23, 2020
	Panama - Travel Race	August 23, 2020		Fort DeSoto Olympic - Training Race	9/12/2020		Fort DeSoto Olympic	9/12/2020
	Fort DeSoto Olympic - Training Race	9/12/2020		Miami Man	November 14, 2020		Wilmington 70.3 - Training Race	October 20, 2020
	Wilmington 70.3	October 20, 2020					Ironman Florida	November
							Ironman Cozumel - Travel Race	November

Uniforms

Voting Process

Kiwami
Base
Wattie Ink



SPIDER LD1 AERO

SPIDER LD AERO - Black Blue Lime



www.kiwamitriathlon.com

All right reserved © kiwami 2017



Tank Tops/Shirts





Sponsors

<https://cfltriclub.wordpress.com/about/join-the-club/sponsors/>



Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Location	AQC	DTWN	AQC	DTWN	AQC	TBA	OFF
Time	5:30 am	5:00 am	5:30 am	5:00 am	5:30 am	7:30 am	On your
Duration	90 min	2 hr	90 min	2 hr	90 min	2 - 4 hr	own!
Sport	Swim	Bike/Run	Swim	Run	Swim	Bike/Run	Run
Location	Tri Peak	Tri Peak	Tri Peak				
Time:	7:00 Pm	7:00 PM	7:00 PM				
Duration	75 Min	90 min	75 min				
Sport	Bike	Strength Group Study	Bike				





Strength Training

12 week course

Weekly Assignments

Begins January 28, 2020

Organization ACSM



Strength Training

12 week course

Weekly Assignments

Begins January 28, 2020

Organization ACSM