

## **Chattahoochee Triathlon Club Mentor Program**

The mentor group comprises experienced Club members who are willing to help other members enjoy the sport and meet their personal goals. They will listen to questions and problems, and will be a valuable source of information. Mentors are not just for new athletes, but also for any athlete who wishes to attain a new level of performance, tackle a new race distance or gain a better understand of the sport. The Chattahoochee Triathlon Club Mentoring Program is an informal, voluntary relationship. The program is designed to help new or less-experienced athletes start competing in triathlons, or train for a new distance or a particular race.

This is **not** a coaching program; it is an attempt to best match you with someone who has the skills and desire to help you meet your stated goals. Mentors are not personal coaches; rather, they are a resource for answering questions or providing guidance. You could choose to be a Mentor, a Mentee — or both.

This program will serve triathletes who are interested in training for any of the following race distances:

- First triathlon, Super Sprint, or pool-swim triathlon Sprint Distance: 750 m (.5 mile) swim / 20 km (12.4 mile) bike / 5 km (3.2 mile) run
- Olympic/International Distance: 1.5 km (.9 mile) swim / 40 km (24 mile) bike / 10 km (6.2 mile) run
- Half-Ironman “70.3”: 1.9 km (1.2 mile) swim / 90 km (56 mile) bike / 21 km (13.1 mile) run
- Ironman “140.6”: 3.8 km (2.4 mile) swim /180 km (112 mile) bike / 42 km (26.2 mile) run

### **This program is for:**

- Mentors: If you are a club member who has completed at a minimum a Sprint and an Olympic or Half Ironman triathlon, then you are qualified to be a Mentor. If you would like to give back and share your triathlon experience, please fill out the MENTOR form.
- Mentees: If you are new (or fairly new) to triathlons and would appreciate support and guidance toward your goals this season, OR if you are looking to train for a new distance, please fill out the MENTEE form.

### **The process:**

1. Complete your Mentor/Mentee profile form and return to the Mentorship Program Coordinator.
2. Mentees and Mentors will be matched by the program coordinator, to best connect members of compatible abilities and goals.

3. Matches will be notified in a timely manner, keeping in mind that it may take time to find a good match of Mentor and Mentee.

**Expectations — By entering this program, you are agreeing to:**

1. Mentor who you are matched with
2. Meet with your mentee, as you and your mentee decide
3. Communicate periodically (suggestion: monthly). You can — and are encouraged to — go above and beyond
4. Complete an evaluation after completing your mentor/mentee experience
5. Attend club meetings, clinics and other opportunities to further your skills and knowledge about the sport of triathlon

**Please complete the attached form and mail to  
ctcmentorshipprogram@gmail.com**

**Mentee Profile**

Name

Contact info

Age Group

Club/Gym memberships (YMCA/CAC/Fort Benning)

Access to Pools and or OWS locations

Access to Riding Routes

Access to Run Routes

Multisport experience – Have you done a triathlon, if yes list distances raced and number of races

What other types of physical activities do you do? Competitive Swimming, Endurance cycling (Centuries), Cross fit, Road Races, Gym fitness classes like Spinning

What is your multisport strength – Swim, Bike, Run, Core Strength, Nutrition, Other

Interested in a Male Female or do not care about the gender of your mentor

What are your goals: Competitive, Having Fun, New Race Distance, First Triathlon, Other

What is your race distance goal – IM, 70.3, Olympic, Sprint, Super Sprint (pool)

What are your goals for the race distance you specified? Finish, Place in my AG, Have Fun, Learn for the next race

What am I looking for from a mentor: Occasionally train together, answer questions via FB or text, other

Is there anything else you would like us to know about you or take into consideration when pairing you with a mentor?

What are your expectations of having a mentor?