



2025-26

Athlete Guide



Welcome

Prior to COVID, RATs went primarily dark as a club during the offseason as people disengaged from the sport and membership suffered directly from it. To address this, we partnered with the JCC in 2021 and rented their facility after hours to keep a semi-organized but consistent weekly workout over the winter for accountability. Not only did membership rebound, but it also skyrocketed in 2022, and we've never looked back.

Since then, the indoor season has evolved into a structured training series focused on the swim and bike, plus a strength session to improve flexibility and lower the risk of injuries. These classes are taught by some of the best coaches in our community. These workouts are for everyone; benefiting the beginners and the elites. The results have been nothing short of amazing witnessing our athletes improve dramatically in all three disciplines of the sport.

So, what's new this year?

Many of you asked and we listened! So we added a **new weekly Wednesday Night Swim Clinic with our Swim Director, Simon Woods**. The clinic will be broken into a

10-week Fall session beginning October 15th and a 12-week Winter session set for January 7th. These clinics will focus on technique and increase your swimming efficiency. Since we were only able to rent half the pool, space will be limited to 12 people each session and will require an additional purchase from the extra expense to the club.

After a 2-year hiatus, **we're bringing back the ROC Indoor Triathlon** to keep you motivated the entire season. **RATs will remain a huge supporter of the RIT Try-a-Tri** as it is super-fun, well-organized, a great cause, and brings in the next generation of triathletes. However, we found that the event's shift from late March to mid-February left too big of a gap until the outdoor season begins. So, mark your 2026 calendars for **Saturday March 28th** as we put a bow on this indoor season. More information will be made available this Fall as soon we iron out the final details with the JCC with registration set to open in December.

Ok....enough talk. Let's do it, gang!

Mike, Sue, Sarah, Simon, & Matt
Rochester Area Triathletes (RATs) Officers



Outline

- ▶ Indoor Season Events
- ▶ Meet The Instructors
- ▶ Meet the Lifeguards
- ▶ The JCC
- ▶ Saturday Timeline
- ▶ Must-do's
- ▶ What To Bring
- ▶ Etiquette
- ▶ Code Of Conduct



Indoor Season Events

WORKOUTS

- ▶ **Wednesday Night Swim Clinic (6:30pm-8:00pm)**
 - ▶ Fall Session (10-Weeks) starts October 15th
 - ▶ Winter Session (12-Weeks) starts January 7th
 - ▶ *Note: Registration for the winter session opens in mid-December*
- ▶ **Saturday Morning Brick (5:30am-8:00am)**
 - ▶ Full Session (Weeks) start November 15

RACES



February TBD



March 28th, 2026

Meet Your Instructors*



- ▶ Simon Woods
- ▶ Lindsey Welter Desai
- ▶ Danielle Feligno
- ▶ Cristina Caldwell
- ▶ Kris Mallory
- ▶ Mike Baxter
- ▶ Mike Smith
- ▶ Beth Hornak
- ▶ Bear Humphreys

**coaching rotation based on availability*



BAYWATCH



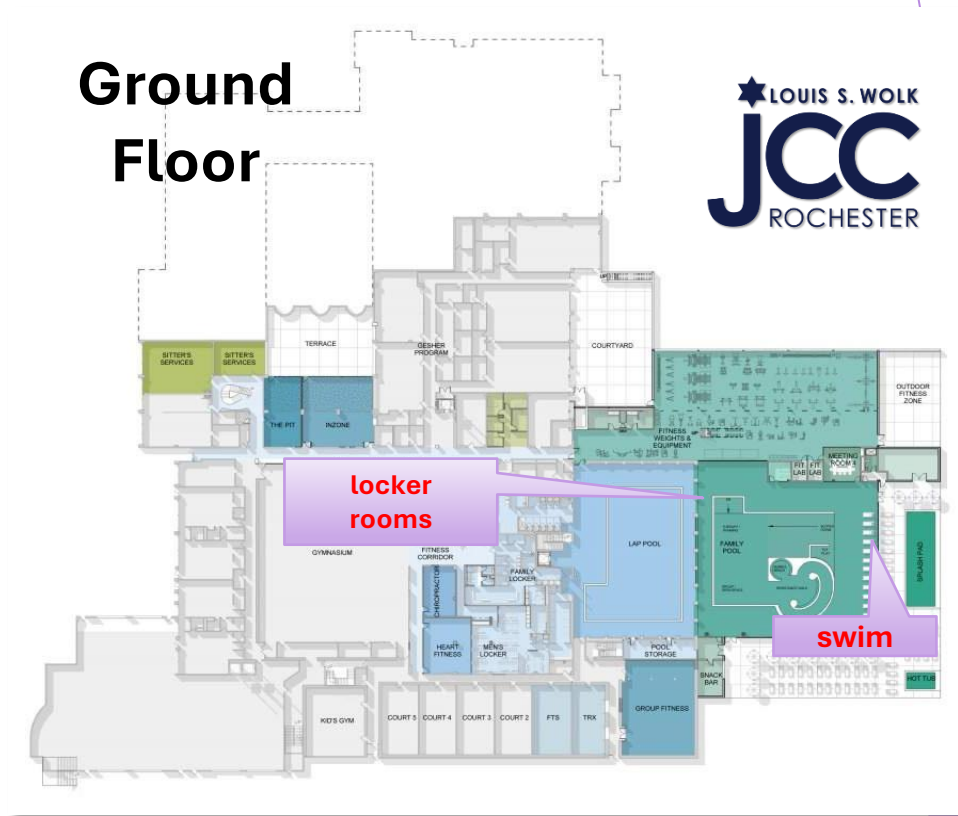
- ▶ Bernie Gigas
- ▶ Mike Baxter
- ▶ Nina Barbero
- ▶ Michaela Yehl
- ▶ Chris VanDeMark
- ▶ Tori Andruczyk
- ▶ Beth Hornak

**lifeguard rotation based on availability*





the
indoor season



Saturday AM Workout – “Rise & Shine!”

- 5:30-5:40 Check-in w. Coordinator
- 5:40-6:20 Session 1
- 6:20-6:30 Quick Transition
- 6:30-7:10 Session 2
- 7:10-7:20 Quick Transition
- 7:20-8:00 Session 3
- 8:00-8:30 Cleanup & Shower



Things to keep in mind

- ✓ Coaches will begin each session on time
- ✓ Practice quick transitions in between your sessions....The indoor season moves fast!
- ✓ No urgent rush to exit building but shoot for 8:30 as a courtesy to the JCC

Wednesday PM Swim Clinic

6:15-6:30 Check-in w. Coordinator

6:30-7:50 Swim Clinic*

7:50-8:00 Cooldown Laps*

8:00-8:20 Cleanup & Go!

**estimated timeline on Simon's discretion*

Things to keep in mind

- ✓ Coaches will begin each session on time
- ✓ Kindly shoot for an 8:20 departure as a courtesy to the JCC which closes the building at 8:30.



Must-dos Before Any Classes Begin!

(Wednesday or Saturday)

1. Download a copy and complete

→ JCC Membership Form ←

2. Take the membership form to the JCC prior to the workouts and give it to the front desk person so they can put your info in their system and get you a key fob

✓ **If you have a JCC membership or a key fob from last year, you do not need to do this.**

✓ **JCC key fobs only access the facility during our contracted timeslot.**

✓ **It is not a regular membership.**

3. Complete the → Athlete Intake Form ←



What To Bring

Swim

- ☐ Tri/swimsuit
- ☐ Goggles
- ☐ Swim cap
- ☐ Flip flops
- ☐ Towel
- ☐ Fins*
- ☐ Snorkel*

Spin

- ☐ Cycle/tri or athletic wear
- ☐ Sneakers/socks
- ☐ Water bottle
- ☐ Towel - small/med
- ☐ Cycling shoes w. Single speed cleats*

Strength

- ☐ Tri/athletic wear
- ☐ Sneakers
- ☐ Socks
- ☐ Towel
- ☐ Water bottle

**Optional items but recommended and the JCC does have fins in the supply closet on the swim deck.*



Swim Fins



Swim Snorkel



Spin Bike Speed Cleats

Click on the titles for direct links to the item on Amazon.

**Cool New
Swim Gear for
this Indoor
Season!**

[→ CLICK HERE TO VISIT STORE ←](#)



Etiquette

We want everyone to enjoy the workouts and fellowship, but we have to level-set expectations of behavior. With so many moving parts involved at the indoor workouts, here are some best practices we appreciate being followed in order maximize your time and stay drama-free to maintain group harmony.

- ✓ **No Rogue Workouts** – We’ve been doing this for years now, so kindly stick to the program as each workout is structured by the coaches. *(Note: if physically limited, discreetly adjust or simply remain quiet during the exercise).*
- ✓ **Be On Time** - Kindly be on time to each workout and mindful of the clock during transitions
- ✓ **Stay with Your Group** - For capacity purposes, please remain with your assigned group throughout the workout.
- ✓ **Stay in Your Assigned Swim Lane** - Please use only the lanes assigned to you, unless the Coach redirects you to another lane.
- ✓ **Always Circle-Swim** - When warming up, start by circle-swimming so your teammates can merge into the lane as soon as they arrive.
- ✓ **OK to Foot Tap while Swimming** - If someone taps you on the foot while swimming, please stop at the next wall and slide to the left to allow your teammate to pass before resuming.
- ✓ **Be Mindful of Your Conversations** - self-explanatory, but let’s do our best to keep it short and PG-13 as much as possible.
- ✓ **Be Mindful of the Minors** - We will have minors present this season, therefore be extremely cognizant of locker room behaviors involving nudity and 1-on-1 situations. SafeSport* rules state that multiple adults of the same gender must always be present in the locker rooms in the presence of a minor.

**SafeSport in short, is a mandatory annual training course for our leadership on safety protocols involving athlete interactions between coaches, athletes, and trainers.*



Code Of Conduct & Reporting



Being a RAT is more than just another triathlete; it's about being a part of a thriving community that continues to raise the bar of what a Tri-Club should be. We empower each other to be the best versions of ourselves, on and off the course. Our code of conduct was put in place to affirm our core values and behavior expectations at all workouts, events, and races.

[Click here to view the RATs code of conduct](#)

RATs is committed to upholding these principles, violations can be reported anonymously for due diligence. All violations are taken seriously and will be investigated thoroughly to determine if further action is necessary.

[Click here to file a violation report](#)

Registration

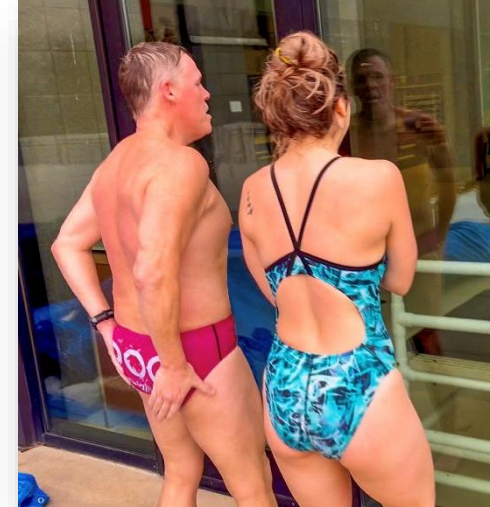


- Must be an “active” dues-paying RATs member to register, no exceptions
- **Opens Sunday Oct 5th @ 10:00AM for**
 - Wednesday Swim Clinic (Fall Session)
 - Saturday Morning Brick Workout (Season Pass)
- Limited spaces available
- 50/50 financing available

Questions/Financing?

Email: indoorseason@rochestertriathletes.com

See you at the JCC!



***Don't get left out in
the cold this winter!***