F.I.T. Pre-Orientation
CLASS OF 2019

Pre-Orientation For:
FITNESS & INDIVIDUAL DEVELOPMENT at TUFTS
ase.tufts.edu/physed/fit

AUGUST 29 – SEPTEMBER 1, 2015

FIT@Tufts.edu

Sponsored by the Department of Physical Education, Athletics and Recreation at Tufts University
What is F.I.T.?

Freshmen often experience anxiety and uncertainty about moving away from home while making the adjustment to college life. Excelling in the classroom is the goal for every student as well as the opportunity to lead a balanced life. The Department of Athletics and Physical Education created F.I.T. to introduce freshmen to the fitness, wellness and nutritional programs available at Tufts University. Peer leaders, staff and faculty will guide students through a non-competitive, active, yet fun environment over 4 days prior to freshmen orientation. Now in its fourteenth year we look forward to welcoming the Class of 2019 to the Medford campus.

Accommodations/Meals:
Participants will move into their permanent 2015-16 assigned dormitories after they register for F.I.T. from 11:30-3:30pm on Saturday August 29, 2015. Meals will be served in the Carmichael Dining Hall.

Questionnaire & Photo
Questionnaire, photo and fees are due July 6. Once students are officially accepted to F.I.T. the questionnaire will be emailed to the Class of 2019 participants. Email to: FIT@Tufts.edu.

Fee
The Pre-Orientation Office will communicate with students about payment and financial aid. Fees are due July 6.

Health Records
All records must be received by Health Service by July 1st. https://tufts.medicatconnect.com
Use your Tufts user name and password and fill out the health history, enter immunizations and upload a signed form. Students are unable to participate in F.I.T. unless this is completed.
Peer Leaders

Class of 2019 Peer Leaders

In accordance with the Tufts tradition, F.I.T. is a program predominantly led by Tufts students. These highly selective peer leaders have undergone an intense interview process and have demonstrated their leadership abilities through their involvement in various activities on campus. F.I.T. Peer Leaders undergo a three day training program prior to the arrival of the freshmen. From all different geographic regions and cultural backgrounds, this group of leaders is diverse, truly representative of the Tufts’ student body. The Peer Leaders for the Class of 2019 represents a wide range of academic and extracurricular opportunities available at Tufts. There are Liberal Arts majors as well as students from the School of Engineering. Tufts’ dance groups, varsity and club teams, intramural and recreational sports are all represented in this group. The extracurricular activities of the peer leaders also include religious and political organizations, fraternities, sororities and a variety of community service organizations.

Testimonials

Minari Karunatilake Class of 2016
"FIT is an awesome way to get to know people! I met people that are still some of my best friends today."

Dominic Granato Class of 2016
"My favorite part about FIT was the people. FIT provides an opportunity to meet peers and make friends in a more intimate and relaxed setting. Many of my best friends on campus today, I met during FIT."

Connor Calabro Class of 2017
Participating in FIT eased me into freshman year perfectly by introducing me to amazing people, providing me a support system of older peers, and familiarizing me with the campus. Even more importantly, it gave me the opportunity to meet people that I can confidently say will be my friends for life.

Gabrielle Salomon Class of 2018
FIT was an incredible Pre-Orientation where I got to know Tufts; we learned about stress management, nutrition, and awesome extra-curricular opportunities. The main thing I loved about FIT was the people. The leaders were enthusiastic, funny, welcoming, and people I looked up to, and the students were just as fun. I loved FIT so much I decided to become a leader in order to pay it forward.
F.I.T. Registration Information

F.I.T. participants should be on campus between 11:30pm - 3:30pm, Saturday August 29 for F.I.T. Registration. Residential Life staff will be on hand to issue dormitory keys and peer leaders will assist participants with registration. Following registration, participants will move into their assigned dormitories for the academic year. Because F.I.T. participants have the opportunity to move into their rooms early, we strongly recommend that you wait until your roommate arrives to adjust the furniture. This should be a shared experience and will help avoid any potential conflicts.

Pack comfortable clothing for F.I.T. Remember the weather can be very warm and/or cool at night. Include in your bag: pajamas, robe, t-shirts, shorts, athletic sneakers, bathing suit, socks, light jacket or sweats, towels, toiletries, bed linens, pillow. If you and your family are making one trip to Tufts bring all of your belongings with you when you arrive for F.I.T. Each participant will also need a yoga mat, Tufts mats will be on sale during registration for $25 or you can bring your own.

If you need to post any of your belongings ahead of time, the Tufts Mail Service will not be open on Saturday August 29 but will be open on Sunday August 30 from 9am-4pm. Otherwise the mail service will open Monday-Friday 9-4:30pm.

Students who are traveling alone, on August 28 or 29 and need a ride from Logan Airport or accommodations for August 28, should email FIT@Tufts.edu or call Branwen Smith-King (617) 627-3782 directly by August 15th. Allow yourself plenty of time for travel, registration and move-in. F.I.T. will start promptly at 4pm. The final schedule for F.I.T. will be available on our website in mid-August.

F.I.T. Updates: ase.tufts.edu/physed

Schedule for Saturday August 29, 2015

11:30-3:30  Registration & Dorm Move-In
            Tisch Sports & Fitness Center, 161 College Avenue, Medford, MA

4:00 pm    Welcome for Students & Parents – Cohen Auditorium

4:30 pm    Parent Send Off

4:45 pm    Group meetings with Peer Leaders

5:15 pm    Dinner for F.I.T. Students
Activities

 Kayaking & Sailing on the Mystic Lakes

- Expert advice on: Nutrition, Exercise & Fitness
- Stress and Time Management Techniques
- Tufts Personalized Performance Program
- How We Think and Act in Diverse Settings
- Jumbo Fitness Workout
- Sea Kayaking, Sailing, Rock Climbing
- Yoga, Pilates, Relaxation
- Group Meetings with Peer Leaders
- Jumbo Amazing Race
- Social events
- Adjusting to college life

Yoga Time
Frequently Asked Questions

Q. Where should I go when I arrive?
A. Tisch Sports & Fitness Center for Registration: 11:30-3:30pm Saturday, August 29.

Q. How do I get to Tufts?
A. Directions are enclosed or go to www.tufts.edu/source/maps/.

Q. Should I travel alone to Tufts?
A. Most students arrive with family members. Other students arrive alone and meet up with parents prior to regular Orientation on September 2.

Q. Do parents participate in activities during F.I.T.?
A. Students and parents should attend registration then the official “Welcome” session at 4pm in Cohen Auditorium. After the “Welcome” participants will meet their peer leaders, say good bye to their families and then F.I.T. begins.

Q. What if I need to arrive early or late for F.I.T.? Where do I stay?
A. Participants will not have access to their 2015-16 assigned housing prior to F.I.T. registration. Students travelling alone from a distance away on 8/28 or 8/29 and need a ride from Logan Airport, and/or accommodations for 8/28, should contact FIT@Tufts.edu or call Branwen Smith-King (617) 627-3782 by August 15th.

Q. What if I decide not to attend?
A. Refunds will not be available after August 1st

Q. Do I have to attend all of the F.I.T. activities?
A. All participants are expected to attend all scheduled F.I.T. sessions. F.I.T. will offer students choices in all activities and outdoor adventure.

Q. What should I expect to do in F.I.T.?
A. Participants will receive information sessions on time and stress management, fitness, yoga, lifetime activities, nutrition counseling, outdoor pursuits (sailing, kayaking, rock climbing) and various social events. Tufts yoga mats will be on sale for $25 during registration.

Q. What should I bring?
A. You can bring all of your belongings with you on August 29 or have your parents bring them on move-in day September 2. If you are partially moving in make sure you have: pajamas, t-shirts, shorts, sneakers, swimsuit, socks, jacket, towels, toiletries, bed linens, pillow.

Q. Do I need money?
A. You should bring money for your own incidentals. One evening during F.I.T. the peer leaders traditionally will take the participants into Boston, so you will need money for the subway.
Further Information

Contact Program Director: Branwen Smith-King
Phone: (617) 627-3782
FIT@Tufts.edu

Main Office: Phone: (617) 627-3232

DIRECTIONS to TUFTS UNIVERSITY

F.I.T. Registration:
Tisch Sports & Fitness Center
161 College Avenue
Medford, MA

From Rt 95/128 to Tufts
Take I-95 (128) to 93 South to Exit 32, Medford Square.
Proceed to the center of the square, turn left onto Main Street. Follow Main Street for approximately 3/10 of a mile, keeping to the right of the gas station. Turn right onto George Street, then left onto College Avenue. The Tisch Sports & Fitness Center will be 100 yards on your right. Parking is available across the street in the Cousens Parking lot. Enter the glass doors in Tisch for F.I.T. Registration.

From Logan Airport to Tufts
From the airport, follow signs to Route 93 via the Sumner Tunnel. Take Route 93 north to Exit 32. Follow the exit ramp to Medford Square. At the blinker at the end of the ramp, turn left onto Main Street. Follow Main Street for approximately 3/10 of a mile, keeping to the right of the gas station. Turn right onto George Street, then left onto College Avenue.
The Tisch Sports & Fitness Center will be 100 yards on your right. Parking is available across the street in the Cousens Parking lot. Enter the glass doors in Tisch for F.I.T. Registration.

Directions & Maps: http://www.tufts.edu/home/maps