If you are interested in joining TRAC, contact your counselor or send a KITE to one of the following instructors depending on the facility you are residing:

Washington Corrections Center for Women:
Steven Petermann, TRAC Program Manager

Mission Creek Corrections Center for Women:
John Brown, TRAC Program Instructor

HOW CAN I PREPARE TO TRY OUT?
You can work on physical conditioning. Core strength training along with endurance type training are best to prepare for the physical component of the training. As for the scholastic component, it would benefit you to brush up on the basic math fundamentals. TRAC has a high standard of conduct both in the classroom and on return to the living units each day. Refer to DOC Policy 710.400, Correctional Industries Class II Employment: Part III, Screening, Application, and Selection, in regards to infraction activity.

CAN I TRY OUT FOR TRAC IF I HAVE A DISABILITY?
You must be able to meet the physical requirements of the program. Physical requirements include, but are not limited to, the ability to lift and carry up to 50 lbs. continuously over an extended period of time.

HOW MUCH HOMEWORK WILL THERE BE?
Homework may seem heavy at times but with some very basic time management you should have no issues meeting the requirements of the program. Homework is an integral part of the program.

WILL I PASS THE MATH EXPECTATIONS OF THIS PROGRAM?
This is the skill set that most prospective students have anxiety about. We take the time necessary to build our math skills as a group and we start with the basics: addition, subtraction, multiplication and division. You are encouraged to refresh in these areas prior to trying out for TRAC. We are proud to say that we have a one hundred percent success rate with the math training portion of the class, so never let the fear of the unknown hold you back from entering into the TRAC program.

To be eligible for the program, you must meet certain criteria through a process of screening and evaluation based upon the following:

- Major infraction free for at least 90 days
- High School Diploma, or GED (or ability to obtain a GED)
- Willing to work in all weather
- No less than six months (for MCCCW) or five months (WCCW) to your Earned Release Date (ERD); no longer than 20 months to ERD
- Able to obtain a valid driver’s license
- Able to physically lift and carry 50 lbs.

You can expect to receive the following safety and technical training:
- Ergonomics
- Scaffold User
- Flagging
- Oxy/Acetylene Cutting and Burning
- Fall Protection
- Personal Protective Equipment

Soft Skills Training:
- Financial Tools for the Trades
- Survival of the Fittest
- Makin’ It Work
- Construction Site Safety and Etiquette

Questions & Answers

JOIN TODAY!

Trades Related Apprenticeship Coaching

Washington Corrections Center for Women:
Steven Petermann, TRAC Program Manager

Mission Creek Corrections Center for Women:
John Brown, TRAC Program Instructor

700-BR051 8/2018
LABORER
CARPENTER
IRONWORKER
CEMENT MASON

TRAC MISSION

The Trades Related Apprenticeship Coaching program, better known as “TRAC”, is designed to provide work training in non-traditional jobs.

TRAC covers a broad range of academic, safety and technical skills training as well as behavioral, lifestyle and soft skills training.

TRAC provides up to 12 women, 460 hours (16-week session) of education and job training intended to prepare students for competitive eligibility within a variety of union trade apprenticeship programs.

Upon completion of the training, participants' cement masonry, carpentry, ironworking, and labor skills are tested. To graduate, the student must successfully pass a minimum of one of the four skills tests.

Commencement ceremonies are held after each 16-week program. Participants and their families are encouraged to participate in this special occasion.

Once TRAC graduates are back in their communities, they are qualified to enter apprenticeship programs for the International United Brotherhood of Carpenters and Joiners; the International Association of Bridge, Structural, Ornamental, and Reinforcing Iron Workers; and/or the Laborers International Union of North America.

TRAC has the ability to outfit every qualified graduate with boots, tools, clothing, initiation fees, and union dues. In addition, we have access to extended community training and engagement in many parts of the state.

Apprenticeship programs allow you the opportunity to earn a living wage while learning your chosen craft. With hard work and diligence, you will be able to advance to journeyman status where you can not only provide for your family but you can continue to grow personally and professionally. You can also enjoy a successful and rewarding career in the construction industry.

We have TRAC graduates working in all four corners of the state. The ten year outlook for the I-5 corridor, from Bellingham to Portland, is literally tens of billions of dollars’ worth of work. Bridges, public works, Sound Transit 3 and economic growth. The eastern corridor, from Spokane to the Tri-Cities, is expected to experience an increase in growth within the next couple of years.