

# February 2017- i-tri Calendar- EHMS

◀ January 2017		February 2017					March 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4	
5	6 Empowerment Session	7	8	9	10	11 EVALS 2-4pm EH YMCA	
12 Evals make up date 12-2	13 Empowerment Session Fitness Session Pick up at School @ 5pm	14	15	16	17	18 ALL GROUPS YMCA 1:30-4	
19	20 <b>FEB BREAK NO i-tri</b>	21	22	23	24	25 ALL GROUPS YMCA 1:30-4	
26	27 Empowerment Session Fitness Session Homework time <u>Family Nutrition Session</u> 5:30-7pm	28	<b>Notes:</b> <b>PLEASE REMEMBER TO WEAR WORKOUT CLOTHES AND                      RUNNING SHOES TO ALL MONDAY &amp; SAT. SESSIONS – ALSO ON                      SATURDAYS REMEMBER BAITING SUIT- TOWEL AND FLIP FLOPS</b>				

More Calendars with US Holidays: [Mar 2017](#), [Apr 2017](#), [PDF Calendar](#)



IF you can not make it to a practice- please TEXT Theresa- 631.902.3731 or Alyssa – 516.426.9740  
[www.itrigirls.org](http://www.itrigirls.org)

# March 2017- i-tri Calendar- EHMS

◀ February 2017		March 2017					▶ April 2017
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4 ALL GROUPS YMCA 1:30-4	
5	6 Empowerment Session Fitness Session Pick up at School @ 5pm	7	8	9	10	11 ALL GROUPS YMCA 1:30-4	
12	13 Empowerment Session Fitness Session Pick up at School @ 5pm	14	15	16	17	18 ALL GROUPS YMCA 1:30-4	
19	20 Empowerment Session Fitness Session Pick up at School @ 5pm	21	22	23	24	25 25 ALL GROUPS Mother/Daughter Retreat 1-4pm John Marshal Elementary School Bring your mom or special guest and a healthy snack for the group to share	
26	27 Empowerment Session Fitness Session Homework time <u>Family Nutrition Session</u> 5:30-7pm	28	29	30	31	<b>Notes:</b>	

More Calendars with US Holidays: [Apr 2017](#), [May 2017](#), [PDF Calendar](#)



**IF you can not make it to a practice- please TEXT Theresa- 631.902.3731 or Alyssa – 516.426.9740**

**[www.itrigirls.org](http://www.itrigirls.org)**

# April 2017- i-tri Calendar- EHMS

April 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> NO Sat Practice this week – Sunday swim instead
<b>2</b> SUNDAY SWIM Brookhaven Aquatics Center Time-Transportation drop off and pick up info TBT	<b>3</b> Empowerment Session Fitness Session Pick up at School @ 5pm	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> ALL GROUPS YMCA 1:30-4
<b>9</b>	<b>10</b> <b>SPRING RECESS</b> No i-tri	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> <b>SPRING RECESS</b> No i-tri
<b>16</b>	<b>17</b> Empowerment Session Fitness Session Homework time <u>Family Nutrition Session</u> 5:30-7pm	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> ALL GROUPS MENTORING EVENT EHMS 1:30-4
<b>23</b> SUNDAY SWIM Brookhaven Aquatics Center Time-Transportation drop off and pick up info TBT	<b>24</b> Empowerment Session Fitness Session Pick up at School @ 5pm	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> ALL GROUPS MAIDSTONE PARK in Springs bike/run 1:30-4
<b>30</b>	<b>Notes:</b>					



IF you can not make it to a practice- please TEXT Theresa- 631.902.3731 or Alyssa – 516.426.9740

[www.itrigirls.org](http://www.itrigirls.org)

# May 2017- i-tri Calendar- EHMS

May 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Empowerment Session Fitness Session Homework time <u>Family Nutrition Session</u> 5:30-7pm	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> NO Sat Practice this week – Sunday swim instead
<b>7</b> SUNDAY SWIM Brookhaven Aquatics Center Time-Transportation drop off and pick up info TBT	<b>8</b> Empowerment Session Fitness Session Pick up at School @ 5pm	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> ALL GROUPS MAIDSTONE PARK in Springs bike/run 1:30-4
<b>14</b>	<b>15</b> Empowerment Session Fitness Session Pick up at School @ 5pm	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> ALL GROUPS MAIDSTONE PARK in Springs bike/run 1:30-4
<b>21</b>	<b>22</b> Empowerment Session Fitness Session Pick up at School @ 5pm	<b>23</b>	<b>24</b> Bonac 5K	<b>25</b>	<b>26</b>	<b>27</b> ALL GROUPS YMCA 1:30-4
<b>28</b>	<b>29</b> MEMORIAL DAY No i-tri	<b>30</b>	<b>31</b>	<b>Notes:</b>		

More Calendars with US Holidays: [Jun 2017](#), [Jul 2017](#), [PDF Calendar](#)



IF you can not make it to a practice- please TEXT Theresa- 631.902.3731 or Alyssa – 516.426.9740  
[www.itrigirls.org](http://www.itrigirls.org)

# June 2017- i-tri Calendar- EHMS

June 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 ALL GROUPS YMCA 1:30-4
4	5 Empowerment Session Fitness Session Pick up at School @ 5pm	6	7	8	9	10 ALL GROUPS MAIDSTONE PARK in Springs bike/run 10-12:00
11	12 Empowerment Session Fitness Session Pick up at School @ 5pm	13	14	15	16	17 ALL GROUPS MAIDSTONE PARK in Springs bike/run 10-12:00  TURBO TRI
18	19 No i-tri	20	21	22	23	24 no practice
25	26 <u>Long Beach Practice</u> Time and transportation details to come	27	28 <u>Long Beach Practice</u> Time and transportation details to come	29	30 <u>Long Beach Practice</u> Time and transportation details to come	Notes:



IF you can not make it to a practice- please TEXT Theresa- 631.902.3731 or Alyssa – 516.426.9740  
www.itrigirls.org

# July 2017- i-tri Calendar- EHMS

◀ June 2017		July 2017					▶ August 2017
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3 no i-tri	4	5 <u>Long Beach Practice</u> Time and transportation details to come	6	7 <u>Long Beach Practice</u> Time and transportation details to come	8 MANDATORY Re-Evals 2-4:30 YMCA Family Picninc Celebration 5pm- location TBD	
9	10 Run through <u>Long Beach Practice</u> Time and transportation details to come	11	12 fun day! <u>Long Beach Practice</u> Time and transportation details to come	13 RACE DAY!!!! <b>Must arrive by 4:30 pm</b>	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31	<b>Notes:</b>					

More Calendars with US Holidays: [Aug 2017](#), [Sep 2017](#), [PDF Calendar](#)



IF you can not make it to a practice- please TEXT Theresa- 631.902.3731 or Alyssa – 516.426.9740  
www.itrigirls.org