

# February 2017- i-tri Calendar- Montauk

◀ January 2017		February 2017					March 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4	
5	6	7	8	9 Empowerment Session Ms Etzels room lunch/recess	10	11 EVALS 12:30-2 EH YMCA Bring bathing suit, towel, flip flops	
12 Make up day evals 12-2	13	14	15	16 Empowerment Session Ms Etzels room lunch/recess	17	18 ALL GROUPS YMCA 1:30-4	
19	20	21	22	23 <b>FEB BREAK NO i-tri</b>	24	25 ALL GROUPS YMCA 1:30-4	
26	27	28	<b>Notes:</b> <b>PLEASE REMEMBER TO WEAR WORKOUT CLOTHES AND RUNNING SHOES TO ALL THURS &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

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# March 2017- i-tri Calendar- Montauk

◀ February 2017		March 2017					▶ April 2017
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2 Empowerment Session Ms Etzels room lunch/recess Springs Church afterschool 3:30-4:30 – pick up at Springs School Front- SIDE ENTERANCE	3	4 ALL GROUPS YMCA 1:30-4	
5	6	7	8	9 Empowerment Session Ms Etzels room lunch/recess Springs Church afterschool 3:30-4:30 – pick up at Springs School Front- SIDE ENTERANCE	10	11 ALL GROUPS YMCA 1:30-4	
12	13	14	15	16 Empowerment Session Ms Etzels room lunch/recess Springs Church afterschool 3:30-4:30- homework time until 5:30 NUTRITION- 5:30-7 Springs	17	18 ALL GROUPS YMCA 1:30-4	
19	20	21	22	23 Empowerment Session Ms Etzels room lunch/recess Springs Church afterschool 3:30-4:30 – pick up at Springs School Front- SIDE ENTERANCE	24	25 25 ALL GROUPS <u>Mother/Daughter Retreat</u> 1-4pm John Marshal Elementary School -Bring your mom or special guest and a healthy snack for the group to share	
26	27	28	29	30 Empowerment Session Ms Etzels room lunch/recess Springs Church afterschool 3:30-4:30- homework time until 5:30 NUTRITION- 5:30-7 Springs	31	Notes:	

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



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# April 2017- i-tri Calendar- MONTAUK

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>	<b>4</b>	<b>5</b>	<b>6</b> Empowerment Session Ms Etzels room lunch/recess Springs Church afterschool 3:30-4:30	<b>7</b>	<b>8</b> ALL GROUPS YMCA 1:30-4
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> <b>SPRING RECESS</b> No i-tri	<b>14</b>	<b>15</b> <b>SPRING RECESS</b> No i-tri
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> Empowerment Session Ms Etzels room lunch/recess Springs Church afterschool 3:30-4:30- homework time until 5:30 <b>NUTRITION- 5:30-7 Springs</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>	<b>25</b>	<b>26</b>	<b>27</b> Empowerment Session Ms Etzels room lunch/recess Springs Church afterschool 3:30-4:30	<b>28</b>	<b>29</b> ALL GROUPS MAIDSTONE PARK in Springs bike/run 1:30-4
<b>30</b>	<b>Notes:</b>					



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# May 2017- i-tri Calendar- MONTAUK

May 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Empowerment Session Ms Etzels room lunch/recess Springs Church afterschool 3:30-4:30- homework time until 5:30 <b>NUTRITION- 5:30-7 Springs</b>	5	6 NO Sat Practice this week - Sunday swim instead
7 SUNDAY SWIM Brookhaven Aquatics Center Time-Transportation drop off and pick up info TBT	8	9	10	11 Empowerment Session Ms Etzels room lunch/recess Springs Church afterschool 3:30-4:30	12	13 ALL GROUPS MAIDSTONE PARK in Springs bike/run 1:30-4
14	15	16	17	18 Empowerment Session Ms Etzels room lunch/recess Springs Church afterschool 3:30-4:30	19	20 ALL GROUPS MAIDSTONE PARK in Springs bike/run 1:30-4
21	22	23	24 Bonac 5K	25 Empowerment Session Ms Etzels room lunch/recess Springs Church afterschool 3:30-4:30	26	27 ALL GROUPS YMCA 1:30-4
28	29	30	31	<b>Notes:</b>		

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



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# June 2017- i-tri Calendar- MONTAUK

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



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# July 2017- i-tri Calendar- MONTAUK

◀ 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](#)



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