

# February 2017- i-tri Calendar- SAG HARBOR

◀ January 2017		February 2017					March 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4	
5	6	7 Empowerment Session 2:30-3:30 Mr Terry's room #1170 PICK UP TODAY ONLY 3:30	8	9	10	11 EVALS 1:30-3:30 EH YMCA	
12 Make up day evals 12-2	13	14 Empowerment Session Fitness Session Homework time Mr Terry's room <u>FAMILY NUTRITION</u> – 5:30- 7 home and careers	15	16	17	18 ALL GROUPS YMCA 1:30-4	
19	20	21 <b>FEB BREAK</b> <b>NO i-tri</b>	22	23	24	25 ALL GROUPS YMCA 1:30-4	
26	27	28 Empowerment Session Fitness Session Pick up 5pm	<b>Notes:</b> <b>PLEASE REMEMBER TO WEAR WORKOUT CLOTHES AND RUNNING SHOES TO ALL Tuesday &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- SAG HARBOR

◀ 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	7 Empowerment Session Fitness Session Pick up 5pm	8	9	10	11 ALL GROUPS YMCA 1:30-4	
12	13	14 Empowerment Session Fitness Session Pick up 5pm	15	16	17	18 ALL GROUPS YMCA 1:30-4	
19	20	21 Empowerment Session Fitness Session Pick up 5pm	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	28 Empowerment Session Fitness Session Homework time Mr Terry's room <u>FAMILY NUTRITION –</u> 5:30- 7 home and careers	29	30	31	<b>Notes:</b>	



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## April 2017- i-tri Calendar- SAG HARBOR

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> Empowerment Session Fitness Session Homework time Mr Terry's room <u>FAMILY NUTRITION –</u> 5:30- 7 home and careers	<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>11</b> <b>SPRING RECESS</b> <b>No i-tri</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> <b>SPRING RECESS</b> <b>No i-tri</b>
<b>16</b>	<b>17</b>	<b>18</b> Empowerment Session Fitness Session Pick up 5pm	<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>	<b>25</b> Empowerment Session Fitness Session Homework time Mr Terry's room <u>FAMILY NUTRITION –</u> 5:30- 7 home and careers	<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>					



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# May 2017- i-tri Calendar- SAG HARBOR

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

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



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## June 2017- i-tri Calendar- SAG HARBOR

June 2017						
◀ May 2017						July 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 ALL GROUPS YMCA 1:30-4
4	5	6 Empowerment Session Fitness Session Pick up at School @ 5pm	7	8	9	10 ALL GROUPS MAIDSTONE PARK in Springs bike/run 10-12:00
11	12	13 Empowerment Session Fitness Session Pick up at School @ 5pm	14	15	16	17 ALL GROUPS MAIDSTONE PARK in Springs bike/run 10-12:00  TURBO TRI
18	19	20 No i-tri	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:



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# July 2017- i-tri Calendar- SAG HARBOR

◀ 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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