

# February 2017- i-tri Calendar- SOUTHAMPTON

◀ January 2017		February 2017					March 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4	
5	6 10 <sup>th</sup> period check in Session- Home and Careers	7	8	9	10	11 EVALS 1-3pm EH YMCA	
12 Make up day evals 12-2	13 10 <sup>th</sup> period check in Session- Home and Careers BUS to SYS Empowerment Session Homework session <u>Family Nutrition 5:30-7</u>	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 10 <sup>th</sup> period check in Session- Home and Careers BUS to SYS Empowerment Session pick up 5pm	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

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# March 2017- i-tri Calendar- SOUTHAMPTON

March 2017						
◀ February 2017						April 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 ALL GROUPS YMCA 1:30-4
5	6 10 <sup>th</sup> period check in Session- Home and Careers BUS to SYS Empowerment Session pick up 5pm	7	8	9	10	11 ALL GROUPS YMCA 1:30-4
12	13 10 <sup>th</sup> period check in Session- Home and Careers BUS to SYS Empowerment Session pick up 5pm	14	15	16	17	18 ALL GROUPS YMCA 1:30-4
19	20 10 <sup>th</sup> period check in Session- Home and Careers BUS to SYS Empowerment Session Homework session <u>Family Nutrition 5:30-7</u>	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	28	29	30	31	Notes:



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## April 2017- i-tri Calendar- SOUTHAMPTON

◀ March 2017							April 2017							May 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> 10 <sup>th</sup> period check in Session- Home and Careers BUS to SYS Empowerment Session Homework session Family Nutrition 5:30-7		<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> SPRING RECESS No i-tri		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b> SPRING RECESS No i-tri								
<b>16</b>		<b>17</b>		<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> 10 <sup>th</sup> period check in Session- Home and Careers BUS to SYS Empowerment Session Homework session Family Nutrition 5:30-7		<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>																		



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# May 2017- i-tri Calendar- SOUTHAMPTON

◀ April 2017							May 2017							June 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- SOUTHAMPTON

June 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- SOUTHAMPTON

◀ 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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