

East Hampton Middle School i-tri Schedule 2018

February /March 2018						
Sunda	Monday	Tuesday	Wednesd	Thursday	Friday	Saturday
	Feb. 26 Afterschool empowerment/fitness Late bus or pick up 5pm	Feb 27	Feb 28	1	2	3 i-tri Kickoff Retreat Day Pierson High School Gym 1-4pm
4	5 Afterschool empowerment/fitness Late bus or pick up 5pm	6	7	8	9	10 swim evals East Hampton YMCA 12-1:30
11	12 Afterschool empowerment/fitness Late bus or pick up 5pm	13	14	15	16	17 YMCA 2:30-4pm
18	19 Afterschool empowerment/fitness + Family nutrition 5:30-7	20	21	22	23	24 YMCA 2:30-4pm
25	26 Afterschool empowerment/fitness + Family nutrition 5:30-7	27	28	29	30	31 NO PRACTICE SPRING BREAK

PLEASE REMEMBER TO WEAR WORKOUT CLOTHES AND RUNNING SHOES TO ALL THURS & SAT. SESSIONS – ALSO ON SATURDAYS REMEMBER BAITING SUIT- TOWEL AND FLIP FLOPS

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

www.itrigirls.org



East Hampton Middle School i-tri Schedule 2018

April 2018						
Sund	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No i-tri SPRING BREAK	3	4	5	6	7 YMCA 2:30-4pm
8	9 Afterschool empowerment/fitness + Family nutrition 5:30-7	10	11	12	13	14 Mentoring Day- EHMS 10am-1:30am *time may change
15	16 Afterschool empowerment/fitness Late bus or pick up 5pm	17	18	19	20	21 YMCA 2:30-4pm
22	23 Afterschool empowerment/fitness Late bus or pick up 5pm	24	25	26	27	28 YMCA 2:30-4pm
29	30 Afterschool empowerment/fitness Late bus or pick up 5pm	PLEASE REMEMBER TO WEAR WORKOUT CLOTHES AND RUNNING SHOES TO ALL THURS & SAT. SESSIONS – ALSO ON SATURDAYS REMEMBER BAITING SUIT- TOWEL AND FLIP FLOPS				



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May 2018						
Sunday	Monday	Tuesday	Wednesd	Thursday	Friday	Saturday
		1	2	3	4	5 YMCA 2:30-4pm
6	7 Afterschool empowerment/fitness Late bus or pick up 5pm	8	9	10	11	12 YMCA 2:30-4pm
13	14 Afterschool empowerment/fitness Late bus or pick up 5pm	15	16	17	18	19 BIKING 1-2:15 Springs School
20	21 Afterschool empowerment/fitness Late bus or pick up 5pm	22	23	24	25	26 YMCA 2:30-4pm SWIMATHON
27	28 Memorial Day- no school No i-tri	29	30	31		

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East Hampton Middle School i-tri Schedule 2018

June 2018						
Sunday	Monday	Tuesday	Wednes	Thursday	Friday	Saturday
					1	2 BIKING 1-2:15 Springs School
3	4 Afterschool empowerment/fitness Late bus or pick up 5pm	5	6	7	8	9 BIKING 1-2:15 Springs School
10	11 No i-tri	12	13	14	15	16 SWIM/RUN Maidstone 1-2:30
17	18 no i-tri	19	20	21	22	23 NO PRACTICE
24	25 On course practice Sag Harbor Time & Transportation details TBD	26 On course practice Sag Harbor Time & Transportation details TBD	27	28 On course practice Sag Harbor Time & Transportation details TBD	29	30



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East Hampton Middle School i-tri Schedule 2018

July 2018						
Sunday	Monday	Tuesday	Wednes	Thursday	Friday	Saturday
1	2 On course practice Sag Harbor Time & Transportation details TBD	3 On course practice Sag Harbor Time & Transportation details TBD	4	5 On course practice Sag Harbor Time & Transportation details TBD	6	7 Pre-Race Meeting & Family Event 1-3:30pm EHHS
8	9 On course practice Sag Harbor Time & Transportation details TBD	10 On course practice Sag Harbor Time & Transportation details TBD	11	12 On course practice Sag Harbor Time & Transportation details TBD	13	14 RACE DAY Girls arrive 6:30am Race 7:30-9:30

These final practices are incredibly important! IF you can not make it for a valid reason- make sure to text Theresa or Alyssa to let us know. Theresa- 631.902.3731 Alyssa – 516.426.9740

Girls need to wear their bathing suits under SPANDEX shorts and i-tri shirt. Wear RUNNING SHOES- bring towel and water bottle- Eat a good breakfast – apply sunscreen and drink water BEFORE coming- pack a snack or LUNCH for the ride home!



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