

MONTAUK i-tri Schedule 2018

February /March 2018						
Sunda	Monday	Tuesday	Wednes	Thursday	Friday	Saturday
	Feb. 26 Empowerment- lunch/recess Afterschool-sports bus to EHMS empowerment/fitness Late bus or pick up 5pm @EHMS	Feb 27	Feb 28	1	2	3 i-tri Kickoff Retreat Day Pierson HS gym, Sag Harb. 1-4pm
4	5 Empowerment- lunch/recess Afterschool-sports bus to EHMS empowerment/fitness Late bus or pick up 5pm @EHMS	6	7	8	9	10 swim evals East Hampton YMCA 12-1:30
11	12 Empowerment- lunch/recess Afterschool-sports bus to EHMS empowerment/fitness Late bus or pick up 5pm @EHMS	13	14	15	16	17 YMCA 1:00-2:30
18	19 Empowerment- lunch/recess Afterschool-sports bus to EHMS empowerment/fitness Family nutrition 5:30-7	20	21	22	23	24 YMCA 1:00-2:30
25	26 Empowerment- lunch/recess Afterschool-sports bus to EHMS 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

MONTAUK i-tri Schedule 2018

April 2018						
Sund	Monday	Tuesday	Wednesd	Thursday	Friday	Saturday
1	2 No i-tri SPRING BREAK	3	4	5	6	7 YMCA 1:00-2:30
8	9 Empowerment- lunch/recess Afterschool-sports bus to EHMS empowerment/fitness Family nutrition 5:30-7	10	11	12	13	14 Mentoring Day- EHMS 10am-1:30am *time may change
15	16 Empowerment- lunch/recess Afterschool-sports bus to EHMS empowerment/fitness Late bus or pick up 5pm @EHMS	17	18	19	20	21 YMCA 1:00-2:30
22	23 Empowerment- lunch/recess Afterschool-sports bus to EHMS empowerment/fitness Late bus or pick up 5pm @EHMS	24	25	26	27	28 YMCA 1:00-2:30
29	30 Empowerment- lunch/recess Afterschool-sports bus to EHMS empowerment/fitness Late bus or pick up 5pm @EHMS	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	Wedne	Thursday	Friday	Saturday
		1	2	3	4	5 YMCA 1:00-2:30
6	7 Empowerment- lunch/recess Afterschool-sports bus to EHMS empowerment/fitness Late bus or pick up 5pm @EHMS	8	9	10	11	12 YMCA 1:00-2:30
13	14 Empowerment- lunch/recess Afterschool-sports bus to EHMS empowerment/fitness Late bus or pick up 5pm @EHMS	15	16	17	18	19 BIKING 1-2:15 Springs School
20	21 Empowerment- lunch/recess Afterschool-sports bus to EHMS empowerment/fitness Late bus or pick up 5pm @EHMS	22	23	24	25	26 YMCA 1:00-2:30 SWIMATHON
27	28 Memorial Day- no school No i-tri	29	30	31		

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MONTAUK i-tri Schedule 2018

June 2018						
Sunday	Monday	Tuesday	Wedn	Thursday	Friday	Saturday
					1	2 BIKING 1-2:15 Springs School
3	4 Empowerment- lunch/recess Afterschool-sports bus to EHMS empowerment/fitness	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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MONTAUK 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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