

William Paca i-tri 2018

February/ March 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Feb 28th in-school Empowerment Afterschool fitness- 4:55 bus/pick-up	1	2	3 i-tri Kickoff Retreat Day- girls + parent Pierson HS, Sag Harbor 1-4pm transportation will be provided
4	5	6	7 in-school Empowerment Afterschool fitness- 4:55 bus/pick-up	8	9	10
11	12	13	14 in-school Empowerment Afterschool fitness- 4:55 bus/pick-up	15	16	17
18	19	20	21 in-school Empowerment Afterschool fitness- 4:55 bus/pick-up	22	23	24
25	26	27	28 in-school Empowerment Afterschool fitness- 4:55 bus/pick-up	29	30	31
				<p>PLEASE REMEMBER TO WEAR WORKOUT CLOTHES AND RUNNING SHOES TO ALL SESSIONS –</p>		



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

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April 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 No i-tri SPRING BREAK	5	6	7
8	9	10	11 in-school Empowerment Afterschool fitness- 4:55 bus/pick-up	12	13	14 Mentoring Day- EHMS 10am-1:30am *time may change Transportation provided TBA
15	16	17	18 ELA Testing No i-tri	19	20 Afterschool Nutrition session- families invited 3-4:30	21
22	23	24	25 in-school Empowerment Afterschool fitness- 4:55 bus/pick-up	26	27	28
29	30				PLEASE REMEMBER TO WEAR WORKOUT CLOTHES AND RUNNING SHOES TO ALL SESSIONS	

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May 2018						
Sunday	Monday	Tuesday	Wednesday	Thursda	Friday	Saturday
		1	2 MATH testing day NO i-tri	3	4 Afterschool Nutrition session- families invited	5
6	7	8	9 in-school Empowerment Afterschool fitness- 4:55 bus/pick-up	10	11	12
13	14	15	16 in-school Empowerment Afterschool fitness- 4:55 bus/pick-up	17	18	19 Biking Springs School, EH 2:30-4pm *transportation provided
20	21	22	23 in-school Empowerment Afterschool fitness- 4:55 bus/pick-up SWIMATHON	24	25	26
27	28	29	30 in-school Empowerment Afterschool fitness- 4:55 bus/pick-up	31	PLEASE REMEMBER TO WEAR WORKOUT CLOTHES AND RUNNING SHOES TO ALL SESSIONS –	



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June 2018						
Sun	Monday	Tuesday	Wednesday	Thursday	Frid	Saturday
					1	2 BIKING Rain date if needed
3	4	5	6 in-school Empowerment Afterschool fitness- 4:55 bus/pick-up	7	8	9
10	11	12	13 no i-tri	14	15	16
17	18	19	20 no i-tri	21	22	23
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 & Transportati on details TBD	29	30



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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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