

Southampton i-tri Schedule 2018

March 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 SIS-10 th period meeting	2	3 i-tri Kickoff Retreat Day Pierson Gym Sag Harbor 1-4pm
4	5	6	7	8 Afterschool Empowerment & Fitness Pick up at 5pm	9	10 swim evals East Hampton YMCA 2:30
11	12	13	14	15 Afterschool Empowerment & Fitness Pick up at 5pm	16	17 YMCA 1:00-2:30
18	19	20	21	22 Afterschool Empowerment & Fitness Pick up at 5pm	23	24 YMCA 1:00-2:30
25	26	27	28	29 Afterschool Empowerment & Fitness + Nutrition 5:30-7pm	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



Southampton i-tri Schedule 2018

April 2018						
Sunday	Monday	Tuesda	Wednesd	Thursday	Friday	Saturday
1	2	3	4	5 No i-tri SPRING BREAK	6	7 YMCA 1:00-2:30
8	9	10	11	12 Afterschool Empowerment & Fitness Pick up at 5pm	13	14 Mentoring Day- EHMS 10am-1:30am *time may change
15	16	17	18	19 Afterschool Empowerment & Fitness + Nutrition 5:30-7pm	20	21 YMCA 1:00-2:30
22	23	24	25	26 Afterschool Empowerment & Fitness Pick up at 5pm	27	28 YMCA 1:00-2:30
29	30					

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Southampton i-tri Schedule 2018

May 2018						
Sunday	Monday	Tuesday	Wednesd	Thursday	Friday	Saturday
		1	2	3 Afterschool Empowerment & Fitness + Nutrition 5:30-7pm	4	5 YMCA 1:00-2:30
6	7	8	9	10 Afterschool Empowerment & Fitness Pick up at 5pm	11	12 YMCA 1:00-2:30
13	14	15	16	17 Afterschool Empowerment & Fitness Pick up at 5pm	18	19 BIKING 1-2:15 Springs School
20	21	22	23	24 Afterschool Empowerment & Fitness Pick up at 5pm	25	26 YMCA 1:00-2:30 SWIMATHON
27	28	29	30	31 Afterschool Empowerment & Fitness Pick up at 5pm		

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Southampton i-tri Schedule 2018

June 2018						
Sunday	Monday	Tuesday	Wednes	Thursday	Friday	Saturday
					1	2 BIKING 1-2:15 Springs School
3	4	5	6	7 Afterschool Empowerment & Fitness Pick up at 5pm	8	9 BIKING 1-2:15 Springs School
10	11	12	13	14 No i-tri	15	16 SWIM/RUN Maidstone 1-2:30
17	18	19	20	21 no i-tri	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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Southampton 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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