

Sag Harbor i-tri Schedule 2018

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

**PLEASE REMEMBER TO WEAR
WORKOUT CLOTHES AND RUNNING
SHOES TO ALL TUES & 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

Sag Harbor i-tri Schedule 2018

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



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Sag Harbor i-tri Schedule 2018

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

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Sag Harbor i-tri Schedule 2018

June 2018						
Sunday	Monday	Tuesday	Wednes	Thursday	Friday	Saturday
					1	2 BIKING 2:30-4 Springs School
3	4	5 Afterschool empowerment/ fitness pick up 5pm	6	7	8	9 BIKING 2:30-4 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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Sag Harbor 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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