



February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 First Day Forms Due Support Period no afterschool fitness	11	12	13	14	15 FEB BREAK NO PRACTICE
16	17 FEB BREAK NO PRACTICE	18	19	20	21	22 FEB BREAK NO PRACTICE
23	24 Afterschool Empowerment/ Fitness -Pick up 5pm	25	26	27	28	29 i-tri Kick off Retreat Day  Pierson HS Gym  1-4pm

More Calendars from WinCalendar: [Mar 2020](#), [Apr 2020](#), [May 2020](#)

IF you can not make it to a practice- please TEXT Natalie-631.764.5702 or Alyssa – 516.426.9740  
www.itrigirls.org



◀ Feb 2020		March 2020					Apr 2020 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Afterschool Empowerment/ Fitness -Pick up 5pm	3	4	5	6	7 SWIM EVALS EAST HAMPTON YMCA 1:30-3	
8	9 Afterschool Empowerment/ Fitness -Pick up 5pm	10	11	12	13	14 YMCA 1:30-3	
15	16 Afterschool Empowerment/ Fitness -Pick up 5pm	17	18	19	20	21 YMCA 1:30-3	
22	23 Afterschool Empowerment/ Fitness -Pick up 5pm	24	25	26	27	28 YMCA 1:30-3	
29	30 Afterschool Empowerment/ Fitness -Pick up 5pm	31					

IF you can not make it to a practice- please TEXT Natalie-631.764.5702 or Alyssa – 516.426.9740  
[www.itrigirls.org](http://www.itrigirls.org)



Pierson

◀ Mar 2020		April 2020					May 2020 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4 <b>YMCA</b> 1:30-3	
5	6 SPRING BREAK NO PRACTICE	7	8	9	10	11 SPRING BREAK NO PRACTICE	
12 EASTER DAY	13 Afterschool Empowerment/ Fitness -Pick up 5pm	14	15	16	17	18 MENTORING DAY EHMS 1-4	
19	20 Afterschool Empowerment/ Fitness -Pick up 5pm	21	22	23	24	25 <b>YMCA</b> 1:30-3	
26	27 Afterschool Empowerment/ Fitness +Family Nutrition Night 5:30-7:30	28	29	30			

IF you can not make it to a practice- please TEXT Natalie-631.764.5702 or Alyssa – 516.426.9740  
www.itrigirls.org



◀ Apr 2020							May 2020							Jun 2020 ▶						
Sun		Mon		Tue		Wed		Thu		Fri		Sat								
										1		2 YMCA 1:30-3								
3		4 Afterschool Empowerment/ Fitness -Pick up 5pm		5		6		7		8		9 YMCA 1:30-3								
10		11 Afterschool Empowerment/ Fitness -Pick up 5pm		12		13		14		15		16 YMCA 1:30-3								
17		18 Afterschool Empowerment/ Fitness -Pick up 5pm		19		20		21		22		23 YMCA 1:30-3								
24		25 No practice		26		27		28		29		30 SWIM-A-THON								
31																				

IF you can not make it to a practice- please TEXT Natalie-631.764.5702 or Alyssa – 516.426.9740  
www.itrigirls.org



June 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Afterschool Empowerment/ Fitness -Pick up 5pm	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> BIKING SPRINGS SCHOOL 10-10:45am
<b>7</b>	<b>8</b> Afterschool Empowerment/ Fitness -Pick up 5pm	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> BIKING SPRINGS SCHOOL 10-10:45am
<b>14</b>	<b>15</b> NO PRACTICE	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> BIKING SPRINGS SCHOOL 10-10:45am
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> LAST DAY OF SCHOOL	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> LONG BEACH SAG HARBOR 8-10 Girls must arrive no later than 7:50	<b>30</b> LONG BEACH SAG HARBOR 8-10 Girls must arrive no later than 7:50				

IF you can not make it to a practice- please TEXT Natalie-631.764.5702 or Alyssa – 516.426.9740  
www.itrigirls.org



July 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> LONG BEACH SAG HARBOR 8-10 Girls must arrive no later than 7:50	<b>2</b> LONG BEACH SAG HARBOR 8-10 Girls must arrive no later than 7:50	<b>3</b> NO PRACTICE	<b>4</b> NO PRACTICE
<b>5</b>	<b>6</b> LONG BEACH SAG HARBOR 8-10 Girls must arrive no later than 7:50	<b>7</b> LONG BEACH SAG HARBOR 8-10 Girls must arrive no later than 7:50	<b>8</b> Race run through 9-11 Girls must arrive no later than 8:50	<b>9</b> FUN DAY 9-11 Girls must arrive no later than 8:50	<b>10</b> NO PRACTICE	<b>11</b> RACE DAY Girls arrive 6:30am Race 7:30-10:00
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

IF you can not make it to a practice- please TEXT Natalie-631.764.5702 or Alyssa – 516.426.9740  
[www.itrigirls.org](http://www.itrigirls.org)