



SIS

February 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13 First day forms due pick up 4pm	14	15 FEB BREAK NO PRACTICE
16	17	18	19	20 NO PRACTICE	21	22 FEB BREAK NO PRACTICE
23	24	25	26	27 Afterschool empowerment/fitness pick up 5pm	28	29 KICK OFF REATREAT PIERSON HS 1-4

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 Jill 631-702-0017 or Alyssa516.426.9740
www.itrigirls.org



SIS

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

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

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May 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 YMCA 1-2:30
3	4	5	6	7 Afterschool empowerment/fitness pick up 5pm	8	9 YMCA 1-2:30
10	11	12	13	14 Afterschool empowerment/fitness pick up 5pm	15	16 YMCA 1-2:30
17	18	19	20	21 Afterschool empowerment/fitness pick up 5pm	22	23 YMCA 1-2:30
24	25	26	27	28 Afterschool empowerment/fitness pick up 5pm	29	30 SWIM-A-THON
31						

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June 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Afterschool empowerment/fitness pick up 5pm	5	6 BIKING AT SUFFOLK COMMUNITY COLLEGE-RIVERHEAD 1:15-2
7	8	9	10	11 Afterschool empowerment/fitness pick up 5pm	12	13 BIKING AT SUFFOLK COMMUNITY COLLEGE-RIVERHEAD 1:15-2
14	15	16	17	18 NO PRACTICE	19	20 BIKING AT SUFFOLK COMMUNITY COLLEGE-RIVERHEAD 1:15-2
21	22	23	24	25 LAST DAY OF SCHOOL	26 NO PRACTICE	27 NO PRACTICE
28	29 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	30 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM				

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July 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	2 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	3 NO PRACTICE	4 NO PRACTICE
5	6 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	7 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	8 Race run through 9-11 bus leaves SIS 8:10AM POST PARTY AT PIERSON HS TIME TBD	9 FUN DAY 9-11 bus leaves SIS 8:10AM	10 NO PRACTICE	11 RACE DAY Girls arrive 6:30am Race 7:30-10am
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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