



February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11 Empowerment/Fitness Fitness after school Pick up 5pm	12	13	14	15 FEB BREAK NO PRACTICE
16	17	18 FEB BREAK NO PRACTICE	19	20	21	22 FEB BREAK NO PRACTICE
23	24	25 Empowerment/Fitness Fitness after school Pick up 5pm	26	27	28	29 i-tri 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 Jill 631-702-0017 or Alyssa 516.426.9740  
www.itrigirls.org



# Springs

## March 2020

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

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# Springs

April 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 YMCA 1:30-3
5	6	7 NO PRACTICE	8	9	10	11 NO PRACTICE
12 EASTER DAY	13	14 Empowerment/Fitness Fitness after school Pick up 5pm	15	16	17	18 MENTORINGDAY EHMS 1-4
19	20	21 Empowerment/Fitness Fitness after school Pick up 5pm	22	23	24	25 YMCA 1:30-3
26	27	28 Empowerment/Fitness Fitness after school Pick up 5pm	29	30		

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# Springs

◀ Apr 2020		May 2020					Jun 2020 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2 YMCA 1:30-3	
3	4	5 Empowerment/Fitness Fitness after school + Family Nutrition Night 5:30-7:30	6	7	8	9 YMCA 1:30-3	
10	11	12 Empowerment/Fitness Fitness after school Pick up 5pm	13	14	15	16 YMCA 1:30-3	
17	18	19 Empowerment/Fitness Fitness after school Pick up 5pm	20	21	22	23 YMCA 1:30-3	
24	25	26 Empowerment/Fitness Fitness after school Pick up 5pm	27	28	29	30 SWIM-A-THON	
31							

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# Springs

June 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Empowerment/Fitness Fitness after school Pick up 5pm	3	4	5	6 <b>BIKING AT SPRINGS SCHOOL</b> 9-9:45AM
7	8	9 Empowerment/Fitness Fitness after school Pick up 5pm	10	11	12	13 <b>BIKING AT SPRINGS SCHOOL</b> 9-9:45AM
14	15	16 <b>NO PRACTICE</b>	17	18	19	20 <b>BIKING AT SPRINGS SCHOOL</b> 9-9:45AM
21	22	23 <b>NO PRACTICE</b>	24	25 LAST DAY OF SCHOOL	26 <b>NO PRACTICE</b>	27 <b>NO PRACTICE</b>
28	29 LONG BEACH SAG HARBOR 8-10 bus leaves springs school 7:10AM	30 LONG BEACH SAG HARBOR 8-10 bus leaves springs school 7:10AM				

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# Springs

July 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> LONG BEACH SAG HARBOR 8-10 bus leaves springs school 7:10AM	<b>2</b> LONG BEACH SAG HARBOR 8-10 bus leaves springs school 7:10AM	<b>3</b> <b>NO PRACTICE</b>	<b>4</b> <b>NO PRACTICE</b>
<b>5</b>	<b>6</b> LONG BEACH SAG HARBOR 8-10 bus leaves springs school 7:10AM	<b>7</b> LONG BEACH SAG HARBOR 8-10 bus leaves springs school 7:10AM	<b>8</b> Race run through 9-11 bus leaves Springs School 8:10AM	<b>9</b> <b>FUN DAY</b> 9-11 bus leaves Springs School 8:10AM	<b>10</b> <b>NO PRACTICE</b>	<b>11</b> <b>RACE DAY</b> Girls arrive 6:30am Race 7:30-10am
<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>	

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