



February 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 FORMS DUE/ empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	15	16	17	18	19 FEB BREAK NO PRACTICE
20	21 FEB BREAK NO PRACTICE	22	23	24	25	26 FEB BREAK NO PRACTICE
27	28 Afterschool empowerment/fitness pick up at 5:00 pm at Pierson or late bus home					

If you can not make it to practice please let your Program Leader know via REMIND no later than 7:30pm the night before
www.itrigirls.org



◀ Feb 2022		March 2022						Apr 2022 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
		1	2	3	4	5 NO PRACTICE		
6	7 Afterschool empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	8	9	10	11	12 Swim Evaluations YMCA - East Hampton 1:00 - 2:30 pm		
13	14 Afterschool empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	15	16	17	18	19 YMCA - East Hampton 1:30 - 3:00 pm		
20	21 Afterschool empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	22	23	24	25	26 YMCA - East Hampton 1:30 - 3:00 pm		
27	28 Afterschool empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	29	30	31				

If you can not make it to practice please let your Program Leader know via REMIND no later than 7:30pm the night before
www.itrigirls.org



Bridgehampton

April 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 YMCA - East Hampton 1:30 - 3:00 pm
3	4 Afterschool empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	5	6	7	8	9 YMCA - East Hampton 1:30 - 3:00 pm
10	11 Afterschool empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	12	13	14	15	16 NO PRACTICE- EASTER/PASSOVER WEEKEND
17	18 NO PRACTICE	19	20	21	22	23 YMCA - East Hampton 1:30 - 3:00 pm
24	25 Afterschool empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	26	27	28	29	30 MENTORING DAY EHMS 1-4

If you can not make it to practice please let your Program Leader know via REMIND no later than 7:30pm the night before
www.itrigirls.org



Bridgehampton

◀ Apr 2022		May 2022					Jun 2022 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Afterschool empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	3	4	5	6	7 YMCA - East Hampton 1:30 - 3:00 pm	
8	9 Afterschool empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	10	11	12	13	14 YMCA - East Hampton 1:30 - 3:00 pm	
15	16 Afterschool empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	17	18	19	20	21 YMCA - East Hampton 1:30 - 3:00 pm	
22	23 Afterschool empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	24	25	26	27	28 NO PRACTICE	
29	30 NO PRACTICE	31					

If you can not make it to practice please let your Program Leader know via REMIND no later than 7:30pm the night before
www.itrigirls.org



June 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Springs School Biking Time TBD
5	6 Afterschool empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	7	8	9	10	11 Springs School Biking Time TBD
12	13 NO PRACTICE	14	15	16	17	18 Springs School Biking Time TBD
19	20 NO PRACTICE	21	22	23	24	25 NO PRACTICE
26	27 LONG BEACH SAG HARBOR 8-10 Jitney time TBD	28 LONG BEACH SAG HARBOR 8-10 Jitney time TBD	29 LONG BEACH SAG HARBOR 8-10 Jitney time TBD	30		

If you can not make it to practice please let your Program Leader know via REMIND no later than 7:30pm the night before
www.itrigirls.org



Bridgehampton

◀ Jun 2022		July 2022					Aug 2022 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
					1	2		
3	4	5 LONG BEACH SAG HARBOR 8-10 Jitney time TBD	6 LONG BEACH SAG HARBOR 8-10 Jitney time TBD	7 LONG BEACH SAG HARBOR 8-10 Jitney time TBD	8	9 UNIFORM DAY Time & Location TBD		
10	11 LONG BEACH SAG HARBOR 8-10 Jitney time TBD	12 LONG BEACH SAG HARBOR 8-10 Jitney time TBD	13 LONG BEACH SAG HARBOR Race Run Through 9-11 Jitney time TBD	14 LONG BEACH SAG HARBOR Fun Day 9-11 Jitney time TBD	15	16 RACE DAY arrive 6:30am Race 7:30-10am		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		
31	Transportation for summer practices is provided by the Hampton Jitney. All practice dates and times are subject to change and will be updated via REMIND.							

If you can not make it to practice please let your Program Leader know via REMIND no later than 7:30pm the night before
www.itrigirls.org