



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

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



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

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EHMS

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

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EHMS

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

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EHMS

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

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EHMS

| ◀ Jun 2022 | | July 2022 | | | | | Aug 2022 ▶ | |
|------------|--|--|--|--|-----|--|------------|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | | |
| | | | | | 1 | 2 | | |
| 3 | 4 | 5 LONG BEACH SAG HARBOR 8-10 bus leaves EHMS at 7:30 am | 6 LONG BEACH SAG HARBOR 8-10 bus leaves EHMS at 7:30 am | 7 LONG BEACH SAG HARBOR 8-10 bus leaves EHMS at 7:30 am | 8 | 9 UNIFORM DAY Location and time TBD | | |
| 10 | 11 LONG BEACH SAG HARBOR 8-10 bus leaves EHMS at 7:30 am | 12 LONG BEACH SAG HARBOR 8-10 bus leaves EHMS at 7:30 am | 13 LONG BEACH SAG HARBOR Race run through 9-11 bus leaves EHMS at 8:30AM | 14 LONG BEACH SAG HARBOR FUN DAY 9-11 bus leaves 9-11 bus leaves EHMS at 8:30AM | 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. | | | | | | | |

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