



MTK

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 First Day Forms due Lunch/Recess no after School	17	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](http://www.itrigirls.org)



MTK

March 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 In school Empowerment After school fitness- Sports Bus to SPRINGS SCHOOL Sports Bus or pick up @ SPRINGS 5pm	3	4	5 <b>NO PRACTICE</b>
6	7	8	9 Afterschool empowerment/fitness- Sports Bus to SPRINGS SCHOOL Sports Bus or pick up @ SPRINGS 5pm	10	11	12 <b>SWIM EVALS EAST HAMPTON YMCA</b>  12:30-2
13	14	15	16 Afterschool empowerment/fitness- Sports Bus to SPRINGS SCHOOL Sports Bus or pick up @ SPRINGS 5pm	17	18	19 <b>YMCA 2-3:30</b>
20	21	22	23 Afterschool empowerment/fitness- Sports Bus to SPRINGS SCHOOL Sports Bus or pick up @ SPRINGS 5pm	24	25	26 <b>YMCA 2-3:30</b>
27	28	29	30 Afterschool empowerment/fitness- Sports Bus to SPRINGS SCHOOL Sports Bus or pick up @ SPRINGS 5pm	31		

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

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◀ Apr 2022							May 2022							Jun 2022 ▶						
Sun		Mon		Tue		Wed		Thu		Fri		Sat								
1		2		3		4 Afterschool empowerment/fitness- Sports Bus to SPRINGS SCHOOL Sports Bus or pick up @ SPRINGS 5pm		5		6		7 YMCA 2-3:30								
8		9		10		11 Afterschool empowerment/fitness- Sports Bus to SPRINGS SCHOOL Sports Bus or pick up @ SPRINGS 5pm		12		13		14 YMCA 2-3:30								
15		16		17		18 Afterschool empowerment/fitness- Sports Bus to SPRINGS SCHOOL Sports Bus or pick up @ SPRINGS 5pm		19		20		21 YMCA 2-3:30								
22		23		24		25 Afterschool empowerment/fitness- Sports Bus to SPRINGS SCHOOL Sports Bus or pick up @ SPRINGS 5pm		26		27		28 YMCA 2-3:30								
29		30		31																

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MTK

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

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July 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 LONG BEACH SAG HARBOR 8-10 bus leaves Montauk School at 7am	6 LONG BEACH SAG HARBOR 8-10 bus leaves Montauk School at 7am	7 LONG BEACH SAG HARBOR 8-10 bus leaves Montauk School at 7am	8	9 UNIFORM DAY  Location and time TBD
10	11 LONG BEACH SAG HARBOR 8-10 bus leaves Montauk School at 7am	12 LONG BEACH SAG HARBOR 8-10 bus leaves Montauk School at 7am	13 LONG BEACH SAG HARBOR Race run through 9-11 bus leaves MTK School 8AM	14 LONG BEACH SAG HARBOR FUN DAY 9-11 bus leaves MTK School 8AM	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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