



Sag Harbor

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/ Afterschool empowerment/fitness pick up at 5:00 pm	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					

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



Sag Harbor

◀ 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	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	15	16	17	18	19 YMCA - East Hampton 1:30 - 3:00 pm		
20	21 Afterschool empowerment/fitness pick up at 5:00 pm	22	23	24	25	26 YMCA - East Hampton 1:30 - 3:00 pm		
27	28 Afterschool empowerment/fitness pick up at 5:00 pm	29	30	31				

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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	5	6	7	8	9 YMCA - East Hampton 1:30 - 3:00 pm
10	11 Afterschool empowerment/fitness pick up at 5:00 pm	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	26	27	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 Afterschool empowerment/fitness pick up at 5:00 pm		3		4		5		6		7 YMCA - East Hampton 1:30 - 3:00 pm								
8		9 Afterschool empowerment/fitness pick up at 5:00 pm		10		11		12		13		14 YMCA - East Hampton 1:30 - 3:00 pm								
15		16 Afterschool empowerment/fitness pick up at 5:00 pm		17		18		19		20		21 YMCA - East Hampton 1:30 - 3:00 pm								
22		23 Afterschool empowerment/fitness pick up at 5:00 pm		24		25		26		27		28 NO PRACTICE								
29		30 NO PRACTICE		31																

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June 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Spirings School Biking Time TBD
5	6 Afterschool empowerment/fitness pick up at 5:00 pm	7	8	9	10	11 Spirings School Biking Time TBD
12	13 NO PRACTICE	14	15	16	17	18 Spirings School Biking Time TBD
19	20 NO PRACTICE	21	22	23	24	25 NO PRACTICE
26	27 LONG BEACH SAG HARBOR 8-10 Participants must arrive no later than 7:50 AM	28 LONG BEACH SAG HARBOR 8-10 Participants must arrive no later than 7:50 AM	29 LONG BEACH SAG HARBOR 8-10 Participants must arrive no later than 7:50 AM	30		

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◀ Jun 2022		July 2022					Aug 2022 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
					1	2		
3	4	5 LONG BEACH SAG HARBOR 8-10 Participants must arrive no later than 7:50 AM	6 LONG BEACH SAG HARBOR 8-10 Participants must arrive no later than 7:50 AM	7 LONG BEACH SAG HARBOR 8-10 Participants must arrive no later than 7:50 AM	8	9 UNIFORM DAY Time & Location TBD		
10	11 LONG BEACH SAG HARBOR 8-10 Participants must arrive no later than 7:50 AM	12 LONG BEACH SAG HARBOR 8-10 Participants must arrive no later than 7:50 AM	13 LONG BEACH SAG HARBOR Race Run Through 9-11 Participants must arrive no later than 8:50 AM	14 LONG BEACH SAG HARBOR Fun Day 9-11 Participants must arrive no later than 8:50 AM	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	All practice dates and times are subject to change and will be updated via REMIND.							

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