



February 2022							Mar 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 5:00 pm	18	19 FEB BREAK NO PRACTICE	
20	21	22	23	24 FEB BREAK NO PRACTICE	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



Riverhead

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

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Riverhead

◀ Mar 2022							April 2022							May 2022 ▶						
Sun		Mon		Tue		Wed		Thu		Fri		Sat								
										1		2	Suffolk Community College- Riverhead 12-2pm							
3		4		5		6		7	Afterschool empowerment/fitness pick up or late bus 5:00 pm	8		9	Suffolk Community College- Riverhead 12-2pm							
10		11		12		13		14	Afterschool empowerment/fitness pick up or late bus 5:00 pm	15		16	NO PRACTICE- EASTER/PASSOVER WEEKEND							
17		18		19		20		21	NO PRACTICE	22		23	Suffolk Community College- Riverhead 2:00 - 4:00 pm							
24		25		26		27		28	Afterschool empowerment/fitness pick up or late bus 5:00 pm	29		30	MENTORING DAY EHMS 1-4 BUS TIME TBD							

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Riverhead

◀ 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 5:00 pm			6			7 Suffolk Community College- Riverhead 12-2pm					
8			9			10			11			12 Afterschool empowerment/fitness pick up or late bus 5:00 pm			13			14 Suffolk Community College- Riverhead 12-2pm					
15			16			17			18			19 Afterschool empowerment/fitness pick up or late bus 5:00 pm			20			21 Suffolk Community College- Riverhead 12-2pm					
22			23			24			25			26 Afterschool empowerment/fitness pick up or late bus 5:00 pm			27			28 NO PRACTICE					
29			30			31																	

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Riverhead

◀ May 2022							June 2022							Jul 2022 ▶						
Sun		Mon		Tue		Wed		Thu		Fri		Sat								
						1		2 Afterschool empowerment/fitness pick up or late bus 5:00 pm		3		4 BIKING- SPRINGS SCHOOL BUS TIME TBD								
5		6		7		8		9 Afterschool empowerment/fitness pick up or late bus 5:00 pm		10		11 BIKING- SPRINGS SCHOOL BUS TIME TBD								
12		13		14		15		16 NO PRACTICE		17		18 BIKING- SPRINGS SCHOOL BUS TIME TBD								
19		20		21		22		23 NO PRACTICE		24		25 NO PRACTICE								
26		27 LONG BEACH SAG HARBOR 10-12 bus leaves Riverhead MS at 8:45am		28 LONG BEACH SAG HARBOR 10-12 bus leaves Riverhead MS at 8:45am		29 LONG BEACH SAG HARBOR 10-12 bus leaves Riverhead MS at 8:45am		30												

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Riverhead

◀ Jun 2022		July 2022					Aug 2022 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2	
3	4	5 LONG BEACH SAG HARBOR 10-12 bus leaves Riverhead MS at 8:45am	6 LONG BEACH SAG HARBOR 10-12 bus leaves Riverhead MS at 8:45am	7 LONG BEACH SAG HARBOR 10-12 bus leaves Riverhead MS at 8:45am	8	9 UNIFORM DAY Time & Location TBD	
10	11 LONG BEACH SAG HARBOR 10-12 bus leaves Riverhead MSat 8:45am	12 LONG BEACH SAG HARBOR 10-12 bus leaves Riverhead MS at 8:45am	13 LONG BEACH SAG HARBOR Race Run Through 9-11 bus leaves Riverhead MS at 7:45 am	14 LONG BEACH SAG HARBOR Fun Day 9-11 bus leaves Riverhead MS at 7:45 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	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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