



SIS

February 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 FORMS DUE/ Afterschool empowerment/fitness pick up 5pm	16	17	18	19 FEB BREAK NO PRACTICE
20	21	22 FEB BREAK NO PRACTICE	23	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



SIS

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

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April 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 YMCA 1-2:30
3	4	5 Afterschool empowerment/fitness pick up 5pm	6	7	8	9 YMCA 1-2:30
10	11	12 Afterschool empowerment/fitness pick up 5pm	13	14	15	16 NO PRACTICE- EASTER/PASSOVER WEEKEND
17	18	19 NO PRACTICE	20	21	22	23 YMCA 1-2:30
24	25	26 Afterschool empowerment/fitness pick up 5pm	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			3 Afterschool empowerment/fitness pick up 5pm			4			5			6			7 YMCA 1-2:30					
8			9			10 Afterschool empowerment/fitness pick up 5pm			11			12			13			14 YMCA 1-2:30					
15			16			17 Afterschool empowerment/fitness pick up 5pm			18			19			20			21 YMCA 1-2:30					
22			23			24 Afterschool empowerment/fitness pick up 5pm			25			26			27			28 NO PRACTICE					
29			30			31 Afterschool empowerment/fitness pick up 5pm																	

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

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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 SIS 7:10AM	6 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	7 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	8	9 UNIFORM DAY TBD
10	11 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	12 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	13 LONG BEACH SAG HARBOR RACE RUN THROUGH 9-11 bus leaves SIS 8:10AM	14 LONG BEACH SAG HARBOR FUN DAY 9-11 bus leave SIS 8:10AM	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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