



Springs

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 FORMS DUE/ Afterschool empowerment/fitness pick up 5pm	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



Springs

March 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Afterschool empowerment/fitness pick up at 5:00 PM	3	4	5 NO PRACTICE
6	7	8	9 Afterschool empowerment/fitness pick up at 5:00 PM	10	11	12 YMCA – East Hampton Swim Evaluations 12:30-2:00 PM
13	14	15	16 Afterschool empowerment/fitness pick up at 5:00 PM	17	18	19 YMCA – East Hampton 2:00-3:30pm
20	21	22	23 Afterschool empowerment/fitness pick up at 5:00 PM	24	25	26 YMCA – East Hampton 2:00-3:30pm
27	28	29	30 Afterschool empowerment/fitness pick up at 5:00 PM	31		

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Springs

April 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 YMCA – East Hampton 2:00-3:30pm
3	4	5	6 Afterschool empowerment/fitness pick up at 5:00 PM	7	8	9 YMCA – East Hampton 2:00-3:30pm
10	11	12	13 Afterschool empowerment/fitness pick up at 5:00 PM	14	15	16 NO PRACTICE- EASTER/PASSOVER WEEKEND
17	18	19	20 NO PRACTICE	21	22	23 YMCA – East Hampton 2:00-3:30pm
24	25	26	27 Afterschool empowerment/fitness pick up at 5:00 PM	28	29	30 MENTORING DAY EHMS 1-4 BUS TIME TBD

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Springs

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

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Springs

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

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Springs

July 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 LONG BEACH SAG HARBOR 8-10 bus leaves Springs at 7:30 am	6 LONG BEACH SAG HARBOR 8-10 bus leaves Springs at 7:30 am	7 LONG BEACH SAG HARBOR 8-10 bus leaves Springs at 7:30 am	8	9 Uniform Day Location and time TBD
10	11 LONG BEACH SAG HARBOR 8-10 bus leaves Springs at 7:30 am	12 LONG BEACH SAG HARBOR 8-10 bus leaves Springs at 7:30 am	13 LONG BEACH SAG HARBOR Race Run Through 9-11 bus leaves Springs at 8:30 am	14 LONG BEACH SAG HARBOR Fun Day 9-11 bus leaves Springs 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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