



TUC

February 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 First day forms due Lunch/Recess NO AFTER SCHOOL	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



TUC

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

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April 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 YMCA 1-2:30
3	4	5 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	6	7	8	9 YMCA 1-2:30
10	11	12 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	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 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	27	28	29	30 MENTORING DAY EHMS 1-4

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May 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	4	5	6	7 YMCA 1-2:30
8	9	10 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	11	12	13	14 YMCA 1-2:30
15	16	17 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	18	19	20	21 YMCA 1-2:30
22	23	24 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	25	26	27	28 NO PRACTICE
29	30	31 Empowerment/Fitness after school at SIS Pick up 5pm at SIS				

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TUC

June 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 BIKING -SPRINGS SCHOOL Time TBD
5	6	7 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	8	9	10	11 BIKING -SPRINGS SCHOOL Time TBD
12	13	14 NO PRACTICE	15	16	17	18 BIKING -SPRINGS SCHOOL 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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TUC

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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