



PACA

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 or late bus 5:20pm	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](http://www.itrigirls.org)



PACA

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

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PACA

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

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PACA

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

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PACA

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

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PACA

July 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 LONG BEACH SAG HARBOR 10-12 bus leaves William Floyd HS at 8:45am	6 LONG BEACH SAG HARBOR 10-12 bus leaves William Floyd HS at 8:45am	7 LONG BEACH SAG HARBOR 10-12 bus leaves William Floyd HS at 8:45am	8	9 <b>UNIFORM DAY</b>  TBD
10	11 LONG BEACH SAG HARBOR 10-12 bus leaves William Floyd HS at 8:45am	12 LONG BEACH SAG HARBOR 10-12 bus leaves William Floyd HS at 8:45am	13 LONG BEACH SAG HARBOR 10-12 bus leaves William Floyd HS at 8:45am	14 LONG BEACH SAG HARBOR 10-12 bus leaves William Floyd HS at 8:45am	15	16 <b>RACE DAY</b> 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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