

February 2023						
◀ Jan 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16 First Day Forms due Lunch/Recess no after School	17	18 NO PRACTICE
19	20	21	22	23 NO PRACTICE	24	25 SWIM EVALS YMCA- East Hampton 2-3pm
26	27	28				

March 2023						
◀ Feb 2023			Apr 2023 ▶			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 In school Empowerment After school fitness- Sports Bus to EAST HAMPTON Sports Bus or pick up @ EHMS 5pm	3	4 KICK OFF RETREAT Southampton HS 10am-2pm
5	6	7	8	9 Afterschool empowerment/fitnessSports Bus to EAST HAMPTON Sports Bus or pick up @ EHMS 5pm	10	11 YMCA 1:30-3
12	13	14	15	16 Afterschool empowerment/fitnessSports Bus to EAST HAMPTON Sports Bus or pick up @ EHMS 5pm	17	18 YMCA 1:30-3
19	20	21	22	23 Afterschool empowerment/fitnessSports Bus to EAST HAMPTON Sports Bus or pick up @ EHMS 5pm	24	25 YMCA 1:30-3
26	27	28	29	30 Afterschool empowerment/fitnessSports Bus to EAST HAMPTON Sports Bus or pick up @ EHMS 5pm	31	

April 2023						
◀ Mar 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 YMCA 1:30-3
2	3	4	5	6 Afterschool empowerment/fitnessSports Bus to EAST HAMPTON Sports Bus or pick up @ EHMS 5pm	7	8 NO PRACTICE
9	10	11	12	13 NO PRACTICE	14	15 YMCA 1:30-3
16	17	18	19	20 Afterschool empowerment/fitnessSports Bus to EAST HAMPTON Sports Bus or pick up @ EHMS 5pm	21	22 Mentoring Day Southampton HS 10am-1pm
23	24	25	26	27 Afterschool empowerment/fitness Nutrition Workshop 5:30-7 at EHMS	28	29 YMCA 1:30-3
30						

May 2023						
◀ Apr 2023		Jun 2023 ▶				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Afterschool empowerment/fitnessSports Bus to EAST HAMPTON Sports Bus or pick up @ EHMS 5pm	5	6 YMCA 1:30-3
7	8	9	10	11 Afterschool empowerment/fitnessSports Bus to EAST HAMPTON Sports Bus or pick up @ EHMS 5pm	12	13 YMCA 1:30-3
14	15	16	17	18 Afterschool empowerment/fitnessSports Bus to EAST HAMPTON Sports Bus or pick up @ EHMS 5pm	19	20 YMCA 1:30-3
21	22	23	24	25 Afterschool empowerment/fitnessSports Bus to EAST HAMPTON Sports Bus or pick up @ EHMS 5pm	26	27 YMCA 1:30-3
28	29	30	31			

June 2023						
◀ May 2023		Jul 2023 ▶				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Afterschool empowerment/fitnessSports Bus to EAST HAMPTON Sports Bus or pick up @ EHMS 5pm	2	3 BIKING AT COOPERS BEACH 3-4:15
4	5	6	7	8 Afterschool empowerment/fitnessSports Bus to EAST HAMPTON Sports Bus or pick up @ EHMS 5pm	9	10 BIKING AT COOPERS BEACH 3-4:15
11	12	13	14	15 Afterschool empowerment/fitnessSports Bus to EAST HAMPTON Sports Bus or pick up @ EHMS 5pm	16	17 BIKING AT COOPERS BEACH 3-4:15
18	19 NO PRACTICE	20 NO PRACTICE	21 NO PRACTICE	22 NO PRACTICE	23 NO PRACTICE	24 NO PRACTICE
25	26 LONG BEACH 8-10am Jitney time 6:30 MONTAUK SCHOOL	27 LONG BEACH 8-10am Jitney time 6:30 MONTAUK SCHOOL	28 LONG BEACH 8-10am Jitney time 6:30 MONTAUK SCHOOL	29 LONG BEACH 8-10am Jitney time 6:30 MONTAUK SCHOOL	30 NO PRACTICE	

July 2023						
◀ Jun 2023						Aug 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 LONG BEACH 8-10am Jitney time 6:30 MONTAUK SCHOOL	6 LONG BEACH 8-10am Jitney time 6:30 MONTAUK SCHOOL	7	8 UNIFORM DAY
9	10 LONG BEACH 8-10am Jitney time 6:30 MONTAUK SCHOOL	11 LONG BEACH 8-10am Jitney time 6:30 MONTAUK SCHOOL	12 RACE RUN THROUGH LONG BEACH 9-11am Jitney time 7:30 MONTAUK SCHOOL	13 RUN THROUGH RAIN DATE LONG BEACH 9-11am Jitney time 7:30 MONTAUK SCHOOL	14	15 RACE DAY arrive 6:30am Race 7:30-10am
16 RACE DAY RAIN DATE	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					