

February 2023						
◀ Jan 2023						Mar 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13 FORMS DUE/ empowerment/fitness pick up at 5:00	14	15	16	17	18 NO PRACTICE
19	20 NO PRACTICE	21	22	23	24	25 SWIM EVALS 1:30-2:30
26	27 Empowerment/fitness pick up at 5:00 pm	28				

March 2023						
◀ Feb 2023						Apr 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 KICK OFF RETREAT Southampton HS 10am-2pm
5	6 Empowerment/fitness pick up at 5:00 pm	7	8	9	10	11 YMCA - East Hampton 1:30 - 3:00 pm
12	13 Empowerment/fitness pick up at 5:00 pm	14	15	16	17	18 YMCA - East Hampton 1:30 - 3:00 pm
19	20 Empowerment/fitness pick up at 5:00 pm	21	22	23	24	25 YMCA - East Hampton 1:30 - 3:00 pm
26	27 Empowerment/fitness Nutrition 5:30-7pm	28	29	30	31	

April 2023						
◀ Mar 2023						May 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 YMCA - East Hampton 1:30 - 3:00 pm
2	3 Empowerment/fitness pick up at 5:00 pm	4	5	6	7	8 NO PRACTICE
9	10 NO PRACTICE	11	12	13	14	15 YMCA - East Hampton 1:30 - 3:00 pm
16	17 Empowerment/fitness pick up at 5:00 pm	18	19	20	21	22 Mentoring Day Southampton HS 10am-1pm
23	24 Empowerment/fitness pick up at 5:00 pm	25	26	27	28	29 YMCA - East Hampton 1:30 - 3:00 pm
30						

May 2023						
◀ Apr 2023		Jun 2023 ▶				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Empowerment/fitness pick up at 5:00 pm	2	3	4	5	6 YMCA - East Hampton 1:30 - 3:00 pm
7	8 Empowerment/fitness pick up at 5:00 pm	9	10	11	12	13 YMCA - East Hampton 1:30 - 3:00 pm
14	15 Empowerment/fitness pick up at 5:00 pm	16	17	18	19	20 YMCA - East Hampton 1:30 - 3:00 pm
21	22 Empowerment/fitness pick up at 5:00 pm	23	24	25	26	27 YMCA - East Hampton 1:30 - 3:00 pm
28	29 NO PRACTICE	30	31			

June 2023						
◀ May 2023						Jul 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 BIKING AT COOPERS BEACH 1:30-2:45
4	5 Empowerment/fitness pick up at 5:00 pm	6	7	8	9	10 BIKING AT COOPERS BEACH 1:30-2:45
11	12 Empowerment/fitness pick up at 5:00 pm	13	14	15	16	17 BIKING AT COOPERS BEACH 1:30-2:45
18	19 NO PRACTICE	20	21	22	23	24 NO PRACTICE
25	26 LONG BEACH SAG HARBOR 8-10	27 LONG BEACH SAG HARBOR 8-10	28 LONG BEACH SAG HARBOR 8-10	29 LONG BEACH SAG HARBOR 8-10	30 NO PRACTICE	

July 2023						
◀ Jun 2023						Aug 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 LONG BEACH SAG HARBOR 8-10	6 LONG BEACH SAG HARBOR 8-10	7	8 UNIFORM DAY
9	10 LONG BEACH SAG HARBOR 8-10	11 LONG BEACH SAG HARBOR 8-10	12 LONG BEACH SAG HARBOR Race Run Through 9-11	13 RUN THROUGH RAIN DATE 9-11	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					