

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	14 First day forms due Lunch/Recess NO AFTER SCHOOL	15	16	17	18 NO PRACTICE
19	20	21 NO PRACTICE	22	23	24	25 SWIM EVALS YMCA- East Hampton  12:30-1:30
26	27	28 Empowerment/Fitness after school at SIS Pick up 5pm at SIS				

March 2023						
◀ Feb 2023						Apr 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2,	3	4 <b>KICK OFF RETREAT</b>  10am-1pm Southampton HS
5	6	7 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	8	9	10	11 YMCA 1-2:30
12	13	14 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	15	16	17	18 YMCA 1-2:30
19	20	21 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	22	23	24	25 YMCA 1-2:30
26	27	28 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	29	30	31	

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

May 2023						
◀ Apr 2023						Jun 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	3	4	5	6 YMCA 1-2:30
7	8	9 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	10	11	12	13 YMCA 1-2:30
14	15	16 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	17	18	19	20 YMCA 1-2:30
21	22	23 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	24	25	26	27 YMCA 1-2:30
28	29	30 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	31			

June 2023						
◀ May 2023						Jul 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 BIKING AT COOPERS BEACH 12:30-1:15
4	5	6 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	7	8	9	10 BIKING AT COOPERS BEACH 12:30-1:15
11	12	13 Empowerment/Fitness after school at SIS Pick up 5pm at SIS	14	15	16	17 BIKING AT COOPERS BEACH 12:30-1:15
18	19	20 NO PRACTICE	21	22	23	24 NO PRACTICE
25	26 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	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 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 bus leaves SIS 7:10AM	6 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	7	8 UNIFORM DAY
9	10 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	11 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	12 LONG BEACH SAG HARBOR RACE RUN THROUGH 9-11 bus leaves SIS 8:10AM	13 RUN THROUGH RAIN DATE  9-11 bus leaves SIS 8:10AM	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					