

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	15 FORMS DUE/ Afterschool empowerment/fitness pick up or late bus 5pm	16	17	18 NO PRACTICE
19	20	21	22 NO PRACTICE	23	24	25 SWIM EVALS SCC 1:30-2:30
26	27	28				

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

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

May 2023						
◀ Apr 2023						Jun 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Afterschool empowerment/fitness Nutrition Workshop 5:30-7pm	4	5	6 SCC 12-2pm
7	8	9	10 Afterschool empowerment/fitness pick up or late bus 5pm	11	12	13 SCC 12-2pm
14	15	16	17 Afterschool empowerment/fitness pick up or late bus 5pm	18	19	20 SCC 12-2pm
21	22	23	24 Afterschool empowerment/fitness pick up or late bus 5pm	25	26	27 SCC 12-2pm
28	29	30	31 Afterschool empowerment/fitness pick up or late bus 5pm			

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	6	7 Afterschool empowerment/fitness pick up or late bus 5pm	8	9	10 BIKING AT COOPERS BEACH 1:30-2:45
11	12	13	14 Afterschool empowerment/fitness pick up or late bus 5pm	15	16	17 BIKING AT COOPERS BEACH 1:30-2:45
18	19	20	21 NO PRACTICE	22	23	24 NO PRACTICE
25	26 LONG BEACH SAG HARBOR 10-12 bus leaves William Floyd HS at 8:45am	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 NO PRACTICE	

July 2023						
◀ Jun 2023						Aug 2023 ▶
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	8 UNIFORM DAY
9	10 LONG BEACH SAG HARBOR 10-12 bus leaves William Floyd HS at 8:45am	11 LONG BEACH SAG HARBOR 10-12 bus leaves William Floyd HS at 8:45am	12 RUN THROUGH LONG BEACH 9-11 bus leaves William Floyd HS 7:45am	13 RUN THROUGH RAIN DATE	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					