

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 FORMS DUE/ Afterschool empowerment/fitness pick up or late bus 5:00pm	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 Afterschool empowerment/fitness pick up or late bus 5:00pm	3	4 KICK OFF RETREAT  Southampton HS 10am-1pm
5	6	7	8	9 Afterschool empowerment/fitness pick up or late bus 5:00pm	10	11 YMCA 1:30-3:00
12	13	14	15	16 Afterschool empowerment/fitness pick up or late bus 5:00pm	17	18 YMCA 1:30-3:00
19	20	21	22	23 Afterschool empowerment/fitness pick up or late bus 5:00pm	24	25 YMCA 1:30-3:00
26	27	28	29	30 Afterschool empowerment/fitness pick up or late bus 5:00pm	31	

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

May 2023							Jun 2023 ►
◀ Apr 2023	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Afterschool empowerment/fitness pick up or late bus 5:00pm	5	6 YMCA 1:30-3:00
7		8	9	10	11 Afterschool empowerment/fitness pick up or late bus 5:00pm	12	13 YMCA 1:30-3:00
14		15	16	17	18 Afterschool empowerment/fitness pick up or late bus 5:00pm	19	20 YMCA 1:30-3:00
21		22	23	24	25 Afterschool empowerment/fitness pick up or late bus 5:00pm	26	27 YMCA 1:30-3:00
28		29	30	31			

June 2023						
◀ May 2023					Jul 2023 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Afterschool empowerment/fitness pick up or late bus 5:00pm	2	3 BIKING AT COOPERS BEACH  3-4:15
4	5	6	7	8 Afterschool empowerment/fitness pick up or late bus 5:00pm	9	10 BIKING AT COOPERS BEACH  3-4:15
11	12	13	14	15 Afterschool empowerment/fitness pick up or late bus 5:00pm	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 7:30 EHMS	27 LONG BEACH 8-10am  Jitney time 7:30 EHMS	28 LONG BEACH 8-10am  Jitney time 7:30 EHMS	29 LONG BEACH 8-10am  Jitney time 7:30 EHMS	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 7:30 EHMS	6 LONG BEACH 8-10am  Jitney time 7:30 EHMS	7	8 UNIFORM DAY
9	10 LONG BEACH 8-10am  Jitney time 7:30 EHMS	11 LONG BEACH 8-10am  Jitney time 7:30 EHMS	12 RUN THROUGH LONG BEACH 9-11am  Jitney time 8:30 EHMS	13 RUN THROUGH RAIN DATE LONG BEACH 9-11am  Jitney time 8:30 EHMS	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					

