

February 2024						
◀ Jan 2024						Mar 2024 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	13	14	15	16	17 NO PRACTICE
18	19 NO PRACTICE	20	21	22	23	24 SWIM EVALS YMCA 12:30-1:30
25	26 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	27	28	29		

This calendar is to give you a general idea of our 2024 season. Practice times are subject to chance. Please use the i-tri APP for the most up-to-date information.

March 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 KICK OFF Retreat Southampton High School 12-3
3	4 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	5	6	7	8	9 YMCA 12-2
10	11 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	12	13	14	15	16 YMCA 12-2
17	18 Empowerment/fitness Nutrition 5:30-7pm	19	20	21	22	23 YMCA 12-2
24	25 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	26	27	28	29	30 YMCA 12-2
31						

This calendar is to give you a general idea of our 2024 season. Practice times are subject to chance. Please use the i-tri APP for the most up-to-date information.

◀ Mar 2024 April 2024 May 2024 ▶						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO PRACTICE	2	3	4	5	6 YMCA 12-2
7	8 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	9	10	11	12	13 Mentoring day 12-3 Southampton High School
14	15 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	16	17	18	19	20 YMCA 12-2
21	22 NO PRACTICE	23	24	25	26	27 YMCA 12-2
28	29 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	30				

This calendar is to give you a general idea of our 2024 season. Practice times are subject to chance. Please use the i-tri APP for the most up-to-date information.

◀ Apr 2024							May 2024							Jun 2024 ▶						
Sun			Mon			Tue			Wed			Thu			Fri			Sat		
									1			2			3			4 YMCA 12-2		
5			6 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home			7			8			9			10			11 YMCA 12-2		
12			13 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home			14			15			16			17			18 YMCA 12-2		
19			20 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home			21			22			23			24			25 YMCA 12-2		
26			27 NO PRACTICE			28			29			30			31					

This calendar is to give you a general idea of our 2024 season. Practice times are subject to chance. Please use the i-tri APP for the most up-to-date information.

June 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 BIKING AT COOPERS BEACH 1:15-2:15
2	3 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	4	5	6	7	8 BIKING AT COOPERS BEACH 1:15-2:15
9	10 NO PRACTICE	11	12	13	14	15 BIKING AT COOPERS BEACH 1:15-2:15
16	17 NO PRACTICE	18	19	20	21	22 NO PRACTICE
23	24	25	26	27 LONG BEACH SAG HARBOR 8-10	28 LONG BEACH SAG HARBOR 8-10	29 NO PRACTICE
30						

This calendar is to give you a general idea of our 2024 season. Practice times are subject to chance. Please use the i-tri APP for the most up-to-date information.

July 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 LONG BEACH SAG HARBOR 8-10	2 LONG BEACH SAG HARBOR 8-10	3 LONG BEACH SAG HARBOR 8-10	4	5	6 UNIFORM DAY
7	8 LONG BEACH SAG HARBOR 8-10	9 LONG BEACH SAG HARBOR 8-10	10 LONG BEACH SAG HARBOR 8-10	11 LONG BEACH SAG HARBOR 8-10	12	13 RACE DAY arrive 6:30am Race 7:30-10am
14 RACE DAY RAIN DATE	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This calendar is to give you a general idea of our 2024 season. Practice times are subject to chance. Please use the i-tri APP for the most up-to-date information.