

| 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 | 13 | 14 | 15 | 16 | 17 NO PRACTICE |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 SWIM EVALS YMCA 12:30-1:30 |
| 25 | 26 Empowerment/fitness pick up at 5:00 pm | 27 | 28 | 29 | | |

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| March 2024 | | | | | | |
|------------|--|-----|-----|-----|-----|---|
| ◀ Feb 2024 | | | | | | Apr 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 | 5 | 6 | 7 | 8 | 9 YMCA 12-2 |
| 10 | 11 Empowerment/fitness pick up at 5:00 pm | 12 | 13 | 14 | 15 | 16 YMCA 12-2 |
| 17 | 18 Empowerment/fitness pick up at 5:00 pm Nutriton 5:30-7:30 | 19 | 20 | 21 | 22 | 23 YMCA 12-2 |
| 24 | 25 Empowerment/fitness pick up at 5:00 pm | 26 | 27 | 28 | 29 | 30 YMCA 12-2 |
| 31 | | | | | | |

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| ◀ 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 | | 9 | | 10 | | 11 | | 12 | | 13 Mentoring day 12-3 Southampton High School | | | | | | | | |
| 14 | | 15 Empowerment/fitness pick up at 5:00 pm | | 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 | | 30 | | | | | | | | | | | | | | | | |

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| ◀ 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 | | | 7 | | | 8 | | | 9 | | | 10 | | | 11 YMCA 12-2 | | |
| 12 | | | 13 Empowerment/fitness pick up at 5:00 pm | | | 14 | | | 15 | | | 16 | | | 17 | | | 18 YMCA 12-2 | | |
| 19 | | | 20 Empowerment/fitness pick up at 5:00 pm | | | 21 | | | 22 | | | 23 | | | 24 | | | 25 YMCA 12-2 | | |
| 26 | | | 27 NO PRACTICE | | | 28 | | | 29 | | | 30 | | | 31 | | | | | |

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| June 2024 | | | | | | | Jul 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 | 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 | | | | | | | |

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| 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 | | | |

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