

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	13	14	15 Afterschool empowerment/fitness pick up or late bus 4:30pm	16	17 NO PRACTICE
18	19	20	21	22 NO PRACTICE	23	24 SWIM EVALS SCC 12:30-1:30
25	26	27	28	29 Afterschool empowerment/fitness pick up or late bus 4:30pm		

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.

◀ Feb 2024		March 2024					Apr 2024 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
					1	2 KICK OFF Retreat Southampton High School 12-3		
3	4	5	6	7 Afterschool empowerment/fitness pick up or late bus 4:30pm	8	9 SCC 12-2		
10	11	12	13	14 Afterschool empowerment/fitness pick up or late bus 4:30pm	15	16 SCC 12-2		
17	18	19	20	21 Afterschool empowerment/fitness pick up or late bus 4:30pm	22	23 SCC 12-2		
24	25	26	27	28 No practice	29	30 SCC 12-2		
31								

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April 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Afterschool empowerment/fitness pick up or late bus 4:30pm	5	6 SCC 12-2
7	8	9	10	11 Afterschool empowerment/fitness pick up or late bus 4:30pm	12	13 Mentoring day 12-3 Southampton High School
14	15	16	17	18 Afterschool empowerment/fitness Nutriton 5:30-7:30	19	20 SCC 12-2
21	22	23	24	25 No practice	26	27 SCC 12-2
28	29	30				

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◀ Apr 2024							May 2024		Jun 2024 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat				
			1	2 Afterschool empowerment/fitness pick up or late bus 4:30pm	3	4 SCC 12-2				
5	6	7	8	9 Afterschool empowerment/fitness pick up or late bus 4:30pm	10	11 SCC 12-2				
12	13	14	15	16 Afterschool empowerment/fitness pick up or late bus 4:30pm	17	18 SCC 12-2				
19	20	21	22	23 Afterschool empowerment/fitness pick up or late bus 4:30pm	24	25 SCC 12-2				
26	27	28	29	30 Afterschool empowerment/fitness pick up or late bus 4:30pm	31					

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June 2024						
◀ May 2024						Jul 2024 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 BIKING AT COOPERS BEACH 12:00-1:00
2	3	4	5	6 Afterschool empowerment/fitness pick up or late bus 4:30pm	7	8 BIKING AT COOPERS BEACH 12:00-1:00
9	10	11	12	13 Afterschool empowerment/fitness pick up or late bus 4:30pm	14	15 BIKING AT COOPERS BEACH 12:00-1:00
16	17	18	19	20 NO PRACTICE	21	22 NO PRACTICE
23	24	25	26	27 LONG BEACH 10-12 pm Jitney time 7:45 RHMS	28 LONG BEACH 10-12 pm Jitney time 7:45 RHMS	29
30						

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◀ Jun 2024		July 2024					Aug 2024 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 LONG BEACH 10-12 pm Jitney time 7:45 RHMS	2 LONG BEACH 10-12 pm Jitney time 7:45 RHMS	3 LONG BEACH 10-12 pm Jitney time 7:45 RHMS	4	5	6 UNIFORM DAY	
7	8 LONG BEACH 10-12 pm Jitney time 7:45 RHMS	9 LONG BEACH 10-12 pm Jitney time 7:45 RHMS	10 RACE RUN THROUGH LONG BEACH 9- 12 pm Jitney time 7 am RHMS	11 RAIN DATE LONG BEACH 9- 12 Jitney time 7 am RHMS	12	13 RACE DAY arrive 6:30am Race 7:30-10am	
14 RACE RAIN DATE	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31				

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