

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 Afterschool empowerment/fitness pick up 5pm	15	16	17 NO PRACTICE
18	19	20	21 NO PRACTICE	22	23	24 SWIM EVALS YMCA 12:30-1:30
25	26	27	28 Afterschool empowerment/fitness pick up 5pm	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	5	6 Afterschool empowerment/fitness pick up 5pm	7	8	9 YMCA 12-2PM
10	11	12	13 Afterschool empowerment/fitness pick up 5pm	14	15	16 YMCA 12-2PM
17	18	19	20 Afterschool empowerment/fitness pick up 5pm	21	22	23 YMCA 12-2PM
24	25	26	27 Afterschool empowerment/fitness pick up 5pm	28	29	30 YMCA 12-2PM
31						

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

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◀ Apr 2024		<b>May 2024</b>					Jun 2024 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 Afterschool empowerment/fitness pick up 5pm	2	3	4 YMCA 12-2PM	
5	6	7	8 Afterschool empowerment/fitness pick up 5pm	9	10	11 YMCA 12-2PM	
12	13	14	15 Afterschool empowerment/fitness pick up 5pm	16	17	18 YMCA 12-2PM	
19	20	21	22 Afterschool empowerment/fitness pick up 5pm	23	24	25 YMCA 12-2PM	
26	27	28	29 Afterschool empowerment/fitness pick up 5pm	30	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 Afterschool empowerment/fitness pick up 5pm	6	7	8 BIKING AT COOPERS BEACH 12:00-1:00
9	10	11	12 Afterschool empowerment/fitness pick up 5pm	13	14	15 BIKING AT COOPERS BEACH 12:00-1:00
16	17	18	19 NO PRACTICE	20	21	22 NO PRACTICE
23	24	25	26	27 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	28 LONG BEACH SAG HARBOR 8- 10 bus leaves SIS 7:10AM	29
30						

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◀ Jun 2024		<b>July 2024</b>					Aug 2024 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	<b>2</b> LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	<b>3</b> LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	<b>4</b>	<b>5</b>	<b>6</b>	
<b>7</b>	<b>8</b> LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	<b>9</b> LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM	<b>10</b> RACE RUN THROUGH LONG BEACH SAG HARBOR 9-11 bus leaves SIS 8:10AM	<b>11</b> RAIN DATE LONG BEACH SAG HARBOR 9-11 bus leaves SIS 8:10AM	<b>12</b>	<b>13</b> RACE DAY  arrive 6:30am  Race 7:30-10am	
<b>14</b> RACE DAY RAIN DATE	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>				

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