

| 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 First day Lunch/Recess NO AFTER SCHOOL | 15 | 16 | 17 NO PRACTICE |
| 18 | 19 | 20 | 21 NO PRACTICE | 22 | 23 | 24 SWIM EVALS 12:30-1:30 |
| 25 | 26 | 27 | 28 Empowerment/Fitness after school at SIS Pick up 5pm at SIS | 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 Empowerment/Fitness after school at SIS Pick up 5pm at SIS | 7 | 8 | 9 YMCA 12-2PM |
| 10 | 11 | 12 | 13 Empowerment/Fitness after school at SIS Pick up 5pm at SIS | 14 | 15 | 16 YMCA 12-2PM |
| 17 | 18 | 19 | 20 Empowerment/Fitness after school at SIS Pick up 5pm at SIS | 21 | 22 | 23 YMCA 12-2PM |
| 24 | 25 | 26 | 27 Empowerment/Fitness after school at SIS Pick up 5pm at SIS | 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 Empowerment/Fitness after school at SIS Pick up 5pm at SIS | 4 | 5 | 6 YMCA 12-2PM |
| 7 | 8 | 9 | 10 Empowerment/Fitness after school at SIS Pick up 5pm at SIS | 11 | 12 | 13 Mentoring day 12-3 Southampton High School |
| 14 | 15 | 16 | 17 Empowerment/Fitness after school at SIS 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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| May 2024 | | | | | | |
|------------|-----|-----|--|-----|-----|-------------------|
| ◀ Apr 2024 | | | | | | Jun 2024 ▶ |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 Empowerment/Fitness after school at SIS Pick up 5pm at SIS | 2 | 3 | 4 YMCA 12-2PM |
| 5 | 6 | 7 | 8 Empowerment/Fitness after school at SIS Pick up 5pm at SIS | 9 | 10 | 11 YMCA 12-2PM |
| 12 | 13 | 14 | 15 Empowerment/Fitness after school at SIS Pick up 5pm at SIS | 16 | 17 | 18 YMCA 12-2PM |
| 19 | 20 | 21 | 22 Empowerment/Fitness after school at SIS Pick up 5pm at SIS | 23 | 24 | 25 YMCA 12-2PM |
| 26 | 27 | 28 | 29 Empowerment/Fitness after school at SIS Pick up 5pm at SIS | 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 Empowerment/Fitness after school at SIS Pick up 5pm at SIS | 6 | 7 | 8 BIKING AT COOPERS BEACH 12:00-1:00 |
| 9 | 10 | 11 | 12 Empowerment/Fitness after school at SIS Pick up 5pm at SIS | 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 | | July 2024 | | | | | Aug 2024 ▶ |
|-----------------------------|--|--|--|--|-----|---|------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
| | 1 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM | 2 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM | 3 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM | 4 | 5 | 6 | |
| 7 | 8 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM | 9 LONG BEACH SAG HARBOR 8-10 bus leaves SIS 7:10AM | 10 RACE RUN THROUGH LONG BEACH SAG HARBOR 9-11 bus leaves SIS 8:10AM | 11 RAIN DATE LONG BEACH SAG HARBOR 9-11 bus leaves SIS 8:10AM | 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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