

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 Afterschool empowerment/fitness pick up or late bus 5:00pm	14	15	16	17 NO PRACTICE
18	19	20 NO PRACTICE	21	22	23	24 SCC Swim Evals 2-3PM
25	26	27 Afterschool empowerment/fitness pick up or late bus 5:00pm	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	5 Afterschool empowerment/fitness pick up or late bus 5:00pm	6	7	8	9 SCC 1-3PM
10	11	12 Afterschool empowerment/fitness pick up or late bus 5:00pm	13	14	15	16 SCC 1-3PM
17	18	19 Afterschool empowerment/fitness Nutrition 5:30-7:30	20	21	22	23 SCC 1-3PM
24	25	26 Afterschool empowerment/fitness pick up or late bus 5:00pm	27	28	29	30 SCC 1-3PM
31						

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

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◀ Apr 2024		May 2024					Jun 2024 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4 SCC 1-3PM	
5	6	7 Afterschool empowerment/fitness pick up or late bus 5:00pm	8	9	10	11 SCC 1-3PM	
12	13	14 Afterschool empowerment/fitness pick up or late bus 5:00pm	15	16	17	18 SCC 1-3PM	
19	20	21 Afterschool empowerment/fitness pick up or late bus 5:00pm	22	23	24	25 SCC 1-3PM	
26	27	28	29	30	31		

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

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July 2024						
◀ Jun 2024						Aug 2024 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 LONG BEACH SAG HARBOR 10-12 bus leaves William Floyd HS at 8:45am	2 LONG BEACH SAG HARBOR 10-12 bus leaves William Floyd HS at 8:45am	3 LONG BEACH SAG HARBOR 10-12 bus leaves William Floyd HS at 8:45am	4	5	6 UNIFORM DAY
7	8 LONG BEACH SAG HARBOR 10-12 bus leaves William Floyd HS at 8:45am	9 LONG BEACH SAG HARBOR 10-12 bus leaves William Floyd HS at 8:45am	10 LONG BEACH SAG HARBOR 9-12 bus leaves William Floyd HS at 7:45am	11 LONG BEACH RAIN DATE 9-11	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

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