

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 5:00pm	16	17 NO PRACTICE
18	19	20	21	22 NO PRACTICE	23	24 SWIM EVALS YMCA 1-2
25	26	27	28	29 Afterschool empowerment/fitness pick up or late bus 5:00pm		

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

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April 2024						
◀ Mar 2024						May 2024 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Afterschool empowerment/fitness pick up or late bus 5:00pm	5	6 YMCA 1-3
7	8	9	10	11 Afterschool empowerment/fitness pick up or late bus 5:00pm	12	13 Mentoring day 12-3 Southampton High School
14	15	16	17	18 Afterschool empowerment/fitness pick up or late bus 5:00pm	19	20 YMCA 1-3
21	22	23	24	25 No practice	26	27 YMCA 1-3
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 5:00pm	3	4 YMCA 1-3	
5	6	7	8	9 Afterschool empowerment/fitness pick up or late bus 5:00pm	10	11 YMCA 1-3	
12	13	14	15	16 Afterschool empowerment/fitness pick up or late bus 5:00pm	17	18 YMCA 1-3	
19	20	21	22	23 Afterschool empowerment/fitness pick up or late bus 5:00pm	24	25 YMCA 1-3	
26	27	28	29	30 Afterschool empowerment/fitness pick up or late bus 5:00pm	31		

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

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July 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 LONG BEACH 8-10 am Jitney time 7:30 am EHMS	2 LONG BEACH 8-10 am Jitney time 7:30 am EHMS	3 LONG BEACH 8-10 am Jitney time 7:30 am EHMS	4	5	6 UNIFORM DAY
7	8 LONG BEACH 8-10 am Jitney time 7:30 am EHMS	9 LONG BEACH 8-10 am Jitney time 7:30 am EHMS	10 RACE RUN THROUGH LONG BEACH 9-12 Jitney time 8:30 am EHMS	11 RAIN DATE LONG BEACH 9-12 Jitney time 8:30 am EHMS	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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