

This calendar is to give you a general idea of our 2025 season. Practice times and dates are subject to change. Please use REMIND for the most up-to-date information.

February 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	13	14	15 NO PRACTICE
16	17	18	19 NO PRACTICE	20	21	22 SWIM EVALS YMCA 2-3pm
23	24	25	26 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	27	28	

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March 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> KICK OFF RETREAT Southampton HS 10-12
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	<b>6</b>	<b>7</b>	<b>8</b> YMCA 12-2pm
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	<b>13</b>	<b>14</b>	<b>15</b> YMCA 12-2pm
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	<b>20</b>	<b>21</b>	<b>22</b> YMCA 12-2pm
<b>23</b>	<b>24</b>	<b>25</b> FAMILY VIRTUAL NUTRITION NIGHT 7-8PM VIA ZOOM	<b>26</b> Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	<b>27</b> FAMILY VIRTUAL NUTRITION NIGHT 7-8PM VIA ZOOM	<b>28</b>	<b>29</b> YMCA 12-2pm
<b>30</b>	<b>31</b>					

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April 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b> Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home			<b>5</b> <b>MENTORING DAY</b> Southampton HS 10-12
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	<b>10</b>	<b>11</b>	<b>12</b> YMCA 12-2pm
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> NO PRACTICE	<b>17</b>	<b>18</b>	<b>19</b> NO PRACTICE
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	<b>24</b>	<b>25</b>	<b>26</b> YMCA 12-2pm
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home			

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May 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 YMCA 12-2pm
4	5	6	7 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	8	9	10 YMCA 12-2pm
11	12	13	14 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	15	16	17 YMCA 12-2pm
18	19	20	21 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	22	23	24 NO PRACTICE
25	26	27	28 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	29	30	31 YMCA 12-2pm

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June 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	5	6	7 BIKING AT COOPERS BEACH 1:15-2:15pm
8	9	10	11 Empowerment/fitness pick up at 5:00 pm at Pierson or late bus home	12	13	14 BIKING AT COOPERS BEACH 1:15-2:15pm
15	16	17	18 NO PRACTICE	19	20	21 BIKING AT COOPERS BEACH 1:15-2:15pm
22	23	24	25 NO PRACTICE	26	27	28 NO PRACTICE
29	30 LONG BEACH 8 am-10 am					

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July 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> LONG BEACH 8 am-10 am	<b>2</b> LONG BEACH 8 am-10 am	<b>3</b> LONG BEACH 8 am-10 am	<b>4</b> NO PRACTICE	<b>5</b> UNIFORM DAY Southampton HS 10-12
<b>6</b>	<b>7</b> LONG BEACH 8 am-10 am	<b>8</b> LONG BEACH 8 am-10 am	<b>9</b> LONG BEACH 9 am-11 am	<b>10</b> LONG BEACH RAIN DATE	<b>11</b> NO PRACTICE	<b>12</b> RACE DAY Arrive 6:30am  Race 7:30-10am
<b>13</b> RACE DAY RAIN DATE	<b>14</b>	<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>		