

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 Afterschool empowerment/fitness pick up 4:30pm | 11 | 12 | 13 | 14 | 15 NO PRACTICE |
| 16 | 17 NO PRACTICE | 18 | 19 | 20 | 21 | 22 SWIM EVALS SCC 1-2pm |
| 23 | 24 Afterschool empowerment/fitness pick up 4:30pm | 25 | 26 | 27 | 28 | |

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| March 2025 | | | | | | |
|------------|---|---|-----------|--|-----------|---|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | | 1 KICK OFF RETREAT Southampton HS 10-12 |
| 2 | 3 Afterschool empowerment/fitness pick up 4:30pm | 4 | 5 | 6 | 7 | 8 SCC 12-2pm |
| 9 | 10 Afterschool empowerment/fitness pick up 4:30pm | 11 | 12 | 13 | 14 | 15 SCC 12-2pm |
| 16 | 17 Afterschool empowerment/fitness pick up 4:30pm | 18 | 19 | 20 | 21 | 22 SCC 12-2pm |
| 23 | 24 Afterschool empowerment/fitness pick up 4:30pm | 25 FAMILY VIRTUAL NUTRITION NIGHT 7- 8PM VIA ZOOM | 26 | 27 FAMILY VIRTUAL NUTRITION NIGHT 7-8PM VIA ZOOM | 28 | 29 SCC 12-2pm |
| 30 | 31 Afterschool empowerment/fitness pick up 4:30pm | | | | | |

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| April 2025 | | | | | | |
|------------|--|-----|-----|-----|-----|---|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | 1 | 2 | | | 5 MENTORING DAY Southampton HS 10-12 |
| 6 | 7 Afterschool empowerment/fitness pick up 4:30pm | 8 | 9 | 10 | 11 | 12 SCC 12-2pm |
| 13 | 14 NO PRACTICE | 15 | 16 | 17 | 18 | 19 NO PRACTICE |
| 20 | 21 Afterschool empowerment/fitness pick up 4:30pm | 22 | 23 | 24 | 25 | 26 SCC 12-2pm |
| 27 | 28 Afterschool empowerment/fitness pick up 4:30pm | 29 | 30 | | | |

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| May 2025 | | | | | | |
|----------|--|-----|-----|-----|-----|---------------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | 1 | 2 | 3 SCC 12-2pm |
| 4 | 5 Afterschool empowerment/fitness pick up 4:30pm | 6 | 7 | 8 | 9 | 10 SCC 12-2 |
| 11 | 12 Afterschool empowerment/fitness pick up 4:30pm | 13 | 14 | 15 | 16 | 17 SCC 12-2pm |
| 18 | 19 Afterschool empowerment/fitness pick up 4:30pm | 20 | 21 | 22 | 23 | 24 NO PRACTICE |
| 25 | 26 NO PRACTICE | 27 | 28 | 29 | 30 | 31 SCC 12-2pm |

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| June 2025 | | | | | | |
|-----------|--|-----------|-----------|-----------|-----------|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 | 2 Afterschool empowerment/fitness pick up 4:30pm | 3 | 4 | 5 | 6 | 7 BIKING AT COOPERS BEACH 1:15-2:15pm |
| 8 | 9 Afterschool empowerment/fitness pick up 4:30pm | 10 | 11 | 12 | 13 | 14 BIKING AT COOPERS BEACH 1:15-2:15pm |
| 15 | 16 NO PRACTICE | 17 | 18 | 19 | 20 | 21 BIKING AT COOPERS BEACH 1:15-2:15pm |
| 22 | 23 NO PRACTICE | 24 | 25 | 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 |
| | | 1 LONG BEACH 8 am-10 am | 2 LONG BEACH 8 am-10 am | 3 LONG BEACH 8 am-10 am | 4 NO PRACTICE | 5 UNIFORM DAY Southampton HS 10-12 |
| 6 | 7 LONG BEACH 8 am-10 am | 8 LONG BEACH 8 am-10 am | 9 LONG BEACH 9 am-11 am | 10 LONG BEACH RAIN DATE | 11 NO PRACTICE | 12 RACE DAY Arrive 6:30am Race 7:30-10am |
| 13 RACE DAY RAIN DATE | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |