

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 and fitness pick up or late bus 5:15pm	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 and fitness pick up or late bus 5:15pm	25	26	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> Afterschool empowerment and fitness pick up or late bus 5:15pm	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> SCC 12-2pm
<b>9</b>	<b>10</b> Afterschool empowerment and fitness pick up or late bus 5:15pm	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> SCC 12-2pm
<b>16</b>	<b>17</b> Afterschool empowerment and fitness pick up or late bus 5:15pm	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> SCC 12-2pm
<b>23</b>	<b>24</b> Afterschool empowerment and fitness pick up or late bus 5:15pm	<b>25</b> FAMILY VIRTUAL NUTRITION NIGHT 7-8PM VIA ZOOM	<b>26</b>	<b>27</b> FAMILY VIRTUAL NUTRITION NIGHT 7-8PM VIA ZOOM	<b>28</b>	<b>29</b> SCC 12-2pm
<b>30</b>	<b>31</b> Afterschool empowerment and fitness pick up or late bus 5:15pm					

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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 and fitness pick up or late bus 5:15pm	8	9	10	11	12 SCC 12-2pm
13	14 NO PRACTICE	15	16	17	18	19 NO PRACTICE
20	21 Afterschool empowerment and fitness pick up or late bus 5:15pm	22	23	24	25	26 SCC 12-2pm
27	28 Afterschool empowerment and fitness pick up or late bus 5:15pm	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 and fitness pick up or late bus 5:15pm	6	7	8	9	10 SCC 12-2pm
11	12 Afterschool empowerment and fitness pick up or late bus 5:15pm	13	14	15	16	17 SCC 12-2pm
18	19 Afterschool empowerment and fitness pick up or late bus 5:15pm	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 and fitness pick up or late bus 5:15pm	3	4	5	6	7 BIKING AT COOPERS BEACH 1:15-2:15pm
8	9 Afterschool empowerment and fitness pick up or late bus 5:15pm	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
		<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>		