

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 Afterschool empowerment/fitness pick up or late bus 5:00pm	12	13	14	15 NO PRACTICE
16	17	18 NO PRACTICE	19	20	21	22 SWIM EVALS SCC 2-3pm
23	24	25 Afterschool empowerment/fitness pick up or late bus 5:00pm	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	4 Afterschool empowerment/fitness pick up or late bus 5:00pm	5	6	7	8 SCC 1-3pm
9	10	11 Afterschool empowerment/fitness pick up or late bus 5:00pm	12	13	14	15 SCC 1-3pm
16	17	18 Afterschool empowerment/fitness pick up or late bus 5:00pm	19	20	21	22 SCC 1-3pm
23	24	25 Afterschool empowerment/fitness pick up or late bus 5:00pm + FAMILY VIRTUAL NUTRITION NIGHT 7-8PM VIA ZOOM	26	27 FAMILY VIRTUAL NUTRITION NIGHT 7-8PM VIA ZOOM	28	29 SCC 1-3pm
30	31					

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April 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Afterschool empowerment/fitness pick up or late bus 5:00pm	2			5 MENTORING DAY Southampton HS 10-12
6	7	8 Afterschool empowerment/fitness pick up or late bus 5:00pm	9	10	11	12 SCC 1-3pm
13	14	15 NO PRACTICE	16	17	18	19 NO PRACTICE
20	21	22 Afterschool empowerment/fitness pick up or late bus 5:00pm	23	24	25	26 SCC 1-3pm
27	28	29 Afterschool empowerment/fitness pick up or late bus 5:00pm	30			

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

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

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July 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 LONG BEACH 10-12	2 LONG BEACH 10-12	3 LONG BEACH 10-12	4 NO PRACTICE	5 UNIFORM DAY Southampton HS 10-12
6	7 LONG BEACH 10-12	8 LONG BEACH 10-12	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		