

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

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April 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Afterschool empowerment and fitness pick up at 4:30pm	4	5 MENTORING DAY Southampton HS 10-12
6	7	8	9	10 Afterschool empowerment and fitness pick up at 4:30pm	11	12 YMCA 1-3pm
13	14	15	16	17 NO PRACTICE	18	19 NO PRACTICE
20	21	22	23	24 Afterschool empowerment and fitness pick up at 4:30pm	25	26 YMCA 1-3pm
27	28	29	30			

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

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

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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 8 am-10 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

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July 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31		