

This calendar is to give you a general idea of our 2026 season. Practice times and dates are subject to change. Please use REMIND for the most up-to-date information.

February 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Empowerment during lunch only no after school	5	6	7 SWIM EVALS YMCA 2-3 pm
8	9	10	11 After school empowerment/fitness pick up or late bus at 5:00 pm	12	13	14 NO PRACTICE
15	16	17	18 NO PRACTICE	19	20	21 NO PRACTICE
22	23	24	25 After school empowerment/fitness pick up or late bus at 5:00 pm	26	27	28 KICK OFF RETREAT Southampton HS 10 am – 12 pm

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March 2026							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4 After school empowerment/fitness pick up or late bus at 5:00 pm	5	6	7 YMCA 1-3 pm	
8	9	10	11 After school empowerment/fitness pick up or late bus at 5:00 pm	12	13	14 YMCA 1-3 pm	
15	16	17	18 After school empowerment/fitness pick up or late bus at 5:00 pm	19	20	21 YMCA 1-3 pm	
22	23	24 FAMILY VIRTUAL NUTRITION NIGHT 7- 8PM VIA ZOOM	25 After school empowerment/fitness pick up or late bus at 5:00 pm	26 FAMILY VIRTUAL NUTRITION NIGHT 7- 8PM VIA ZOOM	27	28 YMCA 1-3 pm	
29	30	31					

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April 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 NO PRACTICE	2	3	4 NO PRACTICE
5 EASTER	6	7	8 NO PRACTICE	9	10	11 YMCA 1-3 pm
12	13	14	15 After school empowerment/fitness pick up or late bus at 5:00 pm	16	17	18 YMCA 1-3 pm
19	20	21	22 After school empowerment/fitness pick up or late bus at 5:00 pm	23	24	25 MENTORING DAY Southampton HS 10 am – 12 pm
26	27	28	29 After school empowerment/fitness pick up or late bus at 5:00 pm	30		

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May 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 YMCA 1-3 pm
3	4	5	6 After school empowerment/fitness pick up or late bus at 5:00 pm	7	8	9 YMCA 1-3 pm
10	11	12	13 After school empowerment/fitness pick up or late bus at 5:00 pm	14	15	16 YMCA 1-3 pm
17	18	19 ***VIRTUAL PARENT MEETING JUNE UPDATE 7-8pm***	20 After school empowerment/fitness pick up or late bus at 5:00 pm	21	22	23 BIKE WORKSHOP NEW RIDERS ONLY SIS 10 am – 12 pm
24	25	26	27 After school empowerment/fitness pick up or late bus at 5:00 pm	28	29	30 BIKING AT COOPERS BEACH 1:15-2:15 pm
31						

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June 2026							Jul 2026 ►	
◀ May 2026	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2		3 After school empowerment/fitness pick up or late bus at 5:00 pm	4	5	6 BIKING AT COOPERS BEACH 1:15-2:15 pm	
7	8	9		10 NO PRACTICE	11	12	13 BIKING AT COOPERS BEACH 1:15-2:15 pm	
14	15	16		17 NO PRACTICE	18	19	20 NO PRACTICE	
21	22	23		24 NO PRACTICE	25	26	27 NO PRACTICE	
28	29 LONG BEACH	30 LONG BEACH 8-10 am						

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July 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 LONG BEACH 8-10 am	2 LONG BEACH 8-10 am	3 NO PRACTICE	4 NO PRACTICE
5	6 LONG BEACH 8-10 am	7 LONG BEACH 8-10 am	8 RACE RUN THROUGH 9 am – 12 pm	9 RACE RUN THROUGH RAIN DATE ***VIRTUAL PRE RACE PARENT MEETING 7-8 pm***	10	11 RACE DAY 6 am arrival
12 RACE DAY RAIN DATE 6 am arrival	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	