

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	5 First day Lunch/Recess Meeting NO AFTER SCHOOL	6	7 SWIM EVALS YMCA 2-3 PM
8	9	10	11	12 Empowerment/Fitness after school at SIS Pick up 4:30 pm at SIS	13	14 NO PRACTICE
15	16	17	18	19 NO PRACTICE	20	21 NO PRACTICE
22	23	24	25	26 Empowerment/Fitness after school at SIS Pick up 4:30 pm at SIS	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	5 Empowerment/Fitness after school at SIS Pick up 4:30 pm at SIS	6	7 YMCA 1-3 pm
8	9	10	11	12 Empowerment/Fitness after school at SIS Pick up 4:30 pm at SIS	13	14 YMCA 1-3 pm
15	16	17	18	19 Empowerment/Fitness after school at SIS Pick up 4:30 pm at SIS	20	21 YMCA 1-3 pm
22	23	24 FAMILY VIRTUAL NUTRITION NIGHT 7- 8 PM VIA ZOOM	25	26 Empowerment/Fitness after school at SIS Pick up 4:30 pm at SIS + FAMILY VIRTUAL NUTRITION NIGHT 7-8 PM 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	2 NO PRACTICE	3	4 NO PRACTICE	
5 EASTER	6	7	8	9 NO PRACTICE	10	11 YMCA 1-3 pm	
12	13	14	15	16 Empowerment/Fitness after school at SIS Pick up 4:30 pm at SIS	17	18 YMCA 1-3 pm	
19	20	21	22	23 Empowerment/Fitness after school at SIS Pick up 4:30 pm at SIS	24	25 MENTORING DAY Southampton HS 10 am – 12 pm	
26	27	28	29	30 Empowerment/Fitness after school at SIS Pick up 4:30 pm at SIS			

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

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June 2026							Jul 2026 ►
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2	3	4 Empowerment/Fitness after school at SIS Pick up 4:30 pm at SIS	5	6 BIKING AT COOPERS BEACH 1:15-2:15 pm	
7	8	9	10	11 NO PRACTICE	12	13 BIKING AT COOPERS BEACH 1:15-2:15 pm	
14	15	16	17	18 NO PRACTICE	19	20 NO PRACTICE	
21	22	23	24	25 NO PRACTICE	26	27 NO PRACTICE	
28	29 LONG BEACH 8-10 am	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 9 am – 12 pm 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	