

MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13 First Day of Practice	14 Practice	15 Practice PARENT MEETING 5PM	16 Practice	17 Practice	18 Practice
19 OFF	20 Meet @ AHS Tri-Meet (* Need 6 prac)	21 Practice	22 Practice	23 Tusker Twilight Invitational @ Somers HS (* Need 6 prac)	24 Practice	25 Practice
26 OFF	27 Meet @ RCK Tri-Meet (* Need 6 prac)	28 Practice	29 Practice	30 Practice	31 Practice	1

APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Meet @ NP Early Bird Invitational
2 OFF	3 S B Practice	4 P R Practice	5 R E Practice	6 I A Practice	7 N K OFF	8 G Meet @ Nyack Invitational
9 OFF	10 No School OFF	11 Practice	12 Practice	13 Practice	14 Practice	15 Practice
16 OFF	17 Practice	18 Practice	19 Practice	20 Practice	21 Practice	22 Gander Invitational @ Rondout Valley
23 OFF	24 Practice	25 Practice	26 Practice	27 Practice	28 Practice (PENN RELAYS 3000m/Mile)	29 Practice
30 OFF	1	2	3	4	5	6

MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 LEAGUE MEET DAY 1 @AHS <hr/> (AP EXAMS) AP CHEMISTRY	2 LEAGUE MEET DAY 2 @ AHS <hr/> (AP EXAMS) NONE	3 Practice <hr/> (AP EXAMS)	4 Practice <hr/> (AP EXAMS)	5 Somers Lions Club Invite Day1 <hr/> (AP EXAMS) Microeconomics	6 Somers Lions Club Invite Day 2 <hr/> SAT EXAM
7	8 Practice <hr/> (AP EXAMS)	9 Practice <hr/> (AP EXAMS)	10 Practice <hr/> (AP EXAMS)	11 Practice LOUCKS DAY 1 <hr/> (AP EXAMS)	12 Practice LOUCKS DAY 2 <hr/> (AP EXAMS)	13 LOUCKS DAY 3
14 Mother's Day OFF	15 Practice	16 Practice	17 Practice North Counties Steeple @ SPACK 5pm	18 Practice	19 ½ Day of School Released @10am Practice	20 NORTHERN COUNTIES Championship @ AHS
21 OFF	22 Practice	23 Practice	24 Practice	25 Practice	26 NO SCHOOL CLASS AA CHAMPIONSHIP @ AHS	27
28 OFF	29 OFF Memorial Day	30 ?No School ? Practice	31 Practice	1	2	3

JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 STATE QUALS @ SUFFERN HS	2 STATE QUALS @ NYACK HS	3 OFF
4 OFF	5 Eastern States Meet @ Iona Prep (IF NEEDED)	6 Practice	7 Practice	8 Practice	9 State Meet Day 1 @ Middletown HS	10 State Meet Day 2 @ Middletown HS
11	12 Team Awards Dinner 5:30 pm	13	14 School Sports Awards 6pm	15	16	17
18 Father's Day	19	20	21	22	23	24
25	26	27	28	29	30	1