



August 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Parents' Day PACE Character Trait of the Month is GRATITUDE	29 Track Practice TBD	30 Track & Field TBD	31 Track Practice TBD	1 Whole Group Women's Yoga & Leadership TBD	2 Track Practice TBD	3 Track Practice TBD
4 Track Practice TBD	5 Track Practice TBD	6 Track & Field TBD	7 Track Practice TBD	8 NO Yoga & Leadership Track TBD	9 Track Practice TBD	10 Track & Field Practice 9-10:30 10:30 Bella Send-off Party
11 Track & Field Practice TBD	12 Track Practice TBD	13 Track & Field TBD	14 Track Practice TBD	15 NO Yoga & Leadership Track TBD	16 Track Practice TBD	17 Track & Field Practice 9-10:30 10:30 Payton Send-off Party
18 Track & Field Practice TBD	19 PPAG Team Departs	20 Track & Field TBD	21	22 NO Yoga & Leadership Track TBD	23 Lima ParaPan Am Games	24 Track & Field Practice 9-10:30 Lima ParaPan Am Games
25 Track & Field Practice TBD Lima ParaPan Am Games	26 Lima ParaPan Am Games	27 Track & Field TBD Lima ParaPan Am Games	28 Lima ParaPan Am Games	29 NO Yoga & Leadership Track TBD Lima ParaPan Am Games	30 Lima ParaPan Am Games	31 Track & Field Practice 9-10:30 Lima ParaPan Am Games
1 Lima ParaPan Am Games	2 Labor Day	July '19 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	September '19 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Upcoming 9/5 Women's Group Starts Back Up 9/14 Go Baby Go Workshop 9/13, 9/14 Open Gym 9/20 & 21 Bball Starts 10/20-21 Spokane Showdown		Training Site 10210 E 9th Ave Spokane WA Enter off of Herald