

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday					
1	PACE Character Trait of the Month is GRATITUDE	2		3	Strength & Conditioning 6:15-7:15pm	4		5	Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	6		7	9:00-9:45 Futures Bball 10:00-12:00pm All Bball 1:00pm College Send-Off				
8	Swim @ Valley YMCA 1:30-2:30pm	9		10	Strength & Conditioning 6:15-7:15pm Team Departs for TOKYO	11	Reminder to Register for NWBA!	12	Swim@Valley YMCA 5-6pm No Women's Leadership	13		14	9:00-9:45 Futures Bball 10:00-12:00pm All Bball				
15	Swim @ Valley YMCA 1:30-2:30pm	16		17	Strength & Conditioning 6:15-7:15pm	18		19	Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	20		21	9:00-9:45 Futures Bball 10:00-12:00pm All Bball				
22	Swim @ Valley YMCA 1:30-2:30pm	23		24	Strength & Conditioning 6:15-7:15pm	25		26	Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	27	Healthy Kids Day Valley YMA 5:30-7:30pm	28	NO Sports				
Tokyo 2020 Paralympic Games																	
29	Swim @ Valley YMCA 1:30-2:30pm	30		31	Strength & Conditioning 6:15-7:15pm	1		2	Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	3	NO Sports	4	NO Sports				
Tokyo 2020 Paralympic Games																	
5	NO Swimming	6	Labor Day	July '21 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				Upcoming Aug 24-Sept 5th -Tokyo Paralympic Games Sept 11-12 Hoopfest Oct 16 & 17 Spokane Showdown -WCBB Tourney				September '21 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		Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA			
Tokyo Closing Ceremonies		Team Returns from Tokyo															