

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																										
PACE Character Trait of the Month is TRUSTWORTHINESS	1 Track 3:30pm	2 Track 5:00pm Strength & Conditioning 6:00-7:00pm	3 Track 4:00pm	4 JV Nationals -Richmond, VA Swim@Valley YMCA 5-6pm	5 JV Nationals -Richmond, VA 6:00-8:00pm DII, Women, & Military BBall	6 JV Nationals -Richmond, VA 9:00-9:45 Futures No Prep Practice 10:00-12:00 A, W, V & M																																																																																										
	7 JV Nationals -Richmond, VA Swim @ Valley YMCA 1:30-2:30pm	8	9 Strength & Conditioning 6:00-7:00pm Track 5:00pm	10 Track 5:00pm	11 DII Nationals -Richmond, VA Swim@Valley YMCA 5-6pm	12 DII Nationals -Richmond, VA 6:00-8:00pm Varsity, Women, & Military BBall	13 DII Nationals -Richmond, VA 9:00-9:45 Futures P, V, W, M 10:00-12:00																																																																																									
14 DII Nationals -Richmond, VA Swim @ Valley YMCA 1:30-2:30pm	15 Track 4:00pm Bloomsday TR -5:30pm	16 Track 5:00pm Strength & Conditioning 6:00-7:00pm	17 Track 4:00pm	18 Swim@Valley YMCA 5-6pm Track 5:00pm	19 6:00-8:00pm Adult, Women, Varsity & Military BBall	20 9:00-9:45 Futures 9:45-11:00 Prep Bball 10:00-12:00 Fencing 11:00-1:00 A, W, V & M Bloomsday TR -2:00pm																																																																																										
21 Swim @ Valley YMCA 1:30-2:30pm	22	23 Strength & Conditioning 6:00-7:00pm	24	25 Military & Women's Nat's Swim@Valley YMCA 5-6pm	26 Military & Women's Nat's No Bball	27 Military & Women's Nat's No Bball																																																																																										
28 Military & Women's Nat's Swim @ Valley YMCA 1:30-2:30pm	29 Track 5:00pm	30 Strength & Conditioning 6:00-7:00pm Track 4:00pm Bloomsday TR -5:30pm	1 Track 4:00pm	2 Swim@Valley YMCA 5-6pm Track 5:00pm	3 No Bball	4 Future Bloomies! No Bball																																																																																										
5 BLOOMSDAY! Swim @ Valley YMCA 1:30-2:30pm	6	March 2024 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	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 May 4 -Future Bloomies May 5 -Bloomsday! June 15 -Pine Cone Classic June 29-30 -Hoopfest	May 2024 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	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		Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA
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