

DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																			
PACE Character Trait of the Month is CARING				1 Swim@Valley YMCA 5-6pm Roller 5:00-6:30pm	2 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	3 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M																																																																																			
4 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	5	6 Strength & Conditioning 6:15-7:15pm	7	8 Swim@Valley YMCA 5-6pm Roller 5:00-6:30pm	9 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	10 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M																																																																																			
11 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	12	13 Strength & Conditioning 6:15-7:15pm	14	15 Swim@Valley YMCA 5-6pm Roller 5:00-6:30pm	16 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	17 PSS Holiday Party! 9:00-10:00 Futures 10-1pm All sports All athletes																																																																																			
18 Hanukkah begins Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	19	20 Strength & Conditioning 6:15-7:15pm	21	22 Swim@Valley YMCA 5-6pm Roller 5:00-6:30pm	23 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	24 Christmas Eve																																																																																			
25 Christmas Day	26 Kwanzaa begins	27 Strength & Conditioning 6:15-7:15pm	28	29 Swim@Valley YMCA 5-6pm Track 5:00-6:30pm	30 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	31 New Year's Eve																																																																																			
		November 2022 <table border="1" style="font-size: 0.8em; border-collapse: collapse; width: 100%;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</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				Upcoming Jan 28 Pairing with ParaSport Fundraiser! Feb 3-5 Phoenix Tournament Feb 10-12 Utah Tournament Feb 18-19 Tacoma Tournament	January 2023 <table border="1" style="font-size: 0.8em; border-collapse: collapse; width: 100%;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</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					Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA
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