

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<p>PACE Character Trait of the Month is CARING</p>		<p>Strength & Conditioning 6:00-7:00pm</p>			<p>1 The Fitz 5:30pm LC High School</p>	<p>2 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M</p>																																																																																				
<p>3 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm</p>	<p>4 5:00 Roller / Zoom</p>	<p>5 Strength & Conditioning 6:00-7:00pm</p>	<p>6 6:00 Zoom Only Roller</p>	<p>7 Swim@Valley YMCA 5-6pm 4:00 Roller / Zoom</p>	<p>8 Crossroads Invite 6:00-8:00pm Adult, Women, Varsity & Military BBall</p>	<p>9 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M</p>																																																																																				
<p>10 Crossroads Invite Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm</p>	<p>11 5:00 Roller / Zoom</p>	<p>12 Strength & Conditioning 6:00-7:00pm</p>	<p>13 6:00 Zoom Only Roller</p>	<p>14 Swim@Valley YMCA 5-6pm 5:00 Roller / Zoom</p>	<p>15 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall</p>	<p>16 PSS Holiday Party 9:00-9:45 Futures 10-11:00 Bball 11:00-1:00 Party!</p>																																																																																				
<p>17 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm</p>	<p>18</p>	<p>19 Strength & Conditioning 6:00-7:00pm</p>	<p>20</p>	<p>21 Swim@Valley YMCA 5-6pm</p>	<p>22 No practice</p>	<p>23 No practice</p>																																																																																				
<p>24 No Sports</p>	<p>25 Christmas Day</p>	<p>26 NO S&C</p>	<p>27</p>	<p>28 Swim@Valley YMCA 5-6pm</p>	<p>29 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall</p>	<p>30 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M</p>																																																																																				
<p>31 New Year's Eve No Sports</p>		<p>November 2023</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <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></td> <td></td> </tr> </tbody> </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			<p>Upcoming Jan 27 Pairing with ParaSport Fundraiser! Feb 16-18 Tacoma NW Presidents Cup</p>		<p>January 2024</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <tr> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> </tr> <tr> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> </tr> <tr> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> </tr> <tr> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> </tr> <tr> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> <td></td> </tr> </tbody> </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				<p>Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA Hockey @ Eagles Ice Arena</p>
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																																																																																						
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																																																																																							