

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																										
<b>a</b> <b>PACE</b> Character Trait of the Month is <b>HONESTY</b>		<b>1</b> Chinese New Year Roller 4:00-5:00pm Fencing 5:00-7:00pm Strength & Conditioning 6:15-7:15pm	<b>2</b> Groundhog Day Roller 2:30-4:30pm	<b>3</b> Roller 4:00-5:00pm Swim@Valley YMCA 5-6pm	<b>4</b> Bball 6:00-8:00pm Adult, Women & Varsity	<b>5</b> Pairing with ParaSport Auction! 																																																																																										
<b>6</b> Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	<b>7</b> Roller 4-5pm	<b>8</b> Roller 4:00-5:00pm Fencing 5:00-7:00pm Strength & Conditioning 6:15-7:15pm	<b>9</b> Roller 2:30-4:30pm	<b>10</b> Roller 4-5/5-6pm Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	<b>11</b> Roller 4:00-5:00pm Bball 6:00-8:00pm Adult, Women & Varsity	<b>12</b> Indoor Track 10:00am EWU 1/2 Time @3ish																																																																																										
<b>13</b> Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	<b>14</b> Valentine's Day Roller 4-5pm	<b>15</b> Roller 4:00-5:00pm Fencing 5:00-7:00pm Strength & Conditioning 6:15-7:15pm	<b>16</b> Roller 2:30-3:30pm	<b>17</b> Roller 4:00-5:00pm Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	<b>18</b> WCC Tourney UTAH D2, Women's & Varsity No Bball	<b>19</b> 9:00-9:45 Futures Bball 9:45-11:00 Prep Bball 11:00am Indoor T&F WCC Tourney UTAH																																																																																										
<b>20</b> WCC Tourney UTAH Swim @ Valley YMCA 1:30-2:30pm	<b>21</b> Presidents' Day No Sports	<b>22</b> Roller 4:00-5:00pm Fencing 5:00-7:00pm Strength & Conditioning 6:15-7:15pm Boccia 6:15-7:15pm	<b>23</b> Roller 2:30-3:30pm	<b>24</b> Roller 4-5/5-6pm Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	<b>25</b> Roller 4:00-5:00pm Bball 6:00-8:00pm Adult, Women & Varsity	<b>26</b> 9:00-9:45 Futures Bball 9:45-11:00 Prep Bball 11:00-1:00 A, W, V 1:00pm Indoor T&F USATF Indoors @ Podium																																																																																										
<b>27</b> USATF Indoors @ Podium Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	<b>28</b> Roller 4-5pm	<b>1</b> Roller 4:00-5:00pm Fencing 5:00-7:00pm Strength & Conditioning 6:15-7:15pm Boccia 6:15-7:15pm	<b>2</b> Roller 2:30-3:30pm	<b>3</b> Roller 4:00-5:00pm Roller 5:00-6:00pm	<b>4</b>	<b>5</b> Potential Scrimmage with SEA/PDX																																																																																										
		January 2022 <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></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</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 Mar 5 -Potential Scrimmage vs SEA / PDX Mar 30-Apr 3 - NWBA Nationals -Wichita	March 2022 <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>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>31</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 Hockey @ Eagles Ice Arena
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