

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																			
<p>PACE Character Trait of the Month is HONESTY</p>		<p>Roller 4:00pm Strength & Conditioning 6:15-7:15pm</p>	1	2 Swim@Valley YMCA 5-6pm Roller 4:00pm	3 Prep team departs to ATL Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	4 Prep at Peachland Jam 9:00-9:45 Futures 10:00-12:00 -A,W,V & M Prep to come at 10																																																																																			
5 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	6	7 Roller 4:00pm Strength & Conditioning 6:15-7:15pm	8	9 Swim@Valley YMCA 5-6pm	10 Teams depart to UTAH	11 Utah Tourney No Practice today																																																																																			
12 Team Returns from Utah Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	13	14 Valentine's Day Roller 4:00pm Strength & Conditioning 6:15-7:15pm	15	16 Swim@Valley YMCA 5-6pm Roller 4:00pm	17 Teams depart to Tacoma	18 Presidents Cup Tourney Tacoma No Practice today																																																																																			
19 Team Returns from Tacoma Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	20	21 Roller 4:00pm Strength & Conditioning 6:15-7:15pm	22	23 Swim@Valley YMCA 5-6pm Roller 4:00pm	24 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	25 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M																																																																																			
26 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	27	28 Roller 4:00pm Strength & Conditioning 6:15-7:15pm	1	2 Swim@Valley YMCA 5-6pm Roller 4:00pm	3 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	4																																																																																			
5 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	6	<p>January 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>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> </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>Upcoming</p> <p>March 24-26 NWBA Jr & Prep Nationals -Wichita March 31-Apr 2 NWBA DIII Nationals -Wichita April 21-23, NWBA Women & Military Nationals, Birmingham</p>	<p>March 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>31</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</p> <p>10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA Hockey @ Eagles Ice Arena</p>
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