

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																										
PACE Character Trait of the Month is HONESTY				1 Swim@Valley YMCA 5-6pm Roller 6-7pm	2 DII Depart for PHX 6:00-8:00pm Adult, Women, Varsity & Military BBall	3 DII PHX Tourney 9:00-9:45 Futures 9:45-11:00 Prep Bball 10:00-12:00 Fencing 11:00-1:00 A, W, V & M																																																																																										
4 DII -PHX Tourney Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	5 Roller / Track 5:00pm	6 Roller 5-6pm Strength & Conditioning 6:00-7:00pm	7 Roller 4-5pm	8 Swim@Valley YMCA 5-6pm Roller 6-7pm	9 6:00-8:00pm Adult, Women, Varsity & Military BBall	10 9:00-9:45 Futures 9:45-11:00 Prep Bball 10:00-12:00 Fencing 11:00-1:00 A, W, V & M																																																																																										
11 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	12 Roller / Track 5:00pm	13 Roller 5-6pm Strength & Conditioning 6:00-7:00pm	14 Valentine's Day Roller 4-5pm	15 Swim@Valley YMCA 5-6pm Roller 6-7pm	16 Depart for Tacoma	17 Tacoma Presidents Cup Tourney No Bball No Futures																																																																																										
18 Tacoma Tourney Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	19 Presidents' Day	20 Roller 5-6pm Strength & Conditioning 6:00-7:00pm	21 Roller 4-5pm	22 Swim@Valley YMCA 5-6pm Roller 4-5pm	23 Women's Team to PHX 6:00-8:00pm Adult, Women, Varsity & Military BBall	24 Women's PHX Tourney 9:00-9:45 Futures 9:45-11:00 Prep Bball 10:00-12:00 Fencing 11:00-1:00 A, V & M																																																																																										
25 Women's PHX Tourney Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	26 Roller / Track 5:00pm	27 Roller 5-6pm Strength & Conditioning 6:00-7:00pm	28 Roller 4-5pm	29 Swim@Valley YMCA 5-6pm Roller 6-7pm	1 Varsity & Prep to PHX NWBA WCC 6:00-8:00pm Adult, Women, Varsity & Military BBall	2 V&P NWBA WCC 9:00-9:45 Futures 9:45-11:00 Prep Bball 10:00-12:00 Fencing 11:00-1:00 A, W, V & M																																																																																										
3 V&P NWBA WCC Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	4 Roller / Track 5:00pm	January 2024 <table border="1"> <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>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> </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 1-3 West Coast Conf -Phoenix -Prep/Varsity Mar 14-17 US Para T&F Nationals Apr 5-7 NWBA Prep & Jr Nationals -Richmond VA Apr 11-14 NWBA Adult Nationals -Richmond, VA	March 2024 <table border="1"> <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></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							Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA Hockey @ Eagles Ice Arena
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