

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
<b>PACE</b> Character Trait of the Month is <b>FAIRNESS</b>	<b>1</b> New Year's Day	<b>2</b> Roller 5-6pm Strength & Conditioning 6:00-7:00pm	<b>3</b> Roller 4-5pm	<b>4</b> Swim@Valley YMCA 5-6pm Roller 6-7pm	<b>5</b> Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	<b>6</b> 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M																																																																																											
	<b>7</b> Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	<b>8</b> Roller / Track 6:30pm	<b>9</b> Roller 5-6pm Strength & Conditioning 6:00-7:00pm	<b>10</b> Roller 4-5pm	<b>11</b> Swim@Valley YMCA 5-6pm Roller 6-7pm	<b>12</b> Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	<b>13</b> 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M																																																																																										
<b>14</b> Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	<b>15</b> Roller / Track 5:00pm	<b>16</b> Roller 5-6pm Strength & Conditioning 6:00-7:00pm	<b>17</b> Roller 4-5pm	<b>18</b> Swim@Valley YMCA 5-6pm Roller 6-7pm	<b>19</b> <b>Believe In Me, Check Presentation 4pm</b> 6:00-8:00pm Adult, Women, Varsity & Military BBall	<b>20</b> 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M																																																																																											
<b>21</b> Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	<b>22</b> Roller / Track 5:00pm	<b>23</b> Roller 5-6pm Strength & Conditioning 6:00-7:00pm	<b>24</b> Roller 4-5pm	<b>25</b> Swim@Valley YMCA 5-6pm Roller 6-7pm	<b>26</b> <b>6:00-7:30pm</b> Adult, Women, Varsity & Military BBall	<b>27</b>  <b>Pairing with ParaSport Auction Fundraiser</b>																																																																																											
<b>28</b> Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	<b>29</b> Roller / Track 5:00pm	<b>30</b> Roller 5-6pm Strength & Conditioning 6:00-7:00pm	<b>31</b> Roller 4-5pm	<b>1</b> Swim@Valley YMCA 5-6pm Roller 5-6pm	<b>2</b> <b>DII Departs for PHX</b> Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	<b>3</b> <b>DII PHX Tourney</b> 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M																																																																																											
<b>4</b> <b>DII PHX Tourney</b> Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	<b>5</b>	<b>December 2023</b> <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>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							<b>Upcoming</b> Feb 2-4 Phoenix Tournament Feb 16-18 Tacoma Tournament Feb 23-25 Phoenix Women's Tournament Mar 1-3 West Coast Conf -Phoenix -Prep/Varsity Mar 23 -Sled Hockey Scrimmage at EWU		<b>February 2024</b> <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>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</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			<b>Training Sites</b> 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA Hockey @ Eagles Ice Arena
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