

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<p>PACE Character Trait of the Month is GENEROSITY</p>		<p>Strength & Conditioning 6:15-7:15pm</p>	<p>Final SFCC Twilight Michael Anwar Departs for Paris! WPA World Champs</p>	<p>Track & Field 4:30 Swim@Valley YMCA 5-6pm</p>		<p>1 Track & Field 10-12pm</p>																																																																																				
2	3 Track 5:00pm	<p>4 Independence Day NO S&C</p>	5	6 Track & Field 5pm Swim@Valley YMCA 5-6pm	7 Fencing 4:00	8 Track & Field 10-12pm																																																																																				
9	10	11	12	13	14	15																																																																																				
<p>Group 1 Depart For Move United Nationals</p>	<p>Group 2 Depart for Move United Nationals</p>	<p>Strength & Conditioning 6:15-7:15pm</p>			<p>Fencing 4:00</p>	<p>Home from Move United Nationals</p>																																																																																				
<p>Anwar 100m @ WPA</p>	<p>WPA World Champs</p>	<p>WPA World Champs</p>	<p>WPA World Champs</p>	<p>WPA World Champs</p>	<p>WPA World Champs</p>	<p>WPA World Champs</p>																																																																																				
16	17	18 Strength & Conditioning 6:15-7:15pm	19	20	21 Fencing 4:00	22																																																																																				
<p>WPA World Champs</p>																																																																																										
23	24	25 Strength & Conditioning 6:15-7:15pm	26 Track 6pm	27 Track 6pm	28 Fencing 4:00	29 Intro to Scuba Event																																																																																				
30	31	<p>Upcoming</p> <p>Sept 16 -Levitate Amputee Running Clinic Sept 22,23 BBall Starts Oct 21-22 Spokane Showdown Jan 27 Pairing with ParaSport</p>		<p>Training Sites</p> <p>10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA Hockey @ Eagles Ice Arena</p>																																																																																						
		<p>June 2023</p> <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>30</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		<p>August 2023</p> <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			
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