

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
PACE Character Trait of the Month is INTEGRITY	TBD Stache Dash Practice	Track 4:00pm Strength & Conditioning 6:15-7:15pm		1 Track & Field 5pm Swim@Valley YMCA 5-6pm	2 Fencing 4:00 Track 5:00 Bball 6-8:00pm	3 Track & Field 9-11am 11:15-Hartford Nationals Parent/Athlete meeting Elizabeth Graduates 1pm																																																																																											
4 Swim @ Valley YMCA 1:30-2:30pm	5	6 Track 4:00pm Strength & Conditioning 6:15-7:15pm	7 SFCC Twilight	8 Track & Field 5pm Swim@Valley YMCA 5-6pm	9 Bball 6-8:00pm	10 Stache Dash! 8:30am Futures / Prep 10-11:00am Hoopfest 11:00-12:20 Track & Field 1:00-3:00pm																																																																																											
11 Swim @ Valley YMCA 1:30-2:30pm	12	13 Track 4:00pm Strength & Conditioning 6:15-7:15pm	14 SFCC Twilight	15 Track & Field 5pm Swim@Valley YMCA 5-6pm	16 Bball 6-8:00pm	17 Whitworth																																																																																											
18 Father's Day Swim @ Valley YMCA 1:30-2:30pm	19	20 Track 4:00pm Strength & Conditioning 6:15-7:15pm	21 SFCC Twilight	22 Track & Field 5pm Swim@Valley YMCA 5-6pm	23 Bball 6-7:30pm	24 Hoopfest!																																																																																											
25 Hoopfest!	26 Track TBD	27 (Outside) Strength & Conditioning 6:15-7:15pm	28 SFCC Twilight Michael Anwar Departs for Paris! WPA World Champs	29 Track TBD Swim@Valley YMCA 5-6pm	30	1 Track TBD																																																																																											
2	3	May 2023 <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>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> </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				Upcoming July 8-14 -Move United Nationals July 9-17 -World Para Athletics Championships -Paris		July 2023 <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></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> </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						Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA Hockey @ Eagles Ice Arena
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