

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																										
PACE Character Trait of the Month is INTEGRITY			1	2	3	4 <i>Elevations</i> <i>Stache Dash 5k</i>																																																																																										
	Track 5-6pm	Track 5-6pm Strength & Conditioning 6:15-7:15pm	Track 4-5pm	Track 4-5pm Swim@Valley YMCA 5-6pm	Track 5-6pm Bball 6-8	USATF Assoc. Meet Ridgeline HS																																																																																										
5 Pine Cone T&F Classic Ridgeline HS	6 Track 4-5pm	7 Fencing 4:00-6:00pm Track 5-6pm Strength & Conditioning 6:15-7:15pm	8 SFCC -All-Comer Meet	9 Track 4-5pm Fencing 4:00-6:00pm Swim@Valley YMCA 5-6pm	10 Track 5-6pm	11 9:00-9:45 Futures Bball 10-12 Hoopfest Bball 12:00pm Track & Field																																																																																										
12 Swim @ Valley YMCA 1:30-2:30pm	13 Track 4-5pm	14 Fencing 4:00-6:00pm Strength & Conditioning 6:15-7:15pm Depart for US Para T&F	15 Track Nationals	16 Fencing 4:00-6:00pm Swim@Valley YMCA 5-6pm Track Nationals	17 Track 5-6pm Track Nationals	18 9:00-9:45 Futures Bball 10-12 Hoopfest Bball 12:00pm Track & Field Track Nationals																																																																																										
19 Father's Day Swim @ Valley YMCA 1:30-2:30pm Track Nationals	20 Return from US Para T&F	21 June Solstice (GMT) Fencing 4:00-6:00pm Track 5-6pm Strength & Conditioning 6:15-7:15pm	22 SFCC -All-Comer Meet	23 Fencing 4:00-6:00pm Swim@Valley YMCA 5-6pm TDS Indian's Game	24 Track 5-6pm	25 Hoopfest																																																																																										
26 Swim @ Valley YMCA 1:30-2:30pm Hoopfest	27 Track 4-5pm	28 Fencing 4:00-6:00pm Track 5-6pm Strength & Conditioning 6:15-7:15pm	29 Track 4-5pm	30 Cheney -All-Comer Meet Fencing 4:00-6:00pm Swim@Valley YMCA 5-6pm																																																																																												
		May 2022 <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>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> </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 6 -Walk, Run & Roll-a-thon and Pizza Party -4-6 July 7 -Cheney All-Comer Meet July 17-23 Move United Junior Nationals	July 2022 <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							Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA
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