

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																			
<p>PACE Character Trait of the Month is INTEGRITY</p>						<p>1 9:00-9:45 Futures Hoopfest Practice 10:00-12:00 Track 12:00 Lauren & Ruby Graduation!</p>																																																																																			
<p>2 Swim @ Valley YMCA 1:30-2:30pm</p>	<p>3 Track 5:00pm</p>	<p>4 Strength & Conditioning 6:00-7:00pm</p>	<p>5 Bigfoot Meet @ SFCC</p>	<p>6 Swim@Valley YMCA 5-6pm Track 5:00pm</p>	<p>7 Track 5:00pm BBall 6-7:30pm</p>	<p>8 Stache Dash NO BBALL Track 11:00am Discover Scuba</p>																																																																																			
<p>9 Swim @ Valley YMCA 1:30-2:30pm</p>	<p>10 Track 5:00pm</p>	<p>11 Strength & Conditioning 6:00-7:00pm</p>	<p>12 Bigfoot Meet @ SFCC</p>	<p>13 Swim@Valley YMCA 5-6pm Track 5:00pm</p>	<p>14 Track 5:00pm</p>	<p>15 NO BBALL</p>																																																																																			
<p>16 Father's Day Swim @ Valley YMCA 1:30-2:30pm</p>	<p>17 Track 5:00pm</p>	<p>18 Strength & Conditioning 6:00-7:00pm</p>	<p>19 Bigfoot Meet @ SFCC</p>	<p>20 Swim@Valley YMCA 5-6pm Track 5:00pm</p>	<p>21 Track 5:00pm</p>	<p>22 9:00-9:45 Futures Hoopfest Practice 10:00-12:00 Track 12:00</p>																																																																																			
<p>23 Swim @ Valley YMCA 1:30-2:30pm</p>	<p>24</p>	<p>25 Strength & Conditioning 6:00-7:00pm</p>	<p>26 Bigfoot Meet @ SFCC</p>	<p>27 Swim@Valley YMCA 5-6pm</p>	<p>28 Hoopfest & Guardian Event @ Riverfront Park BBall 6-7:30pm</p>	<p>29 Hoopfest!</p>																																																																																			
<p>30 Hoopfest!</p>		<p>May 2024</p> <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>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</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		<p>Upcoming July 12-17(19) -Move United Hartford Nationals July 17-21- US Para T&F Paris Paralympic Trials Aug 28-Sept 8 Paris Paralympic Games Sept 7 Hi5K Fun Run for ParaSport Oct 19-20 Spokane Showdown</p>	<p>July 2024</p> <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				<p>Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA</p>
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																																																																																				
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																																																																																						