

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																										
PACE Character Trait of the Month is DILIGENCE		Strength & Conditioning 6:15-7:15pm Roller 4:00pm	1	2 Swim@Valley YMCA 5-6pm Roller 4:00pm	3 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	4 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M																																																																																										
5 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	6 Roller 4:00pm	7 Roller 4:00pm Strength & Conditioning 6:15-7:15pm	8	9 Roller 4:00pm Swim@Valley YMCA 5-6pm	10 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	11 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M																																																																																										
12 Daylight Saving Swim @ Valley YMCA 1:30-2:30pm Hockey 2:45-3:45pm	13 Roller 4:30pm	14 Roller 4:00pm Strength & Conditioning 6:15-7:15pm	15	16 Roller 4:00pm Swim@Valley YMCA 5-6pm	17 Fencing 4pm 6:00-8:00pm	18 Sled Hockey in McCall v Boise Depart 6am Return 9pm-ish																																																																																										
19 Last Hockey! Sled Hockey scrimmage v Boise 3:30-5:30 Swim @ Valley YMCA 1:30-2:30pm Bball-DII,M,W,P 6:00-7:30pm	20 Roller 4:30pm	21 Roller 4:00pm Strength & Conditioning 6:15-7:15pm	22	23 Roller 4:00pm Swim@Valley YMCA 5-6pm	24 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	25 9:00-9:45 Futures 10:00-12:00 A, W, V & M																																																																																										
26 Swim @ Valley YMCA 1:30-2:30pm	27	28 Strength & Conditioning 6:15-7:15pm	29	30 Roller 4:00pm Swim@Valley YMCA 5-6pm	31	1																																																																																										
2 Swim @ Valley YMCA 1:30-2:30pm	3	February 2023 <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>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></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					Upcoming April 21-23, NWBA Women & Military Nationals, Birmingham April 16 -Junior Bloomsday April 29/30 -Track & Field Coaching / Officials Clinic May 7 -Bloomsday Jun 17 -Pine Cone Classic	April 2023 <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></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></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							Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA Hockey @ Eagles Ice Arena
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