

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
PACE Character Trait of the Month is DILIGENCE					1 Varsity & Prep to PHX NWBA WCC 6:00-8:00pm Adult, Women, Varsity & Military BBall	2 V&P NWBA WCC 9:00-9:45 Futures No Prep Practice 10:00-12:00 A, W, V & M																																																																																				
	3 V&P NWBA WCC Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	4 Roller / Track 5:00pm	5 Roller 5-6pm Strength & Conditioning 6:00-7:00pm	6 Roller 4-5pm	7 Swim@Valley YMCA 5-6pm Roller 6-7pm	8 No VCS Access	9 No VCS Access																																																																																			
10 <i>Daylight Saving</i> Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	11	12 Strength & Conditioning 6:00-7:00pm	13	14 Depart for USP T&F Nat. Swim@Valley YMCA 5-6pm	15 USP T&F Nationals No VCS Access	16 USP T&F Nationals No VCS Access																																																																																				
17 USP T&F Nationals Swim @ Valley YMCA 1:30-2:30pm Bball 5-7pm A,W,V&M Final Hockey 4:30-5:30pm	18 Roller / Track 5:00pm	19 Roller 5-6pm Strength & Conditioning 6:00-7:00pm	20 Roller 4-5pm	21 Swim@Valley YMCA 5-6pm Roller 6-7pm	22 6:00-8:00pm Adult, Women, Varsity & Military BBall	23 9:00-9:45 Futures 9:45-11:00 Prep Bball 10:00-12:00 Fencing 11:00-1:00 A, W, V & M																																																																																				
24 Swim @ Valley YMCA 1:30-2:30pm	25 Roller / Track 5:00pm	26 Roller 4:00pm Strength & Conditioning 6:00-7:00pm	27 Roller 4-5pm	28 Swim@Valley YMCA 5-6pm Roller 5:00pm	29 6:00-8:00pm Adult, Women, Varsity & Military BBall	30 9:00-9:45 Futures 9:45-11:00 Prep Bball 10:00-12:00 Fencing 11:00-1:00 A, W, V & M																																																																																				
31 Swim @ Valley YMCA 1:30-2:30pm	1 Roller / Track 4:00pm	February 2024 <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></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			Upcoming Apr 5-7 NWBA Prep & Jr Nationals -Richmond VA Apr 11-14 NWBA Adult Nationals -Richmond, VA Apr 14 -Junior Bloomsday May 4 -Future Bloomies May 5 -Bloomsday! June 15 Pine Cone Classic		April 2024 <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>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></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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