

ParaSport MAY 2022 ParaSport



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
BLOOMSDAY!	Track 5-6pm	Track 5-6pm Strength & Conditioning 6:15-7:15pm	Track 3:30-4:30pm	Track 5:30-6:30pm Swim@Valley YMCA 5-6pm	Track 5:30-6:30pm	9:00-9:45 Futures Bball 10-12 Hoopfest Bball
8 Mother's Day Swim @ Valley YMCA 1:30-2:30pm	9 Track 5-6pm	Fencing 4:00-7:00pm Strength & Conditioning 6:15-7:15pm Track 5-6pm	11 Track 2-3pm	Track 5-6pm Fencing 4:00-6:00pm Swim@Valley YMCA 5-6pm	13 Track 5-6pm	9:00-9:45 Futures Bball 10-12 Hoopfest Bball 12:00pm Track & Field
15	16	17	18	19	20	21
Swim @ Valley YMCA 1:30-2:30pm	Track 5-6pm	Fencing 4:00-7:00pm Strength & Conditioning 6:15-7:15pm Track 5-6pm	Desert Challenge	Fencing 4:00-6:00pm Swim@Valley YMCA 5-6pm Desert Challenge	No Sports Desert Challenge	No Sports Desert Challenge
22	23	24	25	26	27	28
Swim @ Valley YMCA 1:30-2:30pm Desert Challenge		Fencing 4:00-7:00pm Track 5:30-6:30pm Strength & Conditioning 6:15-7:15pm	Track 5-6pm	Fencing 4:00-6:00pm Swim@Valley YMCA 5-6pm	Hoopfest Bball 6:00-8:00pm	12:00pm Track & Field
29	30 Memorial Day	31				
Swim @ Valley YMCA 1:30-2:30pm Track 4pm		Track 5-6pm Strength & Conditioning 6:15-7:15pm	Track 5-6pm	No Fencing Track 5-6pm		USATF Association Championship Meet Ridgeline High School
Pine Cone Classic Track & Field Meet Ridgeline High School	PACE Character Trait of the Month is COURAGE	April 2022 S M T W Th F Sa	June 17-19 US Para T&F Nationals -Miramar FLA June 24 Hoopfest Pre-Camp -TBC June 25-26 Hoopfest! July 17-23 Move United Junior Nationals		S M T W Th F Sa	Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA