

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																												
PACE Character Trait of the Month is COURAGE	1	2 Strength & Conditioning 6:15-7:15pm	3	4 Swim@Valley YMCA 5-6pm Track & Field 5pm	5	6 Future Bloomies 12:45pm Numerica Ice Ribbon																																																																																												
					Bloomersday Weekend!	Bloomersday Weekend!																																																																																												
7	8	9 Strength & Conditioning 6:15-7:15pm Wheelchair track 4pm	10 Whitworth Twilight Meet	11 Swim@Valley YMCA 5-6pm Field 5pm	12 Wheelchair track 4pm Hoopfest 6-8pm	13 Permobil Pediatric Mobility Inservice 8:30-12:15 Track & Field 1-3pm Sr. Highlight for Elizabeth 3pm																																																																																												
Bloomersday! Swim @ Valley YMCA 1:30-2:30pm Bloomersday Weekend!																																																																																																		
14 Swim @ Valley YMCA 1:30-2:30pm	15	16 Strength & Conditioning 6:15-7:15pm	17 Team departs for USPT&F	18 Swim@Valley YMCA 5-6pm	19 Fencing 4pm	20 TBC Hoopfest Practice Futures / Prep 9-10 V/W/M/D2 -10-12																																																																																												
			US Para T&F Champs Chula Vista																																																																																															
21 Swim @ Valley YMCA 1:30-2:30pm US Para T&F Champs Chula Vista	22	23 CA Care teen group Bball 4-5pm Strength & Conditioning 6:15-7:15pm	24	25 Swim@Valley YMCA 5-6pm	26 Fencing 4pm	27 Hoopfest Practice Futures / Prep 9-10 V/W/M/D2 -10-12 Track & Field 1-3pm																																																																																												
				State T&F Meets -Yakima & Tacoma																																																																																														
28 Swim @ Valley YMCA 1:30-2:30pm Stache Dash Practice 4pm	29 Stache Dash Practice 4pm	30 Strength & Conditioning 6:15-7:15pm	31	1 Swim@Valley YMCA 5-6pm	2 Fencing 4pm Hoopfest 6-8pm	3 Hoopfest Practice Futures / Prep 9-10 V/W/M/D2 -10-12 Track & Field 3pm																																																																																												
4	5	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							Upcoming June 10 -Stache Dash Fun Run for Elevations June 17 - Pine Cone Track & Field Classic June 24/25 - Hoopfest July 8-14 -Move United Nationals		June 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>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>30</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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