

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
<p>PACE Character Trait of the Month is CITIZENSHIP</p>		<p>1 Strength & Conditioning 6:15-7:15pm</p>	<p>2</p>	<p>3 Swim@Valley YMCA 5-6pm</p>	<p>4 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall</p>	<p>5 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M</p>																																																																																																		
<p>6 Daylight Saving Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm</p>	<p>7</p>	<p>8 Strength & Conditioning 6:15-7:15pm</p>	<p>9</p>	<p>10 Swim@Valley YMCA 5-6pm</p>	<p>11 Veterans Day Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall</p>	<p>12 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M</p>																																																																																																		
<p>13 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm</p>	<p>14</p>	<p>15 Strength & Conditioning 6:15-7:15pm</p>	<p>16</p>	<p>17 Swim@Valley YMCA 5-6pm</p>	<p>18 No Bball Practice Depart for PDX Tourney</p>	<p>19 No Bball Practice PDX Bball Tourney</p>																																																																																																		
<p>20 Swim @ Valley YMCA 1:30-2:30pm PDX Bball Tourney Hockey 4:30-5:30pm</p>	<p>21</p>	<p>22 Strength & Conditioning 6:15-7:15pm IWAS Team Departs</p>	<p>23</p>	<p>24 Thanksgiving No Swimming</p>	<p>25 No Bball Practice</p>	<p>26 No Bball Practice</p>																																																																																																		
<p>27 No Swimming No Hockey</p>	<p>28</p>	<p>29 Strength & Conditioning 6:15-7:15pm</p>	<p>30</p>	<p>Swim@Valley YMCA 5-6pm</p>	<p>Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall</p>	<p>9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M</p>																																																																																																		
IWAS World Games				IWAS World Games, Portugal																																																																																																				
		<p>October 2022</p> <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>31</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	31						<p>Upcoming Jan 28 Pairing with ParaSport Fundraiser! Feb 10-12 Utah Tournament Feb 18-19 Tacoma Tournament</p>		<p>December 2022</p> <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>1</td><td>2</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>3</td><td></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>31</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	31	<p>Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA Hockey @ Eagles Ice Arena</p>
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