

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
PACE Character Trait of the Month is CITIZENSHIP		Strength & Conditioning 6:00-7:00pm	1	2 Swim@Valley YMCA 5-6pm	3 CAF Deadline 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 BOCCIA Clinic 2-4pm																																																																																											
	5 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	6	7 Strength & Conditioning 6:00-7:00pm Boccia	8	9 Swim@Valley YMCA 5-6pm	10 Portland Bball Tournament No Fencing	11 Portland Bball Tournament																																																																																										
12 Portland Bball Tournament No Swim Hockey 4:30-5:30pm	13	14 Strength & Conditioning 6:00-7:00pm Boccia	15	16 Swim@Valley YMCA 5-6pm	17 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall Santiago ParaPan Am Games	18 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M																																																																																											
19 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	20	21 Strength & Conditioning 6:00-7:00pm	22	23 Thanksgiving	24 No Sports	25 No Sports																																																																																											
Santiago ParaPan Am Games																																																																																																	
26 No Sports Santiago ParaPan Am Games	27	28 Strength & Conditioning 6:00-7:00pm	29	30 Swim@Valley YMCA 5-6pm Fitz Tourney Banquet 5:30 WAS Games Thailand	Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	9:00-9:45 Futures 9:45-11:00 Prep Bball 10:30-12:30pm W, V&M Fitz Tourney Demo 1-2pm																																																																																											
WAS Games Thailand		October 2023 <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</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					Upcoming Dec 2nd Fitz Tourney Demo Dec 8-10 Possible Kansas City Tourney Dec 16 PSS Christmas Celebration Jan 27 Pairing with ParaSport		December 2023 <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</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	31							Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA Hockey @ Eagles Ice Arena
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