

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																										
<p><b>PACE</b> Character Trait of the Month is <b>RESPECT</b></p>		Strength & Conditioning 6:15-7:15pm	Road Training	<p><b>1</b></p> <p>Swim@Valley YMCA 5-6pm</p>	<p><b>2</b></p>	<p><b>3</b></p>																																																																																										
<p><b>4</b></p> <p>Swim @ Valley YMCA 1:30-2:30pm</p>	<p><b>5</b> Labor Day</p>	<p><b>6</b></p> <p>Strength &amp; Conditioning 6:15-7:15pm</p>	<p><b>7</b> <b>NO Road Training</b></p>	<p><b>8</b></p> <p><b>No Swimming</b> Track 6-7pm</p>	<p><b>9</b> Road Training</p>	<p><b>10</b></p>																																																																																										
<p><b>11</b></p> <p><b>No Swimming</b></p>	<p><b>12</b></p>	<p><b>13</b></p> <p>Strength &amp; Conditioning 6:15-7:15pm</p>	<p><b>14</b> Road Training</p>	<p><b>15</b></p> <p>Swim@Valley YMCA 5-6pm Track 5-6</p>	<p><b>16</b> Road Training</p> <p>High Five Ortho Golf Event -8:30-1pm Fencing 4pm</p>	<p><b>17</b></p> <p>Joya Community Fair &amp; 5k Fun Run</p>																																																																																										
<p><b>18</b></p> <p>Walla Walla B-ball Experience 9-6. Swim @ Valley YMCA 1:30-2:30pm</p>	<p><b>19</b></p>	<p><b>20</b></p> <p>Strength &amp; Conditioning 6:15-7:15pm</p>	<p><b>21</b> Road Training</p>	<p><b>22</b></p> <p>Swim@Valley YMCA 5-6pm Track 5-6</p>	<p><b>23</b> Road Training Fencing 4pm (Tomie's Retirement) 6:00-8:00pm Adult, Women, Varsity &amp; Military BBall</p>	<p><b>24</b></p> <p>9:00-9:45 Futures Bball 9:45-11:00 Prep Bball 11:00-1:00 A, W, V &amp; M (Tomie's Retirement)</p>																																																																																										
<p><b>25</b></p> <p>Swim @ Valley YMCA 1:30-2:30pm</p>	<p><b>26</b></p>	<p><b>27</b></p> <p>Strength &amp; Conditioning 6:15-7:15pm</p>	<p><b>28</b> Road Training</p>	<p><b>29</b></p> <p>Swim@Valley YMCA 5-6pm Track 5-6</p>	<p><b>30</b></p> <p>Road Training Fencing 4pm 6:00-8:00pm Adult, Women, Varsity &amp; Military BBall</p>	<p>9:00-9:45 Futures Bball 9:45-11:00 Prep Bball 11:00-1:00 A, W, V &amp; M</p>																																																																																										
		<p><b>August 2022</b></p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td></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>31</td> <td></td> <td></td> <td></td> </tr> </tbody> </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><b>Upcoming</b></p> <p>Oct 15-16 Spokane Showdown Oct 21-22 EWU Tournament -D2</p>	<p><b>October 2022</b></p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <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> </tbody> </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><b>Training Sites</b></p> <p>10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA</p>
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