

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
PACE Character Trait of the Month is RESPECT	28 Track 6pm	29 Strength & Conditioning 6:00-7:00pm	30	31 Swim@Valley YMCA 5-6pm	1	2																																																																																				
	3 Swim @ Valley YMCA 1:30-2:30pm	4	5 Strength & Conditioning 6:00-7:00pm	6	7	8	9 Hi 5k Fun run for Everyone! 7:30-11:00am																																																																																			
10 Swim @ Valley YMCA 1:30-2:30pm	11	12 Strength & Conditioning 6:00-7:00pm	13	14 Swim@Valley YMCA 5-6pm	15 6:00-7:30pm Open Gym	16 Joya Fair 10-1 Levitate Amputee Running Clinic 10:00am-2:00pm																																																																																				
17 Swim @ Valley YMCA 1:30-2:30pm	18	19 Strength & Conditioning 6:00-7:00pm	20	21 Swim@Valley YMCA 5-6pm	22 Fencing 4:00 6:00-8:00pm Adult, Women, Varsity & Military BBall	23 1:00pm Family / Athlete Meeting 9:00-9:45 Futures 9:45-11:00 Prep 11:00-1:00 A, W, V & M																																																																																				
24 Swim @ Valley YMCA 1:30-2:30pm	25	26 Strength & Conditioning 6:00-7:00pm	27 Whitworth Community Service Day Bball Chair Maintenance	28 Swim@Valley YMCA 5-6pm	29 Fencing 4:00 6:00-8:00pm Adult, Women, Varsity & Military BBall	30 9:00-9:45 Futures 9:45-11:00 Prep 11:00-1:00 A, W, V & M																																																																																				
1 Swim @ Valley YMCA 1:30-2:30pm	2	August 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>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</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 Oct 14-15 EWU Tournament Oct 21-22 Spokane Showdown Nov 10-12 Portland Tourney Dec 8-10 Possible Phoenix Tourney Jan 27 Pairing with ParaSport		October 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>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					Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA Hockey @ Eagles Ice Arena
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