

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>1</b>	<b>PACE</b> Character Trait of the Month is <b>CARING</b>	<b>2</b>	Roller Training starts this month	<b>3</b>	Strength & Conditioning 6:30-7:30pm	<b>4</b>		<b>5</b>	Women's Leadership 6:00-7:30pm	<b>6</b>	Seattle D3 Tourney Bball 6:00-8:00pm	<b>7</b>	Seattle D3 Tourney 10:00-12:00pm Bball
<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>	
				High School Writing Workshop 5:30pm Strength & Conditioning 6:30-7:30pm				4:30-5:30pm Whole group Sports Nutrition		Phoenix Tourney		Phoenix Tourney 10:00-12:00pm Bball	
<b>15</b>	Indoor T&F TBD	<b>16</b>		<b>17</b>	Strength & Conditioning 6:30-7:30pm	<b>18</b>		<b>19</b>	Women's Leadership 6:00-7:30pm	<b>20</b>	Bball 6:00-8:00pm Adult & Varsity	<b>21</b>	9:00-10:00 Go Baby Go 10:00-12:00 Bball
<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>	
				Christmas Eve  No S&C	Christmas Day  Merry Christmas!					Bball 6:00-8:00pm Adult & Varsity		Open Gym 10:00-12:00pm Bball	
<b>29</b>	Indoor T&F TBD	<b>30</b>		<b>31</b>	New Year's Eve  No S&C	<b>1</b>		<b>2</b>	Sports Nutrition -Sign up Women's Leadership 6:00-7:30pm	<b>3</b>	Bball 6:00-8:00pm Adult & Varsity	<b>4</b>	10:00-12:00 Bball
<b>5</b>		<b>6</b>		<b>November '19</b> 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		<b>January '20</b> 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		<b>Upcoming</b> Jan 17-19, Seattle Bball Tourney -Women's & Varsity Feb 1, Pairing with ParaSport -Auction Fundraiser Feb 14-16 West Coast Conference, Stanford -Varsity Feb 14-16 Tacoma Tournament		<b>Training Site</b> 10210 E 9th Ave Spokane WA Enter off of Herald			