

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