

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 PACE Character Trait of the Month is HONESTY	28	29	30	31	1 Bball 6:00-8:00pm Adult & Varsity	2 Groundhog Day NO BBALL Pairing with ParaSport Fundraiser!
3 Roller Training 1pm Indoor T&F Group	4	5 Roller Training 4:00pm Strength & Conditioning 6:30-7:30pm	6 Roller Training 4:00pm	7 Roller Training 4:00pm Whole Group Women's Yoga & Leadership 5:30-7:00pm	8 Roller Training 4:30pm 6:00-7:30pm BBALL 8-9pm Whitworth Halftime	9 10:00-12:00 Bball Go Baby Go 12-1pm Roller Training 1:30pm Whitworth 6pm
10 Roller Training 1pm Indoor T&F Group	11	12 Roller Training 4:00pm Strength & Conditioning 6:30-7:30pm	13 Roller Training 4:00pm	14 Valentine's Day Roller Training 4:00pm Whole Group Women's Yoga & Leadership 5:30-7:00pm	15 Noon Depart Tacoma Tournament	16 Tacoma Tournament
17 Tacoma Tournament	18 Presidents' Day	19 Roller Training 5:15pm Strength & Conditioning 6:30-7:30pm	20 Roller Training 4:00pm	21 Roller Training 4:00pm Whole Group Women's Yoga & Leadership 5:30-7:00pm	22 Roller Training 4:30pm Bball 6:00-8:00pm Adult & Varsity	23 10:00-12:00 Bball Roller Training 1pm Men's Leadership TBD
24 Indoor T&F Group	25	26 Strength & Conditioning 6:30-7:30pm	27	28 State B -4:45-8:00 Whole Group Women's Yoga & Leadership 5:30-7:00pm	1 Depart to WCC	2 West Coast Conference Seattle
3 West Coast Conference Seattle	4	January '19 S M T W Th F Sa 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	March '19 S M T W Th F Sa 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 TBD -EWU Tourney Mar 27-31 Women's & Varsity Nationals		Training Site 10210 E 9th Ave Spokane WA Enter off of Herald