

JANUARY



2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Roller Training	31 Roller Training	1 New Year's Day Roller Training	2 Roller Training Women's Leadership 6:00-7:30pm	3 Roller Training Dept VCS @6pm Whitworth 1/2 time Demo 7pm	4 10:00-12:00pm Bball 5:30-7:00pm Whitworth 1/2 time Demo
5	6 HS Writing Workshop 5:30pm	7 Strength & Conditioning 6:30-7:30pm Roller Training	8 Roller Training	9 Roller Training Sports Nutrition -Group Session Women's Leadership 6:00-7:30pm	10 Roller Training Bball 6:00-8:00pm Adult & Varsity	11 9:00-10:00 Go Baby Go 10:00-12:00pm Bball
12 Indoor T&F TBD Swimming @ GU	13 Roller Training	14 Strength & Conditioning 6:30-7:30pm Roller Training	15 Roller Training	16 Women's Leadership 6:00-7:30pm	17 NO Bball Depart for SEA Bball Tourney -Women's & Varsity	18 NO BBALL Seattle Tourney
19 Swimming @ GU	20 ML King Day Roller Training	21 Strength & Conditioning 6:30-7:30pm Roller Training	22 Roller Training	23 Roller Training Sports Nutrition -Sign up Women's Leadership 6:00-7:30pm	24 Bball 6:00-8:00pm Adult & Varsity	25 10:00-12:00pm Bball
26 Indoor T&F TBD Swimming @ GU	27 Roller Training	28 Strength & Conditioning 6:30-7:30pm Roller Training	29 Roller Training	30 Roller Training	31 Bball 6:00-8:00pm Adult & Varsity	1 NO BBALL Pairing with ParaSport Hangar Event Center
2 Groundhog Day Indoor T&F TBD Swimming @ GU	3 Roller Training	December '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 31		Upcoming Feb 1, Pairing with ParaSport -Auction Fundraiser Feb 14-16 West Coast Conference, Stanford -Varsity Feb 14-16 Tacoma Tournament -D3 & Prep Mar 12-15 Varsity Bball Nationals		February '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
						Training Site 10210 E 9th Ave Spokane WA Enter off of Herald