July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 **PACE** Character Trait of the Month is **GENEROSITY**	1 Track Practice TBD	2 Track & Field TBD	3 Track Practice TBD	4 Independence Day Happy 4th!	5 Track Practice TBD	6 Track Practice TBD
7 Track & Field Practice TBD	8 Track Practice TBD	9 Track & Field TBD	10 Track Practice TBD	11 Whole Group Women's Yoga & Leadership 5:30-7:00pm Track Practice TBD	12 Track Practice TBD	13 Track Practice TBD
14 Track & Field Practice TBD	15 Track Practice TBD	16 Track & Field TBD	17 Seattle Twilight Depart in AM	18 Return from Seattle	19 Track Practice TBD	20 Track Practice TBD
21 Track & Field Practice TBD	22 Track Practice TBD	23 Track & Field TBD	24 Track Practice TBD	25 Whole Group Women's Yoga & Leadership 5:30-7:00pm Track Practice TBD	26 Track Practice TBD	27 Track Practice TBD Depart for JR Worlds
28 Track & Field Practice TBD World Jr's T&F	29 Track Practice TBD World Jr's T&F	30 Track & Field TBD World Jr's T&F	31 Track Practice TBD World Jr's T&F	1 Whole Group Women's Yoga & Leadership TBD Track Practice TBD	2 Track Practice TBD World Jr's T&F	3 Track Practice TBD World Jr's T&F
4 Field Practice TBD World Jr's T&F	5 Track Practice TBD Return from World Jr's					

June '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						

August '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

Seattle All Comer Meet Aug 14th

Training Site

10210 E 9th Ave
Spokane WA
Enter off of Herald