

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
28 <b>PACE</b> Character Trait of the Month is <b>COURAGE</b>	29	30 Strength & Conditioning 6:30-7:30pm	1 Bloomsday Training	2 Bloomsday Training Whole Group Women's Yoga & Leadership 5:30-7:00pm	3 Bloomsday Training <b>No Bball</b>	4 <b>No Bball</b> 8-10am Bloomsday Prolog & Jr Bloomsday	
5	6	7 Strength & Conditioning 6:30-7:30pm	8 Field Practice	9 Whole Group Women's Yoga & Leadership 5:30-7:00pm	10 Track / Field No Bball UW Amputee Research	11 Bball 10:00-12:00 <b>Go Baby Go 2-3</b> <b>UW Amputee Research</b> T & F 3:00-5pm	
12 Mother's Day Field Practice	13	14 Strength & Conditioning 6:30-7:30pm	15 Track & field practice	16 Whole Group Women's Yoga & Leadership 5:30-7:00pm	17	18 Men's Leadership 9:00 10:00-12:00 Bball <b>T&amp;F practice 1:30-3:00</b>	
19 Field Practice	20	21 Strength & Conditioning 6:30-7:30pm	22 Field Practice	23 Depart for Desert Challenge <b>No Women's Group</b> State T&F Meet	24 Desert Challenge Phoenix Track Practice 6-7:30pm State T&F Meet	25 Desert Challenge Phoenix Track practice 10:00-11:30 State T&F	
26 Return from Desert Challenge	27 Memorial Day Swiss Series	28 Swiss Series Strength & Conditioning 6:30-7:30pm	29 Swiss Series Field Practice	30 Swiss Series Adult Women Yoga & Leadership 5-7pm	31 Swiss Series T&F Practice 6-7:30pm	1 Swiss Series T&F practice 10:00-11:30	
2 Swiss Series Field Practice	3 Return From Swiss	<b>April '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>June '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>Upcoming</b> Chicago Meet 6/13-17 Hoopfest 6/29-30	<b>Training Site</b> 10210 E 9th Ave Spokane WA Enter off of Herald