

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>27</b> <b>PACE</b> Character Trait of the Month is <b>CITIZENSHIP</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> Halloween	<b>1</b>	<b>2</b> 10:00-12:00pm Bball 11:00am Family Meeting 12:15pm Adult Athlete Mtng
<b>3</b> Daylight Saving Indoor T&F TBD	<b>4</b>	<b>5</b> Strength & Conditioning 6:30-7:30pm	<b>6</b>	<b>7</b> Sports Nutrition -Sign up <b>Cancelled</b> Women's Leadership 6:00-7:30pm	<b>8</b> Bball 6:00-8:00pm Adult & Varsity	<b>9</b> 10:00-12:00pm Bball 11:00am Family Meeting 12:15pm Adult Athlete Mtng
<b>10</b> Indoor T&F TBD	<b>11</b> Veterans Day	<b>12</b> Strength & Conditioning 6:30-7:30pm	<b>13</b>	<b>14</b> Sports Nutrition -Sign up Women's Leadership 6:00-7:30pm	<b>15</b> Bball 6:00-8:00pm Adult & Varsity	<b>16</b> 10:00-12:00pm Bball 11:00am Family Meeting 12:15pm Adult Athlete Mtng
<b>17</b> Indoor T&F TBD	<b>18</b> High School Writing Workshop	<b>19</b> Strength & Conditioning 6:30-7:30pm	<b>20</b>	<b>21</b> Sports Nutrition -Sign up Women's Leadership 6:00-7:30pm	<b>22</b> Bball 6:00-8:00pm Adult & Varsity	<b>23</b> 10:00-12:00pm Bball 11:00am Family Meeting 12:15pm Adult Athlete Mtng
<b>24</b> Indoor T&F TBD Swimming TBD	<b>25</b> High School Writing Workshop	<b>26</b> Strength & Conditioning 6:30-7:30pm	<b>27</b>	<b>28</b> Thanksgiving	<b>29</b> NO Bball	<b>30</b> Open Gym 10am-12pm
<b>1</b>	<b>2</b>	<b>October '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 31	<b>December '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 31	<b>Upcoming</b> Dec 13-15 Arizona JV Tournament		<b>Training Site</b> 10210 E 9th Ave Spokane WA Enter off of Herald