

## ParaSport October 2018 ParaSport



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
PACE				Whole Group		10:00-11:30
Character Trait of the		6:30-7:30pm		Women's Yoga &	Bball	Bball
Month is		Strength & Conditioning		Leadership	6:00-8:00pm	Try-it Day!
RESPONSIBILITY				5:30-7:00pm	Adult & Varsity	12-6pm
7	8 Columbus Day	9	10	11	12	13
				Adult		
		6:30-7:30pm	Grade Check	Women's Yoga &	Bball	Spokane Showdown
		Strength & Conditioning		Leadership	6:00-8:00pm	
				5:30-7:00pm	Adult & Varsity	
14	15	16	17	18	19	20
				Junior		
Spokane Showdown		6:30-7:30pm		Women's Yoga &	Bball	10:00-12:00
		Strength & Conditioning		Leadership	6:00-8:00pm	Bball
				5:30-7:00pm	Adult & Varsity	
21	22	23	24	25	26	27
				Whole Group		
Indoor T&F		6:30-7:30pm		Women's Yoga &	Bball	10:00-12:00
Group		Strength & Conditioning		Leadership	6:00-8:00pm	Bball
				5:30-7:00pm	Adult & Varsity	
28	29	30	31 Halloween	1	2	3
				Adult	CAF Deadline	
Indoor T&F		6:30-7:30pm	Grade Check	Women's Yoga &	Bball	10:00-12:00
Group		Strength & Conditioning		Leadership	6:00-8:00pm	Bball
				5:30-7:00pm	Adult & Varsity	Shoot-a-thon!!
4 Daylight Saving	5	September '18  S M T W Th F Sa	November '18  S M T W Th F Sa	<u>Training Locations</u>		<u>Upcoming</u>
Indoor T&F		1	1 2 3	PSS HQ -10210 E 9th Ave,	Spokane WA	Nov 3 Shoot-a-thon
Group		2 3 4 5 6 7 8 9 10 11 12 13 14 15	4 5 6 7 8 9 10 11 12 13 14 15 16 17			Nov 9-11 PDX Tourney
Shoot-a-thon Make-up		16 17 18 19 20 21 22	18 19 20 21 22 23 24	Showdown -@ the HUB Spo	orts Center	
6-7pm		23 24 25 26 27 28 29 30	25 26 27 28 29 30	19619 E Cataldo Ave, Liber	ty Lake, WA 99016	Feb 2 -Auction Fundraiser