

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 PACE Character Trait of the Month is RESPONSIBILITY	30	1 Strength & Conditioning 6:30-7:30pm	2	3 Women's Leadership 6:00-7:30pm	4 Bball 6:30-8:30pm Adult & Varsity	5 9:00-10:00 Go Baby Go 10:00-12:00 Bball
6	7 High School Writing Workshop	8 Strength & Conditioning 6:30-7:30pm	9	10 Sports Nutrition 4:30-5:30pm Women's Leadership 6:00-7:30pm	11 Bball 6:00-8:00pm Adult & Varsity	12 10:00-12:00pm Bball 11:00am Family Meeting 12:15pm Adult Athlete Mtng
13 Indoor T&F TBD Swimming TBD	14 Columbus Day	15 Strength & Conditioning 6:30-7:30pm	16	17 Sports Nutrition -Sign up Women's Leadership 6:00-7:30pm	18 Bball 6:00-8:00pm Adult & Varsity	19 Spokane Showdown
20 Spokane Showdown	21	22 Strength & Conditioning 6:30-7:30pm	23	24 Sports Nutrition -Sign up Women's Leadership 6:00-7:30pm	25 Bball 6:00-8:00pm Adult & Varsity	26 9:00-10:00 Boccia 10:00-12:00 Bball
27 Indoor T&F TBD Swimming TBD	28	29 Strength & Conditioning 6:30-7:30pm	30	31 Halloween	1 Bball 6:00-8:00pm Adult & Varsity	2 10:00-12:00 Bball
3 Daylight Saving Swimming TBD	4	September '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	November '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	Upcoming Nov 1-17 World Para Athletics Championships -Dubai Nov 8-10 Portland Tournament Dec 7 Shoot-a-thon Dec 13-15 Arizona JV Tournament		Training Site 10210 E 9th Ave Spokane WA Enter off of Herald