

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26 PACE Character Trait of the Month is RESPECT	27	28	29	30	31	1	
2	3 Labor Day	4	5	6	7 Coaches Retreat	8 Coaches Retreat	
9	10	11 6:30-7:30pm Strength & Conditioning	12 Deadline Early Athlete Registration NWBA	13 (All) Women's Yoga & Leadership 5:30-7:00pm	14	15 10:00-11:30 Bball 11:30-Noon Athlete & Parent Meeting	
16	17	18 6:30-7:30pm Strength & Conditioning	19 Whitworth Community Building Day	20 (Adult) Women's Yoga & Leadership 5:30-7:00pm	21 Bball 6:00-8:00pm Adult & Varsity	22 Bball 10:00-12:00	
23	24	25 6:30-7:30pm Strength & Conditioning	26	27 (Junior) Women's Yoga & Leadership 5:30-7:00pm	28 Bball 6:00-8:00pm Adult & Varsity	29 Bball 10:00-12:00	
30	1	August '18 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		October '18 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		Training Locations PSS HQ -10210 E 9th Ave, Spokane WA	Upcoming Try it Day! Oct 6th Spokane Showdown Bball Tourney Oct 13 & 14