



September 2019



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	PACE Character Trait of the Month is RESPECT	2	Labor Day	3	Track & Field 6:00-7:00pm	4		5		6		7	Coaches Retreat
8		9	PSS Board Meeting	10		Strength & Conditioning 6:30-7:30pm		11		HS/College Students Writing Workshop 5:30-7:00pm		12	
15		16	Friendship Force Track & Field	17	Strength & Conditioning 6:30-7:30pm	18	Whitworth Community Building Day	19	Friendship Force Basketball 2-8pm Adult & High School	20	Bball 6:00-8:00pm Adult & Varsity	21	Go Baby Go 9-10 10:00-12:00 Bball 11:00-11:30 Family Meeting 11:45 Sport Nutrition Intro 12:00-12:15 Adult Ath Mtng
22		23		24	Strength & Conditioning 6:30-7:30pm	25		26	Whole Group Women's Yoga & Leadership 6-7:30pm Sport Nutrition TBD	27	Bball 6:00-8:00pm Adult & Varsity	28	10:00-12:00 Bball
29	Swim Practice TBD	30		1	Strength & Conditioning TBC	2		3	Whole Group Women's Yoga & Leadership 6-7:30pm	4	Bball 6:00-8:00pm Adult & Varsity	5	10:00-12:00 Bball
6		7		August '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 31		October '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 31		Upcoming 10/10 & 10/17 Sport Nutrition Sessions 10/19-20 Spokane Showdown		Training Site 10210 E 9th Ave Spokane WA Enter off of Herald			