

DOVER AREA
AQUATIC CLUB



CAPITAL AREA
SWIM LEAGUE

2011

Dear Swimmers and Parents,

The coaching staff is very proud of all the swimmers. Even though the win-loss record of 0-5 seems bleak, there were so many bright spots in the season. Seventeen new swimmers joined our roster, many new to the sport. Learning all four competitive strokes, starts, turns and practice routines are formidable tasks and even more impressive since they were mastered in one season! Thanks to parents for their support, and to the coaches and teammates for their help. It is truly rewarding as coaches and parents to share in the growth and progress of these young athletes.

Performance of the swimmers was impressive. So many individual athletes experienced best times meet after meet. As a team, DAAC had 58 participants in the AAAA Divisional meet, with one champion. Of those 58, 41 qualified for the All-Star meet; that is an impressive 71% - the greatest percentage I can ever remember, also one champion. 25 of the All-Star participants qualified for the Mid-Cap Meet next week; this is also an all time high number of qualifiers. Good luck to you! Finally, six new club records were set this season. Absolutely great job swimmers, coaches and parents!

Our club is as strong as its members. We hope you keep coming back because you enjoy the club and all of the benefits – friendship, exercise, setting and reaching goals and most importantly, having fun. A special thanks to those who donate and volunteer – you make DAAC enjoyable and successful!

Congratulations and good luck to our graduating senior, Courtney Dacheux; thank you for your dedication and leadership!

We will begin practice again on Monday, September 19th at regular practice times. Watch for the DAAC Aquatics flyer on the website and at your school. Bring a friend to try out for the team!

Sincerely,

Coach J

And Coaches Hannah Harris, Lindsay Hoffman, Travis Hoffman, Lindsey Largo,
Phil Mercatili, Angie Pequignot and Tina Swords

Meet Results

DAAC	509	York YMCA Tidal Waves	513
DAAC	403	Northern York Aquatic Club	568
DAAC	395	Wildcat Swim Club	717
DAAC	435	Cumberland Valley A.C.	602
DAAC	508	Carlisle Swim Club	513

Overall Record 0-5-0

Dover Area Aquatic Club
"Committed To Excellence"

High Point Report

Dover Area Aquatic Club [DAAC-MA] Coach: Richard Janosky

	POINTS	1st	2nd	3rd	NAME	Age/Yr	GRP/SUB	TEAM
1	154.50	14	3	2	Aniella Janosky	15	GO	DAAC-MA
2	150.00	14	4		Nicole Smith	14	WH	DAAC-MA
3	147.00	15	2		Tesia Thomas	8	RED	DAAC-MA
4	127.50	9	4	2	Grace Beierschmitt	10	RED	DAAC-MA
5	115.00	7	4	4	Ann-Marie Long	10	WH	DAAC-MA
6	106.00	5	4		Bree Link	16	GO	DAAC-MA
7	99.50	3	5	3	Summer Dacheux	15	GO	DAAC-MA
8	97.50	3	6	1	Kalyn Lash	10	WH	DAAC-MA
9	88.50	3	3	2	Shea Beierschmitt	14	WH	DAAC-MA
10	76.50	2	4	2	Courtney Dacheux	18	HS	DAAC-MA
11	70.00	3	3	1	Alexandria Aspey	14	GO	DAAC-MA
12	68.00	1	4	1	Lili Sweeney	13	GO	DAAC-MA
13	63.50	2	1	2	Madeline Hetrick	11	RED	DAAC-MA
14	58.50	2	3	2	Kiersten Shelton	12	WH	DAAC-MA
15	46.00		2	6	Lily McDaniel	8	RED	DAAC-MA
16	43.00	1		4	Anna Becker	12	RED	DAAC-MA
17	34.00		2	4	Amanda Goodling	16	GO	DAAC-MA
17	34.00	1		1	Cierra Cunningham	8	RED	DAAC-MA
18	32.50		1	3	Karly Goodling	13	GO	DAAC-MA
19	32.00		1	3	Taylor Reed	15	GO	DAAC-MA
20	28.00		1	4	Mia Becker	15	GO	DAAC-MA
21	26.50		2	2	Kayla Swaltek	11	RED	DAAC-MA
22	25.00				Alyssa Hersey	12	GO	DAAC-MA
23	22.00	1	1		Brooklyn Link	8	RED	DAAC-MA
24	20.50		1		Haleigh Shipley	12	WH	DAAC-MA
25	20.00			3	Morgan Staub	14	GO	DAAC-MA
25	20.00		1	1	Kyra Shoemaker	13	GO	DAAC-MA
26	17.50			1	Abigail Anderson	8	RED	DAAC-MA
27	16.50				Breyana Resto	8	RED	DAAC-MA
28	16.00			1	Allyson Swords	12	WH	DAAC-MA
29	15.50				Emily Webb	9	RED	DAAC-MA
30	14.00			1	Lauren Parrini	14	WH	DAAC-MA
31	13.00				Emma Pequignot	7	RED	DAAC-MA
31	13.00			1	Bridget Palm	11	WH	DAAC-MA
31	13.00			1	Allison Murray	12	GO	DAAC-MA
32	12.50		1		Emily Spaulding	13	GO	DAAC-MA
33	12.00				Maggie Hunter	10	WH	DAAC-MA
34	11.00			1	Mikala Arnold	11	RED	DAAC-MA
35	8.50				Claudia Bollinger	13	GO	DAAC-MA
36	6.50				Hannah Keeports	13	GO	DAAC-MA
37	4.50				Anna Conley	10	RED	DAAC-MA
38	1.50				Jessica Lindsay	14	WH	DAAC-MA
39	1.00				Alexa Birgensmith	10	WH	DAAC-MA
39	1.00				Emily Fohl	9	WH	DAAC-MA
39	1.00				Alyssa Fohl	6	RED	DAAC-MA

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High Point Report

Dover Area Aquatic Club [DAAC-MA] Coach: Richard Janosky

	POINTS	1st	2nd	3rd	NAME	Age/Yr	GRP/SUB	TEAM
1	125.50	5	6	6	Cameron Aspey	12	WH	DAAC-MA
1	125.50	7	5	3	Benjamin Spangler	14	GO	DAAC-MA
2	105.00	6	3	2	Karl Malloreay	17	GO	DAAC-MA
3	102.00	5	4	1	Jacob Spangler	12	WH	DAAC-MA
4	83.00	2	5	5	Hunter Link	14	GO	DAAC-MA
5	82.00	4	10	2	Kieran McKee	10	RED	DAAC-MA
6	77.00	1	6	4	Casey Marshall	13	GO	DAAC-MA
7	65.50	3	1	3	Tyler Snyder	13	GO	DAAC-MA
8	58.00	2	3	2	Joel Behr	17	HS	DAAC-MA
9	54.00	3	4	4	Jackson Miller	9	WH	DAAC-MA
10	50.00		5	4	Sam Rickard	12	GO	DAAC-MA
11	41.00	2	3	2	Jakub Becker	10	RED	DAAC-MA
12	39.00		7	3	Tyler Staub	7	RED	DAAC-MA
13	38.50			4	Scott Becker	15	GO	DAAC-MA
14	37.00	1	2	4	Jud Pequignot	9	RED	DAAC-MA
15	36.00		2	3	Daniel Bollinger	16	GO	DAAC-MA
16	33.00			3	Tyke McDaniel	15	HS	DAAC-MA
17	27.50		1	4	Darren Yeager	12	RED	DAAC-MA
18	20.00			1	Kevin Rigby	14	GO	DAAC-MA
19	16.00			1	Peter Keepports	11	WH	DAAC-MA
20	15.50			1	Evan McDaniel	13	GO	DAAC-MA
21	15.00			3	Michael Hetrick	6	RED	DAAC-MA
22	13.00				Jeremy Oart	12	GO	DAAC-MA
23	12.00			2	Liam Hoffman	5	RED	DAAC-MA
24	11.50			1	Hayden McBride	13	WH	DAAC-MA

DOVER AREA AQUATIC CLUB
2011-2012 FIRST CAPITAL SWIM LEAGUE

NOV	12	Spring Grove	Away	8:30 AM
	19	Trojan	HOME	8:30 AM
	26	Trojan 10 & U Invit.	TAC	9:00 AM
DEC	3	Central York	HOME	8:30 AM
	7	Bobcat	Away	5:30 PM
	17	Lion	HOME	8:30 AM
JAN	14	Seahorse	Away	8:30 AM
	15	DAAC Pentathlon	HOME	9:00 AM
	21	Wildcat	HOME	8:30 AM
FEB	4	FCSL Championships	DOVER	9:00 AM
	11	FCSL All-Stars	Central York	10:00 AM

2011 CAPITAL AREA SWIM LEAGUE MAJOR AWARD WINNERS

MOST IMPROVED		AGE GROUP	HIGH POINT	
			GIRL	BOY
Lili McDaniel	Michael Hetrick	8 & Under	Tesia Thomas	Tyler Staub
Anna Conley	Jackson Miller	9 & 10	Grace Beierschmitt	Kieran McKee
Kierston Shelton	Sam Rickard	11 & 12	Madeline Hetrick	Cameron Aspey
Shea Beierschmitt	Casey Marshall	13 & 14	Nicole Smith	Ben Spangler
Taylor Reed	Joel Behr	15 - 18	Aniella Janosky	Karl Mallore

Dover Area Aquatic Club
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RECORDS Team Records

SC Meters-Girls

8 & U	25 Free	15.93	24-Jul-11	Tesia L. Thomas
	25 Back	20.16	22-Jul-07	Courtney Harnish
	25 Breast	25.29	22-Jul-00	Abbie Greenfield
	25 Fly	18.82	22-Jul-07	Courtney Harnish
9-10	50 Free	32.18	23-Jul-06	Aniella F. Janosky
	100 Free	1:12.13	23-Jul-06	Aniella F. Janosky
	50 Back	40.27	23-Jul-11	Annie Long
	50 Breast	45.77	24-Jun-06	Aniella F. Janosky
	50 Fly	35.69	23-Jul-06	Aniella F. Janosky
	100 IM	1:25.95	24-Jun-06	Aniella F. Janosky
11-12	50 Free	28.90	14-Jun-08	Aniella F. Janosky
	100 Free	1:04.33	14-Jun-08	Aniella F. Janosky
	50 Back	33.86	6-Jun-09	Nicole Smith
	50 Breast	39.28	1-Jul-99	Sarah Lanphier
	50 Fly	30.92	20-Jul-08	Aniella F. Janosky
	100 IM	1:11.54	20-Jul-08	Aniella F. Janosky
13-14	50 Free	28.03	19-Jul-09	Aniella F. Janosky
	100 Free	1:05.23	6-Jun-09	Aniella F. Janosky
	50 Back	33.06	24-Jul-04	Haley R. Miller
	50 Breast	38.09	24-Jul-05	Sarah Evans
	50 Fly	30.35	31-Jul-10	Aniella F. Janosky
	100 IM	1:13.99	26-Jun-04	Haley Miller
15-18	50 Free	28.75	23-Jul-11	Aniella F. Janosky
	100 Free	1:03.07	19-Jul-08	Christina E. Janosky
	50 Back	31.62	18-Jul-98	Erin Taylor
	50 Breast	36.55	22-Jul-00	Danielle Spangler
	50 Fly	31.19	23-Jul-11	Aniella F. Janosky
	100 IM	1:12.70	25-Jul-04	Dessie Henning

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RECORDS Team Records

SC Meters-Boys

8 & U	25 Free	16.30	20-Jul-08	Alec K. Peckmann
	25 Back	20.69	24-Jul-05	Erik H. Peckmann
	25 Breast	25.50	20-Jul-08	Alec K. Peckmann
	25 Fly	18.92	20-Jul-08	Alec K. Peckmann
9-10	50 Free	33.62	23-Jul-00	Richard Janosky
	100 Free	1:18.16	23-Jul-00	Richard Janosky
	50 Back	40.84	21-Jul-07	Erik H. Peckmann
	50 Breast	48.78	18-Jul-09	Jake Spangler
	50 Fly	39.91	23-Jul-00	Richard Janosky
	100 IM	1:34.46	16-Jun-07	Erik H. Peckmann
11-12	50 Free	31.72	6-Jul-02	Richard J. Janosky
	100 Free	1:08.15	21-Jul-02	Richard J. Janosky
	50 Back	37.67	20-Jul-08	Erik H. Peckmann
	50 Breast	42.70	24-Jul-11	Cameron Aspey
	50 Fly	35.51	20-Jul-02	Richard J. Janosky
	100 IM	1:23.86	13-Jul-02	Richard J. Janosky
13-14	50 Free	28.95	23-Jul-00	Ross Spangler
	100 Free	1:04.55	26-Jun-04	Eric M. Naylor
	50 Back	30.92	24-Jul-04	Eric M. Naylor
	50 Breast	33.15	19-Jul-98	Travis Hoffman
	50 Fly	30.56	23-Jul-05	Andy Woods
	100 IM	1:12.43	16-Jul-05	Andy Woods
15-18	50 Free	25.75	23-Jul-05	Jeremy M. Naylor
	100 Free	57.20	23-Jul-05	Jeremy Naylor
	50 Back	29.48	19-Jul-09	Andrew J. Woods
	50 Breast	32.24	22-Jul-00	Adam Spangler
	50 Fly	27.95	18-Jul-09	Andrew J. Woods
	100 IM	1:05.63	23-Jul-00	Adam Spangler

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RECORDS Team Records

Yards-Girls

8 & U	25 Free	14.81	1-Jan-93	Erin Boyd
	50 Free	32.55	1-Jan-91	Abby Schaeberle
	25 Back	18.37	5-Jan-91	Erin Taylor
	25 Breast	18.33	1-Jan-91	Abby Schaeberle
	25 Fly	16.50	5-Jan-83	Kelly Gross
	100 IM	1:19.52	10-Dec-04	Aniella Janosky
9-10	50 Free	28.99	11-Feb-06	Aniella F. Janosky
	100 Free	1:02.38	6-Jan-07	Aniella F. Janosky
	50 Back	33.29	1-Jan-93	Abby Schaeberle
	50 Breast	39.75	1-Jan-90	Michelle Hoover
	50 Fly	31.73	16-Dec-06	Aniella Janosky
	100 IM	1:11.25	1-Jan-93	Abby Schaeberle
11-12	50 Free	26.21	12-Jul-08	Aniella F. Janosky
	100 Free	57.94	7-Feb-09	Nicole Smith
	50 Back	30.55	31-Jan-09	Nicole Smith
	50 Breast	34.91	1-Jan-86	Carrie Matson
	50 Fly	28.36	12-Jul-08	Aniella F. Janosky
	100 IM	1:06.19	28-Jun-08	Aniella F. Janosky
13-14	50 Free	25.50	1-Jan-88	Beth Lloyd
	100 Free	55.85	12-Feb-11	Nicole Smith
	200 Free	2:03.71	16-Jan-10	Aniella F. Janosky
	50 Back	29.67	12-Feb-11	Nicole Smith
	100 Back	1:02.57	12-Feb-11	Nicole Smith
	50 Breast	33.91	1-Feb-99	Danielle Spangler
	100 Breast	1:13.23	1-Jan-88	Carrie Matson
	50 Fly	28.19	13-Jun-09	Aniella F. Janosky
	100 Fly	1:01.86	7-Feb-09	Aniella F. Janosky
	100 IM	1:04.12	11-Jul-09	Aniella F. Janosky
200 IM	2:19.23	14-Feb-10	Aniella F. Janosky	
15-18	50 Free	24.40	25-Feb-91	Sarah Duttera
	100 Free	56.02	25-Jun-11	Aniella F. Janosky
	200 Free	2:09.64	11-Dec-04	Haley Miller
	50 Back	29.05	5-Jan-99	Erin Taylor
	100 Back	1:04.49	7-Feb-09	Christy Cashman
	50 Breast	32.72	5-Jan-91	Sarah Duttera
	100 Breast	1:13.20	5-Feb-11	Bree Link
	50 Fly	27.42	5-Jan-91	Sarah Duttera
	100 Fly	1:01.82	5-Feb-11	Aniella F. Janosky
	100 IM	1:04.03	21-Jun-11	Aniella F. Janosky
	200 IM	2:24.56	5-Feb-11	Bree Link

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RECORDS Team Records

Yards-Boys

8 & U	25 Free	15.14	1-Jul-98	Richard Janosky
	50 Free	34.36	1-Jun-98	Richard Janosky
	25 Back	18.72	9-Jul-05	Erik Peckmann
	25 Breast	18.70	1-Jan-91	Joe Hoover
	25 Fly	16.85	1-Feb-98	Richard Janosky
	100 IM	1:21.16	1-Jun-98	Richard Janosky
9-10	50 Free	28.27	1-Jan-90	Aaron Hoffman
	100 Free	1:03.36	5-Jan-90	Aaron Hoffman
	50 Back	34.71	10-Feb-07	Erik Peckman
	50 Breast	39.75	1-Jan-90	Aaron Hoffman
	50 Fly	34.50	2-Feb-02	Stephen Cashman
	100 IM	1:14.44	1-Jan-90	Aaron Hoffman
11-12	50 Free	26.35	1-Jan-89	Joe Collins
	100 Free	57.96	15-Feb-04	Eric Naylor
	50 Back	27.65	15-Feb-04	Eric Naylor
	50 Breast	32.80	1-Jan-96	Adam Spangler
	50 Fly	29.89	15-Feb-04	Stephen Cashman
	100 IM	1:07.06	18-Jan-04	Eric Naylor
13-14	50 Free	23.55	1-Jan-90	Joe Collins
	100 Free	50.17	5-Jan-90	Joe Collins
	200 Free	2:07.28	1-Dec-98	Travis Hoffman
	50 Back	28.05	12-Jun-04	Eric M. Naylor
	100 Back	1:04.07	9-Dec-00	Ryan Taylor
	50 Breast	29.45	1-Jan-95	Jared Bubb
	100 Breast	1:06.94	1-Jan-88	Jared Bubb
	50 Fly	27.48	30-Jul-05	Andrew Woods
	100 Fly	1:01.57	11-Feb-06	Stephen Cashman
	100 IM	1:04.59	9-Jul-05	Andy Woods
	200 IM	2:23.78	1-Nov-97	Adam Spangler
15-18	50 Free	23.76	23-Jun-07	Richard Janosky
	100 Free	50.17	5-Jan-91	Joe Collins
	200 Free	1:56.40	2-Feb-08	Richard Janosky
	50 Back	27.37	11-Jul-09	Andrew J. Woods
	100 Back	57.56	2-Feb-05	Eric Naylor
	50 Breast	29.62	1-Jul-99	Adam Spangler
	100 Breast	1:08.74	31-Jan-09	Andrew J. Woods
	50 Fly	25.57	20-Jun-09	Andrew J. Woods
	100 Fly	56.69	31-Jan-09	Andrew J. Woods
	100 IM	1:00.38	27-Jun-09	Andrew J. Woods
	200 IM	2:12.78	15-Jan-05	Richard Janosky

**Dover Area Aquatic Club
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Top Times Spreadsheet Report

Dover Area Aquatic Club [DAAC-MA] Coach: Richard Janosky

Convert To: Yards Print: Yards C11

Girls 8 & Under	50 Free	100 IM	25 Free	25 Back	25 Breast	25 Fly					
Abigail Anderson (8)			19.56	24.29	29.72						
Cierra Cunningham (8)			20.91	23.57							
Alyssa Fohl (6)			x29.87	31.49	x48.60						
Brooklyn Link (8)			23.92	24.72							
Lily McDaniel (8)			20.86	25.68	29.65	24.30					
Emma Pequignot (7)					34.26	33.61					
Breyana Resto (8)			x25.34	34.11		37.03					
Tesia Thomas (8)			14.35	19.99	20.86	17.29					
Girls 9-10	50 Free	100 Free	50 Back	50 Breast	50 Fly	100 IM					
Grace Beierschmitt (10)	30.63	1:10.59			33.41	1:20.09					
Alexa Birgensmith (10)	52.62		1:01.32								
Anna Conley (10)	43.55	1:41.54	53.54								
Emily Fohl (9)	49.59	2:05.73	1:01.23		1:43.13						
Maggie Hunter (10)	40.11	1:38.84	48.88	56.54							
Kalyn Lash (10)		1:12.08	39.16		38.29	1:23.68					
Ann-Marie Long (10)	31.43	1:13.84	36.28	44.39	40.66	1:24.12					
Emily Webb (9)	51.37	1:43.15	51.04		52.90	1:52.61					
Girls 11-12	50 Free	100 Free	50 Back	50 Breast	50 Fly	100 IM					
Mikala Arnold (11)	34.83	1:20.09	43.74		42.94	1:31.83					
Anna Becker (12)	32.35	1:10.08	41.13	44.59	41.86	1:24.79					
Alexa Flores (11)	x36.97		x55.92								
Alyssa Hersey (12)	34.71	1:22.47	44.55	57.34							
Madeline Hetrick (11)	28.41	1:08.31	33.73								
Allison Murray (12)	36.41	1:26.46	42.82	51.26	52.20	1:41.40					
Bridget Palm (11)	x40.60	1:31.23	45.97	50.26	49.18	1:36.90					
Kiersten Shelton (12)	30.43		36.52	44.38	37.20	1:20.81					
Haleigh Shipley (12)	34.66	1:19.82	42.79	49.57	44.19	1:33.03					
Kayla Swaltek (11)	32.00	1:17.25	40.83	45.31		1:25.68					
Allyson Swords (12)	38.13	1:28.51	42.32	54.13	49.10	1:35.50					
Girls 13-14	200 Free	100 Back	100 Breast	100 Fly	200 IM	50 Free	100 Free	50 Back	50 Breast	50 Fly	100 IM
Alexandria Aspey (14)						29.16	1:07.32		36.08		1:14.26
Shea Beierschmitt (14)						27.15	1:03.42	34.57		30.10	1:14.48
Claudia Bollinger (13)						32.64	1:14.86	x38.78	52.24		
Karly Goodling (13)							1:09.37		40.53	34.39	1:14.73
Hannah Keeports (13)						43.95	1:40.19	55.97			
Jessica Lindsay (14)						x33.92	1:22.38	x39.53			1:38.15
Lauren Parrini (14)						28.53	1:07.26		40.71	35.90	
Kyra Shoemaker (13)						x33.65	1:16.46	37.53	40.89	38.91	1:19.92
Nicole Smith (14)						26.53	58.60	30.42		30.34	1:06.84
Emily Spaulding (13)						29.84	1:08.95	38.44	43.87		
Morgan Staub (14)						29.18	1:02.41	38.18	40.57		1:16.38
Lili Sweeney (13)						28.53	1:03.20	32.87		34.67	
Girls 15-18	200 Free	100 Back	100 Breast	100 Fly	200 IM	50 Free	100 Free	50 Back	50 Breast	50 Fly	100 IM
Mia Becker (15)						27.44	1:02.95	35.48	36.66	32.87	1:13.43

Dover Area Aquatic Club
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Top Times Spreadsheet Report

Convert To: Yards Print: Yards C11

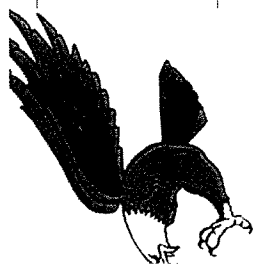
Girls 15-18	200 Free	100 Back	100 Breast	100 Fly	200 IM	50 Free	100 Free	50 Back	50 Breast	50 Fly	100 IM
Courtney Dacheux (18)						27.29	59.10		35.30		1:07.92
Summer Dacheux (15)							59.68	30.57		28.88	1:10.66
Amanda Goodling (16)						29.38	1:07.19	33.04	36.57	33.34	1:12.44
Aniella Janosky (15)						25.71	56.02		35.21	27.60	1:04.03
Bree Link (16)								32.12	33.67		1:07.61
Taylor Reed (15)						28.15	1:03.53	34.19	36.49	32.56	1:13.34

**Dover Area Aquatic Club
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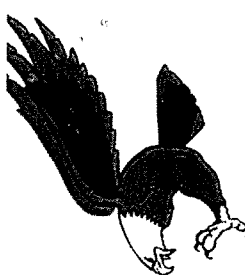
Top Times Spreadsheet Report

Convert To: Yards Print: Yards C11













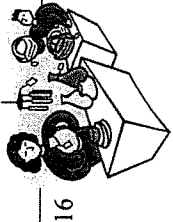


Boys 8 & Under	50 Free	100 IM	25 Free	25 Back	25 Breast	25 Fly					
Michael Hetrick (6)			21.39	27.87	33.90	29.82					
Liam Hoffman (5)			43.12	38.18							
Tyler Staub (7)			21.41	25.31	27.04						
Boys 9-10	50 Free	100 Free	50 Back	50 Breast	50 Fly	100 IM					
Jakub Becker (10)	37.51		47.71	50.99							
Kieran McKee (10)	37.18	1:23.16	48.76		44.96	1:34.21					
Jackson Miller (9)	38.89	1:33.17	48.08	50.95		1:40.44					
Jud Pequignot (9)	41.67	1:36.38		56.55	57.66	1:50.41					
Boys 11-12	50 Free	100 Free	50 Back	50 Breast	50 Fly	100 IM					
Cameron Aspey (12)	30.75	1:10.78	37.88	38.47	33.92	1:16.25					
Peter Keeports (11)	42.68	1:48.58	54.20								
Jeremy Oart (12)	38.92	1:38.43	47.35	1:01.03							
Sam Rickard (12)	32.27	1:19.51	37.91								
Jacob Spangler (12)	31.27	1:12.72	35.74	39.35	37.53	1:18.72					
Darren Yeager (12)	33.68		39.70	49.48	41.32	1:24.60					
Boys 13-14	200 Free	100 Back	100 Breast	100 Fly	200 IM	50 Free	100 Free	50 Back	50 Breast	50 Fly	100 IM
Hunter Link (14)							1:02.63	34.36		29.36	1:07.86
Casey Marshall (13)						27.26	1:02.50	32.52	40.34	32.49	1:13.53
Hayden McBride (13)						34.67	1:14.84	46.13	52.98	47.69	
Evan McDaniel (13)						34.86	1:23.76		x1:06.07	51.11	1:46.92
Kevin Rigby (14)						42.72		x50.70	53.70	55.72	1:45.21
Tyler Snyder (13)						26.57	1:02.32	33.78		32.55	
Benjamin Spangler (14)						26.88	59.14	33.87	33.21	29.82	1:06.69
Boys 15-18	200 Free	100 Back	100 Breast	100 Fly	200 IM	50 Free	100 Free	50 Back	50 Breast	50 Fly	100 IM
Scott Becker (15)						27.79	1:02.15	37.02	41.79	32.47	
Joel Behr (17)						25.17	55.83	31.01	35.17		
Daniel Bollinger (16)						27.34		36.92	37.50	28.27	1:09.42
Karl Mallorely (17)							52.79		34.92	26.12	1:01.68
Tyke McDaniel (15)						28.60	1:07.18	35.64	43.29		1:20.27



DAAC September 2011



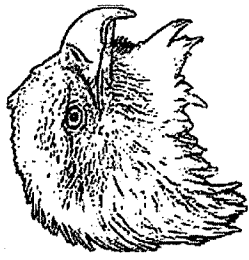
For ALL Dover Community Swimming needs: www.swimdoover.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	WEL	COME	BACK	SWIM	MERS	<i>From the DAAC Board & Coaches</i>
4 DAAC	5 Team try outs with 	6 September Coach Hannah 	7 19, 20, 21 & 22 	8 6:15 to 7:00pm 	9 	10 
11 YORK FAIR 	12 YORK FAIR 	13 YORK FAIR 	14 YORK FAIR 	15 YORK FAIR 	16 YORK FAIR 	17 YORK FAIR 
18 DAAC TRY OUTS WITH COACH HANNAH THIS WEEK! 	19 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL DAAC TRY OUTS 6:15 to 7:00 PM	20 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL DAAC TRY OUTS 6:15 to 7:00 PM	21 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL DAAC TRY OUTS 6:15 to 7:00 PM	22 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL DAAC TRY OUTS 6:15 to 7:00 PM	23 NO DAAC PRACTICE	DAAC COACHES: 8 & U: Coach Hannah & Coach Angie 10 & U: Coach Tina & Coach Troy
RECRUIT FOR DAHS! Let Coach J know of any girl or boy who would like to join the HS team.	26 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL	27 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL	28 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL	29 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL	30 NO DAAC PRACTICE	DAAC COACHES: 11 & 12: Coach Becker & Coach Travis 13 & Older: Coach J & Coach Largo

DOES SOMEONE YOU KNOW NEED SWIMMING LESSONS? If so have them contact daacswimlessons@gmail.com



DAAC October 2011



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Study hard! Be a great student/athlete	3 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	4 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	5 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	6 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	7 All DAAC teams: 5:15 to 6:15 p.m. Stroke: Freestyle TURNS & STARTS	1 Return your meet commitment sheet A.S.A.P. to the lock box in the balcony, THANK YOU! TAC FALL FEST: Information will be forthcoming on this exciting family day held in November. Come out and meet the coaches!
NOTE: ALL 8 & UNDER SWIMMERS SHOULD PRACTICE @ 6:15-7:15	10 NO SCHOOL NO DAAC	11 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	12 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	13 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	14 All DAAC teams: 5:15 to 6:15 p.m. Stroke: Backstroke TECHNIQUE	GO DAAC
GROUPINGS: SR: 13 & Older Gold: 11 & 12 Red: 9 & 10 White 8 & Under	17 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	18 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	19 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	20 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	21 3rd Annual DAAC Fall Bash 5:00 - 8:30 PM	DAAC
	24 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	25 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	26 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	27 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	28 All DAAC teams: 5:15 to 6:15 p.m. Stroke: Backstroke TURNS & STARTS	Swimmers: Practices are set up by ability groups. Talk to your coach about moving up a lane if you want to work harder! First DAAC meet: November 12th versus Spring Grove Away
31 NO DAAC TRICK OR TREAT	DAAC COACHES: 8 & U Coach Hannah 8 & U Coach Angie 10 & U Coach Tina 10 & U Coach Lindsay	DAAC COACHES: 11 -12 Coach Becker & Coach Travis 13 & Over Coach Lindsey & Coach J				

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