

Dover Area Aquatic Club

First Capital Swim League



RED & BLACK ON THE ATTACK

2011-2012

Dear Swimmers and Parents,

The coaches of the Dover Area Aquatic Club would like to take this opportunity to thank each of you for all of your hard work and dedication to our program. On behalf of the DAAC board and coaches we are all so proud of our swimmers and their accomplishments. This season we enjoyed many highlights. Personal best swims along with an **undefeated first place finish** in the FCSL standings topped the list! It is with your continued support and dedication, along with ours, that the program grows and develops. Because of the number of returning swimmers to our program and the new additions to our team, we had an outstanding season. We also saw many of you make considerable improvement in your strokes and/or drops in your times; a tribute to everyone's efforts.

This season our swimmers, parents and coaches worked **very well** together. We ask of each person involved in the club for their continued help in building the positive climate we have strived for and achieved. With this type of commitment, we will continue to meet our goals and enjoy success. Please continue to support the program, offer your help and bring your ideas and concerns to the coaches and board members. We look forward to the summer season and setting new goals, both as a club and as individuals. **The first day of practice for the summer season will be Monday, April 30, 2012.** Practice times will remain the same: Senior Team (13 & older) 5:15 to 6:15 p.m., Gold (11 & 12) 5:15 to 6:15 p.m., Red Team (8 & Under) 6:15 to 7:15 p.m.; & White (10 & Under) team 6:15 to 7:15 p.m.

Please consider recruiting a friend for the team! It is through your efforts that our team continues to grow in size. Share the fun with a friend!

Sincerely,

Coach J

2012 F.C.S.L. MEET RESULTS

DAAC 484	Spring Grove Swim Team	348
DAAC 499	Trojan Aquatic Club	431
DAAC 443	Central York Aquatic Club	430
DAAC 459	Bobcat Swim Club	376
DAAC 459	Lion Aquatic Club	398
DAAC 457	Seahorse Swim Team	333
Wildcat Swim Club: Cancelled inclement weather		

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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	130.50	12	4		Madeline Hetrick	11	RED	DAAC-MA
2	129.50	11	4	1	Alexandria Aspey	14	GO	DAAC-MA
3	129.00	14			Kalyn Lash	10	WH	DAAC-MA
4	112.50	9	4		Morgan Staub	14	GO	DAAC-MA
5	108.50	7	7		Grace Beierschmitt	11	RED	DAAC-MA
6	101.50	5	6	2	Emily Spaulding	14	GO	DAAC-MA
6	101.50	5	5	3	Kiersten Shelton	12	WH	DAAC-MA
7	101.00	5	4	4	Karly Goodling	13	GO	DAAC-MA
8	100.00	8	2	1	Tesia Thomas	9	RED	DAAC-MA
9	88.00	5	3	3	Ann-Marie Long	11	WH	DAAC-MA
10	87.00	3	3	5	Bryn Sporer	10	RED	DAAC-MA
11	67.50	1	6	3	Kyra Shoemaker	13	GO	DAAC-MA
12	66.00	5	2	2	Cierra Cunningham	8	RED	DAAC-MA
13	65.00	1	4	5	Anna Becker	12	RED	DAAC-MA
14	62.00	2	3	5	Emma Sheridan	7	RED	DAAC-MA
15	59.50	1	4	4	Abigail Patterson	14	WH	DAAC-MA
15	59.50	2	4	2	Brooklyn Link	8	RED	DAAC-MA
16	48.00	2	1	2	Breeann Garver	10	RED	DAAC-MA
17	45.50		1	6	Gabby Miller	10		DAAC-MA
18	45.00	4			Aniella Janosky	16	GO	DAAC-MA
19	42.00	1	2	2	Lily McDaniel	9	RED	DAAC-MA
20	41.00	2	2		Summer Dacheux	15	GO	DAAC-MA
21	39.50		4	3	Alyssa Hersey	13	GO	DAAC-MA
22	33.00			3	Allyson Swords	12	WH	DAAC-MA
23	30.00		2	1	Kayla Swaltek	12	RED	DAAC-MA
24	26.50			4	Mikala Arnold	12	RED	DAAC-MA
25	26.00			5	Allison Murray	12	GO	DAAC-MA
26	25.00	1	1		Mia Becker	15	GO	DAAC-MA
27	23.00		1	1	Emily Webb	9	RED	DAAC-MA
28	22.00	1	1	1	Kyra Conrad	7		DAAC-MA
29	21.00			2	Bari Boyd	16	GO	DAAC-MA
30	20.00				Amber Smith	10		DAAC-MA
31	19.50				Claudia Bollinger	14	GO	DAAC-MA
32	18.50			2	Madelynn Kinard	10		DAAC-MA
33	18.00			3	Jessica Quart	7		DAAC-MA
33	18.00		1		Haleigh Shipley	13	WH	DAAC-MA
33	18.00		1	1	Emma Pequignot	8	RED	DAAC-MA
34	16.00		1	1	Asia Galloway	13	G	DAAC-MA
35	13.50			1	Nora Craig	6	RED	DAAC-MA
36	12.50			1	Madisyn Weaver	11	RED/AG	DAAC-MA
37	11.50			1	Kayla Bahoric	9	RED	DAAC-MA
37	11.50				Sophie Barnes	12		DAAC-MA
38	11.00				Michelle Vu	10		DAAC-MA

**Dover Area Aquatic Club
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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
39	10.50		1		Amelia Decoste	7		DAAC-MA
40	8.00				Hannah Keeports	14	GO	DAAC-MA
41	5.50				Kelsey Gamber	11		DAAC-MA
42	3.00				Mackenzie Patterson	12	WH	DAAC-MA
42	3.00				Sadie Glatfelter	12		DAAC-MA
43	2.50				Taylor Mills	9	RED	DAAC-MA
44	1.00				Sarah McGrew	11	WH	DAAC-MA
44	1.00				Julia Ouart	11		DAAC-MA
45	0.50				Anna Cable	11		DAAC-MA
45	0.50				Hailey Hoopes	11		DAAC-MA

**DOVER AREA AQUATIC CLUB
2012 CAPITAL AREA SWIM LEAGUE SCHEDULE**

JUNE	13	*South Middleton SC	Away	5:30 PM
	23	AC of the West Shore	HOME	8:30 AM
	30	Indian Creek AC	Away	8:30 AM
JULY	7	East Pennsboro AC	HOME	8:30 AM
	14	Spring Grove SC	Away	8:30 AM
	21	AAA Divisionals @ Spring Grove		
	22	CASL All Star Champs @ Camp Hill		
	24	DAAC Banquet @ DO Fire Hall		6:00 PM
	28	Mid Cap Championships hosted by DAAC/CVAC @ CVAC		

**DAAC HOME MEETS
WARM UP AND START TIMES:**

DAAC Warm Up: 7:30 a.m.
VISITOR Warm Up: 8:00 a.m.
MEET START: 8:30 a.m.

*Denotes Wednesday evening meet

Dover Area Aquatic Club
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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	136.50	13	3		Hunter Link	14	GO	DAAC-MA
2	125.50	11	1	3	Casey Marshall	13	GO	DAAC-MA
3	120.50	11	3		Jacob Spangler	12	WH	DAAC-MA
4	118.00	8	2	5	Jackson Miller	10	WH	DAAC-MA
5	117.00	9	2	3	Kieran McKee	10	RED	DAAC-MA
6	108.50	5	5	4	Cameron Aspey	13	WH	DAAC-MA
7	101.00	4	4	5	Jakub Becker	10	RED	DAAC-MA
8	95.50	5	7	1	Michael Hetrick	7	RED	DAAC-MA
9	82.00	7	2	1	Tyler Snyder	14	GO	DAAC-MA
10	75.50		7	3	Si Barnes	10		DAAC-MA
11	74.50	1	4	6	Brannon Boyd	13	WH	DAAC-MA
12	66.00	2	7	2	Jeremy Ouart	12	GO	DAAC-MA
13	63.50		6	3	Evan McDaniel	13	GO	DAAC-MA
14	63.00	1	2	4	Jarod Smith	12	WH	DAAC-MA
15	58.50	1	3	4	Sam Rickard	13	GO	DAAC-MA
16	57.00		4	4	Jacob McGrew	12	GO	DAAC-MA
17	52.50	1	4	2	Tanner Glatfelter	8		DAAC-MA
18	46.50	2	2		Skyler Morris	8	RED	DAAC-MA
19	43.00		2	3	Liam Hoffman	6	RED	DAAC-MA
20	41.00	1	2	3	David Patterson	9	RED	DAAC-MA
21	38.00	4			Kevin Rigby	15	GO	DAAC-MA
22	37.50		2	2	Max Cruz	8		DAAC-MA
23	35.00		3	1	Jud Pequignot	10	RED	DAAC-MA
24	33.00	1	1	4	Cain Getz	14	GO	DAAC-MA
25	18.00		1		Tobias Kwasnjuk	13		DAAC-MA
26	16.00			3	Andrew Hummel	12	RED	DAAC-MA

2012 FIRST CAPITAL SWIM LEAGUE MAJOR AWARD WINNERS

MOST IMPROVED		AGE GROUP	HIGH POINT	
			GIRL	BOY
Emma Pequignot	BOY Max Cruz	8 & Under	GIRL Cierra Cunningham	BOY Michael Hetrick
Amber Smith & Gabby Miller	Si Barnes	9 & 10	Kalyn Lash	Jackson Miller
Sadie Glatfelter	Jacob McGrew	11 & 12	Madeline Hetrick	Jacob Spangler
Alyssa Hersey	Sam Rickard	13 & 14	Allie Aspey	Hunter Link

Dover Area Aquatic Club
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RECORDS Team Records

Yards-Girls

8 & U	25 Free	14.47	30-Jul-11	Tesia L. Thomas
	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	16.34	30-Jul-11	Tesia L. Thomas
	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
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		26.64	30-Jul-11	Aniella F. Janosky
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

**Dover Area Aquatic Club
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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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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

Dover Area Aquatic Club
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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

Dover Area Aquatic Club
"Committed To Excellence"

Top Times Spreadsheet Report

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

Show Yards Only F12

Girls 8 & Under	50 Free	100 IM	25 Free	25 Back	25 Breast	25 Fly					
Kyra Conrad (7)	1:05.33	2:21.55	23.97	28.33	29.43	30.62					
MaryAlice Craig (5)			35.10								
Nora Craig (6)			21.10	28.53	33.13	31.44					
Cierra Cunningham (8)	41.74		18.88		29.95	21.14					
Amelia Decoste (7)	1:02.12		24.83	27.30	34.79	36.75					
Adley Hoffman (4)			55.64	x48.51							
Brooklyn Link (8)	50.72		22.13	22.78	43.51	24.18					
Jessica Quart (7)	50.72		21.40	29.58							
Emma Pequignot (8)	49.44		20.73	31.55	28.70	28.18					
Emma Sheridan (7)	42.36		19.16	21.70	31.50	28.84					
Kaylee Swords (4)			x57.19	44.97							
Boys 8 & Under	50 Free	100 IM	25 Free	25 Back	25 Breast	25 Fly					
Max Cruz (8)	52.92		23.15	25.77							
Tanner Glatfelter (8)	46.32		20.19	25.79							
Michael Hetrick (7)	47.39	2:00.69	21.37	28.88	25.99	24.70					
Liam Hoffman (6)			33.58	31.29							
Skyler Morris (8)	49.97		21.54	25.54		26.93					
Girls 9-10	50 Free	100 Free	50 Back	50 Breast	50 Fly	100 IM					
Kayla Bahoric (9)	38.18	1:33.36	49.31		55.50	x1:58.03					
Breann Garver (10)	43.04	1:38.26		48.23		1:47.42					
Madelynn Kinard (10)	39.23	1:33.10	44.69	58.19	49.49	1:40.30					
Kalyn Lash (10)	30.48	1:09.44	36.26	43.34	32.34	1:17.14					
Lily McDaniel (9)	39.01	1:31.54	43.38	1:05.94	48.23	1:45.98					
Gabby Miller (10)	36.16	1:35.76	42.59	58.80							
Taylor Mills (9)	40.69	1:41.34	57.51		1:04.90						
Amber Smith (10)	36.65	1:38.98	49.39	50.33	x1:07.78						
Bryn Sporer (10)	32.17	1:17.65	41.30	44.52	42.97	1:30.79					
Tesia Thomas (9)	30.71	1:18.39	40.14	43.27	39.38	1:24.04					
Michelle Vu (10)	43.32			1:02.15		1:57.54					
Emily Webb (9)	42.64	1:38.40	49.30	54.14	51.12	1:44.48					
Boys 9-10	50 Free	100 Free	50 Back	50 Breast	50 Fly	100 IM					
Si Barnes (10)	39.85	1:30.03	47.71	1:02.02	43.36	1:42.44					
Jakub Becker (10)	35.62	1:29.95	42.37	48.63	49.40	1:33.03					
Kieran McKee (10)	33.21	1:13.93	44.37	51.89	41.64	1:33.83					
Jackson Miller (10)	37.38	1:25.09	45.42	46.17	42.64	1:32.84					
David Patterson (9)	40.84	1:45.50	45.86	51.67	1:06.17	1:49.81					
Jud Pequignot (10)	36.77	1:29.34	45.18	51.31							
Girls 11-12	50 Free	100 Free	50 Back	50 Breast	50 Fly	100 IM					
Mikala Arnold (12)	34.08	1:16.32	40.75		42.25	1:29.44					
Sophie Barnes (12)	35.93		42.85	50.45	39.63	1:33.48					
Anna Becker (12)	31.99	1:09.54	36.98	44.52	38.18	1:20.24					
Grace Beierschmitt (11)	29.81	1:03.77	36.39	41.25	30.29	1:16.01					
Anna Cable (11)	39.72	1:45.60	x55.47		49.96						
Kelsey Gamber (11)	37.64	1:29.47	46.08	x50.14		x1:43.60					

**Dover Area Aquatic Club
"Committed To Excellence"**

Top Times Spreadsheet Report

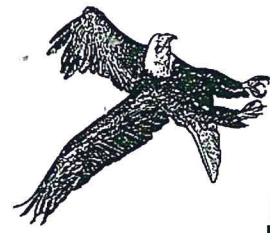
Show Yards Only F12





	200 Free	100 Back	100 Breast	100 Fly	200 IM	50 Free	100 Free	50 Back	50 Breast	50 Fly	100 IM
Girls 15-18 Aniella Janosky (16)				1:03.33		26.22		31.15	35.68	28.11	1:05.76
Boys 15-18 Kevin Rigby (15)	x3:03.44		1:39.50	x1:51.25		39.23	1:29.32				



DAAC May 2012

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 DAAC Try outs 5/2, 3, 4 & 5 @ 6:15 to 7:00 p.m. with Coach Hannah	30 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE DAAC TRY OUTS 6:15 to 7:00 PM	1 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST DAAC TRY OUTS 6:15 to 7:00 PM	2 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK DAAC TRY OUTS 6:15 to 7:00 PM	3 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY DAAC TRY OUTS 6:15 to 7:00 PM	4 PHSSCA Spring Coaches Clinic NO DAAC	5 PHSSCA Spring Coaches Clinic
MEET COMMITMENT SHEETS DUE ON THURSDAY, MAY 24th	7 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	8 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	9 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	10 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	11 All DAAC teams: 5:15 to 6:15 p.m.	
	14 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	15 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	16 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	17 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	18 All DAAC teams: 5:15 to 6:15 p.m.	
	21 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	22 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	25 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	24 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 Commitment Sheet Due! STROKE: FREE	25  NO DAAC	
CHECK YOUR MAILBOX FOLDER DAILY!	28 Memorial Day NO SCHOOL NO DAAC 	29 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST				First swim meet 6/11/11 vs. York YMCA (H) Are you ready?

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

