



# DAAC January/February 2022



For **ALL** Dover Community Swimming needs: [www.swimdover.org](http://www.swimdover.org)

Sun	Mon	Tues	Wed	Thur	Fri	Sat
<u>Practice Groupings:</u> 11 and older: 515-615 practice 10 and under: 615-715 practice	<b>3</b> 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Free	<b>4</b> 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Breast	<b>5</b> 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Back	<b>6</b> 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Fly	<b>7</b> 5:15-6:15 All Practice Groups Stroke: Meet Warmup	<b>8</b> <b>HOME MEET Vs Spring Grove</b> <b>WU: 7:15 AM</b> <b>Meet Start: 8:30 AM</b>
<b>9</b> <b>DAAC PENTATHLON</b>	<b>10</b> 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: IM	<b>11</b> 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Free	<b>12</b> 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Breast	<b>13</b> NO PRACTICE - HS HOME MEET. COME WATCH HS TEAM SWIM @ 5 PM!	<b>14</b> 5:15-6:15 All Practice Groups Stroke: Relay Starts	<b>15</b> <b>AWAY @ Lion Aquatic Club</b> <b>WU: 7:50 AM</b> <b>Meet Start: 8:30 AM</b>
<b>16</b> <b>Co-Ed Relay Meet at Seahorse</b>	<b>17</b> <b>NO PRACTICE</b>	<b>18</b> 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Fly	<b>19</b> 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: IM	<b>20</b> NO PRACTICE - HS HOME MEET. COME WATCH HS TEAM SWIM @ 5 PM!	<b>21</b> 5:15-6:15 All Practice Groups Stroke: Meet Warmup	<b>22</b> <b>HOME MEET Vs Bobcat</b> <b>WU: 7:15 AM</b> <b>Meet Start: 8:30 AM</b>
<b>23</b>	<b>24</b> 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Free	<b>25</b> 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Breast	<b>26</b> 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Back	<b>27</b> NO PRACTICE - HS HOME MEET. COME WATCH HS TEAM SWIM @ 5 PM!	<b>28</b> 5:15-6:15 All Practice Groups Stroke: Starts/Turns	<b>29</b>

30	31 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Champ Strokes	1 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Champ Strokes	2 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Champ Strokes	3 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Champ Strokes	4 5:15-6:15 All Practice Groups Stroke: Meet Warmup	5 Divisionals at Dover <hr/> 6 All Stars at Spring Grove
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