






DAAC November 2021



For **ALL** Dover Community Swimming needs: 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	1 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: IM	2 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Free	3 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Breast	4 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Back	5 5:15-6:15 All Practice Groups Stroke: General	6
<u>DAAC COACHES:</u> 8 and U - Aniella Janosky and Christina Harris 9 and 10 - Ally Murray and Angie Pequignot	8 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Fly	9 RED VS. WHITE TEAM MEET WU:500PM Meet Start: 5:30PM	10 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Free	11 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Breast	12 5:15-6:15 All Practice Groups Stroke: Meet Warmup	13 AWAY MEET VS. Lion Aq. Club WU:7:45 AM Meet Start: 8:30AM
11 and 12 - Travis Hoffman and Lauren Craig 13 and 14 - Ross Spangler and Richard Janosky	15 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Back	16 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Fly	17 Team Pictures 5:15 PM Wear your team suit! 	18 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Free	19 5:15-6:15 All Practice Groups Stroke: Meet Warmup	20 HOME MEET VS. SEAHORSE WU: 7:15 AM Meet Start 8:30AM
<u>Welcome this year!!</u> Mary Alice Craig, Kennedy Coble, Austin Smith who are HS swimmers who will be helping to assist at practices!	22 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Breast	23 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Back	24 No Practice 	25 No Practice 	26 9:30-10:30AM All Practice Groups Stroke: General	27
28	29 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: Fly	30 5:15-6:15 (11up) 6:15-7:15 (10under) Stroke: IM				