



PRACTICE SCHEDULE - DOVER HIGH SCHOOL SWIMMING

**DECEMBER 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> <b>AM PRACTICE</b> 6:15-7:15 <b>Eagle Invite -</b> <b>Diving</b>	<b>2</b> <b>Eagle Invite -</b> <b>Swimming</b> Warmups: 645AM Meet Start: 9AM
3 NO PRACTICE	4 AM 6:15-7:00 PM 3:05-5:15	5 PM 3:05-5:15	6 AM 6:15-7:00 PM 3:05-4:45	7 PM 3:05-5:15	8 AM 6:15-7:00 PM 3:05-5:15	9 8:00-9:30AM
10 NO PRACTICE	11 AM 6:15-7:00 PM 3:05-5:15	<b>12</b> <b>SPRING GROVE -</b> <b>AWAY</b> <b>Depart 3:00PM</b> <b>4:30 Meet Start</b>	13 Early Dismissal 12-1:30PM practice	<b>14</b> <b>NORTHERN -</b> <b>AWAY</b> Depart - TBD	15 AM 6:15-7:00 PM 3:05-5:15	16 8:00-9:30AM
17 NO PRACTICE	18 AM 6:15-7:00 PM 3:05-5:15	19 PM 3:05-5:15	20 AM 6:15-7:00 PM 3:05-4:45	<b>21</b> <b>NORTHEASTERN</b> <b>MEET @ HOME</b> <b>3:00 Report Time</b> <b>5:00 Meet Start</b>	22 Early Dismissal 12-1:30PM practice	23 8:00-9:30AM
24 NO PRACTICE 	25 NO PRACTICE 	26 NO SCHOOL 8:00-10:00AM	27 8:00-10:00AM 2nd Annual Fast and Furious Practice ALUMNI WELCOME!	<b>28</b> <b>BULLDOG</b> <b>BASH @ BIG</b> <b>SPRING HS</b>	29 NO SCHOOL 8:00-10:00AM	30 8:00-9:30AM