




PRACTICE SCHEDULE - DOVER HIGH SCHOOL SWIMMING

**NOVEMBER 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Sept 13 - Nov 17 DAAC Pre-season practices - see DAAC website for details.  1st day optional AM practice Nov 1		1 AM Practice 615-700AM  DAAC Pre-season practices	2 DAAC Pre-season practices	3 AM Practice 615-700AM  DAAC Pre-season practices	4  NO PRACTICE
5	6 AM Practice 615-700AM  DAAC Pre-season practices	7 DAAC Pre-season practices	8 AM Practice 615-700AM  DAAC Pre-season practices	9 DAAC Pre-season practices	10 AM Practice 615-700AM  DAAC Pre-season practices	11  NO PRACTICE
12 DAAC PENTATHLON- HS SWIMMERS ELIGIBLE TO SWIM! **ALSO - VOLUNTEER HOURS AVAILABLE!!	13 AM Practice 615-700AM  DAAC Pre-season practices	14 DAAC Pre-season practices	15 AM Practice 615-700AM  DAAC Pre-season practices	16 DAAC Pre-season practices	17AM Practice 615-700AM FIRST DAY OF HS PRACTICE- 3:15 & PARENT MEETING @ 5:30PM	18  NO PRACTICE
	20 AM 6:15-7:00 PM 3:05-5:15	21  PM 3:05-5:15	22 NO SCHOOL 8:00-10:00AM	23 <b>NO PRACTICE</b> 	24 NO SCHOOL 8:00-10:00AM	25  8:00-9:30AM
26	27 NO SCHOOL 8:00-10:00AM	28  PM 3:05-5:15	29 AM 6:15-7:15 PM 3:05-4:45 Winter Sports Preview Night Report Time: 6:00PM	30  PM 3:05-5:15		