



**PRESEASON OPTIONAL PRACTICE SCHEDULE - DOVER HIGH SCHOOL SWIMMING**

**OCTOBER 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 Meeting During Academy w/ Coaches: Room 71	4	5
6	7 WEIGHTS @ HS - 6:15-7:00 AM	8 SWIM @ IS - 6:15-7:00 AM	9 WEIGHTS @ HS - 6:15-7:00 AM	10 SWIM @ IS - 6:15-7:00 AM	11	12
13	14 WEIGHTS @ HS - 6:15-7:00 AM	15 SWIM @ IS - 6:15-7:00 AM	16 WEIGHTS @ HS - 6:15-7:00 AM	17 SWIM @ IS - 6:15-7:00 AM	18	19
20	21 WEIGHTS @ HS - 6:15-7:00 AM	22 SWIM @ IS - 6:15-7:00 AM	23 WEIGHTS @ HS - 6:15-7:00 AM	24 NO SCHOOL	25	26
27	28 WEIGHTS @ HS - 6:15-7:00 AM	29 SWIM @ IS - 6:15-7:00 AM	30 WEIGHTS @ HS - 6:15-7:00 AM	31 SWIM @ IS - 6:15-7:00 AM		



**PRESEASON OPTIONAL PRACTICE SCHEDULE - DOVER HIGH SCHOOL SWIMMING**  
**NOVEMBER 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 WEIGHTS @ HS - 6:15-7:00 AM	5 SWIM @ IS - 6:15-7:00 AM	6 WEIGHTS @ HS - 6:15-7:00 AM	7 SWIM @ IS - 6:15-7:00 AM	8	9
10	11 WEIGHTS @ HS - 6:15-7:00 AM	12 SWIM @ IS - 6:15-7:00 AM	13 WEIGHTS @ HS - 6:15-7:00 AM	14 SWIM @ IS - 6:15-7:00 AM	15	16 1st day of practice on 11/18