





DAAC December 2019



For **ALL** Dover Community Swimming needs: www.swimdoover.org

Sun	Mon	Tues	Wed	Thur	Fri	Sat
<u>Practice Groupings:</u> SR, Gold, Red: 515-615 practice Red and White: 615-715 practice	2 5:15-6:15 SR, G, &R 6:15-7:15 R and W Stroke: Back	3 5:15-6:15 SR, G, &R 6:15-7:15 R and W Stroke: Fly	4 5:15-6:15 SR, G, &R 6:15-7:15 R and W Stroke: IM	5 5:15-6:15 SR, G, &R 6:15-7:15 R and W Stroke: Free	6 5:15-6:15 All Practice Groups Stroke: Starts and Turns	7
8	9 5:15-6:15 SR, G, &R 6:15-7:15 R and W Stroke: Breast	10 5:15-6:15 SR, G, &R 6:15-7:15 R and W Stroke: Back	11 5:15-6:15 SR, G, &R 6:15-7:15 R and W Stroke: Fly	12 5:15-6:15 SR, G, &R 6:15-7:15 R and W Stroke: IM	13 5:15-6:15 All Practice Groups Stroke: Starts and Turns	14 MEET @ TROJAN AQUATIC CLUB WU: 7:45 AM Meet Start: 8:30 AM
15 JINGLE BELL SPLASH INVITATIONAL @ BOBCAT	16 DAAC CHRISTMAS POOL PARTY 6:00 PM - 7:30 PM	17 5:15-6:15 SR, G, &R 6:15-7:15 R and W Stroke: Fly	18 5:15-6:15 SR, G, &R 6:15-7:15 R and W Stroke: IM	19 5:15-6:15 SR, G, &R 6:15-7:15 R and W Stroke: Free	20 5:15-6:15 All Practice Groups Stroke: Starts and Turns	21
<u>DAAC COACHES:</u> 8 and U - Aniella Janosky and Christina Janosky 9 and 10 - Ally Murray 11 and 12 - Richard Janosky and Lauren Craig	23 9:00-10:00 AM All groups Stroke: Breast	24 NO PRACTICE 	25 NO PRACTICE 	26 9:00-10:00 AM All groups Stroke: Back	27 9:00-10:00 AM All groups Stroke: Fly	28
13 and 14 - Travis Hoffman and Angie Pequignot Head Coach: Ross Spangler	30 DAAC - 9:00-10:00 AM All groups Stroke: IM	31 NO PRACTICE 