





DAAC November 2019



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

Sun	Mon	Tues	Wed	Thur	Fri	Sat
<u>Practice Groupings:</u> SR and Gold: 515-615 practice Red and White: 615-715 practice	Please attend with your assigned practice group.	** Starting Nov. 18th--> Red may attend EITHER 515 or 615 practice time.			1 5:15-6:15 All Practice Groups Stroke: Starts and Turns	2
DAAC COACHES: 8 and U - Aniella Janosky and Christina Janosky 9 and 10 - Ally Murray 11 and 12 - Richard Janosky and Lauren Craig	4 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Back	5 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Fly	6 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: IM	7 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Free	8 5:15-6:15 All Practice Groups Stroke: Starts and Turns	9 HOME MEET VS. Lion Aq. Club WU:715 AM Meet Start: 8:30
13 and 14 - Travis Hoffman and Angie Pequignot Head Coach: Coach Ross Spangler	11 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Breast	12 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Back	13 - PICTURE DAY! Individuals at 5:30 Team at 6:00 PM Wear team suit!	14 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: IM	15 5:15-6:15 All Practice Groups Stroke: Starts and Turns	16 HOME MEET VS. Seahorse WU:715 AM Meet Start: 8:30
17 DAAC PENTATHLON WU: 7:00 AM Meet Start: 9:00 AM	**18 5:15-6:15 SR, G, & R 6:15-7:15 R and W Stroke: Free	19 5:15-6:15 SR, G,&R 6:15-7:15 R and W Stroke: Breast	20 5:15-6:15 SR, G, & R 6:15-7:15 R and W Stroke: Back	21 5:15-6:15 SR, G, & R 6:15-7:15 R and W Stroke: Fly	22 5:15-6:15 All Practice Groups Stroke: Starts and Turns	23 MEET @ Dallastown WU:7:45 AM Meet Start: 8:30
24	25 5:15-6:15 SR, G, & R 6:15-7:15 R and W Stroke: IM	26 5:15-6:15 SR, G,&R 6:15-7:15 R and W Stroke: Free	27 5:15-6:15 SR, G, & R 6:15-7:15 R and W Stroke: Breast	28 No Practice 	29 No Practice 	30 TAC 10 and Under Invitational @ York Suburban

