





# DAAC October 2019



For **ALL** Dover Community Swimming needs: [www.swimdoover.org](http://www.swimdoover.org)

Sun	Mon	Tues	Wed	Thur	Fri	Sat
		1 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Free	2 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Breast	3 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Back	4 5:15-6:15 All Practice Groups Stroke: Starts and Turns	5
	7 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Fly	8 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: IM	9 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Free	10 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Breast	11 5:15-6:15 All Practice Groups Stroke: Starts and Turns	12 <u>Practice Groupings:</u> SR and Gold: 515-615 practice Red and White: 615-715 practice
<b>FCSL Meet Commitment:</b>  <b>Signup on Swim Manager Portal - complete by midnight *10/18/19!!!</b>	14 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Back	15 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Fly	16 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: IM	17 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Free	18 5:15-6:15 All Practice Groups  Stroke: Starts and Turns <b>**Meet commitment due!</b>	Please attend with your assigned practice group.
20 <b>DAAC COACHES:</b> 8 and U - Aniella Janosky and Christina Janosky 9 and 10 - Ally Murray	21 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Breast	22 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Back	23 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Fly	24 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: IM	25 5:15-6:15 All Practice Groups  Stroke: Starts and Turns	26
11 and 12 - Richard Janosky and Lauren Craig 13 and 14 - Travis Hoffman and Angie Pequignot Head Coach: Coach Ross Spangler	28 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Free	29 <b>RED VS. WHITE MEET</b> <b>5:30 PM WarmUps</b> <b>5:00-5:20 PM</b>	30 5:15-6:15 SR and G 6:15-7:15 R and W Stroke: Breast	31 No Practice 	<b>First Swim Meet:</b> <b>November 9th @ HOME</b>	

