




# DAAC September 2019



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

| Sun   | Mon   | Tues   | Wed  | Thur   | Fri  | Sat  |
|---|---|--|--|--|--|--|
| 1   | 2   | 3  | 4  | 5  | 6  | 7  |
|  | 9<br>DAAC Tryouts<br>(new swimmers)<br><br>6:15-7:00 PM   | 10<br>DAAC Tryouts<br>(new swimmers)<br><br>6:15-7:00 PM             | 11<br>DAAC Tryouts<br>(new swimmers)<br><br>6:15-7:00 PM             | 12<br>DAAC Tryouts<br>(new swimmers)<br><br>6:15-7:00 PM   | 13<br>NO DAAC<br>Regular Season<br>Starts Monday!  | 14<br><u>Practice Groupings:</u><br>SR and Gold:<br>515-615 practice<br>Red and White:<br>615-715 practice |
| 15<br><b>WELCOME<br/>BACK<br/>SWIMMERS!!!</b>                                     | 16 <u>First day practice!</u><br><br>5:15-6:15 SR and G<br>6:15-7:15 R and W<br>Stroke: General | 17<br><br>5:15-6:15 SR and G<br>6:15-7:15 R and W<br>Stroke: General | 18<br><br>5:15-6:15 SR and G<br>6:15-7:15 R and W<br>Stroke: General | 19<br><br>5:15-6:15 SR and G<br>6:15-7:15 R and W<br>Stroke: General                                     | 20<br>5:15-6:15 All<br>Practice Groups<br><br>Stroke: Starts and Turns   | Please attend with<br>your assigned<br>practice group.   |
| 22  | 23<br><br>5:15-6:15 SR and G<br>6:15-7:15 R and W<br>Stroke: Free                               | 24<br><br>5:15-6:15 SR and G<br>6:15-7:15 R and W<br>Stroke: Breast  | 25<br><br>5:15-6:15 SR and G<br>6:15-7:15 R and W<br>Stroke: Back    | 26<br><br>5:15-6:15 SR and G<br>6:15-7:15 R and W<br>Stroke: Fly   | 27<br>5:15-6:15 All<br>Practice Groups<br><br>Stroke: Starts and Turns   | 28   |
| 29  | 30<br><br>5:15-6:15 SR and G<br>6:15-7:15 R and W<br>Stroke: IM                                 |  |  | <b>DAAC COACHES:</b><br>8 and U - Aniella Janosky<br>and Christina Janosky<br><br>9 and 10 - Ally Murray | 11 and 12 - Richard<br>Janosky and Lauren<br>Craig<br><br>13 and 14 - Travis<br>Hoffman and Angie<br>Pequignot | Head Coach: Coach<br>Ross Spangler   |

