





PRACTICE SCHEDULE - DOVER HIGH SCHOOL SWIMMING

DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 NO HS PRACTICE- DAAC HOME MEET
2	3 AM WEIGHT 6:20-7:00 PM SWIM 3:10-5:30	4 AM SWIM 6:20-7:00 PM SWIM 3:10-5:30	5 AM WEIGHT 6:20-7:00 PM SWIM 3:10-4:15 <i>Winter sports preview night 6:30 PM</i>	6 AM SWIM 6:20-7:00 *PM SWIM 3:10-5:30  *Team Pictures	7 EAGLE INVITATIONAL - DIVING @ Northeastern PM SWIM - 3:10-4:00	8 EAGLE INVITATIONAL- SWIMMING @ HOME
9	10 AM WEIGHT 6:20-7:00 PM SWIM 3:10-5:30	11 AM SWIM 6:20-7:00 PM SWIM 3:10-5:30	12 AM WEIGHT 6:20-7:00 PM SWIM 3:10-4:15	13 AM SWIM 6:20-7:00 MEET @ HOME VS. SPRING GROVE	14 PM SWIM 3:10-5:30	15 NO HS PRACTICE - DAAC HOME MEET Central Diving Invitational
16	17 AM WEIGHT 6:20-7:00 PM SWIM 3:10-5:30	18 AM SWIM 6:20-7:00 PM SWIM 3:10-5:30	19 AM WEIGHT 6:20-7:00 PM SWIM 3:10-4:15	20 AM SWIM 6:20-7:00 MEET AWAY VS. NORTHEASTER N	21 Student Early Dismissal - practice 12:00-1:30 PM	22 Practice 8-9:30 AM
23	24 Practice 8-10:00 AM	25 NO  PRACTICE	26 Practice 8-10:00 AM	27 BULLDOG BASH INVITATIONAL	28 Practice 8-10:00 AM	29 Practice 8-9:30 AM
30	31 Practice 8-10:00 AM					

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