PRACTICE SCHEDULE - DOVER HIGH SCHOOL SWIMMING

# DECEMBER 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | 1<br>Pictures/practice after<br>PM 3:05-5:15 | 2 AM 6:15-7:05<br>PM 3:05-4:45<br>Winter Sports Preview 6:30 (report 6PM) | 3<br>PM 3:05-5:15 | 4<br>**AM PRACTICE**<br>6:15-7:15AM<br>**Eagle Invite - Diving** | 5<br>**Eagle Invite - Swimming**<br>Warmups: 645AM<br>Meet Start: 9AM |
| 6 | 7<br>AM 6:15-7:05<br>PM 3:05-5:15 | 8<br>**NORTHERN**<br>**HOME MEET**<br>**3:00 Report Time**<br>**5:00 Meet Start** | 9<br>AM 6:15-7:05<br>PM 3:05-4:45 | 10<br>**@NORTHEASTERN**<br>**6:00 Meet Start** | 11<br>AM 6:15-7:05<br>PM 3:05-5:15 | 12<br>**NO PRACTICE** |
| 13 | 14<br>AM 6:15-7:05<br>PM 3:05-5:15 | 15<br>**@Dallastown**<br>**4:30 Meet Start** | 16<br>AM 6:15-7:05<br>PM 3:05-4:45 | 17<br>PM 3:05-5:15 | 18<br>AM 6:15-7:05<br>PM 3:05-5:15 | 19<br>**NO PRACTICE** |
| 20 | 21<br>AM 6:15-7:05<br>PM 3:05-5:15 | 22<br>**@CENTRAL YORK**<br>**4:00 Meet Start** | 23 No School<br>12:00-1:30PM | 24 No School<br>8:00-10:00AM | **25**<br>**NO PRACTICE** | 26<br>**NO PRACTICE** |
| 27 | **28**<br>**5:00-7:00PM**<br>**Annual Fast and Furious Practice**<br>**ALUMNI WELCOME** | 29<br>NO SCHOOL<br>8:00-10:00AM | 30<br>**Mechanicsburg Invite @ 9AM** | 31<br>NO SCHOOL<br>8:00-10:00AM | | |