



PRACTICE SCHEDULE - DOVER HIGH SCHOOL SWIMMING

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 NO PRACTICE- HAPPY NEW YEAR!	2 AM WEIGHT 6:20-7:00 PM SWIM 3:10-4:15	3 AM SWIM 6:20-7:00 MEET @ HOME VS. WEST YORK	4 ARCTIC INVITE @ CLEARFIELD DEPART HS 8:30 AM	5 ARCTIC INVITE @ CLEARFIELD MEET @ 10 AM
6	7 AM WEIGHT 6:20-7:00 PM SWIM 3:10-5:30	8 AM SWIM 6:20-7:00 PM SWIM 3:10-5:30	9 AM WEIGHT 6:20-7:00 PM SWIM 3:10-4:15	10 AM SWIM 6:20-7:00 MEET @ HOME VS GETTYSBURG BLACK OUT MEET!	11 PM SWIM 3:10-5:30	12 Practice 8-9:30 AM
13 DAAC PENTATHLON Need volunteer hours? See Coach Spangler!	14 HS FINALS - NO AM PRACTICE 12-1:30 PM practice	15 HS FINALS - NO AM PRACTICE 12-1:30 PM practice	16 AM WEIGHT 6:20-7:00 PM SWIM 3:10-4:15	17 AM SWIM 6:20-7:00 MEET @ HOME VS. NEW OXFORD	18 No school for students Practice 8-9:30 AM	19 Practice 8-9:30 AM
20	21 NO SCHOOL Practice 8-9:30 AM	22 AM SWIM 6:20-7:00 PM SWIM 3:10-5:30	23 AM WEIGHT 6:20-7:00 PM SWIM 3:10-4:15	24 AM SWIM 6:20-7:00 MEET @ YORK SUBURBAN	25 PM SWIM 3:10-5:30	26 SOUTHWESTERN RELAYS Leave IS 8:30 AM
27	28 AM WEIGHT 6:20-7:00 PM SWIM 3:10-4:15	29 AM SWIM 6:20-7:00 PM SWIM 3:10-5:30	30 AM WEIGHT 6:20-7:00 PM SWIM 3:10-4:15	31 AM SWIM 6:20-7:00 MEET @ Susquehannock		