



PRACTICE SCHEDULE - DOVER HIGH SCHOOL SWIMMING

**JANUARY 2020**

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|---|---|---|---|---|---|---|
|   |   |   | 1<br>NO PRACTICE-<br>HAPPY NEW<br>YEAR!   | 2<br>AM SWIM 6:15-7:00<br>PM SWIM 3:10-5:30   | 3<br>PM SWIM 3:10-5:30  | 4<br>Practice 8-9:30 AM   |
| 5   | 6<br>AM WEIGHT 6:15-7:00<br>PM SWIM 3:10-5:30   | 7<br>AM SWIM 6:15-7:00<br><b>DOVER @ WEST YORK</b> (away)                             | 8<br>AM WEIGHT 6:15-7:00<br>PM SWIM 3:10-4:15   | 9<br>AM SWIM 6:15-7:00<br><b>MEET @ HOME VS GETTYSBURG</b><br><b>BLACK OUT MEET!</b>      | 10<br>ARCTIC INVITE @ CLEARFIELD<br>Dismiss after finals<br>leave HS @ 12PM           | 11<br>ARCTIC INVITE @ CLEARFIELD  |
| 12  | 13<br>Finals - no AM practice<br><b>PM SWIM 12:10PM-2:00 PM</b>                       | 14<br>AM SWIM 6:15-7:00<br>PM SWIM 3:10-5:30  | 15<br>AM WEIGHT 6:15-7:00<br>PM SWIM 3:10-4:15  | 16<br>AM SWIM 6:15-7:00<br><b>NEW OXFORD @ DOVER</b> (home)                               | 17<br>PM SWIM 3:10-5:30   | 18<br>Practice 8-9:30 AM  |
| 19  | 20<br>NO SCHOOL<br>Practice 3:00-5:00 PM  | 21<br>AM SWIM 6:15-7:00<br>PM SWIM 3:10-5:30  | 22<br><b>Last morning practice:</b><br>AM WEIGHTS 6:15-7:00<br>PM SWIM 3:10-4:15      | 23<br>No AM practice<br><b>YORK SUBURBAN @ DOVER</b> (home)<br>SENIOR NIGHT!              | 24<br>PM SWIM 3:10-5:30<br><b>Last practice at Dover</b>                              | 25<br><b>SOUTHWESTERN RELAYS</b><br>Leave IS 8:30 AM                        |
| 26<br>THIS WEEK---><br>Swimmers:<br><b>MUST RIDE TEAM BUS TO ATHLETIC CLUB!</b> | 27<br>PRACTICE at Athletic Club of York 3:45-5:30 PM (team bus departs HS at 3:10 PM) | 28<br>PRACTICE at Athletic Club of York 3:45-5:30 PM (team bus departs HS at 3:10 PM) | 29<br>PRACTICE at Athletic Club of York 3:45-5:30 PM (team bus departs HS at 3:10 PM) | 30<br>DOVER @ <b>Susquehannock</b><br>Bus departs HS @ 2:30 PM<br>*Chick Fil-A after meet | 31<br>PRACTICE at Athletic Club of York 3:45-5:30 PM (team bus departs HS at 3:10 PM) | Mark your calendar: HS BANQUET - FEB 25th. Sign up for dish on timetosignup |



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**FEBRUARY 2020**

|   |  |  |  |  |  |  |
|---|--|--|--|--|--|--|
| Starting this week: <b>Counties swimmers only</b><br>- Practice held at Spring Grove (5:30-7:00 PM) | 3 Practice at Spring Grove<br>HS 5:30-7:00PM<br>*Must ride team bus depart 5PM | 4 Practice at Spring Grove<br>HS 5:30-7:00PM<br>*Must ride team bus depart 5PM | 5 Practice at Spring Grove<br>HS 5:30-7:00PM<br>*Must ride team bus depart 5PM | 6 Practice at Spring Grove HS<br>5:30-7:00PM<br>*Must ride team bus depart 5PM<br><br>Diving <b>COUNTIES @ Central York HS</b> | 7 <b>COUNTIES AT CENTRAL YORK HS</b><br>*timeline details will be sent | 8 <b>COUNTIES AT CENTRAL YORK HS</b><br>*timeline details will be sent |
| Starting this week: Districts swimmers only - Practice held at Spring Grove Time TBD                | 10 Practice held at Spring Grove<br>Time TBD                                   | 11 Practice held at Spring Grove<br>Time TBD                                   | 12 Practice held at Spring Grove<br>Time TBD                                   | 13 Practice held at Spring Grove<br>Time TBD   | 14 Practice held at Spring Grove<br>Time TBD                           |  |
|   | 17 Practice held at Spring Grove<br>Time TBD                                   | 18 Practice held at Spring Grove<br>Time TBD                                   | 19 Practice held at Spring Grove<br><b>*Winter Sports Awards Night 6 PM</b>    | 20 Practice held at Spring Grove<br>Time TBD   | 21 Practice held at Spring Grove<br>Time TBD                           | 22 AAA DIVE DISTRICT 3 Championships @ Wilson HS                       |
|   | 24 Practice held at Spring Grove<br>Time TBD                                   | 25 <b>TEAM BANQUET AT DOVER HS CAFE 6 PM</b>                                   | 26 Practice held at Spring Grove<br>Time TBD                                   | 27 Practice held at Spring Grove<br>Time TBD   | 28 AAA SWIM DISTRICT 3 Championships @ CV HS                           | 29 AAA SWIM DISTRICT 3 Championships @ CV HS                           |