



PRACTICE SCHEDULE - DOVER HIGH SCHOOL SWIMMING

NOVEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRESEASON SCHEDULE CAN BE FOUND ON THE WWW. SWIMDOVER.ORG WEBSITE UNDER THE PRACTICE CALENDAR TAB					1	2 IUP CLINIC Depart IS @ 5:45 AM
3	4 Follow Preseason Schedule	5 Follow Preseason Schedule	6 Follow Preseason Schedule	7 Follow Preseason Schedule	8	9
10	11 Follow Preseason Schedule	12 Follow Preseason Schedule	13 Follow Preseason Schedule	14 Follow Preseason Schedule	15	16
17 DAAC PENTATHLON Community Service Hours!	18 FIRST DAY OF HS PRACTICE- 3:10 & PARENT MEETING @ 5:30	19 AM SWIM 6:15-7:00 PM SWIM 3:10-5:30	20 AM WEIGHT 6:15-7:00 PM SWIM 3:10-4:15	21 AM SWIM 6:15-7:00 PM SWIM 3:10-5:30	22 PM SWIM 3:10-5:30	23 No Practice
24	25 AM WEIGHTS 6:15-7:00 PM SWIM 3:10-5:30	26 AM SWIM 6:15-7:00 PM SWIM 3:10-5:30	27 NO SCHOOL Practice 8-9:30 AM	28 THANKSGIVING - NO PRACTICE	29 NO SCHOOL Practice 8-9:30 AM	30 Practice 8-9:30 AM