




PRACTICE SCHEDULE - DOVER HIGH SCHOOL SWIMMING

NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Follow Preseason Schedule	2 Follow Preseason Schedule	3 Follow Preseason Schedule	4 Follow Preseason Schedule	5 Follow Preseason Schedule	6 LIFEGUARD TRAINING COURSE (for those that registered)
7 LIFEGUARD TRAINING COURSE (for those that registered)	8 Follow Preseason Schedule	9 Follow Preseason Schedule	10 Follow Preseason Schedule	11 Follow Preseason Schedule	12 Follow Preseason Schedule	13 NO PRACTICE
14 NO PRACTICE	15 Follow Preseason Schedule	16 Follow Preseason Schedule	17 Follow Preseason Schedule	18 Follow Preseason Schedule	19 FIRST DAY OF HS PRACTICE- 3:15 & PARENT MEETING @ 5:30PM	20 NO PRACTICE DAAC HOME MEET
21 NO PRACTICE	22 AM 6:15-7:15 PM 3:15-5:15	23 PM 3:15-5:15	24 8:00-10:00AM (9:45-10:00 Dryland)	25 NO PRACTICE 	26 8:00-10:00AM (9:45-10:00 Dryland)	27 7:30-9:00AM
28 NO PRACTICE	29 8:00-10:00AM (9:45-10:00 Dryland)	30 PM 3:15-5:15				