




PRACTICE SCHEDULE - DOVER HIGH SCHOOL SWIMMING

NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 DAAC Pre-season practices	2 DAAC Pre-season practices	3 DAAC Pre-season practices	4 DAAC Pre-season practices	5 NO PRACTICE
6	7 DAAC Pre-season practices	8 DAAC Pre-season practices	9 DAAC Pre-season practices	10 DAAC Pre-season practices	11 DAAC Pre-season practices	12 NO PRACTICE
13 DAAC PENTATHLON- HS SWIMMERS ELIGIBLE TO SWIM! **ALSO - VOLUNTEER HOURS AVAILABLE!!	14 DAAC Pre-season practices	15 DAAC Pre-season practices	16 DAAC Pre-season practices	17 DAAC Pre-season practices	18 FIRST DAY OF HS PRACTICE- 3:15 & PARENT MEETING @ 5:30PM	19 NO PRACTICE
First Day of AM practices Monday 11/21/22!	21 AM 6:15-7:00 PM 3:05-5:15	22 PM 3:05-5:15	23 NO SCHOOL 8:00-10:00AM	24 NO PRACTICE 	25 NO SCHOOL 8:00-10:00AM	26 8:00-9:30AM
27	28 NO SCHOOL 8:00-10:00AM	29 PM 3:05-5:15	30 AM 6:15-7:15 PM 3:05-4:45 Winter Sports Preview Night Report Time: 6:00PM			