



# DAAC MAY 2023



For **ALL** Dover Community Swimming needs: [www.swimdover.org](http://www.swimdover.org)

Sun	Mon	Tues	Wed	Thur	Fri	Sat
<b>DAAC COACHES:</b> <u>Head Coach/15 and Over Age Group</u> <b>Ross Spangler</b> <u>15 and Over Age Group</u> <b>Lauren Craig</b>  <u>13 &amp; 14 Age Group</u> <b>Jackson Miller</b> <u>13 &amp; 14 Age Group</u> <b>Tanner Glatfelter</b> <u>13 &amp; 14 Age Group</u> <b>Travis Hoffman</b>  <u>11 &amp; 12 Age Group</u> <b>Ally Murray</b> <u>11 &amp; 12 Age Group</u> <b>Austin Smith</b> <u>11 &amp; 12 Age Group</u> <b>Mia Becker</b>  <u>9 &amp; 10 Age Group</u> <b>Nora Craig</b> <u>9 &amp; 10 Age Group</u> <b>Emma Pequignot</b> <u>9 &amp; 10 Age Group</u> <b>Jud Pequignot</b>  <u>8 &amp; U Age Group</u> <b>Aniella Janosky</b> <u>8 &amp; U Age Group</u> <b>Grace Beierschmitt</b>	1	2 Trial practice - New Swimmers Only 530-600PM	3	4 Trial practice - New Swimmers Only 530-600PM	5	6
	8 Trial practice - New Swimmers Only 530-600PM	9 1st day of practice!!  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Stroke Basics	10  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Stroke basics	11  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Starts/Turns	12  515-615PM: all practice groups Stroke - Stroke basics	13
	15  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Starts/Turns	16  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Stroke Basics	17  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Stroke Basics	18  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Stroke Basics	19  515-615PM: all practice groups Stroke - Starts & Turns	20
	22  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Freestyle	23  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Breastroke	24  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Backstroke	25  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Butterfly	26  515-615PM: all practice groups Stroke - Starts & Turns	27
	29 Memorial Day - NO PRACTICE	30  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - IM	31 <b>RED VS. WHITE</b> <b>5:00 WARMUP</b> <b>5:30 MEET START</b>			



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<b>DAAC COACHES:</b>  <u>Head Coach/15 and Over Age Group</u> <b>Ross Spangler</b> <u>15 and Over Age Group</u> <b>Lauren Craig</b>  <u>13 &amp; 14 Age Group</u> <b>Jackson Miller</b> <u>13 &amp; 14 Age Group</u> <b>Tanner Glatfelter</b> <u>13 &amp; 14 Age Group</u> <b>Travis Hoffman</b>  <u>11 &amp; 12 Age Group</u> <b>Ally Murray</b> <u>11 &amp; 12 Age Group</u> <b>Austin Smith</b> <u>11 &amp; 12 Age Group</u> <b>Mia Becker</b>  <u>9 &amp; 10 Age Group</u> <b>Nora Craig</b> <u>9 &amp; 10 Age Group</u> <b>Emma Pequignot</b> <u>9 &amp; 10 Age Group</u> <b>Jud Pequignot</b>  <u>8 &amp; U Age Group</u> <b>Aniella Janosky</b> <u>8 &amp; U Age Group</u> <b>Grace Beierschmitt</b>	GV = Green Valley All other practice times @ Dover HS			<b>1</b> 315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Freestyle	<b>2</b> <b>NO SCHOOL</b> <b>NO PRACTICE</b>	<b>3</b> Spring Grove Invite on SUNDAY JUNE 4th
	<b>5</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Breaststroke	<b>6</b> 730-9AM: 13 & older 9-10AM: 12 & younger Stroke - Backstroke	<b>7</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Butterfly	<b>8</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - IM	<b>9</b> Green Valley Only: 730-9AM 13 and older 8-9AM 12 and younger Stroke - meet warmup	<b>10</b> Central York Aquatics @ DAAC HOME MEET  ***DAAC Chicken BBQ Fundraiser tomorrow June 11th!!
	<b>12</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Starts/Turns	<b>13</b> 730-9AM: 13 & older 9-10AM: 12 & younger Stroke - Freestyle	<b>14</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Breaststroke	<b>15</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Backstroke	<b>16</b> Green Valley Only: 730-9AM 13 and older 8-9AM 12 and younger Stroke - meet warmup	<b>17</b> KEYSTONE @ DAAC HOME MEET
	<b>19</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Butterfly	<b>20</b> 730-9AM: 13 & older 9-10AM: 12 & younger Stroke - IM	<b>21</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Freestyle	<b>22</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Breaststroke	<b>23</b> Green Valley Only: 730-9AM 13 and older 8-9AM 12 and younger Stroke - meet warmup	<b>24</b> DAAC @ Seahorse Swim Team AWAY MEET
	<b>26</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Backstroke	<b>27</b> <b>Gary Shank Invite @ CARLISLE</b> <b>NO PRACTICE</b>	<b>28</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Starts/Turns	<b>29</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - IM	<b>30</b> Green Valley Only: 730-9AM 13 and older 8-9AM 12 and younger Stroke - Choice Stroke	



# DAAC JULY 2023



For **ALL** Dover Community Swimming needs: [www.swimdoover.org](http://www.swimdoover.org)

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<u>13 &amp; 14 Age Group</u> <u>Jackson Miller</u> <u>13 &amp; 14 Age Group</u> <u>Tanner Glatfelter</u> <u>13 &amp; 14 Age Group</u> <u>Travis Hoffman</u>	<b>3</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>*NO GV PRACTICE*</b> Stroke - Freestyle	<b>4</b> <b>HAPPY 4th of July!</b> <b>NO PRACTICE</b>	<b>5</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Breaststroke	<b>6</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Starts/Turns	<b>7</b> Green Valley Only: 730-9AM 13 and older 8-9AM 12 and younger Stroke - meet warmup	<b>8</b> <b>DAAC @ Mechanicsburg</b> <b>AWAY MEET</b>
<u>11 &amp; 12 Age Group</u> <u>Ally Murray</u> <u>11 &amp; 12 Age Group</u> <u>Austin Smith</u> <u>11 &amp; 12 Age Group</u> <u>Mia Becker</u>	<b>10</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Backstroke	<b>11</b> 730-9AM: 13 & older 9-10AM: 12 & younger Stroke - Butterfly	<b>12</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - IM	<b>13</b> <b>DAAC @ South Middleton</b> <b>AWAY MEET</b>	<b>14</b> <b>NO PRACTICES</b>	<b>15</b> <b>NO MEET</b> <b>ENJOY YOUR WEEKEND!</b>
<u>9 &amp; 10 Age Group</u> <u>Nora Craig</u> <u>9 &amp; 10 Age Group</u> <u>Emma Pequignot</u> <u>9 &amp; 10 Age Group</u> <u>Jud Pequignot</u>  <u>8 &amp; U Age Group</u> <u>Aniella Janosky</u> <u>8 &amp; U Age Group</u> <u>Grace Beierschmitt</u>	<b>17</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Champs strokes	<b>18</b> 730-9AM: 13 & older 9-10AM: 12 & younger Stroke -Champs strokes	<b>19</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Champs strokes	<b>20</b> 730-9AM: 13 & older 9-10AM: 12 & younger <b>8-9PM @ GV</b> Stroke - Champs strokes	<b>21</b> Green Valley Only: *800-9AM* <b>ALL SWIMMERS</b> Stroke - meet warmup	<b>22</b> AAA <b>Divisionals @ Dover</b>
<b>23</b> <b>All-Stars @ Cumberland Valley</b>	<b>24</b> 9-10AM: Mid Cap Qualifiers only	<b>25</b> 9-10AM: Mid Cap Qualifiers only  End of Season Banquet (More info will be sent)	<b>26</b> 9-10AM: Mid Cap Qualifiers only	<b>27</b> 9-10AM: Mid Cap Qualifiers only	<b>28</b> Green Valley Only: 800-900AM Mid Cap Qualifiers only Stroke - meet warmup	<b>29</b> <b>Mid-Caps @ Cumberland Valley</b>