



# DAAC MAY 2024



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

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	6 Trial practice - New Swimmers Only 530-600PM	7 Trial practice - New Swimmers Only 530-600PM	8 <b>1st day of practice!!</b>  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Stroke Basics	9  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Stroke basics	10  515-615PM: all practice groups	11
	13  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Stroke basics	14  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Stroke basics	15  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Stroke basics	16  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Starts and Turns	17  515-615PM: all practice groups Stroke - Stroke basics	18
	20  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Freestyle	21  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Breaststroke	22  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Backstroke	23  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Butterfly	24  515-615PM: all practice groups Stroke - Starts & Turns	25
	27  Memorial Day - NO PRACTICE	28  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - IM	29  <b>RED AND WHITE Practice Meet 5:00 WARMUP 5:30 MEET START</b>	30  315-430PM: MS/HS 515-615PM: 11 & older 615-715PM: 10 & under Stroke - Freestyle	31  515-615PM: all practice groups Stroke - Turns/Finishes	



# DAAC JUNE 2024



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

Sun	Mon	Tues	Wed	Thur	Fri	Sat
2 <b>Spring Grove "Splash in the Grove" Invite</b>	3 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Breaststroke	4 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Backstroke	5 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Butterfly	6 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - IM	7 Green Valley Only:  730-9AM 13 and older 8-9AM 12 and younger Stroke - meet warmup	8 <b>Mechanicsburg Swim Club @ DAAC HOME MEET</b>
9	10 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Starts/Turns	11 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Freestyle	12 <b>DAAC @ Keystone Aquatic Club PM start - TBD</b>	13 <b>FUN DAY!</b>  All groups: FREE SWIM from 8:00-9:00 AM	14 Green Valley Only: 730-9AM 13 and older 8-9AM 12 and younger Stroke - Coach Choice	15 <b>NO MEET</b>
16	17 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Breaststroke	18 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Backstroke	19 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Butterfly	20 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - IM	21 Green Valley Only: 730-9AM 13 and older 8-9AM 12 and younger Stroke - meet warmup	22 <b>Gettysburg @ DAAC HOME MEET</b>
23	24 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Starts and Turns	25 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Freestyle	26 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Breaststroke	27 <b>DAAC @ South Middleton Swim Club 5:30PM start</b>	28 Green Valley Only: 730-9AM 13 and older 8-9AM 12 and younger Stroke - meet warmup	29 <b>NO MEET</b>



# DAAC JULY 2024



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

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	<b>1</b> 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Backstroke	<b>2</b> <b>Gary Shank Invite @ CARLISLE</b>  <b>NO PRACTICE</b>	<b>3 FUN DAY!</b>  <i>All groups 8:00-10:00AM</i> <i>Bring your own raft!</i> 8:00-8:30 Free Swim 8:30-10:00 AM Movie in the pool "flick and float"	<b>4</b> <b>HAPPY 4th of July!</b> <b>NO PRACTICE</b>	<b>5</b> <b>HAPPY 4th of July!</b> <b>NO PRACTICE</b>	<b>6</b> <b>NO MEET</b>
<b>7</b>	<b>8</b> 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - IM	<b>9</b> 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Freestyle	<b>10</b> 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Breaststroke	<b>11</b> 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Backstroke	<b>12</b> Green Valley Only: 730-9AM 13 and older 8-9AM 12 and younger  Stroke - meet warmup	<b>13</b> <b>Central York @ DAAC HOME MEET</b>
<b>14</b>	<b>15</b> 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Champs stroke	<b>16</b> 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Champs stroke	<b>17</b> 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Champs stroke	<b>18</b> 730-9AM: 13 & older 9-10AM: 12 & younger  Stroke - Champs stroke	<b>19</b> Green Valley Only: *800-9AM* <b>ALL SWIMMERS</b> Stroke - meet warmup	<b>20</b> <b>Divisional Championship Meet</b>
<b>21</b> <b>All Star Championship Meet</b>	<b>22</b> Mid Cap Qualifiers Only 8-9AM  Stroke - Champs strokes	<b>23</b> Mid Cap Qualifiers Only 8-9AM  Stroke -Champs strokes  <b>BANQUET @ 6:00PM</b>	<b>24</b> Mid Cap Qualifiers Only 8-9AM  Stroke - Champs strokes	<b>25</b> Mid Cap Qualifiers Only 8-9AM  Stroke - Champs strokes	<b>26</b> Green Valley: Mid Cap Qualifiers 8-9AM  Stroke - meet warmup	<b>27</b> <b>Mid-Cap Championship Meet</b>

**\*\*\*SEASON BANQUET ON JULY 23rd @ 6:00PM**