



DAAC MAY 2024



For **ALL** Dover Community Swimming needs: www.swimdover.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 1st day of practice!! 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 RED AND WHITE Practice Meet 5:00 WARMUP 5:30 MEET START	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



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Sun	Mon	Tues	Wed	Thur	Fri	Sat
2 Spring Grove "Splash in the Grove" Invite	3 3:15-4:30PM: MS/HS 5:15-6:15PM 11&Older 6:15-7:15PM 10&Under Stroke - Breaststroke	4 **AM Start 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 Mechanicsburg Swim Club @ DAAC HOME MEET
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 FUN DAY! All groups: FREE SWIM from 8:00-9:00 AM	13 DAAC @ Keystone Aquatic Club 5:30 warmups 6 PM start	14 Green Valley Only: 730-9AM 13 and older 8-9AM 12 and younger Stroke - Coach Choice	15 NO MEET
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 Gettysburg @ DAAC HOME MEET
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 - Meet Warmup	27 DAAC @ South Middleton Swim Club 5:30PM start	28 Green Valley Only: 730-9AM 13 and older 8-9AM 12 and younger Stroke - Breaststroke	29 NO MEET



DAAC JULY 2024



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

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