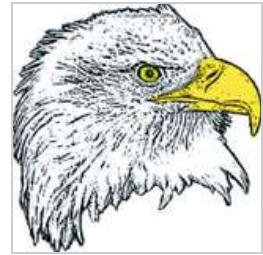









DAAC October 2016



For **ALL** Dover Community Swimming needs: www.swimdover.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Study hard ! Be a great student/athlete</p>	<p>3 Weights: 6:30 AM SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: FREE</p>	<p>4 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: BREAST</p>	<p>5 Weights: 6:30 AM SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: BACK</p>	<p>6 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: FLY</p>	<p>7 Weights: 6:30 AM</p> <p>All DAAC teams: 5:15 to 6:15 p.m. Stroke: Freestyle</p>	<p>Return your meet commitment sheet A.S.A.P. to the lock box in the balcony, THANK YOU!</p>
<p>NOTE: ALL 8 & UNDER SWIMMERS SHOULD PRACTICE @ 6:15-7:15</p>	<p>10 NO SCHOOL</p>  <p>NO DAAC</p>	<p>11 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: IM</p>	<p>12 Weights: 6:30 AM SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: FREE</p>	<p>13 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: BREAST</p>	<p>14 Weights: 6:30 AM</p> <p>All DAAC teams: 5:15 to 6:15 p.m. Stroke: Backstroke</p>	<p>GO DAAC</p>
<p>GROUPINGS: SR: 13 & Older Gold: 11 & 12 Red: 9 & 10 White 8 & Under</p>	<p>17 Weights: 6:30 AM SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: BACK</p>	<p>18 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: FLY</p>	<p>19 Weights: 6:30 AM SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: IM</p>	<p>20 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: FREE</p>	<p>21 Weights: 6:30 AM</p> <p>All DAAC teams: 5:15 to 6:15 p.m. Stroke: Backstroke</p>	<p>Swimmers: Practices are set up by ability groups. Talk to your coach about moving up a lane if you want to</p>
	<p>24 Weights: 6:30 AM SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: BREAST</p>	<p>25 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: BACK</p>	<p>26 Weights: 6:30 AM SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: FLY</p>	<p>27 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: IM</p>	<p>28 Weights: 6:30 AM</p> <p>All DAAC teams: 5:15 to 6:15 p.m. Stroke: Breaststroke TECHNIQUE</p>	<p>DAAC COACHES: 8 & U Coach Christina 8 & U Coach Lindsay 10 & U Coach Angie 10 & U Coach Craig</p>
<p>First DAAC meet: November 12th versus Lion Aquatic Club Away</p>	<p>31 Weights: 6:30 AM</p> <p>NO DAAC</p> <p>TRICK OR TREAT</p> 		<p>HS Preseason weights are held at the HS weight room from 6:30 to 7:15 AM</p>		<p>DAAC COACHES: 11-12 Coach Eric 11-12 Coach Travis 13-14 Coach Richard 13-14 Coach Spangler</p>	

DOES SOMEONE YOU KNOW NEED **SWIMMING LESSONS**? If so have them contact daacswimlessons@gmail.com