






DAAC November 2015



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>HS swimmers be sure you have your physical & Code of Conduct turned into Coach Becker</p>	<p>30 HS: 8:00-11:00 AM</p> <p>NO DAAC</p>		<p>The Eagle is watching! Try your best in practice!</p>			<p>Return your meet commitment sheet A.S.A.P. to the lock box in the balcony</p>
<p>First DAAC meet this Saturday vs. Wildcat Swim Club @ WSC</p>	<p>2 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: FREE</p>	<p>3 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: BREAST</p>	<p>4 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: BACK</p>	<p>5 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: FLY</p>	<p>6 All DAAC teams: 5:15 to 6:15 p.m.</p> <p>Stroke: Breaststroke Technique</p>	<p>7 DAAC vs. Wildcat @ Away WU: 8:00 AM MEET: 8:30 AM DAHS IUP Clinic</p>
<p>FIRST HIGH SCHOOL SWIM PRACICE NEXT MONDAY, NOVEMBER 16th</p>	<p>9 HS: 3:00-4:00 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: IM</p>	<p>10 HS: 3:00-4:00 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: FREE</p>	<p>11 HS: 3:00-4:00 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: BREAST</p>	<p>12 HS: 3:00-4:00 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: BACK</p>	<p>13 All DAAC teams: 5:15 to 6:15 p.m.</p> <p>Stroke: Breaststroke Turns & Starts</p>	<p>14</p>
 <p>STUDY HARD!</p>	<p>16 HS: 6:15-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: FLY</p>	<p>17 HS: 6:15-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: IM</p>	<p>18 HS: 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: FREE</p>	<p>19 HS: 6:15-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: BREAST</p>	<p>20 HS: 6:15-7:00 AM 3:00-4:30 PM HS-Parents Mtg @5:00 Regular DAAC Stroke: FLY Technique</p>	<p>21 DAAC vs. Lion Aquatic Club @ HOME WU: 7:15 AM MEET: 8:30</p>
<p>DAAC is a premier swim club in the York County Area! We are proud of our swimmers & parents!</p>	<p>23 HS: 6:15-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: BACK</p>	<p>24 HS: 6:15-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: FLY</p>	<p>25 HS: 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15</p> <p>STROKE: IM</p>	<p>26 Happy Thanksgiving From Coach J</p> 	<p>27 HS: 8:00-11:00 AM</p> <p>NO DAAC</p>	<p>28 HS: 8:00-11:00 AM</p> <p>TAC 10 & Under Invitational</p>

For recreational swimming opportunities and other aquatic programs check out our website at www.swimdover.org