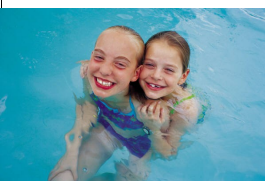
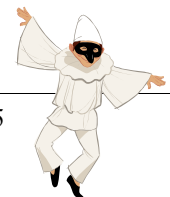
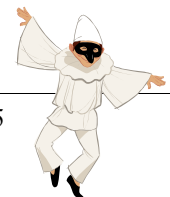




DAAC September 2011



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	WEL	COME	BACK	SWIM	MERS	<i>From the DAAC Board & Coaches</i>
4 DAAC	5 Team try outs with	6 September Coach Hannah	7 19, 20, 21 & 22 	8 6:15 to 7:00pm 	9  YORK FAIR	10  YORK FAIR
11  YORK FAIR	12  YORK FAIR	13  YORK FAIR	14  YORK FAIR	15  YORK FAIR	16  YORK FAIR	17  YORK FAIR
18 DAAC TRY OUTS WITH COACH HANNAH THIS WEEK! 	19 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL DAAC TRY OUTS 6:15 to 7:00 PM	20 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL DAAC TRY OUTS 6:15 to 7:00 PM	21 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL DAAC TRY OUTS 6:15 to 7:00 PM	22 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL DAAC TRY OUTS 6:15 to 7:00 PM	23 NO DAAC PRACTICE	DAAC COACHES: 8 & U: Coach Hannah & Coach Angie 10 & U: Coach Tina & Coach Troy
RECRUIT FOR DAHS! Let Coach J know of any girl or boy who would like to join the HS team.	26 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL	27 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL	28 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL	29 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: GENERAL	30 NO DAAC PRACTICE	DAAC COACHES: 11 & 12: Coach Becker & Coach Travis 13 & Older: Coach J & Coach Largo

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



DAAC October 2011



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Study hard ! Be a great student/athlete	3 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	4 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	5 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	6 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	7 All DAAC teams: 5:15 to 6:15 p.m. Stroke: Freestyle TURNS & STARTS	1 Return your meet commitment sheet A.S.A.P. to the lock box in the balcony, THANK YOU!
NOTE: ALL 8 & UNDER SWIMMERS SHOULD PRACTICE @ 6:15-7:15	10 NO SCHOOL NO DAAC	11 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	12 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	13 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	14 All DAAC teams: 5:15 to 6:15 p.m. Stroke: Backstroke TECHNIQUE	TAC FALL FEST: Information will be forthcoming on this exciting family day held in November. Come out and meet the coaches!
GROUPINGS: SR: 13 & Older Gold: 11 & 12 Red: 9 & 10 White 8 & Under	17 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	18 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	19 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	20 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	21 3rd Annual DAAC Fall Bash 5:00 –8:30 PM	GO DAAC
	24 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	25 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	26 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	27 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	28 All DAAC teams: 5:15 to 6:15 p.m. Stroke: Backstroke TURNS & STARTS	Swimmers: Practices are set up by ability groups. Talk to your coach about moving up a lane if you want to work harder!
	31 NO DAAC TRICK OR TREAT	DAAC COACHES: 8 & U Coach Hannah 8 & U Coach Angie 10 & U Coach Tina 10 & U Coach Lindsay	DAAC COACHES: 11 –12 Coach Becker & Coach Travis 13 & Over Coach Lindsey & Coach J			First DAAC meet: November 12th versus Spring Grove Away

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