
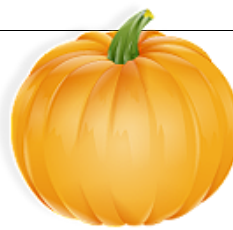




DAAC October 2011



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 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 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 All DAAC teams: 5:15 to 6:15 p.m. Stroke: Freestyle TURNS & STARTS</p>	<p>1 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 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 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 All DAAC teams: 5:15 to 6:15 p.m. Stroke: Backstroke TECHNIQUE</p>	<p>TAC FALL FEST: Information will be forthcoming on this exciting family day held in November. Come out and meet the coaches!</p>
<p>GROUPINGS: SR: 13 & Older Gold: 11 & 12 Red: 9 & 10 White 8 & Under</p>	<p>17 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 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 3rd Annual DAAC Fall Bash 5:00 –8:30 PM</p>	<p>GO DAAC</p>
	<p>24 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 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 All DAAC teams: 5:15 to 6:15 p.m. Stroke: Backstroke TURNS & STARTS</p>	<p>Swimmers: Practices are set up by ability groups. Talk to your coach about moving up a lane if you want to work harder!</p>
	<p>31 NO DAAC TRICK OR TREAT</p>	<p>DAAC COACHES: 8 & U Coach Hannah 8 & U Coach Angie 10 & U Coach Tina 10 & U Coach Lindsay</p>	<p>DAAC COACHES: 11 –12 Coach Becker & Coach Travis 13 & Over Coach Lindsey & Coach J</p>			<p>First DAAC meet: November 12th versus Spring Grove Away</p>




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



DAAC November 2011



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
HS swimmers be sure you have your physical & Code of Conduct paper turned into Coach Becker		1 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	2 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	3 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	4 All DAAC teams: 5:15 to 6:15 p.m. Stroke: Breaststroke TECHNIQUE	Return your meet commitment sheet A.S.A.P. to the lock box in the balcony
First DAAC meet this Saturday vs Spring Grove Swim Club @ AWAY	7 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	8 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	9 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	10 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	11 All DAAC teams: 5:15 to 6:15 p.m. Stroke: Butterfly TECHNIQUE	12 DAAC vs. Spring Grove @ AWAY WU: 8:00 AM MEET: 8:30 AM GO DAAC!
FIRST HIGH SCHOOL SWIM PRACICE NEXT FRIDAY, NOVEMBER 18th	14 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	15 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	16 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	17 SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	18 HS: 6:00-7:00 AM & 3:00-5:30 PM HS: Parents Mtg @ 5:00 Regular DAAC Stroke: FLY T & S	19 DAAC vs. Trojan Aquatic Club @ HOME WU: 7:30 AM MEET: 8:30
 STUDY HARD!	21 HS: 3:00-5:30 PM SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	22 HS: 3:00-5:30 PM SR: 5:15-6:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	23 HS: 8:00-11:00 AM NO DAAC	24 Happy Thanksgiving From Coach J 	25 HS: 8:00-11:00 AM NO DAAC	26 HS: 8:00-11:00 AM TAC 10 & Under Invitational
DAAC is a premier swim club in the York County Area! We are proud of our swimmers & parents!	28 HS: 8:00-11:00 AM NO DAAC	29 HS: 6:00-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	30 HS: 6:00-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM		The Eagle is watching! Try your best in practice!	



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



DAAC December 2011



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	DAAC appreciation night at HS swim meet January 26th vs Northeastern			1 HS: 6:00-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	2 HS: 6:00-7:00 AM 3:00-5:30 PM ALL DAAC TEAMS 5:15 to 6:15 PM Stroke: IM - TECH	3 DAAC vs. Central York HOME WU: 7:30 AM MEET: 8:30 AM HS: 11:30 to 1:00
BLACK OUT ON FEBRUARY 2nd	5 HS: 6:00-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	6 HS: 6:00-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	7 HS: 3:00-4:30 PM Sports Preview @ 6:30 DAAC vs. Bobcat - A WU: 5:10 PM MEET: 5:30 PM	8 HS: 6:00-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	9 DAHS EAGLE DIVING INVITATIONAL Meet: 4:00 p.m. NO DAAC	10 DAHS EAGLE SWIMMING INVITATIONAL Meet: 9:00 a.m.
 HS Pictures tomorrow at 3:00 p.m.	12 HS: 6:00-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	13 HS: 6:00-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	14 HS: 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	15 DAHS vs. Red Lion (H) WU: 3:00 p.m. MEET: 4:30 p.m. NO DAAC	16 HS: 6:00-7:00 AM 3:00-5:30 PM ALL DAAC TEAMS 5:15 to 6:15 PM Stroke: IM - S & T	17 DAAC vs. Lion HOME WU: 7:30 AM MEET: 8:30 AM HS: 6:00 to 7:30 AM
18 Bobcat Swim Club "Jingle Bell Classic" Invitational For: 11 & Older swimmers	19 HS: 6:00-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	20 HS: 6:00-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	21 HS: 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	22 DAHS vs. William Penn (H) WU: 3:00 p.m. MEET: 4:30 p.m. NO DAAC	23 HS: 8-11:00 AM NO DAAC	24 HS: 8-10:00 AM NO DAAC
Merry Christmas Coach J	26 HS: 8-11:00 AM DAAC: 11:00-12:00	27 HS: Big Spring Invitational BUS: 7:30 AM MEET: 10:00 AM NO DAAC	28 HS: 8-11:00 AM DAAC: 11:00-12:00	29 HS: 8-11:00 AM NO DAAC	30 HS: 8-11:00 AM DAAC: 11-12:00	31 HS: 8-10:00 AM NO DAAC






DAAC & DAHS swimming records and Hall of Fame can be found on our website at www.swimdover.org



DAAC January 2012



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


Sun	Mon	Tue	Wed	Thu	Fri	Sat	
WEAR A WARM COAT, HAT AND GLOVES!	KEEP WARM AND HEALTHY!		DAAC Pentathlon Entries due: Monday, Jan 9th				
1 HAPPY NEW YEAR! 	2 HS: 8-10:00 AM NO DAAC	3 HS: 6:00-7:00 AM 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	4 HS: 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	5 DAHS vs. Central York @ AWAY MEET: 4:30 p.m. REG DAAC	6 HS: ARCTIC INVIT ALL DAAC TEAMS 5:15 to 6:15 PM Stroke: Starts	7 HS: ARCTIC INVIT. @ Clearfield, PA MEET: 10:00 AM	
FCSL Championship entries due by 1/22/11	9 HS: 6:00-7:00 AM 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	10 HS: 6:00-7:00 AM 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	11 HS: 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	12 DAHS vs. West York (A) BUS: 4:30 MEET: 6:00 PM REG DAAC	13 HS: 6:00-8:00 AM ALL DAAC TEAMS 5:15 to 6:15 PM Stroke: Meet Prep	14 DAAC vs. Seahorse @ AWAY WU: 8:00 AM MEET: 8:30 AM	
15 21st Annual DAAC Pentathlon Swimming Championships	16 HS: 8:00 to 10:00 AM NO DAAC 	17 HS: 6:00-7:00 AM 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	18 HS: 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	19 DAHS vs. Susq. (A) BUS: 2:00 p.m. MEET: 4:30 p.m. REG DAAC	20 HS: 6:00-7:00 AM 3:00-5:30 PM ALL DAAC TEAMS 5:15 to 6:15 PM Stroke: Meet Prep	21 DAAC vs. Wildcat HOME WU: 7:30 AM MEET: 8:30 AM	
2/10 IS A BLACK OUT MEET VERSUS NEW OXFORD! EVERYONE WEAR BLACK!	23 HS: 6:00-7:00 AM 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	24 HS: 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST NO SCHOOL!	25 HS: 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	26 DAHS vs. Northeastern (H) MEET: 4:30 p.m. DAAC NIGHT!	27 HS: 6:00-7:00 AM 3:00-5:30 PM ALL DAAC TEAMS 5:15 to 6:15 PM Stroke: Turns	28 HS: SW RELAYS @ South Western BUS: 8:30 AM MEET: 10:30 AM	
Good luck to all swimmers @ championships! Coach J	30 HS: 6:00-7:00 AM 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: Cham Prep	31 HS: 6:00-7:00 AM 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: Cham Prep	BLACK OUT ON FEB 2nd				

FCSL & YAIAA Championship information can be found on our website at www.swimdover.org



DAAC February 2012

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Good Luck DAAC Swimmers @ Championships from the Dover High School Swimming Teams!</p>	<p>BLACK OUT ON FEB 2nd</p>		<p>1 HS: 3:00-4:30 PM Senior Spaghetti in the IS café @ 5:00 p.m.</p> <p>Regular DAAC STROKE: Cham Prep</p>	<p>2 DAHS vs. New Oxford (H) Senior Night MEET: 4:30 p.m. NO DAAC</p>	<p>3 HS: 6:00-7:00 AM 3:00-5:30 PM</p> <p>DAAC: 5:15 to 6:15</p> <p>STROKE: Warm Up</p>	<p>4 FCSL Championships @ Dover WU: 7:50 to 8:10 Meet: 9:00 AM</p>
	<p>6 HS: 6:00-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15 STROKE: Cham Prep</p>	<p>7 HS: 6:00-7:00 AM 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15 STROKE: Cham Prep</p>	<p>8 HS: 3:00-5:30 PM SR: 5:15-6:15 GOLD: 5:15-6:15 W & R: 6:15-7:15 STROKE: Cham Prep</p>	<p>9 DAHS vs. York Suburban (A) BUS: 4:30 p.m. MEET: 6:00 p.m. REG DAAC</p>	<p>10 HS: 6:00-7:00 AM 3:00-5:30 PM</p> <p>DAAC: 5:15 to 6:15</p> <p>STROKE: Warm Up</p>	<p>11 FCSL All-Stars @ CY WU: T.B.A. Meet: 10:00 AM</p>
	<p>13 HS: 3:00-5:00</p>	<p>14 HS: 3:00-5:00</p>	<p>15 HS: 3:00-5:00</p>	<p>16 HS: 3:00-5:00</p> <p>YAIAA Diving Champs. T.B.A.</p>	<p>17 YAIAA Swimming Championships @ Central Bus: 4:00 p.m. Meet: 6:00 p.m.</p>	<p>18 YAIAA Swimming Championships @ Central Bus: 12:00 p.m. Meet: 2:00 p.m.</p>
<p>DIVING CHAMPS THIS WEEK</p>	<p>20  Washington HS: 8:00-10:00</p>	<p>21 HS: 6:00-7:00 HS: 3:00-5:00</p> <p>DAAC BANQUET 6:00 p.m. at Fire Hall</p>	<p>22 HS: 3:00-5:00</p>	<p>23 HS: 6:00-7:00 HS: 3:00-5:00</p>	<p>24 HS: 6:00-7:00 HS: 3:00-5:00 AAA Diving Warm Ups 5:00 to 9:00 PM @ Governor Mifflin</p>	<p>25 AAA Diving Meet @ Governor Mifflin WU: 8:00 AM MEET: 9:00 AM</p>
	<p>27 HS: 6:00-7:00 HS: 3:00-5:00</p>	<p>28 HS: 3:00-4:30 DAHS Banquet 6:00 p.m. @ Dover Township Fire Hall Dress code: Away</p>	<p>29 HS: 6:00-7:00 HS: 3:00-5:00</p>	<p>SEE</p>	<p>YOU ON</p>	<p>APRIL 30th !</p>

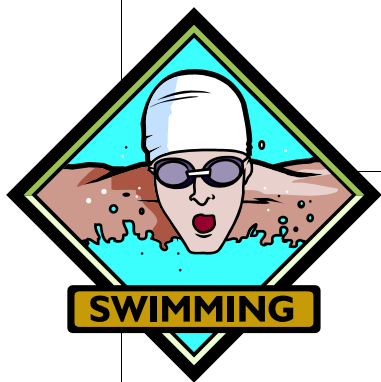
For recreational swimming opportunities and other aquatic programs check out our website at www.swimdover.org



DAHS March 2012

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Good Luck Dover High School Swimmers @ Championships from DAAC!				1 HS: 3:00-4:00	2 District III AA & AAA Swimming Championships @ Cumberland Valley Bus: T.B.A.	3 District III AA & AAA Swimming Championships @ Cumberland Valley Bus: T.B.A.
	5 HS: 3:00-5:00	6 HS: 3:00-5:00	7 HS: 3:00-5:00	8 HS: 3:00-4:45	9 HS: 3:00-4:00	10 HS: T.B.A.
	12 HS: 3:00-4:30	13 PIAA State AAA Swimming Championships @ Bucknell University	14 PIAA State AAA Swimming Championships @ Bucknell University	15 PIAA State AAA Swimming Championships @ Bucknell University		
	SEE YOU ON APRIL 30th					
FOR HS OFF SEASON TRAINING						



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