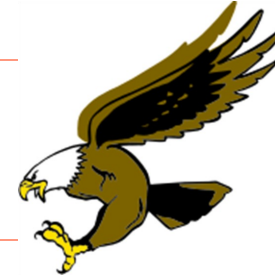




# DAAC September 2011



For **ALL** Dover Community Swimming needs: [www.swimdover.org](http://www.swimdover.org)

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


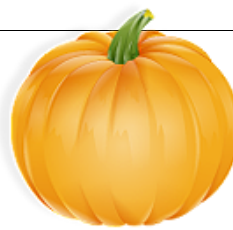
DOES SOMEONE YOU KNOW NEED **SWIMMING LESSONS**? If so have them contact [daacswimlessons@gmail.com](mailto:daacswimlessons@gmail.com)



# DAAC October 2011



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Study hard ! Be a great student/athlete</b></p>	<p>3 SR: 5:15-6:15 Gold: 5:15-6:15 W &amp; R: 6:15-7:15</p> <p>STROKE: FREE</p>	<p>4 SR: 5:15-6:15 Gold: 5:15-6:15 W &amp; R: 6:15-7:15</p> <p>STROKE: BREAST</p>	<p>5 SR: 5:15-6:15 Gold: 5:15-6:15 W &amp; R: 6:15-7:15</p> <p>STROKE: BACK</p>	<p>6 SR: 5:15-6:15 Gold: 5:15-6:15 W &amp; 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 &amp; STARTS</p>	<p>1 <b>Return your meet commitment sheet A.S.A.P. to the lock box in the balcony, THANK YOU!</b></p>
<p><b>NOTE:</b> ALL 8 &amp; UNDER SWIMMERS SHOULD PRACTICE @ 6:15-7:15</p>	<p>10 <b>NO SCHOOL  NO DAAC</b></p>	<p>11 SR: 5:15-6:15 Gold: 5:15-6:15 W &amp; R: 6:15-7:15</p> <p>STROKE: IM</p>	<p>12 SR: 5:15-6:15 Gold: 5:15-6:15 W &amp; R: 6:15-7:15</p> <p>STROKE: FREE</p>	<p>13 SR: 5:15-6:15 Gold: 5:15-6:15 W &amp; 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><b>TAC FALL FEST: Information will be forthcoming on this exciting family day held in November. Come out and meet the coaches!</b></p>
<p><b>GROUPINGS:</b> SR: 13 &amp; Older Gold: 11 &amp; 12 Red: 9 &amp; 10 White 8 &amp; Under</p>	<p>17 SR: 5:15-6:15 Gold: 5:15-6:15 W &amp; R: 6:15-7:15</p> <p>STROKE: BACK</p>	<p>18 SR: 5:15-6:15 Gold: 5:15-6:15 W &amp; R: 6:15-7:15</p> <p>STROKE: FLY</p>	<p>19 SR: 5:15-6:15 Gold: 5:15-6:15 W &amp; R: 6:15-7:15</p> <p>STROKE: IM</p>	<p>20 SR: 5:15-6:15 Gold: 5:15-6:15 W &amp; R: 6:15-7:15</p> <p>STROKE: FREE</p>	<p>21 <b>3rd Annual DAAC Fall Bash 5:00 –8:30 PM</b></p>	<p><b>GO  DAAC</b></p>
	<p>24 SR: 5:15-6:15 Gold: 5:15-6:15 W &amp; R: 6:15-7:15</p> <p>STROKE: BREAST</p>	<p>25 SR: 5:15-6:15 Gold: 5:15-6:15 W &amp; R: 6:15-7:15</p> <p>STROKE: BACK</p>	<p>26 SR: 5:15-6:15 Gold: 5:15-6:15 W &amp; R: 6:15-7:15</p> <p>STROKE: FLY</p>	<p>27 SR: 5:15-6:15 Gold: 5:15-6:15 W &amp; 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 &amp; 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 <b>NO DAAC</b>  TRICK OR TREAT</p>	<p><b>DAAC COACHES:</b> 8 &amp; U Coach Hannah 8 &amp; U Coach Angie 10 &amp; U Coach Tina 10 &amp; U Coach Lindsay</p>	<p><b>DAAC COACHES:</b> 11 –12 Coach Becker &amp; Coach Travis 13 &amp; Over Coach Lindsey &amp; Coach J</p>			<p><b>First DAAC meet: November 12th versus Spring Grove Away</b></p>

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