



# DAAC June 2010



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>31 Memorial Day</b>  <b>NO SCHOOL</b> <b>NO DAAC</b>	<b>1 SR: 5:15-6:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: BREAST</b>	<b>2 SR: 5:15-6:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: BACK</b>	<b>3 SR: 5:15-6:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: FLY</b>	<b>4 All DAAC teams:</b> <b>5:15 to 6:15 p.m.</b> <b>Race Strategies &amp; Individual Starts</b>	<b>5</b>
<b>6</b> 	<b>7 SR: 5:15-6:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: IM</b>	<b>8 SR: 5:15-6:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: FREE</b>	<b>9 SR: 5:15-6:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: BREAST &amp; BACK</b>	<b>10 NO DAAC PRACTICES</b> <b>LAST DAY OF SCHOOL!</b>	<b>11 All DAAC teams:</b> <b>5:15 to 6:15 p.m.</b> <b>Turns: Butterfly &amp; Breaststroke</b>	<b>12 DAAC vs. Spring Grove (H)</b> <b>WU: 7:30 AM</b> <b>MEET: 8:30 AM</b> <b>GO DAAC!</b>
<b>13</b>	<b>14 SR: 3:45-5:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: FLY</b>	<b>15 SR: 8-10:00 AM</b> <b>3:45-5:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: IM</b>	<b>16 SR: 8-10:00 AM</b> <b>3:45-5:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: FREE</b>	<b>17 SR: 8-10:00 AM</b> <b>3:45-5:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: BREAST</b>	<b>18 All DAAC teams:</b> <b>5:15 to 6:15 p.m.</b> <b>Starts: Butterfly &amp; Breaststroke</b>	<b>19 DAAC vs. Aquatic Club of the West Shore (H)</b> <b>WU: 7:30 AM</b> <b>MEET: 8:30 AM</b>
<b>20</b> 	<b>21 SR: 3:45-5:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: BACK</b>	<b>22 SR: 8-10:00 AM</b> <b>3:45-5:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: FLY</b>	<b>23 SR: 8-10:00 AM</b> <b>3:45-5:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: IM</b>	<b>24 SR: 8-10:00 AM</b> <b>3:45-5:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: FREE</b>	<b>25 All DAAC teams:</b> <b>5:15 to 6:15 p.m.</b> <b>Turns: Backstroke &amp; Freestyle</b>	<b>26 DAAC vs. Bobcat Swim Club (H)</b> <b>WU: 7:30 AM</b> <b>MEET: 8:30 AM</b> <b>DAAC PRIDE!</b>
<b>27</b>	<b>28 SR: 3:45-5:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: BREAST</b>	<b>29 SR: 8-10:00 AM</b> <b>3:45-5:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: BACK</b>	<b>30 SR: 8-10:00 AM</b> <b>3:45-5:15</b> <b>Gold: 5:15-6:15</b> <b>W &amp; R: 6:15-7:15</b>  <b>STROKE: FLY</b>		<b>Double check you have packed your team suit, goggles and towel for swim meets! Sunscreen?</b>	