



DAAC June 2010



www.swimdoover.org

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