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May 2025 Newsletter

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SAVE THE DATE:

May 9 - Swim-A-Thon (team fundraiser, everyone is required to participate)
May 10 - Summer Blast (Senior & Gold Squad Only)
May 17-18 - Sextathlon (biggest home meet, everyone is expected to attend)
May 30 - June 1 - LA Open
June 20-22 - Ted Walker Invitational meet in The Dalles, including optional team camping

Swim-a-Thon will be on Friday May 9th! It is a fun and easy way to raise money for our team. Our athletes raise money by swimming lengths of the pool. Swimmers ask people in their community to pledge money per length, or make a flat donation in support of the team. More info coming soon!

Thank you to our official team sponsor [Arena](#)

RESOURCES:

[Volunteer Hours](#) / [Event Sign Up](#) / [OSI Time Standards](#) / [USA Swimming](#) / [DDAC Facebook](#)

Translated versions: [RUSSIAN](#) [SPANISH](#) [VIETNAMESE](#)

FROM THE COACHES

COACH JIM

Welcome to May and back into the groove of competitive swimming. It was a great month highlighted by the visit of Abbey Weitzel. As she presented to the team I thought there was some great points that all swimmers need to hear;

1. Swimming needs to be fun. Fun is created by the friendships you have on the team, liking to race, enjoying fitness and enjoying the process of getting better at something.
2. Create your boxes. It is important that you do not identify only as a swimmer. You need to continue to develop the whole person and learn to be present in what you are doing.
3. Work on our streamlines and breakouts.



The other aspect I want our whole team to understand is that consistency and focus is the best way to achieve long term success.

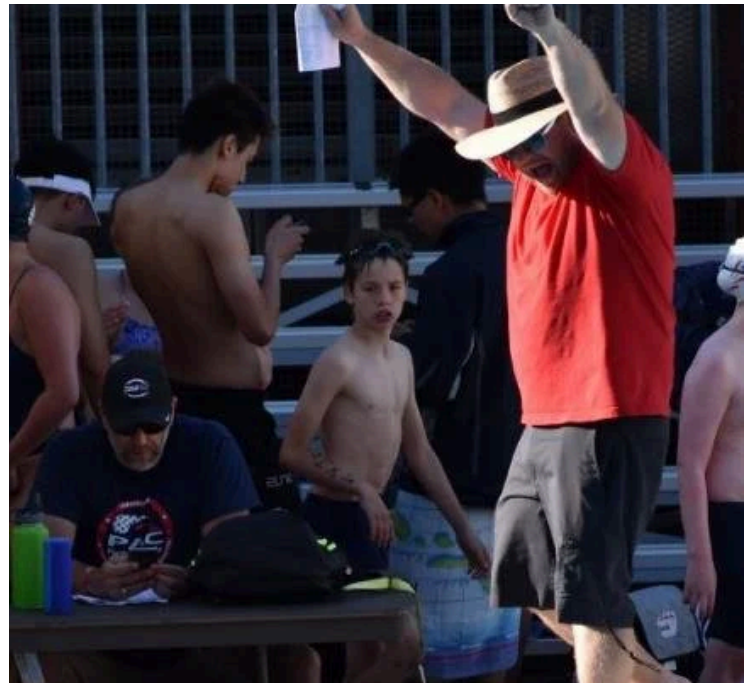
COACH BOBBY

The Power of Commitment in Swimming

In the world of swimming, talent might get you started—but commitment is what keeps you going.

Swimming is a sport that demands consistency, discipline, and relentless effort. Early mornings, long sets, and countless laps aren't just part of the grind—they're part of the growth. And what sets successful swimmers apart isn't just physical ability; it's the **commitment to showing up**, even when it's tough.

Why Commitment Matters



1. **Progress Comes from Repetition**

Technique and endurance are built over time. Committing to regular practices, drills, and dryland training creates the foundation for improvement. Every stroke counts, and every practice is an investment.

2. **Mental Toughness is Trained, Not Born**

Pushing through tough sets, cold mornings, and personal plateaus teaches more than just physical endurance. Swimmers develop mental grit by staying committed when motivation fades.

3. **Team Success Depends on Individual Commitment**

Every swimmer's commitment contributes to the team's energy and results. Teammates who show up consistently inspire each other to keep striving.

4. Long-Term Goals Require Long-Term Dedication

Whether you're chasing a personal best, a scholarship, or a podium finish, reaching big goals takes time. Commitment is what carries swimmers through the highs and lows, all the way to the finish.

Commitment Looks Like...

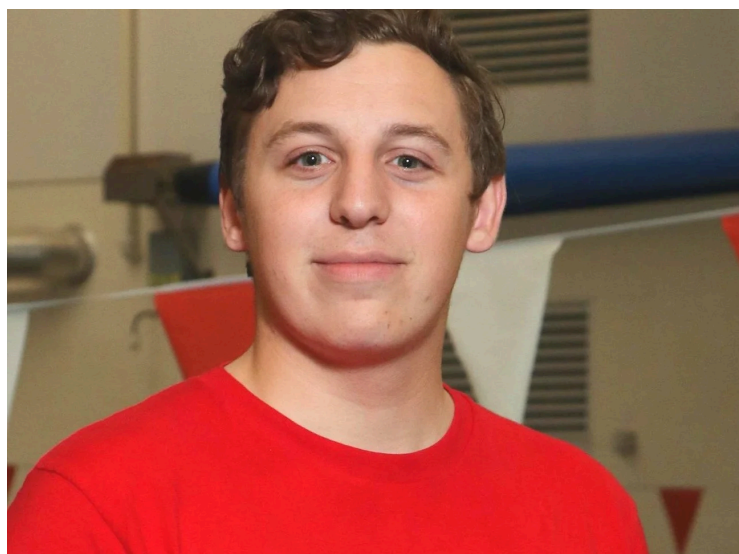
- Getting out of bed for 5:30 a.m. practice when it's easier to sleep in
- Finishing the last rep when your body says it's done
- Choosing recovery and nutrition over short-term indulgence
- Believing in your potential, even on off days

In swimming, commitment isn't just a choice—it's a mindset. It's about doing the work even when no one's watching, because you believe in what's possible.

So the next time you dive in, remember: every lap is a promise to yourself. Stay committed, and the results will follow.

Let's keep showing up, one stroke at a time.

Thanks – Coach Bobby



COACH BRAYDEN

Refocus. Recharge. Race Forward.

As we dive into May, it's the perfect time to pause and check in—not just on your times, but on your *goals*. What did you set out to accomplish this season? Whether you're chasing a personal best, perfecting your turns, or making a specific cut, this is your reminder: goals don't work unless *you do*.

But here's the twist: instead of just setting goals, **create your own deadlines**. Don't wait for your

coach to check in—*check in with yourself*. Ask:

- Am I closer than I was last month?
- What have I done this week that brought me one step closer?
- What's one small, intentional thing I can do better starting today?

Building this habit not only helps in swimming—it's a life skill. Holding yourself accountable builds resilience, responsibility, and real progress.

Competitive Grit: More Than Just Toughness

This month, we're also looking at something we call **competitive grit**—the fire that keeps you pushing even when practice gets hard, the quiet voice that says “one more lap” when you're tired, and the belief that growth lives outside your comfort zone.

To a coach, grit looks like:

- Showing up and giving your best effort—even on the tough days
- Bouncing back after a tough race or a missed goal
- Staying focused when it's easier to coast
- Cheering on teammates while still chasing your own goals

And here's the most important part—**enjoying the process**. Learning how to love the **fight**, not just the **finish**, is what separates a swimmer from a true competitor. When you find joy in challenge, in progress, and in the daily grind, that mindset follows you into school, friendships, and life.

Let's make May the month we raise the bar—not just in the water, but as competitors and teammates.

You've got this!

Don't wait for your opportunities. **CREATE THEM**

SWIM-A-THON



Just a reminder!

All swimmers are expected to participate!

Event Date: Friday, May 9th

Location: DDAC Pool

Format: Swimmers will have 2 hours to complete as many lengths as they can.

We Are Off to a Great Start!

- **\$4,454 raised** in online donations toward our **\$32,000 goal!**
- **33 swimmers** have already collected online donations — fantastic job, DDAC families!

Monday Meeting Raffle:

All swimmers who have collected **online donations** will be entered in a **prize drawing** at tomorrow's Monday Meeting!
Winners will receive **special prizes!**

Big Prize Update:

Swimmers who raise **\$600 or more** will receive our **brand-new DDAC Team Arena Warm-Ups** — matching **Red/Grey Jacket and Pants!**

(See attached photos of the newly added team warm-ups!)

Donation Prize Levels:

- **\$150.00** — Silicone Cap with Name
- **\$300.00** — Legacy Arena Team Swimsuit (*plus the cap*)
- **NEW! \$600.00** — Arena Team Warm-Ups (*plus the swimsuit and cap*)
- **\$750.00** — Legacy Arena Fleece Pullover Hoodie with Name (*plus all prizes above*)
- **\$1150.00** — Legacy Arena 45L Bag with Name (*plus all prizes above*)
- **\$1350.00** — Legacy Arena Parka with Name (*plus all prizes above*)

Top Overall Individual Fundraiser will receive an **Arena Tech Suit!**

Reminder:

We encourage each swimmer to **fundraise a minimum of \$300** to qualify for the Legacy Arena Team Swimsuit prize and help us reach our club goal!

Squad Competition:

The **squad with the highest total fundraising** will win a **pizza party!**

Current Standings:

Gold/Senior Squad — \$2,600 raised!

Individual Leaderboard:

Danni Schommer Ceja — \$615

Charlie Nelson — \$450

Clara McGurk — \$400

How to Donate:

Online Donations:

[Donate Online Here](#)

(Then search for your swimmer's name.)

Check Donations:

Make checks payable to **David Douglas Aquatics Club** or **DDAC**.

Place cash or checks in the **payment box** in the lobby.

Important: Clearly note your swimmer's name and **"SAT" (Swim-A-Thon)** on the envelope or receipt!

Links to attachments:

- [DDAC Team Warm-Ups Photo](#)
- [How to Set Up Your Online Swim-A-Thon Profile](#)
- [Sample Fundraising Solicitation Letter and Thank You Templates](#)
- [Pledge Sheet](#) and [Fundraising Tracking Chart](#)

Let's keep the momentum going — every donation brings us closer to our goal! Thank you for being part of our DDAC Family!

Questions?

Email Heather Franklin at: heather.franklin@ddacswim.org

VOLUNTEER INFO

In case you missed the email:

Swim Families,

I am excited to announce that the front desk volunteer sign ups have been moved to a new system! The new platform offers more flexibility and includes built-in reminders. Time slots have been slightly adjusted and slots are now open from May through August. Please be aware that summer front desk schedules may change or be canceled due to pool construction.

Check out the new system and sign up here: <https://ddac.as.me/>

If you have any questions, please email andrea.guillet@ddacswim.org. Feedback is welcome.

QUESTION OF THE MONTH

How To Understand Oregon Swimming Time Standards

We have recently finished the first meet of the season at Parkrose High School. I decided to go to the time standards to see if I could read them. I was very confused. There are so many standards and so many acronyms. I met with Bobby who directed me to the Simple Standards chart, linked below. This chart is divided into age groups, events, gender, SCY, SCM and LCM. SCY is Short Course yards, most high school pools including our own. SCM is Short Course Meters, Oregon City is an example. LCM is Long Course Meters, Mt. Hood is an example.

Begin by knowing which pool category the meet will be held in. For David Douglas and Parkrose, use the SCY standard. Find your age group (middle column), gender and event. Let's look up a 9-year-old female who swam the 100 Free in 1:30.46. The standard time for an SCY pool, a 9-year-old female, 100 Free is 1:27.79. That is 2.51 seconds that she can now focus on eliminating from her time. Knowing where you are, you can map a direct path to your objective. You know what to focus on in practice. Is it the dive, streamline, stroke technique, turn, endurance or fueling your body? Now you can ask your coach specific questions to help you improve and shave those seconds and qualify.

Good luck everyone. See you at the next meet!

SEE OREGON TIME STANDARDS

APRIL'S SWIMMERS OF THE MONTH

High School / Seniors – Tierney King – Tierney is balancing high school track and swimming this spring. She is making morning practices as well as getting to a few afternoons each week. She had a great first meet this weekend by focusing on her “off” events. Great job Tierney

Gold – Nate Lindberg – Great Commitment, amazing attitude, rapidly improving

Silver 2 – Carly Wood – Off to an incredible start of the LC Season!

Silver 1 – Kes Hayden – Much improved focus & effort first month of the season

Bronze 2 – Grigorii Vailenko – Extremely talented, breaking team records!

Bronze 1 – Izzy Smith – Very coachable, tremendous potential.

SWIM PHOTOS - REMINDER!

Capturing the Heart of DDAC – Over 1,000 Swim Photos!

DDAC families, I'm excited to share that I have over **1,000 incredible photos** of your swimmers in action! These aren't just pictures of kids in the water—they tell the story of determination, grit, and the passion that drives each race.

From the **State meet** for our 11 & Over swimmers to the **final Short Course meet**, these images capture more than just strokes and turns. They showcase the fire in their eyes, the raw emotion at the finish, and the relentless pursuit of personal bests. Every kick, every stroke, every push against the clock—it's all there.

These photos are **completely raw, with no editing**—because I believe the truest moments don't need filters. The water splashes, the exhaustion, the pure joy, and the fight in their eyes—**this is swimming in its realest form**.



Click the link on this page to access the Google Photos album, and feel free to download anything you love. Let's celebrate our swimmers together!

<https://photos.app.goo.gl/wRdpcRJQRVDYhVAc8>

#DDACStrong #ChasingDreams #SwimFastLiveLoud #RawAndReal

NUTRITION TIPS

What to eat before a race

Before a race, focus on simple to digest carbs and lean protein. Choose from the list below. Don't overeat and avoid high-fiber foods and fats. They can slow digestion and cause stomach issues during the race. Don't try new foods on race day. Racing with an upset stomach slows you down. Aim for a smaller breakfast closer to the race start time to avoid feeling sluggish during the race. Pack snacks to keep you fueled between races. Hydrate, hydrate and hydrate. Be mindful of too much sugar. It will give you a burst of energy and then you feel sluggish.

SIMPLE CARBOHYDRATES:

- **Oatmeal:** provides sustained energy and being easy on the stomach.
- **Toast:** White bread is preferred for its low fiber content. Top with a nut butter.
- **Bagels:** A good source of carbohydrates topped with an easy-to-digest spreads.
- **Smoothies:** A quick and easy way to get in a variety of nutrients and can be customized to your taste.
- **Low-Fiber Cereal:** like Cornflakes, Rice Krispies, or Special K.
- **Pancakes & Syrup:** A quick source of energy, go light on the syrup.

- **Bananas:** A swimmer's favorite. provides slow-burning starch and quick-burning sugar. Try it with some peanut butter for added protein.

LEAN PROTEIN:

- **Eggs:** A good source of protein and can be eaten with toast. Egg Sandwich
- **Greek Yogurt:** A good source of protein and probiotics, helps with digestion if you have a nervous stomach. Be mindful of high sugar yogurt.
- **Cereal with Milk:** Provides carbs and protein. Thrown in some fresh fruit.

MAY BIRTHDAY'S

Lyam Cruz	05/02/2014	Bronze	Preston Hoang	05/19/2012	Silver II
Desmond Perkins	05/02/2014	Bronze II	Justin Rodriguez Ramirez	05/20/2012	Silver II
Kaden Truong	05/06/2012	Bronze II	Danni Schommer Ceja	05/20/2012	Gold
Allie Lei	05/10/2014	Silver II	Pauline Adam	05/21/2016	Bronze II
Ryker Wilson	05/13/2009	Senior	Olivia Mai Nguyen	05/23/2013	Bronze II
Beatrice Weitzman	05/17/2014	Silver I	Janibelle Tan	05/29/2014	Pre-Comp
Samantha Lindeman	05/18/2008	Senior	Victoria Mindra	05/30/2014	Bronze II
Jonathan Mindra	05/19/2009	Senior	Grigorii Vasilenko	05/30/2017	Bronze II

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◀ October 2025 Newsletter

April 2025 Newsletter ▶

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