



The Tidal Wave

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Hello from the Coaches

Coach Jim, President, Head Coach Report

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DDAC,

Welcome back to the Long Course (Spring/Summer season)!

We have had an eventful first six months. The development of the membership and business processes are more established, and the club is becoming more stable. Now we are beginning to really see the athletes flourish in the water.

A few business items that have happened in the last month:

I attended a USA swimming coach's conference in April. We went over the newest teaching techniques as well as workout management and organization. The DDAC coaches met and went over the new learning and are beginning to implement it.

The board and myself attended at USA swimming business class.

Finally, just last evening we got a notification from the IRS that we have been approved as a Non-Profit organization and have back dated this status to June of 2016.





Therefore all Swim-a-Thon donations can be written off on personal income taxes.

Coaching notes:

The senior group has a dynamic schedule this spring. We complete a swim practice 7 times a week. We have two weight room sessions a week and two water polo sessions a week. The idea behind the spring practice is that we become stronger, fitter more dynamic aquatic athletes.

I am excited to see the growth of the whole team and look forward to a strong showing during swim meets.



Hello from the Coaches

Coach Bobby

Thank you to everyone who has chosen to have Aquatics be involved in your families' lives. As someone who was born into the Aquatic world and has loved every minute of it, I have a special point of view about how wonderful and life-enriching aquatic sports can be to someone. Fortunately, my point of view inspires a tremendous passion for teaching others to fully take advantage of their opportunity and see where it takes them. Working with the young adult and youth of our community in aquatics is very rewarding to me and I thoroughly enjoy helping enrich their daily lives and leaving a forever lasting positive impression on them.

David Douglas Swim Club is my childhood and I am very grateful to the many DDSC Swim Moms & Dads who helped raise me. I knew from an early age that coaching and being involved in aquatics was my path. My father had a very large influence on me and his passion for teaching and coaching inspired me to do the same. I am thankful for the many swimmers and water polo players I have had the pleasure of coaching over the past 17 years, and I am super excited for the current David Douglas Aquatics Club we have built and the promising future that is ahead of us.



Photos by Tim Cowley

Enjoy the moment, have a great attitude and a great effort,
Coach Bobby

Hello from the Coaches

Coach Davita

The endless ocean of a 50 meter pool stretching out into the horizon, the smell of sunscreen mixed with chlorine, and lots of fast swimming. This month is the start of long course season, which is one of my favorite times of year. Swimmers will be getting out of school soon and can focus their energy on getting faster every day at practice. Since most 50 meter pools are outside, parents and swimmers get to enjoy some sunshine while they compete. The Sextathlon and Swim-a-Thon are fun long course events that David Douglas swimmers have been doing for many years. Swimmers get to show how many laps they can swim and earn prizes for pledges at the Swim-a-Thon. We have been holding the Sextathlon meet at our pool for many years and it is unique because every swimmer does the same six events, so swimmers get a chance to compete in all the strokes. The smell of pancakes during warm-ups, tough competition, trophies, and relays at the end of the meet all make it a can't-miss weekend for our club.

For many swimmers this may be their first long course season, and it is exciting to start a new season fresh with clear goals. At practice this month swimmers have been learning the A and B times for their age group so they know how fast they need to swim to qualify for meets at the end of the season. Every day at practice swimmers are working to build the habits that will get them to their goal times: tight streamlines, distance per stroke, a strong kick. To reach these goals swimmers will need to come to practice with purpose, and attend all the meets they can. Get your reflective goggles ready, because long course season is DDAC's chance to shine!



Photo by Tim Cowley

Quote of wisdom from Coach Jonathan to his water polo players:

“If you get the ball,
don't panic!”

Photo by Crystal LeGallo





Swim-a-Thon

Friday, May 12, 2017

Senior & Gold 4:00-6:00

Silver and Bronze 6:15-8:15

Parents! Your kids will need someone to count laps for them. Please bring a camp chair and a clip board so you can count for your kids and cheer them on.

Please bring some snacks to share!

All pledges must be turned in by May 19th to be eligible for prizes.

TYR John DeRoest Memorial Sextathlon Swim Meet, hosted by DDAC

May 20-21, 2017

This event is a team favorite! All swimmers should plan to attend this meet, hosted by DDAC. Bring camp chairs, food, games, and prepare for fun (and hope for good weather!).

We need many, many **volunteers** to make sure this event runs smoothly! Please sign up for a volunteer position here: <http://www.signupgenius.com/go/30E044DADA92AA20-2017>



Upcoming Meets

2017 THSC Thunderbolt Spring Open	May 5-May 7, 2017
TYR John DeRoest Memorial Sextathlon	May 20-21, 2017
Mt. Hood 12U AB Meet	June 16-18, 2017
Mt. Hood C Meet	June 17-18, 2017
Bend SR Meet	June 23-25, 2017
The Dalles Swim Meet	June 23-25, 2017

For more information on each meet, please see the **Events** tab on our website: <https://www.teamunify.com/orddsc>



Photo by Karie Lippert

Upcoming Water Polo

Water Polo at DD	May 13, 2017
Water Polo Spring Champs at DD	June 2-4, 2017

May Birthdays

Happy birthday to our swimmers!

Landon Martinez
Tye Dodson
Jason Yu

May 8
May 13
May 17

Senior
Bronze I
Senior

Treasurer's Corner

Hi from Valerie

DDAC is looking for a Co-Treasurer. It is preferable that this new position be filled with someone who has payroll, accounting or past treasury experience. You will work closely with the current treasurer and be responsible for reconciling the team financials. If interested, please contact Valerie: ddac.treasurer@gmail.com. Thank you!

Things to Remember

- Volunteer opportunities: Please remember that our team tries very hard to keep costs affordable for our community. We do not have mandatory fundraising and volunteering like many other teams do. Please remember to volunteer and fundraise to your best ability!
- We are looking for a Vice President. Please let a board member know if you might be interested.
- Don't forget to please sign up for the Sextathlon. We need all hands on deck for this one! Sign up here: <http://www.signupgenius.com/go/30E044DADA92AA20-2017>
- The next board meeting is Thursday, May 11 at 6:00-7:00. All are welcome!

Contacts

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Photo by Tim Cowley

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