



The Tidal Wave

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Volume 1, Issue 2

Hello from the Coaches

Coach Jim, President, Head Coach Report

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Thank you all DDAC families for helping put on such a great swim meet. The TYR DDAC John DeRoest Memorial Sextathlon could not have been accomplished without the help of the parent volunteers.

Besides being a great experience for our swimmers, the meet also brought in money for our team. Running successful swim meets is one way we can continue to keep dues at an affordable level and create a reserve of money that can be used to offer scholarships to those in need. It is my hope that we will be able to run two to three meets a year. In order for us to be able to run more meets, we must get parents to become certified officials. Please consider this opportunity to take an active role in the sport of swimming.

Summer is just around the corner. School is almost out and the thought of lazy summer days have entered into some of the swimmers' thoughts. I just want to remind all swimmers that you get what you put into the sport. For those who take the summer months as an opportunity to improve, you will make great strides in your swimming. Make attending all practices a high priority and try to complete the sets as best you can. The summer months offer a time to really focus on your sport without the distraction of homework and school. Take the time to really dedicate yourself and you will be glad you did.





Photo by Karie Lippert

Senior Summer workout schedule:

Beginning June 19th:

Monday 7 – 9am at DD

Tuesday 7-9am at DD and 11:15 – 1PM at MHCC
(long course)

Wednesday 7-9am at DD

Thursday 7-9 am at DD and 11:15-1PM at MHCC
(long course)

Friday 7-9am at DD

Saturday 7-9am at DD

We will continue weights on Monday, Wednesday and Friday afternoons, time is yet to be determined.

Jim

Hello from the Coaches

Coach Bobby

During the Month of May, DDAC had some great competition starting with the Tualatin Hills Thunderbolt Classic at the beginning of month, in which we not only had great participation but some incredible results. The meet was the first Long Course Meet for many of our swimmers and they responded with poise and excitement to the new challenge. The meet was highlighted with Rae Dodson qualifying for the State Championships for the first time.



Photo by Tim Cowley

The next meet was our own hosted TYR DDAC John DeRoest Memorial Swim Meet the weekend of May 20-21. DDAC set a club record with participation numbers at 93 swimmers competing. DDAC was very impressive with volunteer help and running an outstanding event. It's clear to anyone who witnessed the event what we can accomplish when we work together towards a common goal. My father, who the meet was in honor of, would have been very proud of the product we created in his name. Thank you to all the wonderful people who made the meet such a success. In the water, DDAC competed extremely well both days, and the growth of our team was very evident with some of the amazing results in all age groups.

Hello from the Coaches



Photo by Tim Cowley

State Relays: Currently DDAC has a great opportunity to qualify relays to compete in most of the relays at State Championships (10&Unders: 7/15-7/16, 11&Overs 7/27-7/30).

The age groups that DDAC has a good chance to qualify in are: 8&U Girls, 8&U Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls, 15&O Girls, 15&O Boys.

Work hard and maybe you will be a part of a State Championship Relay Team!

NEVER-NEVER- NEVER GIVE UP,

COACH BOBBY

Coach Jonathan

A couple weeks ago, in the age group program, our weekly focus was attitude and effort. The idea is that these are the only two things that we can really control in life. Whatever we decide to do with these feelings will affect our actions and the world around us. These words are simple and can provide a lot of food for thought but really it all boils down to developing our mindset. Is your mindset helping you, or is your mindset hurting you? If you are invested in being the best you can be, at anything you do, then you have to know the answer to that question.

I think anyone who has ever been around competition would agree about the importance of being mentally tough. The mentally toughest will achieve more than the people next to them. Now I think that many people believe we are born with a killer mental toughness or we are not. The truth is that it is developed. Just like any muscle in our body our mental toughness can be trained and improved and tested. It all starts with our confidence. If mental toughness is a building, then confidence is the foundation that it sits on. Until we believe in our actions we will not be able to accomplish anything greater.

Again many people have the opinion that confidence is something people are born with and nothing more. This could not be more wrong. Some people do naturally have more confidence than others, just like some might be better jumpers or runners, but confidence is a skill that can be improved and it starts with what's going on in our heads



Photo by Davita Eichner

every day. Every day we have an internal conversation with ourselves that many of us might not realize is happening. Maybe we are walking around and telling ourselves how happy we feel because the sun is shining, or maybe we noticed that our friend got the new pair of shoes that we wanted and that makes us feel a little jealous. Anytime something happens to us our inner voice will respond. That response is called self-talk.

Self-talk is very important because whatever we are saying to our self is how we are going to feel which will affect what we do. Pretend that we have two students about to take a test. Both students have studied and do their classwork on a daily basis. Student A is sitting in class about to take a test and is thinking, "Oh-no, I didn't study, I don't know anything, there's no way I can do well on this test." Student B, who studied the exact same amount, is thinking "I worked hard, did my homework, I paid attention in class. I will do well on this test!" Student B is calm and confident while student A is freaking out and has very little confidence. Student A's negative thoughts are going to affect how he/she does on the test in a negative way.

I said earlier that confidence is a skill that can be improved, and it's true, it can be done. The first step is being aware of your self-talk. Every day we talk to ourselves, like the students in the example. We need to be aware if we're talking negatively to ourselves, or positively. Thinking positive means focusing our energy on the good things happening around us, and not dwelling on the unsatisfactory.

After you are aware of your inner dialogue, the next step is to refine the conversation. Whenever we have a positive thought we need reinforce that thought by repeating it until we believe it. The harder part is what to do when you have a negative thought. We need to twist that negative idea around to something positive. Instead of dreading the test, embrace the chance to show off how much you have learned. We will never stop having negative thoughts but the goal is to not let them affect how we feel, and as extension of that, affect our lives. Negative thoughts lead to a lower confidence which weakens our mental toughness and that will then limit our potential. My challenge to everyone is to be more aware of what you are saying to yourself. You are great human beings and you shouldn't be telling yourselves otherwise.

Hello from the Coaches

Coach Davita

This was a big month for our club, and we had great participation at both the Swim-a-Thon and the Sextathlon. Many swimmers from the Silver Squad came to the Swim-a-Thon with a goal of swimming 100 or 150 laps, and many exceeded their goals. There was great parent involvement counting laps for swimmers, and swimmers looked like lap-swimming machines out there! I was really impressed by the great effort by Kim Nguyen, Marlene McCoy, Moriyah Wolfgang, and Tessa Cowley on the side of the pool where I was counting. Kim didn't even take a break when she reached 100 laps and kept going for the full 2 hours. The turnout was great for this Swim a Thon, and swimmers can now start making goals for how many more laps they think they can swim next year.



Photo by Davita Eichner

The Sextathlon was another huge effort by swimmers and parents this month. It takes a lot of work all around to make the Sextathlon a success, so a huge thank-you to all the parents working behind the scenes. We had some great effort from our age group swimmers, and swimmers who did all six events over two days were able to see how their added time for all events ranked among the other swimmers. Great job to Silver and Bronze squad's Jonathon Kozhokar, Austin Pham, Andy Tan, and Lily Walker, who all took home trophies for ranking in the top 12 in their age groups. Ja'lan Abdullah was very close to being in the top 12, and Sydney and Jack Rasmussen did a great job at their first meet ever. All swimmers can look forward to this fun meet next year and ranking just a little higher than they did this year. We also ended the meet with some great team spirit in our inner tube relays, and Chase Ewell and Trigyal Drongpa's #HashbrownHomies really brought the team spirit. Now we get to continue this great energy into focused summer practices and meets like our upcoming outdoor meet in The Dalles!

Congratulations, Fernanda!



Photo by Tim Cowley

Congratulations, Fernanda, on your scholarship to Oregon State University! We will miss you!!!



Swim-A-Thon Results!

Thank you to everyone who participated in the DDAC 2017 Swim-A-Thon Fundraiser! We met and exceeded our goal of \$8,000! Our total at this time is **\$13,229.14**. The money we earned will go towards much needed scholarships and team equipment for our club and its members.

Thank you to all who were able to attend the DDAC Swim-A-Thon Laser Tag party over the weekend. Not only was it a celebration of our efforts but a great team building/bonding experience that was enjoyed by kids and parents alike!

Congratulations to those who have won USA Swimming & DDAC Swag! Participants who raised \$100 or more will receive a DDAC t-shirt, \$200 or more will also receive a TYR equipment bag, and \$300 or more will also receive DDAC shorts . If you swam 100 or 200 laps you will also receive a USA Swimming Bag Tag!

Swim-A-Thon top earners:

1st Isaac Campbell – Earned a Personalized TYR DD Parka!

2nd Holly Lippert – Earned a Large TYR Personalized Backpack!

3rd Zachary Young – Earned a Personalized DD sweatshirt/hoodie of your choice!

Prizes from USA Swimming will take some time to arrive. We will be in contact with our top earners to get specifics on personalization.

All donated funds are due by the end of this week, donation money considered for prizes was due by last Wed, the 24th. Our tax ID # is 81-3195809. If you would like a receipt emailed to you, please ask the front desk or email treasurer.ddac@gmail.com and request a donation receipt. Emailed receipts are the most efficient way to provide this tax document. Please be sure to provide a current email for whom the receipt needs to be sent to.

Thank you again to all of our wonderful swim families and your much appreciated participation in the 2017 Swim-A-Thon!

DDAC Board

TYR John DeRoest Memorial Sextathlon Swim Meet, hosted by DDAC

May 20-21, 2017

Dear swim families,

We had 81 volunteer slots on the Sign-Up Genius to be filled for the Sextathlon. 70 positions were filled by our swim members before the meet! Thank you so much for all of your hard work. Many families volunteered for multiple spots. I had so many families come up and ask, "What can we do?" Thank you so much! All of our volunteer needs were met and exceeded! I love being part of our swim community. If everyone does a little, no one does a lot...Except Amanda Smith! A special shout out to Amanda who worked so hard before, during and after the meet: garnering donations, shopping, and working the swim meet. Thank you for taking so much on- this team thinks you are amazing. If you see Amanda on deck, please thank her too!

-Crystal



Photo by Davita Eichner



We need YOU! Yes, YOU, right there!

Hello Swim families,

We are looking for board members! Please consider joining the board. It is a great way to help shape our club's future. Board elections will take place this July, and newly elected members will take office on September 1st. This year a discount was given to board members, and it may as well be voted into the budget for next year. Here are the positions up for the running:

Vice President: Duties include: Assisting the president; assisting in planning and implementing swim meets; helping members at the front desk; attending board meetings.

Co-Treasurer: It is preferable that this new position be filled with someone who has payroll, accounting or past treasury experience. Duties include: working closely with the current treasurer and being responsible for reconciling the team financials.

Member representative: Duties include: Registering families in Team Unify and USA swimming; providing membership reports; attending board meetings; representing families by bringing questions and concerns to the board.

Please email our secretary (karielippert@yahoo.com) or any board member if you are even the tiniest bit interested, or stop by the front desk so we can talk you into it!

Thank you,
DDAC Board



Photo by Karie Lippert

Upcoming Meets

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
Best Chance Swim Meet McMinnville	June 30, 2017
DDAC Last Chance Meet	July 8, 2017
10 & Under State Champs	July 15-16, 2017
Senior Sectionals – MHCC	July 20-23, 2017
11 & Over State Champs	July 27-30, 2017
Senior Zones	August 1-5, 2017
Bend Swim Meet	August 11-13, 2017

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

Upcoming Water Polo

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

Happy birthday to our swimmers!

Yevsin Melloni	June 1	Bronze II
Grace Elsen-McDaniel	June 4	Senior
Kadyn Skipper	June 4	Senior
Amir Mohamad Mahdi	June 6	Senior
Tuan Vuong	June 10	Silver II
Sydney Rasmussen	June 15	Bronze I
Duo Xu	June 20	Senior
Aleks Lazurko	June 23	Silver II
Davita Eichner	June 24	Coach
Amelia St. Peters	June 25	Gold
Sydney Yelton	June 28	Senior
Kim Nguyen	June 29	Silver I
Dawson Brummett	June 30	Silver II

Things to Remember

- The next board meeting is Thursday, June 8 at 6:00-7:00. All are welcome!



Photo by Tim Cowley

Contacts

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Photo by Tim Cowley

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