



The Tidal Wave

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Hello from the Coaches

Coach Jim, President, Head Coach Report

Welcome back to the 2017-2018 season.

It is hard to believe that we are about to begin our second season of operation. We have grown quite a bit in a 12 month period. Just a few statistics from our first year:

Female/Male percentage of team

48.1% of our team is female

51.9 % of our team is male

Single age group percentages

8 and Under	5%
9	7.7%
10	13.3%
11	14.4 %
12	16.6%
13	14.4%
14	7.2%
15	7.2%
16	7.7%
17	5%
18	1.7%

60% of our team last year was first-year club swimmers.

We have one parent who is in the process of becoming an official.



Photo by Karie Lippert

As a team we ranked 28th in the Virtual Club Championship in short course and 25th in Long Course season.

We had one athlete qualify for age group zones, two athletes qualify for senior zones, and one athlete qualify for the USA Swimming Future Championship.

I am excited to see our team grow and begin to attend more national level meets.

Furthermore, we are encouraging all families to follow us on Twitter. You can go to our website and click on the twitter banner.

Finally, I want to remind everyone that we are a TYR sponsored team. When possible please purchase TYR items so that TYR will continue to sponsor our home swim meets as well as offer suit discounts to our club.

Coaches report

We had many great swims to end the season, highlighted by Hannah Walker. Hannah had all best times except for one swim in the month of July and into August. Hannah really represents the improvement you can make if you trust the process and not set limits on yourself.

I look forward to more of the senior group fully engaging in our program and climbing the swimming ladder of achievement.

Senior and Scotsman group: We will begin formal practice September 11th at 5:30 am. Please see emails for schedules.

Furthermore, please purchase snorkels and tempo trainers as soon as possible.

And lastly, the coaching staff and team are glad to have Tim Dodson as part of the coaching staff. Tim has a long athletic history and a passion for swimming. We look forward to using Tim's unique perspective and passion to help teach our kids to achieve success in and out of the water.

Coach Jim

Hello from the Coaches

Coach Bobby

Year one is in the books and we are very fired up to begin year two. As with any skill or sport or game the more one does it the more they get comfortable, and the more success they have, and knowing that our experience level is drastically increasing by the days, I am super excited about the success we will encounter this season. The enthusiasm that our team brings to the pool every day is admirable and I have missed being surrounded by that energy the last few weeks. We are ready for the Short Course Season 2017-18 to begin and I hope everyone (parents and swimmers) have some goals for what they want to accomplish during the next few months.

High School Water Polo Season (8/14-11/11): During these months the practice schedule will be more erratic than the rest of the year. DDHS will host many water polo games in which DDAC practices will be cancelled. Please pay attention to the weekly schedules and we apologize in advance for any inconveniences.

Swim Meets: The main goal of DDAC this season is to get a higher percentage of our swimmers involved in swim meets, home and away. Please commit to the meet schedule on the website ASAP.

Portland Area Swim League (PASL): We have coordinated with 5 other clubs in our area to create a league of dual meets and a League Championships: (BCAC, MAV, PAC, VSC, OCST). Most of the dual meets will not be sanctioned but the Championships on 2/3-2/4 at DD will be a sanctioned event and we want to be in full force that weekend.

Parent Officials. Our club needs more parents to step forward and become a certified official. DDAC will reimburse costs associated with the certification process, and there will be extra rewards/incentives for those that help with officiating at swim meets.

Thank you all for supporting this great sport and this wonderful team. Our future is very bright, let's keep progressing forward and see how far this ride can take us.

Bobby



Photo by Tim Cowley

Hello from the Coaches

Coach Davita

I'm so excited to welcome swimmers and families to the 2017-18 Short Course season. Short Course season is a busy time full of meets and lots of activity at the pool. I can't wait to see swimmers challenging themselves to attend even more meets than they have in past seasons. Meets are such a unique and irreplaceable way for swimmers to compete and show off all the hard work they have been putting in at practice every day. It's important for us to work every day with the goal of getting faster at the next meet in mind. This season I will be continuing to work with the Silver and Bronze squads. In Silver 1 last season we saw some really great improvement in our monthly test sets. Naomi, Ricky, and Zach not only completed all four test sets but also dropped time in both swims every month. Next season we will continue to do a fast 200 flutter kick and 100 IM once a month, so swimmers can begin to make goals to improve their times every month. Can't wait to see everyone back at school and back at the pool soon!

Coach Tim

Tim Dodson: Volunteer Assistant/Coach.
B.S Exercise Physiology, University of Oregon-1996.
Varsity Athlete: Track and Cross Country
USA Professional Triathlete: 2001-2003

This will be my first year as a volunteer coach for swimming, and my efforts will be focused on assisting the Silver and Bronze squads along with Coach DeRoest and Devita Enchner weekly.

It's my pleasure to bring my athletic background across a variety of sports, as well as an eye for Biomechanics to influence athletic potential. I am a parent of two swimmers (Rae and Tye Dodson), and over the last year of watching their progression and observing the incredible coaching that DDAC has provided, it will be my pleasure in adding content where possible for the squads. I am really looking forward to continuing to build on what I have learned from the other coaches, and especially providing a young swimmer more attention.



Photo by Amanda Smith

Online Registration is Here!!

This year we are excited to offer online registration!

Online registration is quick and should take only a few minutes to complete. Please go to our home page at www.teamunify.com/orddsc. There you will find the registration links on the right hand side of the page. Please take the time to make any needed account updates and be sure to review all agreements and policies prior to submitting your registration.

Our new online format streamlines our registration process and eliminates the need to keep paper forms on hand. Registration will now happen twice per year, once for Short Course and again for Long Course season. Upon completion of your registration you will be asked to pay any balance left from the previous season. You may pay by Credit or Debit card online, or you may choose the "CHECK" option. By choosing this option you will be able to pay by cash or check at the pool. Please be advised if you select the check option, your registration will be held in a pending status until payment has been received.

Online registration can be completed online anywhere, or you may come to the pool if you need assistance or would like to pay by cash or check, on the following days.

September 5th, 6th & 8th from 5:30-7pm.

Can't wait to see everyone back at the pool!!!

-DDAC Board



Photo by Amanda Smith

Upcoming Meets

PASL Tri-Dual at DDAC	October 7, 2017
Thunderbolt Fall Open at TBA	October 20-22?, 2017
McSwimville Invite at McMinnville	November 3-5, 2017
Pumpkin Sprint Invite at Lincoln City	November 18-19, 2017

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

Upcoming Water Polo

No matches! See you next season!

Swim Camp

Coach Bobby will be hosting a free swim camp for all DDAC squads and swimmers on **September 5, 6 and 8, from 5:30-7:00**. Each day will have a different focus:

9/5 – Freestyle & Backstroke

9/6 – Breaststroke & Butterfly

9/8 – Starts & Turns

Swimmers must be REGISTERED to take part in the camp. Families will have the opportunity to register during the Swim Camp hours at the pool front desk.

Thanks for all the fun at Oaks Park!



Thanks to everyone who made our end-of-season party at Oaks Park a great success!
The coaches awarded a few swimmers some special awards:

Most Improved Bronze - Jaydy Nguyen, Most Improved Silver - Rae Dodson, Most Improved Gold - Mia Smith, Most Improved Senior - Hannah Walker, Most Valuable Age Group - Julie Schwam, Most Valuable Senior - Fernanda Rodriguez



Photos by Karie Lippert

September Birthdays

Happy birthday to our swimmers!

Naomi Kozhokar
Victoria Cornejo-Lopez
Lily Walker
Vu Lam
Azra Basic
Elizabeth Mindra

September 16
September 24
September 26
September 28
September 29
September 30

Silver I
Gold
Silver II
Gold
Bronze I
Bronze I



Photo by Amanda Smith

Board Member Elections



Photo by Karie Lippert

Congratulations to Anna Schwam and Amanda Smith! Anna will be DDAC's new Vice President and Amanda will be your new Member Representative. Thanks to all who voted!

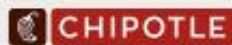
Things to Remember

- First day of practice is Sept. 11
- September 5, 6 & 8: Online registration help at the pool during the swim camp
- **Mandatory general membership meeting on Wednesday, September 20, 2017, from 6:00-7:00. Please plan on attending!**

ONE FOR THE TEAM



Show your team spirit by joining us for a fundraiser to support David Douglas Aquatics Club. Come in to the Chipotle at **17015 SE Sunnyside Road** in Happy Valley on **Friday, October 13th** between **5:00pm** and **9:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to David Douglas Aquatics Club.



If placing an order online during your fundraiser, please note you must choose the pay in-store option and inform our cashier of your participation before paying. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.

Contacts

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Photo by Jim Bowe

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