



The Tidal Wave

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Hello from the Coaches

Coach Jim, President, Head Coach Report

Parents and swimmers,

Thank you for committing your time to be part of DDAC. The Fall is always a hectic time of year for us. School is starting, we have less pool time because of high school activities and the relaxation of summer becomes a distant memory.

However, despite all these challenges, fall is also what will set the tone for the rest of the season. In the water, the coaches are putting more emphasis on stroke technique and skills. Out of the water we are working on goal setting and creating positive habits.

So despite all these distractions, if you can take the time to set goals, set positive lifestyle habits such as early bed times, drinking plenty of water and eating healthy, and in addition create a consistent practice schedule, you will find yourself having the most successful season in the water you have ever had.

You will see this year that we are having many smaller fundraisers. Please get your friends and family to participate as much as possible. We are trying to get scholarship programs up and running. You never know when you may need some help for meet fees or dues, and we want to be





Photo by Karie Lippert

able to help.

The Senior/Scotsman groups are progressing. Our numbers are a little lower than in the summer, which is giving me time to give more individual feedback. Our 8th graders from the gold squad are beginning to join us more often in the morning, which has really made the morning practices more competitive and fun.

The morning group is doing Dollar Tuesdays, where swimmers receive a raffle ticket for every dollar they donate. The money provides assistance for travel and meet fees. This month we brought in \$25 dollars and Justin Z and Makayla S won the raffle. They got to design the set Friday morning. The set was a little more challenging than I expected which I thought was great.

Have a great month of swimming and get signed up for meets.

Jim

Hello from the Coaches

Coach Bobby

WOW!! I am impressed at the participation numbers in all our aquatic programs right now at David Douglas. We have a lot of kids involved at all skill levels, swim lessons to elite competitive swimming, novice Water Polo to Senior Water Polo. The sheer numbers of athletes that we have engaged in the program is going to create some great individual and team success. David Douglas is known nationwide as one of the aquatic powerhouses in the State of Oregon and I firmly believe we are establishing that credibility again, and it is beginning with the current group of swimmers and families that are entrenched in this program.



Photo by Tim Cowley

Purpose & Responsibility: A big push that I am teaching to all the swimmers on our team is to perform every day with purpose to improve themselves. Repetition and monotony is a part of our sport and is important to establish efficient muscle memory. Swimmers need to embrace those ideals and strive for perfection with every motion. When that focus and drive is established, their purpose is easily observed and great improvement is soon to follow.

Athletes need to take responsibility for their sport to truly see success. If parents or coaches are the driving motivating factor then the daily routine is going to be an uphill battle and unenjoyable grind. When kids set their own goals, perform every motion with great purpose, and be hungry for the next challenge it is exciting to witness the results that transpire in and out of the water.

Websites families should bookmark on their home computer:
www.oregonswimming.org
www.usaswimming.com

Hello from the Coaches



Coach Davita

As we start the Short Course season we have been focusing on perfecting our strokes in practice. Swimmers are spending a lot of time on drills so that they build the habit of swimming correctly every day in practice. Many swimmers are in new squads this season, and moving up a squad requires swimmers to hold themselves to higher expectations than they had previously. This means swimmers bring high focus to every practice: holding themselves accountable to tight streamlines, flip turns, and perfect strokes from the moment they get in the water.

Swimmers should also be working on their strength outside the water. In addition to the homework exercises that swimmers complete every day, we have been working on building our strength and coordination through dryland activities during practice. I'm sometimes shocked how a swimmer can look very strong in the water, but struggle with a dryland activity working on core strength. Improving our strength can make a big difference and help swimmers get closer to their goals in the water. One day last week I was doing team push-ups with my Silver groups, and I was a little sore the next day as well, so everyone can always work on getting stronger.

Our first meet is coming up at our pool on Saturday, October 7, and I can't wait for swimmers to have their first chance this season to get up and race!

Hello from the Coaches

Coach Tim

Well, I'm still here! It's been great slowly introducing myself to the program and getting to know the individual swimmers beyond my normal routines as a parent. I am amazed at the attitudes some swimmers have with learning, and I see the effort many are putting forward every day. Great group of kids and a quick thank you to all those parents for the support. I know the level of information can be overwhelming, and I find myself in the same situation, as I replay every coaching session in my head and ask myself how I can perform better. I'm looking forward to understanding how everyone performs as we near the first meet of the season. I am sure after the team competes together the aspect of a practice will become more important to our swimmers, and it will be easier to fine tune the goals many of the younger swimmers will have. Lastly, progress comes through consistency and intent, so see you at the pool!



Photo by Amanda Smith

Thank you swim families!!!

For all the volunteer hours spent making our swim meets, polo meets, Swim-A-Thon, and social events a huge success this LC season! Many parents/families/swimmers/siblings/friends etc. volunteered. DDAC would like to extend a huge **THANK YOU** to all who helped out!

Why be a Volunteer?

It's not for money, it's not for fame
It's not for any personal gain.
It's just for love of fellowman.
It's just to send a helping hand.
It's just to give a tithe of self.
That's something you can't buy with wealth.
It's not medals won with pride.
It's for that feeling deep inside.
It's that reward down in your heart.
It's that feeling that you've been part.
Of helping others far and near,
That makes you be a Volunteer!

~Author Unknown

Supporting DDAC!

DDAC has created a Swim Meet scholarship account for swimmers needing financial assistance. The goal is to provide the opportunity for more swimmers to attend more swim meets. Once the scholarship application is launched, families may apply through the DDAC homepage. This will be announced soon.

To help fund the scholarship, DDAC has partnered with two well know companies, Fred Meyer and Amazon.

You can link your current **Fred Meyer Rewards account with DDAC** in a few easy steps.

Visit www.fredmeyer.com/communityrewards and enter **84612**. Every time you shop and use your Rewards Card, you are helping DDAC. Fred Meyer will donate a small percent of your purchase to DDAC. You will still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.

Visit the DDAC homepage and click on Amazon Smiles tab.

<https://www.teamunify.com/orddsc> . You will be prompted to link your current Amazon account to Amazon Smiles. A small percent of your purchase will be donated to DDAC. When you are logged into your Amazon account, you will be able to see how much is donated to DDAC through your purchases. You will see products marked "Eligible for Amazon Smile donation" on your smile.amazon.com product page. Remember, only purchases made at smile.amazon.com generate Amazon Smile donations.



Be sure to link your Fred Meyer card and your Amazon account with DDAC today!

Another way to help support the scholarship is through the purchase of a **\$5 Papa Murphy coupon card**. Each card is valued at \$25.00 with excellent discounts! They are sold at the front desk in the DDAC lobby daily. Just ask one of our parent volunteers, and they can help you with the purchase.

SAVE THE DATE: FRIDAY, OCTOBER 13th, 5-9pm.

Join us for dinner at Chipotle, [17015 SE Sunnyside Road](#) in Happy Valley, in support of DDAC! Be sure to tell the cashier you're supporting DDAC when you purchase your meal. **Chipotle will donate 50% of the proceeds to David Douglas Aquatics Club!** Bring your family and friends; it's going to be a delicious evening!

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.

Treasurer's Corner

Meet Fees 101

Below is a guide for the fees you will be charged when your swimmer attends a meet. This is only an example; each meet is a little different and can charge a little more or less depending on the meet. If you ever have any questions please do not hesitate to come see us at the front desk during practice or send us an email. More in depth information can be found in our documents tab on our team site @ www.teamunify.com/orddsc. You must log in to see this information.

Swim Meet Fee Example:

Surcharge: \$10.00 per swimmer (\$3 OSI fee + \$7 facility use fee)

Individual Event Fee: \$3.00

Relay Entry Fee: \$10.00

In the example above, a swimmer who attends this meet and is entered in 6 Individual events would pay \$28 to attend this meet.

\$10 surcharge + \$18 Individual event Fees + \$0 Relay fees = \$28

If your swimmer is entered in a relay, DDAC will cover this cost.



Photo by Tim Cowley

Upcoming Meets

PASL Tri-Dual at DDAC Please sign up to volunteer at this meet!	October 7, 2017
TTSC Autumn Stars Open	October 20-22, 2017
McSwimville Invite at McMinnville	November 3-5, 2017
Pumpkin Sprint Invite at Lincoln City	November 18-19, 2017
CAT Senior Open at Corvallis	December 1-3, 2017
TTSC Holiday Invite at Tualitin	December 9-10, 2017
PASL Tri-Dual at DDAC	December 16, 2017

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

Upcoming Water Polo

14U/12U at Lake Oswego	Oct. 8, Sunday, time TBA
14U/12U at DDAC	Oct. 15, Sunday, time TBA
14U/12U at Sam Barlow HS	Oct. 28, Saturday, time TBA

October Birthdays

Happy birthday to our swimmers!

Nok Yuan	October 2	Silver I
Aidan Dyson	October 5	Gold
Moriyah Wolfgang	October 5	Silver II
Lindsay Chen	October 6	Gold
Maya Lynch	October 8	Silver I
Maddie Chase	October 10	Silver I
John Riggs	October 10	Silver II
Kendra Orellana	October 12	Gold
Julie Schwam	October 12	Gold
Johnathon Austin	October 18	Silver II
Tam Nguyen	October 18	Gold
Kai Dyson	October 20	Bronze II
Jason Bui	October 25	Silver II
Trigyal Drongpa	October 25	Gold
Justin Zhao	October 26	Scotsman



Photo by Tim Cowley

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Photo by Tim Cowley

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