



## The Tidal Wave

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## Hello from the Coaches

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### Coach Jim, President, Head Coach Report

Welcome to the winter season. For the senior squad it means the end of water polo and time to turn our attention to swimming full time.

This is the time to reassess your goals and begin to set new ones. One of the main goals that the coaching staff wants all swimmers to have is increased meet attendance. The sport of swimming can become a grind if you don't compete in meets. Meets give you time to be with your teammates, travel to new pools and get the rewards of all the practices that you have put in.

We have many meets coming up to take advantage of. So please sign up to as many meets as possible.



# Hello from the Coaches



Photo by Karie Lippert

## Coach Bobby

How good can you be? How high is your ceiling in swimming and in life? Wasted potential is a sad thing to witness. It is hard to watch when people do not achieve their own expectations due to lack of effort or willingness to commit to themselves. We allow barriers to alter our path of true potential and we begin to lose sight of our personal goals and lower our every expectation of our self.

Kim Peyton, the most decorated DD swimmer, did not ever allow barriers to stop her from achieving her goal (Olympics). When she was a very young swimmer at David Douglas Swim Club she set a swimming career goal to get to the Olympics. Many swimmers set this goal and many achieve wonderful rewarding experiences in the process of reaching this goal, but very few actually achieve the Olympics in their career. Kim Peyton would tell you that the reason she achieved the highest ceiling in our sport is that she truly believed that she would attain this goal and nothing was going to stop her, especially herself. She wanted every day to challenge herself on how good could she be. This never-wavering drive is what is so inspiring to the many swimmers that followed and continue to follow in her footsteps.

Thank You Kim Peyton! You are a HERO!

# Hello from the Coaches

## Coach Davita

Wow, what an exciting month for DDAC! It's been great to see so many swimmers getting best times at meets this month. I saw some awesome team spirit at the Tri-Dual meet at DD as well as some fast swimming. It was also great to see swimmers get excited to swim in another pool out at the Tualatin meet. Swimmers were not deterred by the green-colored pool that destroyed my eyes when I used to play water polo there back in the day. As Bobby said in his email, it was awesome to see such a strong DDAC presence at that meet with our pink caps and active parents. I especially liked the effort swimmers put into the 200 freestyle relay. Their



times were much faster in their relay than they were in their individual 50 freestyles. This is typically the case, but it's a good reminder that swimmers have to find that same fire and motivation in their individual races. Cheering for teammates is one way for them to feel like their team is depending on them to give it their best effort, just like when they are in a relay.

With the Fall schedule I haven't been at the pool as frequently this month, but Silver 2 did our first test set of the season. Every month we will record times on a fast 100 IM and 300 kick. This is a chance for swimmers to track their progress throughout the season and compete to improve their time every month. A 300 can seem like a long way to kick, but swimmers can always have a stronger kick. In watching our races recently, having the endurance to finish with a strong kick is really important. Another focus we have is strong underwater off every wall. In freestyle, backstroke, and butterfly this means three dolphin kicks, and in breaststroke it means a strong underwater pull. The more we do it in practice the more likely we are to do it when we are tired at the end of a race. Our next meet's fun name doesn't disappoint: as a swimmer McSwimville was always one of my favorite Fall meets. Hope to see lots of swimmers there and at practice to put in the work for more best times in November.

## Hello from the Coaches

### Coach Tim

It has been a great October, and I feel the highlight of this month is absolutely the performances by everyone at the Tualatin swim meet. Really fascinating seeing the growth in such a short time. I benefit tremendously from these experiences as a coach, because the competition environments allow me to see the kids at their best and helps me breakdown needs that Bobby and I can evolve inside each week's practice. Looking forward to 2 competitions in November (McMinnville + Lincoln City) that will also accelerate development.

Inspiring moments watching the HS Water Polo teams compete at Senior night 10/26. Congrats to all of them on the effort and excitement.



Photo by Amanda Smith

# Easy ways to support DDAC Swim Meet Scholarship!

You can link your current **Fred Meyer Rewards account with DDAC** in a few easy steps. Visit [www.fredmeyer.com/communityrewards](http://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 the 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 AmazonSmile donation" on your [smile.amazon.com](http://smile.amazon.com) product page. Remember, only purchases made at [smile.amazon.com](http://smile.amazon.com) generate AmazonSmile 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.

Thank you DDAC family and friends for supporting the Dine and Donate fundraiser at Chipotle! Chipotle will donate \$250.00 to DDAC!

\*Save the date: December 7th Pizza Baron, [2604 SE 122nd Ave.](#), will host a Dine and Donate for DDAC. More details to follow.



Photo by Karie Lippert



# FUNDRAISER EVENT

Raise Money for: David Douglas Aquatics Club

When	Where	How
Tuesday, November 14, 2017 12:00 PM - 10:00 PM	Panda Express at 122nd & Halsey 1462 Ne 122nd Ave. Portland, OR 97230	<b>In-store:</b> Show paper or digital version of this flyer <b>Online:</b> Enter 239359 in the promo code box during online checkout.

20% of event sales will be donated to: David Douglas Aquatics Club

Participating fundraiser guests are required to present a valid fundraiser flyer (hard copy or smart phone) with each order to receive credit for the fundraiser. Flyers may not be distributed inside or within vicinity of restaurant including, without limitation to, the restaurant parking lot before or during your fundraiser. Panda Restaurant Group reserves the right to cancel any and all fundraiser events for any reason and/or withhold payment of associated donation funds if the Panda Restaurant Group Fundraiser Guidelines are not followed.

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Photo by Utica Abdullah

# Upcoming Meets

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>

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# Upcoming Water Polo

No water polo this month

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Photo by Davita Eichner

# November Birthdays

Happy birthday to our swimmers!

<b>Ulyana Damme</b>	<b>November 4</b>	<b>Gold</b>
<b>Kyleigh Gibson</b>	<b>November 4</b>	<b>Bronze I</b>
<b>Lisa Tsang</b>	<b>November 11</b>	<b>Scotsman</b>
<b>Ilya Kits</b>	<b>November 15</b>	<b>Silver I</b>
<b>Jaydy Nguyen</b>	<b>November 15</b>	<b>Silver I</b>
<b>Ellia Tan</b>	<b>November 15</b>	<b>Silver I</b>
<b>Chowang Shrestha</b>	<b>November 25</b>	<b>Silver I</b>



Photo by Davita Eichner

# Contacts

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Photo by Karie Lippert

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