



The Tidal Wave

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Hello from the Coaches

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Coach Jim, President, Head Coach Report

Winter season has arrived. For swimmers and coaches, this is an exciting time of year.

High school swim season has begun. High school swimming is an opportunity for the year-round athletes to compete alongside their classmates. Almost all of our club members go to David Douglas; however we do have members swimming for Clackamas High School as well as Franklin High School. To all members, we wish you luck in the upcoming season.

The winter season is also when we really begin to prepare for the championship season in February and March. Coming to practice focused on getting better becomes even more important. An old saying is: Do not count laps - make every lap count.

Finally the winter season brings challenges to our focus and training. Making sure our swimmers are eating healthy, drinking plenty of water and getting sleep is really important so they can avoid getting sick.

School activities and family obligations can often occur during regular practice time. Try to avoid scheduling activities





Photo by Karie Lippert

Hello from the Coaches



Photo by Karie Lippert

during practice, but make sure you spend time with your family and attend your school functions.

Finally, make sure to attend swim meets. The more meets you attend the better prepared you will be to swim fast at the end of the season.

Coach Bobby

A life full of seasons. Since I can remember, my life has been a chain of seasons concluding about every six months with a Championship Meet and/or Tournament, and then beginning again with renewed excitement towards the next season goal. As a competitive swimmer and water polo player starting at age six and finishing in my college years, I always had an end of season date/event to push me to want to be my best every day leading up to the big day. When I decided to hang up my suit and become a coach, I found that watching and motivating others to push themselves to be their best was so incredibly enjoyable that I knew the chain of seasons would forever continue.

The Championship meets are quickly approaching this season and we need to make sure every day we are pushing ourselves to be our very best so we will have some amazing performances and reach our goals.

- 2/3-2/4 – PASL Championships - 60 days left to get ready!
- 2/9-2/10 – High School District Champs – 70 days!
- 2/16-2/17 - High School State Champs – 80 days!
- 2/17-2/18 – 10&Under State Champs – 80 days!
- 2/22-2/25 – 11-14 State Champs – 85 days!
- 3/1-3/4 – Senior State Champs – 90 days!
- 3/10-3/11 – East Metro Championships – 100 days!

Be sure to take advantage of every day you are at the pool to master your craft. The countdown to the Championships has begun this season. Get better every practice and shock yourself at how great you can become.

Hello from the Coaches



Coach Davita

Even though your wet hair might freeze as you walk from the pool to your car after practice, winter is one of the most exciting times to be on the swim team. Swimmers have two weeks off school and that means they can really focus on gearing up for some great practices. With some big meets coming up in the new year, these two weeks of swimming are crucial to building a strong base to be fast at our goal meets. There weren't very many swimmers at McSwimmville, but the ones there had some great races. We had even more best times at Lincoln City and I'm looking forward to having even more of you compete at David Douglas on December 16th.

One thing we are working on in the Silver groups is swimmers getting their times in practice. There is a lot of math and focus involved in swimming: If I'm doing a 50 free and I left on the :50 seconds, if I get back on the :27, my time was a :37 seconds. If we are doing 4X50s on the :50, then I need to do all that math while also counting how many 50s I've done and knowing that I need to leave on the :40 to make the sendoff. That's a lot of math! I'm pretty sure I never would have made it through Algebra in high school without practicing so much math way back when I was on the swim team. On top of all this math, swimmers have to think about what they are trying to do in the set. Maybe we are focusing on really tight streamlines and three dolphin kicks off the wall. Maybe we are focusing on descending, or having each 50 get faster. With all of this to keep up on, there is no time for swimmers to be daydreaming about what they are going to eat for dinner after practice. On the bright side, being so focused on the set makes swimmers forget to be bored or how much longer there is in practice. Swimmers in the silver group are starting to develop this skill and hold themselves to high standards for every set they do.

Along with getting your times, swimmers should be remembering what their best time is in each race and what their goal time is. That way they can proudly wear their PR stars and when they get up on the blocks to race they know exactly what time they are shooting for. I'm excited to see some more best times at the meet at DD on December 16th and to see you all at the holiday party. Until then you can catch me at the pool--I'll be the one with the popstar microphone!

Hello from the Coaches

Coach Tim

The months are passing by and with practice the benefits are really showing through in the kids' weekly/monthly progress. I appreciate everyone's consistency and willingness to compete. That said, the results of consistent training always show through in competition. So parents, if you have any questions for us on upcoming events, be sure to talk with the coaches and administration on how your swimmer can get more meet experience. December is a great month to jump in and compete with the upcoming meet at David Douglas.



Photo by Amanda Smith



Photo by Robin Young

Volunteers Needed!

December 16

PASL Tri-Dual meet at DDAC

We are hosting a meet on December 16, and we need lots of lovely volunteers to help it run smoothly.

Please log in to your TeamUnify account and click on the **Events** tab. Click on the **Job Signup** button under the PASL meet heading. From here, choose a volunteer job from the list.

Thank you!!!



Photo by Tim Cowley



You dine and Pizza Baron donates!

Join us Thursday,
December 7th
between 5-9 p.m.

At Pizza Baron
2604 SE 122nd Ave.

Present this paper flyer and
30% of the proceeds will be donated to DDAC.





DDAC Holiday Party!!



Who: Swimmers and their families are invited.
Siblings may swim after games.

What: Potluck 6:00-6:30; free swim 6:30-8:00

When: Friday, December 15th, 2017

Where: David Douglas Aquatic Center

Potluck by swimmer last name:

A~M Main dish

N~S Dessert

T~Z Drinks



Photo by Robin Young

Upcoming Meets

PASL Tri-Dual at DDAC	December 16, 2017
Seth Dawson Invite at MHCC	January 5-7, 2018
PASL Tri-Dual at Parkrose	January 13, 2018
PASL League Champs at DDAC	February 3-4, 2018
OSI 10 & Under Championships at Tualatin Hills Rec Swim Center	February 17-18, 2018
11-14 State Champs in Corvallis, Osborn Aquatic Center	February 22-25, 2018

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

Upcoming Water Polo

No water polo this month



Photo by Robin Young

December Birthdays

Happy birthday to our swimmers!

Tessa Cowley	December 10	Silver II
Sam Matsushima	December 10	Bronze II
Kelsey Green	December 11	Silver I
Tannen Skowhede	December 23	Silver I
Angela Puente	December 27	Bronze I



Photo by Robin Young

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Photo by Robin Young

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