



The Tidal Wave

January/February 2018
Volume 2, Issue 1

Hello from the Coaches

Inside this issue:

Hello from the Coaches 1-5
Treasurer's Corner 6-7
Volunteers Needed 8
Baja Fresh Fundraiser 9
Upcoming Swim Meets 10
Upcoming Water Polo 10
Birthdays 11
Contacts 12

Coach Jim, President, Head Coach Report

It has been an eventful year already for the swim team. After our winter training, we had a great meet at the Seth Dawson Invitational. I thought the Gold, Silver and Bronze squads had a tremendous meet. Our "Age Group" program has taken a huge leap in competitive level under the guidance of Coach Bobby, Davita and Tim.

The senior squad enjoyed the winter break by training 14 times over the two week period. We were fortunate to be joined by alumni swimmers Raymond Miller, who swims at Pacific University, and Fernanda Rodriguez, who is swimming for Oregon State University. Even coach Jonathan came and worked out a few times. The three alumni swimmers raised the level of practice and made all of us work a little harder.

The results at the Seth Dawson meet were really good for the senior group coming off of the workload we gave them. The most impressive swim was Hannah Walker's mile. She dropped over 20 seconds!

The next month will be full of great swim meets.

Jan 15th the high school team will travel to Corvallis and compete in a prelim/final meet against high schools from Corvallis, Bend and Salem. Next we will race in the PASL





Photo by Karie Lippert

Hello from the Coaches

Champs held at our pool. After that we will have high school district and high school state, and then we will finish up with Senior State, East Metro and Age Group Sectionals.

It is going to be a busy month but I am excited for our opportunities.

Coach Bobby

DDAC NEEDS PARENTS TO BECOME OFFICIALS

Why Become a USA Swimming Official?

1. To become more involved in the sport and club that my child loves.
2. To aid in setting personal goals for my child and helping them achieve those goals.
3. DDAC officials get a discount for their swimmer's meet fees.
4. To help DDAC host swim meets, which is very important for keeping our club affordable for our families.
5. In order for DDAC to get invited to away meets, DDAC must provide officials.
6. To help advance the positive image of DDAC to outside organizations.
7. To always have "the best seat" at swim meets, which are always very crowded.
8. To take advantage of the free food provided at meet hospitality rooms.
9. Swim meet expenses (hotel, meals, mileage, uniforms) may qualify for tax deduction
10. To be a part of a wonderful Oregon Swimming Officials family.

Volunteering as an official gives an insight to how meets are organized, the different responsibilities of the officials, and why a disqualification happens. There are many officiating



Photo by Tim Cowley

positions, and there are different levels of responsibility with each position. Those who choose to become an official can find the right responsibility for them. Officials are not required to work at meets, they decide when and how long they are willing to volunteer. The financial success of DDAC is partly dependent on how many swim meets we can host, and we need certified parent officials to host meets at our pool.

Officials do not disqualify swimmers, but in turn qualify swimmers. As officials become more knowledgeable of the sport of swimming and understand the various rules that swimmers must abide by, their volunteerism of enforcing the rules improves every swimmer and the sport of swimming.

Thank you to Tonya Bowers and Joyce McCoy for paving the way for our DDAC parents to become certified officials. Both of these parents have gone through the steps below and they are improving our club with their involvement in officiating.

Steps to Becoming a Certified USA Swimming Official:

1. Must attend a formal clinic presented by a referee (DDAC will host a clinic when we have enough parents signed-up)
2. Pass a Stroke & Turn and/or Admin test within 45 days of attending clinic
3. Fill-out the USA Swimming non-athlete registration form.
4. Complete Background Screening Check through USAS website
5. Complete Athlete Protection Course on USAS website
6. Complete the training process by volunteering sessions at a swim meet.

DDAC needs your help, please become an official. You will share great experiences with your swimmer and you will provide a greatly needed service to our club.

To start the process, please email bobby_eroest@ddsd40.org. I will set-up a clinic at our pool when we have enough parents who have emailed me.

Thanks,
Bobby

Hello from the Coaches

Coach Davita



Photo by Tim Cowley

It's great to see everyone back from Winter Break feeling recharged and ready to jump into a new year and championship meet season. Over break I had a blast seeing the Rudolph races at the Christmas party and playing a dice game with swimmers that I used to play over Winter Break when I was on the swim team. New Years is a great time to reset and set some goals for things to accomplish. Swimmers should be setting their sights on their goal times in the upcoming championship meet season. That said, it's easy to make New Year's resolutions that are hard to keep: last year I put my phone in black and white in an effort to discourage myself from spending time online during the day. I only made it a few months. And this year instead of just pledging to reduce my phone usage, I am trying to replace the behavior with another: reading one book per month. Similarly, swimmers should try to be as realistic and specific about their goals as possible. We want to keep in mind the qualifying times for an event, but also set goals for each event that are within reach if they put in a lot of hard work.

Aside from times, swimmers can make goals for practice: always streamlining off the wall, always swimming a stroke the correct way even though it feels weird at first. There are many adjustments that coaches repeat to swimmers many times that they could make a goal of reminding themselves. Swimmers can also pledge to race a certain person in practice or get their time during every main set. I have found that the most effective way to achieve a practice goal is never allowing yourself to do something the lazier way. Once you get a record of a few days working on your goal, it gets harder to break the streak. It takes a lot of commitment, but this is what kept me attending practices during my time on the swim team. Even now when I only swim for exercise, if I start leaving after practice instead of staying to swim, it becomes all the easier to do it the next day. Excuses are very easy to find. In addition to helping swimmers improve their level, goal setting also translates well into other aspects of swimmers' lives. Setting goals and demonstrating discipline to achieve those goals is a crucial skill that will make swimmers successful in swimming, school, and their futures.

Looking forward to seeing swimmers step up on the blocks and work towards their goals at the upcoming dual meet!

Hello from the Coaches

Coach Tim

Hi All,

It's all about the journey! It was really incredible to watch the maturity in the Mt Hood CC meet (Seth Dawson Invite) participants. Most importantly, I'm impressed with the amount of participants we are seeing as we progress through the season. Very happy that the kids/athletes are putting themselves out there to find out more of what swim competition is about and how overcoming obstacles can be rewarding.

Parents, if you are reading this then I want you to take advantage of the home meet we have next weekend (Jan 20, PASL Tri-Dual). This meet next Saturday is a great opportunity to get the swimmers in a competition that is an easy environment because it is at our regular practice pool. I hope to see great team participation, which will lead to group success and positive team representation.

Coach Tim



Photo by Amanda Smith



Photo by Tim Cowley

Treasurer's Corner – Hi from Val

Have a question for the treasurer? I now have a message phone if you prefer making a phone call.

Please call [503-256-6500, extension 3423](tel:503-256-6500)

This is a message phone line that I will check daily. Please leave a phone number and your name, and I will get back to you as soon as possible.

You can always send me an email as well: treasurer.ddac@gmail.com

We have hired a CPA to manage our tax filings and to keep us in line with 501c3 expectations.

Ryan Johnson @

Johnson & Richardson CPAs

10150 SE Ankeny St

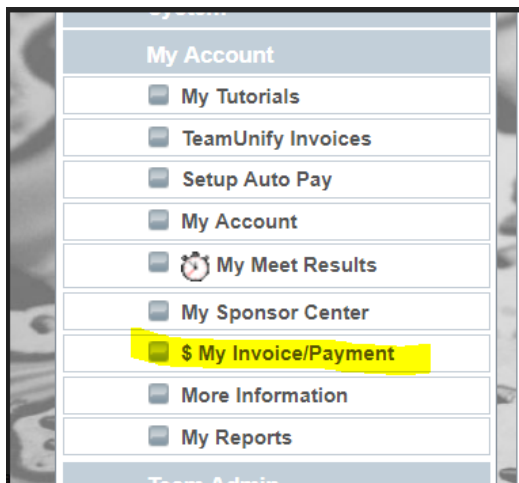
Portland OR 97216

You can now make a one-time credit card payment through your Team Unify account.

How to:

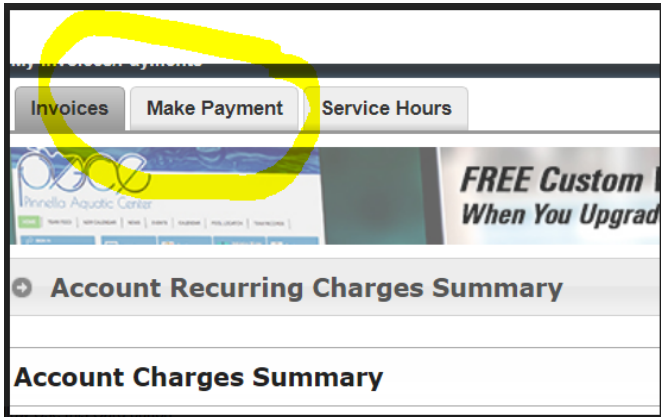
Log in to your Team Unify account

Click on **My Account** on the left hand side of your Home screen. Then click on **My Invoice/Payment:**

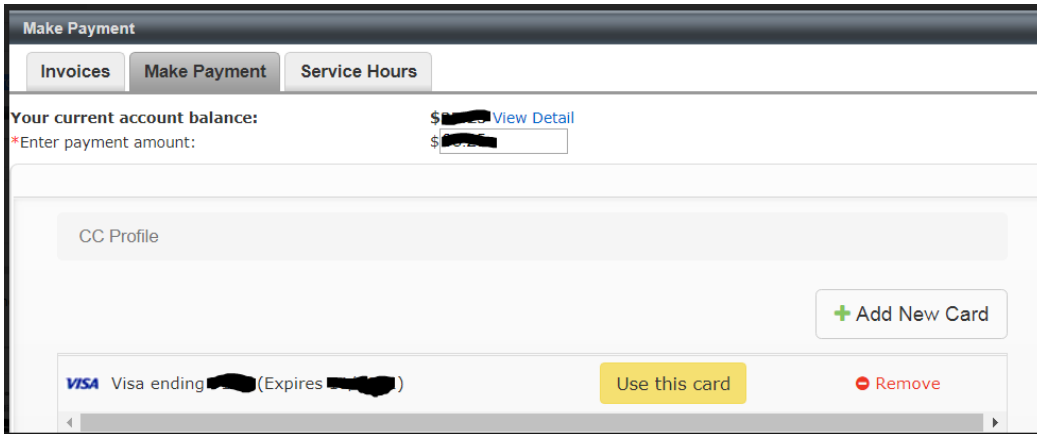


(Continued on next page)

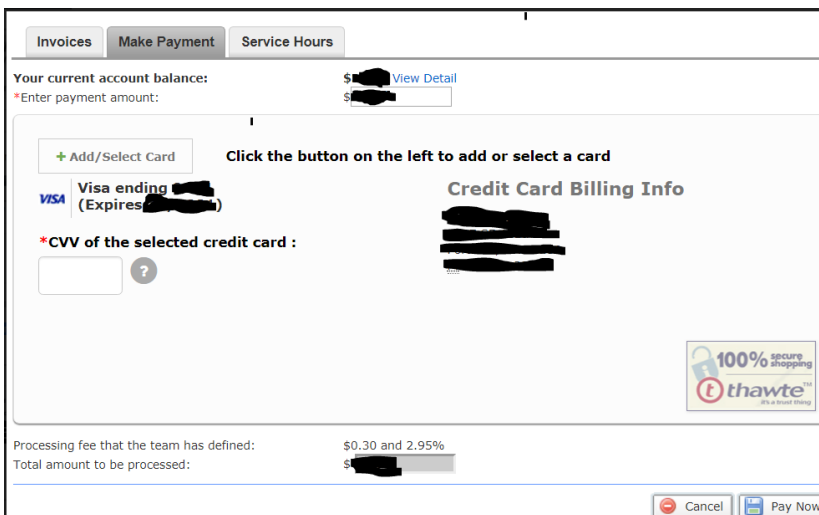
Click on the **Make Payment** tab:



Use your credit card on file, or **Add New Card** to make a payment. Click on the yellow **Use this Card** button.



Enter your CVV code. Total amount, including fees will appear at the bottom. Click the **Pay Now** button. Payments will post automatically.



Volunteers needed for the PASL Championship meet, February 3-4, 2018

Mark your calendar! The Portland Swim League Championship meet is next month, February 3-4th. This is our biggest home meet of the season and we need volunteers. Never volunteered before and not sure what you can do? Don't worry, ask a friendly front desk lady and she will be more than happy to help you choose a position. We have all sorts of jobs available, some as simple as collecting pieces of paper, putting stickers on ribbons and purchasing or cooking food. A volunteer sign-up will be placed on the DDAC team website by late next week. Running these meets is not possible without the help of the parents and guardians of our swimmers. Let's represent DDAC in a big way and make this the best meet of the season!

Thank you!!!



Photo by Tim Cowley

Parking Reminder

Please use the designated parking spots when dropping off and picking up your swimmers. Recently we have had issues with school busses and cars not being able to maneuver around cars parked in front of the pool courtyard. Thank you!

David Douglas Aquatics Club

&
BAJA FRESH.

 MEXICAN • GRILL

EAT FRESH, RAISE FUNDS!

Get together with family and friends to help us, while you help yourself to some great food—with an event like this, everybody wins!

When you come in to the location listed below, and bring in this flier, Baja Fresh® will donate 15% of the proceeds to our cause!

DDAC

DINE IN. TAKE OUT. CALL AHEAD, GRAB IT AND GO!

Date: **01/20/2018**

Time: **ALL DAY Saturday**

Where: **MALL 205 Baja Fresh**

10090 SE Washington S

503-595-0550

Upcoming Meets

Seth Dawson Invite at MHCC	January 5-7, 2018
PASL Tri-Dual at DDAC	January 20, 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 Amanda Smith

January and February Birthdays

Happy birthday to our swimmers!

Keeley Bowers	January 5	Silver II
Raymond Le	January 5	Bronze I
Phil Shukshin	January 7	Silver I
Daniel Bui	January 9	Bronze II
JianFeng Tan	January 9	Gold
Cameron Miller	January 11	Scotsman
Thien Bui	January 13	Scotsman
Daniel Wong	January 15	Gold
Holly Lippert	January 20	Gold
Daniel Kozhokar	January 24	Silver II
Daevin Nguyen	January 29	Silver I
Marlene McCoy	January 31	Silver II
Kim Tu	February 8	Gold
Paxton DeRoest	February 11	Bronze II
RigdhenKhyungra	February 16	Silver I
Kylie Green	February 17	Silver II
BaoVuong	February 20	Silver II
Riley Melton	February 21	Silver I
Elizabeth Chanthabouly	February 24	Scotsman



Photo by Tim Cowley

Contacts

Jim Bowe, President, Head Coach,
Senior coach

jim.bowe70@gmail.com

Bobby DeRoest, Gold Coach, age group
squad manager

bobby_deroest@ddsd40.org

Davita Eichner, Silver and Bronze Coach

davitaeichner@gmail.com

Tim Dodson, Silver and Bronze Coach

tdodso23@outlook.com

Anna Schwam, Vice President

fijibluesky@gmail.com

Valerie Lang, Treasurer

treasurer.ddac@gmail.com

Amanda Smith, Member Representative

jtsmith3@yahoo.com

Karie Lippert, Secretary

karielippert@yahoo.com



Photo by Tim Cowley

David Douglas Aquatics Club (DDAC)

PO Box 16542

Portland, OR 97292

For newsletter questions or comments, please write to karielippert@yahoo.com