



The Tidal Wave

March 1, 2018
Volume 2, Issue 2

Hello from the Coaches

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Coach Jim, President, Head Coach Report

Wow, what a great championship season we are having so far. The senior swimmers had their High School District and State Championship, and all swimmers performed great. The 10 and unders performed wonderfully at their championship meet, and the 11-14 meet was highlighted by some incredible swims.

We had two state champions, Isaac Campbell and Julie Schwam, and we had many other amazing performances.

Hannah Walker, Wendy Rios, Johnny Tran, Danny Tran, Justin Zhao and Tommy Xu will be representing us at the Senior Regional Meet, and Hannah Walker, Lilly Walker, Julie Schwam, Isaac Campbell, and hopefully more will be representing DDAC at Age Group Sectionals in Federal Way at the end of March.

As our team improves in the water and becomes a more experienced swim club, it got me thinking about next steps for our organization.

Number one has to be getting more officials. There is a directive from Oregon Swimming stating that teams can be denied entry into swim meets by the host team if they do not have officials to help run the meet. The board and the





Photo by Karie Lippert

coaching staff have been talking about this for over a year and we have had a few parents step up. But we need more. Furthermore, Bobby spends many hours trying to recruit parents from other clubs to volunteer their time to help us run our meets.

The second area of growth will be club connections. This upcoming season Bobby and I are planning some combined practices with the gold and senior squads. This will progress to more squads training together in the future.

These are both exciting opportunities to continue the growth of our organization.

See you at the pool,
Jim

Hello from the Coaches

Coach Bobby

Great Job DDAC Family. We have had an extremely successful end of the Short Course Season, starting with becoming Team Champions in the inaugural PASL Championships in early February. It was so much fun watching all of our swimmers trying to achieve a team goal. Next we had a great showing at the 10&Under State Championships, both in participation numbers and competitive placing. Isaac Campbell lead the way with a 1st place State Championship in the 100 Backstroke. The following weekend DDAC competed in the 11-14 State Championships and our onslaught of personal records continued. Julie Schwam was the team high-point winner and also captured 2 State Championships: 100 Backstroke & 1000 Freestyle. The Senior swimmers have their moment in the spotlight beginning March 1st at the Senior State Champs, and I am very confident they are going to blow away some PR's and show the State of Oregon that DDAC has arrived.



Photo by Tim Cowley

The importance of commitment in swimming. Young swimmers are learning much more than just how to swim faster when they begin to understand commitment to the sport and their team. Swimming can be a vehicle that will teach them about patience, teamwork, work ethic, valuing time, discipline, goal setting, unselfish behavior, “no quitting” attitude, etc. These values are only instilled because of a

strong commitment to their craft. Having fun in swimming is very important, and our coaching staff guarantees that being a part of DDAC will be “FUN”. The problem with “just having fun” is it does not involve the feeling of commitment and in turn will not teach the great life values listed above.

Commitment to swimming and commitment to being your best is a process that involves the swimmer and the family. As the athlete progresses because of commitment, more time is required to continue the progression. Commitment will always bring rewards and achieve big goals. Commit and you will be satisfied with the results. Don't commit and you will always be disappointed with the outcome.

Hello from the Coaches

Coach Davita

I sometimes have a hard time yelling loud enough to be heard by swimmers, so a while back I started having "story time" with my squads. I invent a story at different points during practice when I need swimmers to sit around me and quietly listen to what we were going to do next. Swimmers quickly got tired of my tales of swim teams doing various sets, so I had to get a little more creative. Swimmers sometimes get stories about mysterious swimming kittens or stories from "a million years ago" when I was on the swim team. Not wanting parents to miss out on the fun, I give you here a small taste of story time:



Photo by Tim Cowley

Once upon a time, there was a squad of sharks who were all, shockingly enough, on the swim team. These sharks came to practice every day, but they didn't only come to practice, they also worked as hard as they could in every set they did. One day the sharks did a really hard set of fast 50s from the blocks. They got tired but they kept pushing themselves to go faster on every 50 and do their flip turns. When the big swim meet came around, all the sharks were excited because not only was it on their home turf, but if they swam fast enough they got to come back to swim the same event at finals. As the date of the meet approached, the sharks were nervous but continued perfecting their technique in practice. They knew they were racing both the sharks on other teams but also the clock to try to get their best time. On the day of the meet, many of them not only got best times qualified for state and

got to return to swim at finals. Their coaches were very proud, especially considering this squad of sharks only started swimming as a team a few years ago. Together they scored the most points and beat all the other teams of sharks! They had come a long way from when they started with only a few sharks, and they were excited to see all the other things they could achieve by coming to practice and working hard every day. The sharks lived happily ever after, and were rewarded with a week off due to a very rare ocean blizzard. The end.

Hello from the Coaches

Coach Tim

I had a great experience watching and participating through the past few weeks of age group championships. It's a tremendous step forward from where the team was a year ago and the impact we have on Oregon club swimming in general. I'm very proud of what all the swimmers have accomplished in this past 6 months. We have more to go!! Next weekend (3/10) is the final final final meet before we wrap it up. Thanks and see you all in the pool.

Tim



Photo by Amanda Smith



Photo by Tim Cowley

WATER POLO News

March 1, 2018

Dear Parents,

Due to the DDAC Water Polo program and the School District community swim lesson program's recent large growth, it has become necessary for the Aquatic Center to make some changes in order to successfully maintain each program. The biggest change is that the Water Polo Club program will now be run through the School District instead of the club. In addition, it has become necessary for Bobby DeRoest to oversee the administration of both programs and not handle just the coaching side of Water Polo.

Also, with the rising cost of maintaining the pool, equipment and staff, it has become necessary to start charging a \$10.00 a month fee per Polo player for the use of the pool for the Water Polo program. As of April 1, 2018, this fee will need to be paid by the 5th of each month, payable to the David Douglas Aquatic Center in the form of cash or check. We will provide you with a payment remittance envelope at the front desk to insert your payment and make sure your name is clearly written legibly on it. This will need to be turned into the front desk attendant.

The District has hired Michael Brummett, who is currently being trained under Bobby, to begin coaching the Water Polo evening program. Please help us welcome him, say hi and introduce yourselves to him.

Please feel free to call me with any questions. Julie Gossett (503) 261-8378.

Thank you for your patience during this transition.

Sincerely,

Julie Gossett

Julie Gossett
Aquatics Center Secretary
David Douglas School District
(503) 256-6500 Ext. 8988 (Direct Line)
(503) 261-8378 (Pool Line)

DDAC SPRING WATER POLO 2018

March 3rd – June 17th

Practice Times:

14U/12U: Mon & Wed 7:30-8:15pm, occasional Saturdays
No Spring Break, additional time 4/2-4/6 TBA
\$10/month paid to DDS at front counter

18U: Monday, Wednesday, Friday 4:00-5:00pm
No Spring Break, additional time 4/2-4/6 TBA

Program is available to all DDAC athletes, except Bronze Squad*

*Bronze Squad is not allowed for safety concern

Tournament Schedule

- ❖ Saturday 3/3 at David Douglas (Jamboree)
- ❖ Saturday 3/17 at Parkrose
- ❖ Saturday 4/7 at David Douglas
- ❖ Sunday 4/28 at David Douglas
- ❖ Saturday May 12th at David Douglas
- ❖ Sat. June 16th & Sun. June 17th at Albany (Championships)

HOW TO SIGN-UP FOR SPRING WATER POLO 2018 USA WATER POLO MEMBERSHIP

1. YOU MUST SIGN UP FOR USA WATER POLO to play in above tournaments.
2. Go to usawaterpolo.org and click JOIN at the top of the page.
3. Choose BRONZE athlete for \$40.00 and click red SIGN UP button.
4. Choose OREGON for the state, and then choose DAVID DOUGLAS WATER POLO as the team
5. Complete registration form & pay online with card.
6. When you are all finished, you will see a membership card (you'll be sent one in the mail eventually). Print this out or snap a picture with your phone so that you have it for the first game.

Treasurer's Corner

Hi From Val

Long Course Season starts in April!

Registration will open on March 12th. Please log in to your account and click on the “Returning Member Long Course Registration” button to get started.

Things to remember for Long Course Reg:

- There will be no change in dues unless your swimmer advances to the next squad.
- If you wish to pay in advance for April dues at the end of registration you can, but you may also choose the “Pay by Check” option at the end and submit your payment at the pool no later than April 20th.
- The only difference in billing you will see is “LC Dues” on your bill.
- No Returning Member fee or USA Swimming Fee! These won't be due until September 😊

This will be a quick and easy process. If you have any questions you may see the front desk or email the treasurer at: treasurer.ddac@gmail.com



Photo by Tim Cowley

Carpool Buddies

Does your swimmer need a lift to practice or to a swim meet?

Many have expressed an interest in forming a carpool for swim practice and swim meets. If you or someone you know are interested, a “Carpool Buddies” notebook will be available at the DDAC front desk. Using the information provided in the notebook, **the parents/legal guardians will contact one another to plan a driving schedule.**

Please be aware that DDAC coaches, board members, lifeguards and front desk volunteers are not responsible for coordinating or providing carpools for any swimmer other than their own. This is a suggested option for arranging carpools. **Carpool Buddies is not a DDAC service or program.**



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 buses and cars not being able to maneuver around cars parked in front of the pool courtyard. Thank you!

Upcoming Meets

Senior state championships at T-Hills	March 1-4, 2018
B/C meet at DD	March 10, 2018
Age group sectionals at Federal Way, WA	March 23-25, 2018
Tualatin Hills LC Meet at Beaverton, OR	May 4-7, 2018
TYR John DeRoest Memorial Sextathalon at DDAC	May 19-20, 2018
Winemakers Open at McMinnville, OR	June 9-10, 2018
Ted Walker Invite LC at The Dalles or Bend Senior Meet	June 22-24, 2018
Last Chance Meet at DDAC	June 30, 2018
Senior Sectionals at Gresham, OR	July 11-15, 2018
11&Over Age Groups Champs at Gresham, OR	July 26-29, 2018
Senior Zones at Fresno, CA	July 31-August 4, 2018
Bend Open at Bend, OR	August 10-12, 2018

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

March Birthdays

Happy birthday to our swimmers!

Emanuela Grigoras	March 2	Bronze I
Sofia Bui	March 3	Silver II
Yayoi Wavra	March 8	Bronze I
Danny Tran	March 13	Scotsman
Johnny Tran	March 13	Scotsman
Ethan Nguyen	March 15	Silver I
Jonathan Kozhokar	March 17	Silver I
Isaac Campbell	March 18	Silver II
Nathan Vuong	March 24	Bronze I
Dylan Chen	March 28	Gold
Casey Watkins	March 29	Bronze II



Photo by Robin Young

Contacts

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Photo by Tim Cowley

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