



## The Tidal Wave

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May 1, 2018  
Volume 2, Issue 4

### Hello from the Coaches

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#### Coach Jim, President, Head Coach Report

Happy Spring DDAC families. The month of May brings a lot of action for us.

Swim-A-Thon on May 11<sup>th</sup> is dedicated to helping our team look more united by giving kids the chance to fundraise and earn their uniforms. The money also helps to pay for pool rental costs and to keep our dues at a very reasonable level. We are setting a goal for all swimmers to raise \$100. However, I challenge all kids to try to do more.

Our biggest swim meet we host is May 19<sup>th</sup> – 20<sup>th</sup>. This is an all team event. We need swimmers signed up and parents volunteering to help.

Please do your part to make the month of May a successful one in and out of the pool.

I am sure most of you have noticed the emphasis on training out of the water this season. The coaching staff is making a commitment to increase our competitive level by becoming stronger and more flexible athletes. Non and Tim Dodson are leading the planning of this program that is being implemented team-wide. Parents can help with this effort by





Photo by Karie Lippert

# Hello from the Coaches



Photo by Tim Cowley

making sure the swimmers get here in time to take part.

Have a great May!  
Jim

## Coach Bobby

David Douglas **AQUATICS** Club is different from most swim teams because we encourage our young athletes to be involved in both the sport of **SWIMMING & WATER POLO**. The David Douglas community has created a successful culture of winning championships in both sports. 99% of the kids who represent a Championships Water Polo Team are also on a Championship Swim Team. The sport of Swimming and the game of Water Polo not only co-exist easily but benefit each other more than any other activities when finding a cross-training plan.

Water Polo helps swimmers create aggressiveness with their movement, body control and balance, eye-hand coordination and the importance of team work. Water Polo also gives swimmers a mental break from the grind that comes along with the sport of Swimming.

Swimming is the most important skill for any water polo player. In any team sport or game speed and endurance will always be at the top of importance to be successful. Water Polo players who are good swimmers immediately have the biggest advantage to have team success. Swimming teaches the very important values of commitment, sacrifice, work ethic, accountability, responsibility and much more.

The point of this article is to encourage the DDAC membership

to get involved in everything our club offers: **SWIMMING and WATER POLO**. Both activities are incredibly enjoyable and when you do them together the results are truly awesome.

Many Olympic Swimmers also played Water Polo at an elite level: Matt Biondi (Olympian Swimmer & Water Polo Player), Jason Lezak, Pablo Morales, Brad Schumacher (Olympian Swimmer & Water Polo Player).

I am excited to watch on Friday morning (5/4) the Collegiate Club Nationals at Mt. Hood Community College where the Oregon Ducks are playing vs UC Davis. Sophie Gemelas is an athlete I coached in Madras. She was a high school State Champion in the 100 Breaststroke and 200 IM, and the Captain of the Water Polo Team that won a State Championship. She is now the Captain of the Oregon Ducks that qualified for Nationals. She is a kid that got involved in everything and the two sports benefited each other.

## Hello from the Coaches



Photo by Tim Cowley

### Coach Davita

Starting a new season is so exciting! It's great to see swimmers starting off on the right foot and coming to practice with greater focus. We've had many swimmers working on their strength and flexibility for the first 10 minutes of practice, and I hope to see that group grow as we all get used to the new practice times. My squads have been working on getting back to basics and doing all the strokes perfectly at the beginning of the season. Swimmers should be keeping this technique and discipline in mind throughout the rest of the season. Many swimmers in my group are about to move up a squad at the end of the season, so it's important to think about how they will make that adjustment. One great way for swimmers to make a smooth transition between squads is for them to notice the expectations of other squads, like getting times, going on send-offs, doing flip turns, etc., and start holding themselves to those standards. It's also been awesome to welcome our new coach, Lauren, and get her fresh approach. Many of you may have heard that I am

# Hello from the Coaches



starting a new job teaching English at a Colombian university in June, and although I am excited, I am also very sad to be leaving DDAC. Luckily we have Lauren, who has really hit the ground running. May is an exciting month packed with Swim-a-Thon and Sextathlon, and I'm excited to make the most of my time left coaching our amazing swimmers. Thanks for a great start to the season!

## Coach Lauren

It's been a great few weeks of practice! I've enjoyed getting to know all of the athletes and helping them begin their long course season with a strong foundation of perfect technique! I love to see swimmers showing up to practice on time, prepared to work hard in the pool. Everyone has impressed me with their enthusiasm about the sport, and we can continue to work on focusing during the important sets at practice. Continue to be patient with me while I learn everyone's names - I'm doing my best! :)



Photo by Holly Lippert



# TYR John DeRoest Memorial Sextathlon Swim Meet, hosted by DDAC, May 19-20, 2018

Get ready DDAC parents! The annual Sextathlon swim meet will be held **May 19th and 20th**. We need you to help make this event happen. The **volunteer sign-up** is already live on our web page, so hurry and grab that volunteer spot before it's gone. Not sure which position is right for you? Stop by the front desk and we will be more than happy to help you sign up.

This event is a team favorite! All swimmers should plan to attend this meet. Bring camp chairs, food, games, and prepare for fun (and hope for good weather)!



Photo by Karie Lippert

Holly and Frances enjoying a little relaxing between swims at last year's Sextathlon event.





**Earn fun prizes when you collect donations!**

**\$100 in donations**  
Team suit or warm-up jacket  
Laser tag team party



**\$150 in donations**  
Team warm-up pants



**\$200 in donations**  
3 personalized silicone caps



**Be a top earner!**

**First place overall**  
DDAC personalized parka



**Second place overall**  
DDAC personalized backpack



**Third place overall**  
DDAC personalized hoodie



**The Swim-A-Thon is May 11! Turn in donations by May 18 to be eligible for prizes**

# DDAC SWIM-A-THON





# A note from Treasurer Valerie

We are looking for front desk volunteers to help out during swim team practice. Currently most of our front desk volunteers are Gold Squad parents. This June most Gold squaders will move to the Senior schedule and their parents will not be as available to help. Please support your club and offer to volunteer. We will show you the ropes and in turn you will get to meet some great families from the David Douglas community.

Duties include:

\*Volunteer as many days as you would like / 1 hour minimum

\*Taking payments and writing receipts.

\*Answering general questions or taking a message

\*Updating swimmer folders

\*Monitoring lobby for safety

Hours Mon-Fri 5:30 - 7:30pm

Please email Amanda Smith with your inquiry: [jtsmith3@yahoo.com](mailto:jtsmith3@yahoo.com)

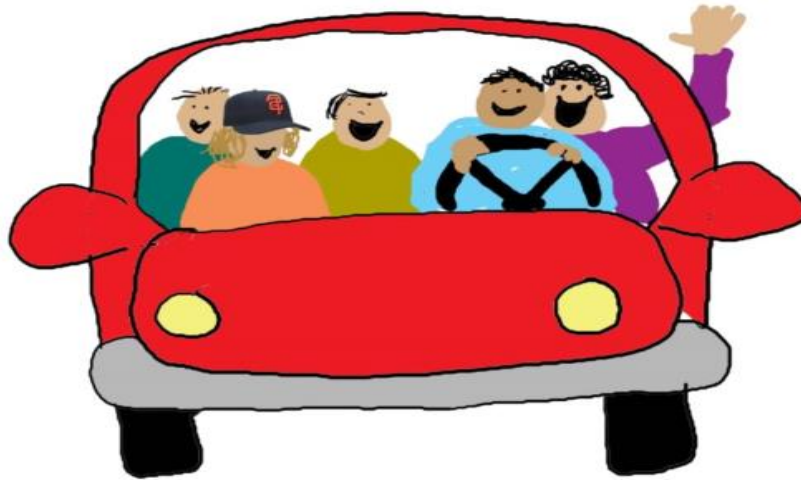
Orientation will be held once we get a few interested.



Photo by Dave Lippert



# Carpool Buddies



Do you 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 is available at the DDAC front desk. Using the information provided in the notebook, the parent/legal guardian will contact one another to plan a driving schedule. Carpool Buddies is not a DDAC service or program.

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 not a DDAC service.



Photo by Holly Lippert

## 2 Easy ways to support DDAC!

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



Photo by Holly Lippert

## Upcoming Meets

2018 Thunderbolt Spring Open at Tualatin Hills, Beaverton, OR	May 4-7, 2018
TYR John DeRoest Memorial Sextathlon at DDAC	May 19-20, 2018
Summer Blast #1 at MHCC	June 9, 2018
Ted Walker Invite LC at The Dalles	June 22-24, 2018
Last Chance Meet at DDAC	June 30, 2018
T-Hills July Classic	July 6-8, 2018
10&under State Championships	July 14-15, 2018
Summer Blast #2 at MHCC	July 21, 2018
11&Over State Championships	July 26-29, 2018
Bend Open at Bend, OR	August 10-12, 2018
Summer Blast #3 at MHCC	August 12, 2018

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

## Upcoming Water Polo

DDAC	May 12, 2018
Albany (Championships)	June 16-17, 2018



# May Birthdays

**Happy birthday to our swimmers!**

Trinity Christensen	May 2	Senior
Maxim Ciobanu	May 8	Silver II
Tye Dodson	May 13	Silver I
Jason Yu	May 17	Senior
Daniel Martin	May 18	Silver I
Jonathan Mindra	May 19	Bronze II
Jack Rasmussen	May 23	Silver I
Travis Nguyen	May 27	Bronze II



Photo by Karie Lippert

## **Propping open the doors no more**

An engineering firm hired by David Douglas School District determined that propping open the side doors messes with the air pressure system. Unfortunately, this means that we can no longer prop open these doors. We know it will be warm, but thank you for your cooperation!



# Contacts

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Photo by Karie Lippert

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