



The Tidal Wave

June 1, 2018
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Hello from the Coaches

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Coach Jim, President, Head Coach Report

The month of May has been a busy month for the team. I am so grateful and impressed on the amount of money we raised in the swim a thon. The coaching staff and board appreciate the time effort the families put into that event. Equally impressive was the TYR John DeRoest Memeorial Sextahtalon. Coach after coach mentioned to me what a great event this was for kids. The parent group stepped up big time to make this happen. I want to specially thank Bobby for being the meet director and doing much of the meet prep to make the meet go smoothly.

I also want to take this time to thank Davita Eichner for het time here at DDAC. Davita will be moving on in June. She has done a great job with our Silver groups and has develop some strong relationships with our swimmers. The results have been amazing, the silver group grew, more kids were attending practice and kids were getting faster. Davita has a special place in my heart as an athlete and coach. I was lucky to get to coach her from 6th – 12th grade. Her family was very involved in the board, her mom treasurer and father newsletter editor. She brought back the history of DDSC (DDAC) to our kids. We will miss her and appreciate all she has done for our team.





Photo by Karie Lippert

Senior Swimming report:

The senior team is really focusing in character skills. These skills drive the process of being successful. Research has proven for long-term success that focusing on character skills is more effective than focusing on outcomes. That being said when I look at an early season meets I am focusing on kids ability to be competitive, focused and resilient as well as physical skills such as stroke rate, splits and technique. In regards to the Sextathalon I felt we did very well.

Congratulations to Amelia St Peters, Dawson Brummet, Hannah Walker, Makayla Smith and Justin Zhao for averaging 80% or better practice attendance for the month of May.

The month of June is a big one for us. We start the month off (June 2nd) with volunteering with our 1-5th graders at the elementary swim meet. That same day we have our first long course practice of the season at MHCC from 1-3.

June 9th we a swim meet at MHCC and another meet at the Dalles Hune 22 – 24th.

June 18th we will begin our summer training schedule Monday – Friday 7-9am at DDAC and Tuesday and Thursday 11- 1PM at MHCC.



Photo by Robin Young

List of Character Skills

Performance

Hardworking
Competitive
Positive
Focused
Accountable
Resilient
Confident
Energetic
Disciplined
Motivated

Moral

Unselfish
Honest
Respectful
Appreciative
Humble
Loyal
Trustworthy
Encouraging
Socially Aware
Caring

Hello from the Coaches



Photo by Tim Cowley

Coach Bobby

The month of May was jam-packed with exciting activity for DDAC. We had a great showing at the Tualatin Hills Meet in the beginning of May, DDAC had good participation with the Swim-A-Thon on May 11th, and the 29th Annual DDAC Sextathlon was a huge success. DDAC has continued to grow with new swimmers. Welcome to the team all the new families that began in April & May! DDAC is currently at approximately 140 swimmers strong. Great Job to all the swimmers, coaches and parents for making May 2018 one of the best months DDAC has seen in our short existence.

Sadly, the month of May is also when we say goodbye to Coach Davita. Davita has been a wonderful and important part of our club. She has made the sport of Swimming very enjoyable to everyone she has coached and it has been a great pleasure coaching with her. I am excited at what the future holds for Davita - Colombia and then a Masters Degree, and thankful for the passion she poured into our club. Good Luck Davita, we will miss you!

I am also excited about Coach Lauren taking over a larger role in Davita's place. Lauren has really showed her expertise of the sport to the swimmers. She has a great grasp of how to train and teach young swimmers to get faster. In addition to Lauren, Coach Jonathan is home for the summer and he will be bringing back his knowledge and enthusiasm to help coach the Bronze Squad and more.

There will be move-ups in the middle of June. Please pay attention to any schedule changes that occur with squad move-ups. When swimmers move-up in the middle of the season, their billing squad does not change until the following season.

Keep up the great work! - Bobby

Photo by Dave Lippert



Hello from the Coaches



Photo by Tim Cowley

Coach Davita

Another fantastic Sextathlon! The Sextathlon is such a great meet for our club and I had a blast watching our swimmers bring their competitive fire to their races. We had some amazing time drops, as well as quite a few trophies taken home. Even swimmers who didn't take home a trophy can be happy that they dropped time, made a stroke correction, swam a race for the first time, or moved up from last year in the overall rankings for their age group. It was a lot of fun to see so many DDAC swimmers and amazing parents cheering and participating in the meet. The stage is set for a great long course meet season.

I have really enjoyed coaching for DDAC and am so sad to be writing my last newsletter article. My departure is definitely bittersweet: getting a Fulbright grant to teach in Colombia has been my goal for a long time, but I will miss the swimmers and DDAC community so much. David Douglas swimming is really special to me and had such a big part in making me who I am. Swimming taught me to work hard to be my very best and I am so grateful for the chance to help current swimmers learn the same skills. I'm also thankful to Bobby and Jim for not only being such dedicated coaches to me when I was growing up, but also helping me learn to coach for the team. Their constant dedication and enthusiasm is so inspiring and makes me proud to be part of DDAC. The swimmers I have worked with have made me laugh, and constantly impressed me with their focus and determination. Keep working hard and trying your best; I wish you all the best of luck in your upcoming seasons and can't wait to come back soon to visit and hear about your successes!

Hello from the Coaches

Coach Lauren

What an awesome month for the silver squads! The big highlight for me was seeing our swimmers compete in the Sextathlon. The swimmers are always so eager to race each other during practice so it was great to see them race swimmers from the other teams in the area. The following couple weeks we worked on maintaining strong strokes



Photo by Karie Lippert

through the end of our races so that no one can get out-touched during the next meet! We have also worked on a little bit of breath control and maintaining a consistent stroke count so that we can swim strong throughout the race. I was also able to see so many swimmers celebrating their successful swim-a-thon at the party last Friday, what fun! Lastly, I've really enjoyed coaching with Davita and I will miss her as she begins another adventure!



Photo by Robin Young

Thank you, Volunteers!



The TYR John DeRoest Sextathlon swim meet was a great success! All of the swim family volunteers worked hard and helped make things run smoothly. The kids swam their hearts out and had a great time, especially during the inner tube relay!



Photo by Dave Lippert

And a few more pictures... just because!



Photos by Robin Young

News from the Treasurer

Great Job collecting pledges for Swim A Thon 2018! Total collected is \$17,676.45. Be sure to thank all friends and family members who supported our club this year!! If they need our tax ID for donations I have provided that below.

David Douglas Aquatics Club Tax ID# 81-3195809

Please be sure to get your Swim A Thon prize form filled out by TODAY! If you earned the minimum of \$100, you need to fill out your prize form with either the size of your warm up jacket, your suit or both if you earned \$150 or more in pledges. Team order for everything is expected to go out early next week. Please see the front desk if you have not yet completed this.

Sextathlon meet fees have been posted. Please review your accounts for amounts due this month. \$10 late fees will be assessed if dues are not paid by the 20th of each month.

Reminder, "ALL TEAM" events will be invoice and you WILL be responsible for payment if you do not "Decline" attendance on the team site or advise the front desk in advance.

If you have questions about billing please send an email to treasurer.ddac@gmail.com, or inquire at the front desk in person during practice times.

Thank you!

Valerie



Photo by Robin Young

Good-bye, Davita!



Good luck with all your new adventures in Columbia! We will miss you. Keep in touch!!



Upcoming Meets

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>



Photo by Holly Lippert

Upcoming Water Polo

Albany (Championships)	June 16-17, 2018
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June Birthdays

Happy birthday to our swimmers!

Amir Mohamad Mahdi	June 6	Senior
Raymond Chung	June 8	Silver I
Alyssa O'Neill	June 8	Bronze II
Tuan Vuong	June 10	Senior
Isaac Matsushima	June 13	Bronze I
Karren Nguyen	June 14	Bronze I
Sydney Rasmussen	June 15	Silver I
Duo Xu	June 20	Senior
Kenneth Orellana	June 21	Bronze I
Aleks Lazurko	June 23	Silver II
Amelia St. Peters	June 25	Senior
Kim Nguyen	June 29	Silver II
Dawson Brummett	June 30	Senior



Photo by Robin Young



One of our swimmers recently lost a necklace that was dear to her (photo right). If you find it, please give to a coach or to a volunteer at the front desk. Thanks!



Photos by Dave Lippert

Contacts

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Photo by Robin Young

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