



The Tidal Wave

October 3, 2018
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Hello from the Coaches

Inside this issue:

Hello from the Coaches 1-4
Mandatory General Meeting 5
News from the Treasurer 6
Supporting DDAC 7
Upcoming Swim Meets 8
Upcoming Water Polo 8
Birthdays 9
Contacts 10

Coach Jim, President, Head Coach Report

Welcome everyone to our third year as a club. I am very excited to see the growth that we have made in the last few years. Furthermore I am encouraged that we will continue to improve both in and out of the water.

As we mature as a club there are issues that we are facing that all clubs face.

- 1- Budget concerns: With minimum wage increasing each year we need to pay the school district more money each month to pay lifeguards and help with the up keep of the facility. We also need to be able to pay the coaching staff a fair salary.
- 2- Parent involvement: I am extremely proud of how the parent group stepped up to become officials. However, the parents who are now officials are also board members, the parents who ran the hospitality room, or the parents who always volunteered to time. We need more parents to step up and help with the running of the club and to help with running our home meets.
- 3- Fundraising: we are spending more money on travel and meets as our kids are getting faster. Continuing to offer opportunities to meet the needs of our swimmers is important.





Photo by Karie Lippert

These questions and solutions will be discussed at our monthly board meeting the 2nd Wednesday of every month from 6-7PM. We would love your expertise and input. Please consider coming and being part of the solution.

I would like to extend a warm welcome to coach Allen. He is a Douglas alumnus and brings lots of passion on the pool deck. Please take the time to introduce yourself.

Senior swim report:

The year has started out well with the senior swimmers. As many of you know we have limited practice time in the afternoons so most practices are being held from 5:30 – 7am. We have had good attendance and the kids are focused when they are at practice. The theme of the senior team this fall is, “Be the best you, you can be.” We are not going to compare ourselves to others. Instead we are going to ask, “Did I give my best effort today?”

Priority meets for the senior team are:

McMinnville Nov 2- 4th

Corvallis Nov 30- Dec 2

Seth Dawson Jan 4-6th

PASL Champs Jan 26-27

High School Districts Feb 8-9

High school state Feb 15-16

Senior Regionals Feb 28- March 3

Age Group Sectionals March 21-24

Coach Jim

Hello from the Coaches

Coach Bobby

Make the most out of your swimming experience.

1. Attend every practice you possibly can. Simply showing up is very important. Take pride in great attendance.



Photo by Tim Cowley

2. Attend as many swim meets as possible. Competition and swim meets are your reward for your hard work. All DDAC swimmers are required to compete. The more meets you attend the more successful your season will become.
3. Do your homework. When you become excited and focused on swimming at home that attitude will positively affect how you perform in the water. Do your exercises and think about swimming away from the pool. Parents are encouraged to help with the homework.
4. Get familiar with on-line resources and websites to help motivate: oregonswimming.org, usaswimming.org, OnDeck (app), Meet Mobile (app), DDAC website.
5. Parents: volunteer to time at swim meets, train to become a certified swim meet official, help at board meetings. Become engaged in your child's sport.
6. Be the best you can be. Don't let yourself get in your way by choosing to take the path of least resistance, challenge yourself physically and mentally, push your boundaries of comfort.
7. Hold yourself accountable to the goals you set for yourself. Take responsibility for your swimming and make yourself proud with your consistent effort.
8. Show a strong desire to learn and improve every day. Be respectful when coaches are teaching by fully listening, and always attempt to do whatever skill/drill to the best of your ability.
9. Be coachable and willing to take constructive criticism. You are not in this alone, let people help you. Make it obvious to them that their words of help are appreciated through your actions.

10. Evaluate yourself every day. Set a high standard for what you expect out of yourself every day and do your darndest to meet your expectations. It is ok to be disappointed sometimes, that disappointment/failure will breed ambition and further success.

Hello from the Coaches

Coach Allen

Hello, my name is Allen Larson. You may have seen me on deck and were wondering who I am. I swam for the David Douglas swim club and high school from 1968 till 1971, after which I swam for Southern Oregon University. After working 30 year at Fed Ex I retired and began swimming masters in 2008.

Because swimming had changed so much since the 70's I took some clinics and seminars, which led me to an assistant coaching job with Clackamas high school in 2010 and assisting with the masters team I swim on, Oregon Reign Masters. Eventually I became head coach at Clackamas, where my boys team won 3 straight district titles, and both boys and girls teams winning the conference title the last of those 3.

I have been coaching swimming at North Clackamas aquatic park for 8 years before I got my dream job working with your team.

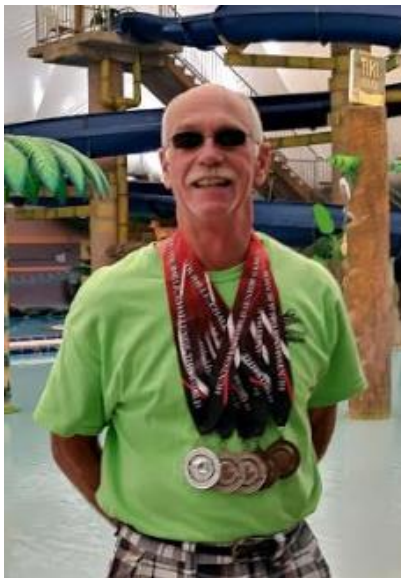


Photo by Karie Lippert

Mandatory General Membership Meeting

(where all your swim questions are answered!)

Wednesday, October 10, 2018

6:00-7:00

David Douglas High School Auditorium

(in building behind the pool – look for signs)

Please plan on attending!



Photo by Karie Lippert

News from the Treasurer

Meet Fees 101

Below is a guide for the fees you will be charged when your swimmer attends a meet. This is only an example; each meet is a little different and can charge a little more or less depending on the meet. More in depth information can be found in our documents tab on our team site @ www.teamunify.com/orddsc. You must log in to see this information.

Swim Meet Fee Example:

Surcharge: \$10.00 per swimmer (\$3 OSI fee + \$7 facility use fee)

Individual Event Fee: \$3.00

Relay Entry Fee: \$10.00

In the example above, a swimmer who attends this meet and is entered in 6 Individual events would pay \$28 to attend this meet.

\$10 surcharge + \$18 Individual event Fees + \$0 Relay fees = \$28

If your swimmer is entered in a relay, DDAC will cover this cost.

If you ever have any questions please do not hesitate to come see us at the front desk during practice or send me an email at treasurer.ddac@gmail.com

Thank you!

Valerie Lang, DDAC Treasurer

Please Send Photos!

Hello, Swim Family! I love putting this newsletter together, but I often find myself lacking in good photos! As I found out this weekend at the meet, when using my phone for photos, I seem to only get splashes, backs, arms, and what you see when swimmers do a flip turn. Faces are hard to catch! If you have newsletter-worthy photos from practice or meets, action shots or groups of swimmers, and you'd be willing to share them, please put them on the DDAC Facebook page or email them to me at karielippert@yahoo.com. I would appreciate it so much. Thanks!

-Karie Lippert, DDAC Secretary

Supporting DDAC!

To help fund scholarships, DDAC has partnered with two well know companies, Fred Meyer and Amazon.

You can link your current **Fred Meyer Rewards account with DDAC** in a few easy steps. Visit 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 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 Amazon Smile donation" on your smile.amazon.com product page. Remember, only purchases made at smile.amazon.com generate Amazon Smile donations.



Be sure to link your Fred Meyer card and your Amazon account with DDAC today!

Upcoming Meets

PASL meet at DD	Oct. 20
MHA Mike Popovitch Fall Invitational, Reynolds HS	Oct. 27-28
McSwimville Invitational, McMinnville	Nov. 2-4
PUMPKIN Sprint Invitational, Lincoln City	Nov. 17-18

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



Photo by Karie Lippert

Upcoming Water Polo

Parkrose pool	Oct. 6	2:00-3:00pm 12U 3:00-4:00pm 14U
DDAC	Oct. 14	9:00am – 6:00pm Game times TBA
Parkrose pool	Oct. 20	2:00-3:00pm 12U 3:00-4:00pm 14U
Parkrose pool	Nov. 17	2:00-3:00pm 12U 3:00-4:00pm 14U

September & October Birthdays

Happy birthday to our swimmers!



Victoria Cornejo-Lopez	September 24	Senior
Lily Walker	September 26	Gold
Vu Lam	September 28	Senior
Elizabeth Mindra	September 30	Silver I
Nok Xu	October 2	Silver II
Moriyah Wolfgang	October 5	Silver II
Aidan Dyson	October 5	Gold
Lindsay Chen	October 6	Gold
Maya Lynch	October 8	Silver I
John Riggs	October 10	Gold
Andrea Nguyen	October 12	Gold
Kendra Orellana	October 12	Gold
Julie Schwam	October 12	Scotsman
Logan Pine	October 16	Bronze
Austin Pham	October 17	Gold
Kai Dyson	October 20	Silver II
Warren Nguyen	October 21	Bronze
Izabella Pearson	October 21	Silver I
Jason Bui	October 25	Silver II
Trigyal Drongpa	October 25	Gold

Contacts

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Photo by Karie Lippert

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For newsletter questions or comments (send photos!) please write to karielippert@yahoo.com