



The Tidal Wave

November-December 2018
Volume 2, Issue 8

Hello from the Coaches

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Coach Jim, President, Head Coach Report

Congratulations to Coach Bobby and the David Douglas High School Girls State Water Polo Champions. I am especially proud of Hannah Walker, Julie Schwam and Trinity Caudle; they played water polo and kept a consistent Club swim schedule.

I also want to congratulate the swimmers who competed at McMinnville earlier this month. We had some great swims and many achieved best times.

The month of November is an exciting time for our club. High school swimming creates a lot of energy on the pool. You can feel even the younger swimmers excited about seeing their older teammates working out before their practice begins.

Finally, be on the lookout for the winter training schedule. As the holidays approach we want to use our time wisely so you can get to as many practices as possible and spend time with your family.

Weather Closures:

If the David Douglas School District is closed there will not be club practices that evening. We will also send emails and use the ON Deck application on your phone to alert you of practice changes.



Hello from the Coaches



Photo by Tim Cowley

Coach Bobby

PASL CHAMPIONSHIPS – OUR TEAM OLYMPICS

Mark your calendars – January 26th & January 27th, 2019.

PASL (Portland Area Swim League) Champs is our biggest ALL-TEAM Meet of the season. All the teams in our league (DDAC, BCAC, PAC, OCST, MAV) compete for a team championship. DDAC was victorious in the inaugural 17-18 Season, so we have to defend our title.

The Meet is formatted to have prelims and finals. The top-8 swimmers from the am prelim session will advance to swim in finals that evening. Relays will also be swum in finals. The meet is going to require parent volunteer help, so all hands on deck. Parents please be willing to help volunteer with timing, concessions, hospitality, etc.

Swimmers need to prepare for the DDAC Team Olympics every day. We want to be at our best that weekend, and that requires steady improvement towards achieving that goal. Attend practice consistently, be focused on stroke technique, and pay attention to your times in practice. Swimmers should see their racing practice times improving over the upcoming months, they should also see their strokes becoming more efficient by improving their distance per stroke, and there should also be great improvement with their performance under water off the walls and the blocks.

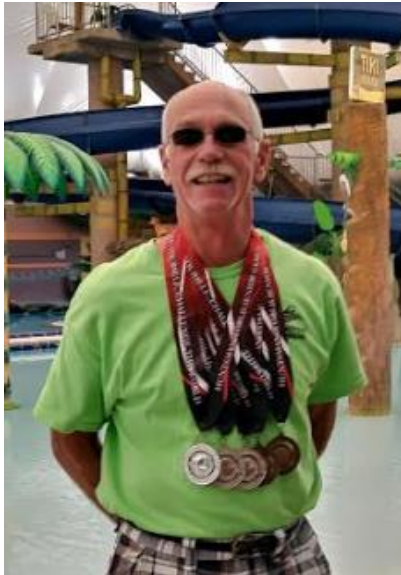
Become a Champion Today.

Bobby

Hello from the Coaches

Coach Allen

In my short time working with the Silver 1 and Silver 2 groups, I have been very impressed with the progress both groups have made.



I have been very pleased with Silver 2's work ethic and desire to work hard. They are eager and attentive, and I enjoy working with them for that reason. Silver 1 has made great improvement in their technique, and they continue to amaze me with their desire to become better swimmers. Because of their hard work and commitment to improve, both groups have continued to show big drops in time in their races.

Coach Allen



Photo by Robin Young

Short Course 18-19 All-Team Fundraiser

\$20 Business Discount Cards. The cards have discounts to 16 local businesses in Southeast Portland and Clackamas Town Center Area. Business have provided huge discounts when the card is presented at time of purchase and the card is valid until 12/31/2019. The majority of the businesses are restaurants (Burger King, Arby's, Pizanos, Charley's, Dominos, Pizza Baron, Los Arcos, Denny's, Sbarro, Baja Fresh, Papa Murphys, Old Chicago, California Pizza Kitchen), in addition KingPins Bowling Alley, Broadmoor Golf Course & 1-800 Flowers are non-food businesses that are offering excellent discounts.

All DDAC Swimmers are expected to sell 5 Business Cards to fundraise \$100 individually to the club. The fundraiser begins on Monday November 19th when swimmers will check out their 5 cards at the front desk & the fundraiser will end on Friday January 4th when all money collected and unsold cards needs to be turned in to front desk. Swimmers will be able to check out more than 5 cards after they have sold their initial 5 and throughout the fundraiser time period.

Discount Cards can be sold at the various businesses that are represented on the card, and there will be team opportunities to canvas our neighborhoods and sell to our community. Full team involvement is necessary for the club to receive the full financial benefit of the fundraiser.

Funds raised by selling the discount cards will help the club with **our team travel fund, equipment needs, scholarship opportunities for our families, and much more.** DDAC will receive over 70% of the total funds collected, the remaining percentage goes to Elite Fundraising who created the cards & sought out the discounts.

PRIZES!!!– There will be great prizes for the Top-3 swimmers who sell the most cards. There will be an individual prize for all swimmers that meet their expectation of selling 5 cards. In addition there will be a team event created for all those swimmers that sell their 5 cards.



Photo by Robin Young



DDAC Holiday Party!!



Who: Swimmers and their families are invited.
Siblings may swim after games.

What: Potluck 6:00-6:30; free swim 6:30-8:00

When: Friday, December 21st, 2018

Where: David Douglas Aquatic Center

Potluck by swimmer last name:

A~J Dessert
K~S Main dish
T~Z Drinks



Photo by Robin Young

Upcoming Meets

PUMPKIN Sprint Invitational, Lincoln City	Nov 17-18
Corvallis Senior Open	Nov 30-Dec 2
TTSC Holiday Invite	Dec 7-9
PASL meet at DD	Dec 22
Seth Dawson Invite at MHCC	Jan 4-6, 2019
PASL meet at DD	Jan 12, 2019
PASL Champs at DD	Jan 26-27, 2019

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



Photo by Robin Young

Upcoming Water Polo

Parkrose pool	Nov. 17	2:00-3:00pm 12U 3:00-4:00pm 14U
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November & December Birthdays

Happy birthday to our swimmers!

Sheamus McHaley	November 11	Bronze
Andrew Armstrong	November 12	Silver II
Jaydy Nguyen	November 15	Silver I
Ellia Tan	November 15	Silver II
Sarina Chen	November 27	Bronze
Nam Nguyen	December 2	Bronze
Andrew Rong	December 2	Bronze
Lloyd Tran	December 4	Bronze
Nathan Chung	December 8	Bronze
Tessa Cowley	December 10	Gold
Sam Matsushima	December 10	Silver I
Kelsey Green	December 11	Silver I
Huimin Du	December 12	Bronze
Ann Bui	December 16	Silver I
Keara Saks	December 20	Silver II
Tannen Skowhede	December 23	Silver I
David Chen	December 26	Bronze
Angela Puente	December 27	Silver I

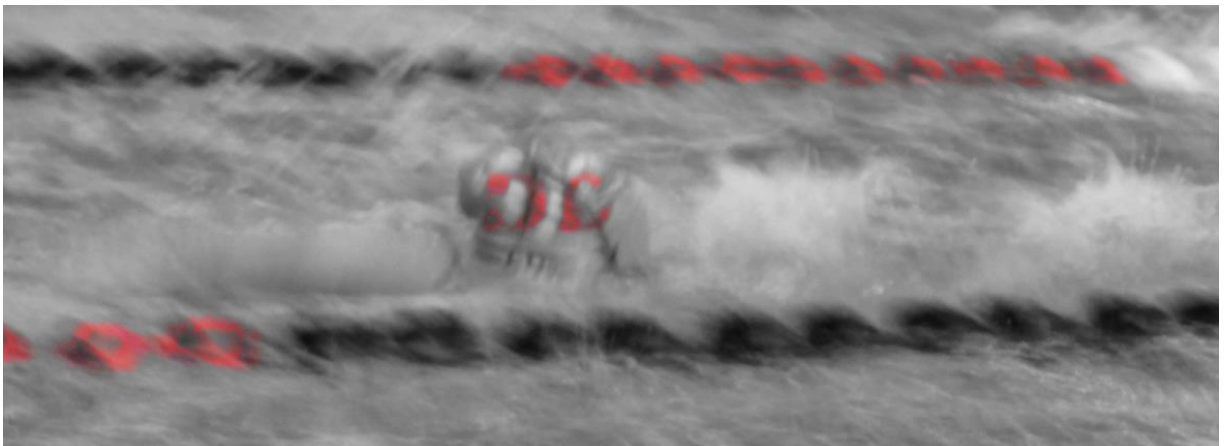


Photo by Robin Young

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Photo by Robin Young

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