



The Tidal Wave

January-February 2019
Volume 3, Issue 1

Hello from the Coaches

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Coach Jim, President, Head Coach Report

We have had a great winter of swimming to this point. The senior group has attended the Corvallis Senior Open and the Seth Dawson meet. I am encouraged by the effort and commitment to racing the correct way at those meets.

The David Douglas High School team is current 6-0 for both the boys' and the girls' teams. Both teams are led by swimmers from DDAC.

As we head into championship season we are focusing on getting more sleep, eating healthy and attending as many practices as possible.



Photo by Robin Young

Hello from the Coaches



Photo by Tim Cowley

Coach Bobby

Championship Season Approaching

The Short Course Season can seem long as it starts in early September and concludes in late March. Much of the season is preparing and training to get ready for the Championship meets that end the season.

Below is a list of our Championship Meets:

1. PASL Championships – ALL TEAM. January 25-27th at David Douglas
2. DDHS District Championships – HS Swimmers. February 8-9th at MHCC
3. 10&Under State Championships – A time qualifiers. February 16-17th at Springfield, OR
4. DDHS State Championships – HS Swimmers. February 15-16th at TBA
5. 11-14 State Championships – A time qualifiers. February 21-24 at Corvallis
6. OSI Senior Championships – A time qualifiers. February 28- March 2 at Beaverton, OR
7. Senior Sectionals – Qualifiers. March 14-17th at Federal Way, WA
8. Age Group Sectionals – Qualifiers. March 21-24 at Federal Way, WA

Swimmers and families need to look into the qualifying times for these upcoming meets and see what is possible for their swimmer to attend. DDAC will have Relays at most of the upcoming Championship meets, and those swimmers will be announced by the end of January.

Championship Season is an exciting time during the swim calendar, and swimmers need to prepare to be at their very best at these meets. Get good rest, eat healthy, practice with purpose, and attend practice consistently to ensure great results.

Thanks - Bobby

Hello from the Coaches

Coach Allen

I hope that everyone had a great holiday break. Getting family together is always a special time.

The break, as great as it was, still was bad for your training. Even those who did make the few practices we had will be a little behind where they could be but way better off than those who missed the whole two weeks.

Those folks will be starting over and find the first week or so to be difficult because of that missed time in the pool. So hang in there and realize it will take some time to start feeling fast again.

Michael Phelps once said, "For every practice you miss, it takes two just to get back to where you were".

Let's have a great 2019. Coach Allen

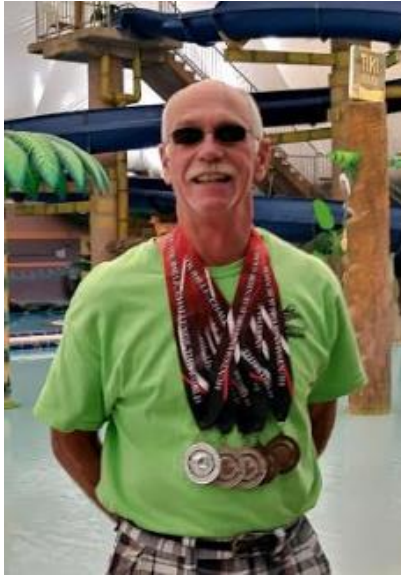


Photo by Robin Young

Treasurer's Report

Fundraising Dollars for DDAC 2017-2018 Fiscal Year

Last year was a great year! As a team we raised **\$18,680**. Way to go team!! It is our goal as a parent run board to keep you as informed as possible. Thank you families for suggesting and inspiring this month's treasure report...

Where does our fundraising money go?

Way back in the summer of 2016, our tiny board of directors came up with DDAC's first ever annual budget. At that time we determined two key sources of revenue. 1: Monthly dues & 2: Fundraising dollars.

Monthly dues pay for expenses such as salaries, payroll expenses, pool rent, USA Registration, incentives, savings for the unforeseeable future, and big future team travel meets.

Fundraising dollars help fund the following:

- **Oregon Swimming** – DDAC pays for our swimmers' *relay meet fees*. Oh yes! There is more to those meet fees that you pay than meets the eye! Other teams may or may not do this, but David Douglas prides itself on being able to pay these fees so that our swim families do not have to. This category also includes coaches', board members', and officials' registrations, as well as our annual club registrations and swimmer surcharges for swimmers whose parents officiate.
- **Team Unify (Team Website)** - Our fundraising dollars also help fund our team website and everything in conjunction with it. It ensures we have monthly access to our site as well as online bill pay, TU Money, Swim-A-Thon, and helpful mobile app tools for our coaches (Main Set) which aid our team in running as smoothly and efficiently as possible.
- **Office Supplies** – Anything from computers to postage. In the 2017-18 Fiscal year DDAC was able to purchase a printer and needed supplies to begin hosting our own swim meets, with our own tools and supplies! This line item also covers costs for business checks, deposit slips, relay and DQ slips, paper, ink cartridges, etc. etc.
- **Professional Development** – Any certifications or background checks required by USA Swimming or Oregon Swimming for coaches, board members and officials, are all paid for using fundraising dollars so that our beloved coaches and officials are not burdened with this cost. It's the least we can do, because we love our coaches and officials!! Our coaches often attend clinics that inspire and educate them on the latest and greatest swim developments. Clinics keep our coaches fresh and up to date on all things swim related.
- **Swim-A-Thon** – Not only is Swim-A-Thon a time to fundraise, but last year the board also voted to give back to the team in a BIG way! We were/are a new team and felt it was important to help our swimmers to look and feel unified and developed a plan to get team gear to as many swimmers as possible. We were able to give out great 1st – 3rd

place prizes for top earners, DD team towels for everyone who participated, and team suits, caps and warm ups for those who collected at certain levels, as well as a Laser Tag party at Wunderland! DDAC also donated 5% of our raised funds to the USA Swimming Foundation, where their mission is to “Save lives and Build Champions!” You can read more about how they use their fundraising dollars here:

<https://www.usaswimming.org/utility/landing-pages/club/swim-a-thon>

- **Scholarship Fund** – Last year our scholarship fund was brand new. Scholarships are now available to those who apply, and qualify for the program. Scholarships are applied only to monthly dues which are discounted at 50%. Guidelines and expectations are listed on the application that can be found on our team site under the “documents” tab. All applications are approved by the DDAC board and must be submitted prior to the start of any given swim season.

And here are the numbers:

Expense	Total for Fiscal Year 2017-2018
Oregon Swimming	\$2299
Team Unify	\$2218
Office Supplies	\$1044
Professional Development	\$440
Swim A Thon (BIG Give Back to Team!)	\$7580
Scholarship Fund	\$1110
Total	\$14,691

The DDAC board is always trying to improve on communication and be as transparent as possible. Detailed information about meetings, financials, minutes, agendas etc. are available to every team member family. Board meetings are held every 2nd Wednesday of the month in the building adjacent to the pool at 6:00, please join us!

I hope this information has been helpful, insightful and if you have any questions or concerns please reach out. treasurer.ddac@gmail.com

Valerie – DDAC Treasurer



Photo by Tracy Swanson

All Hands on Deck!!

Volunteers needed for PASL Championships

January 25-27, 2019



Photo by Robin Young

Your participation in the available jobs for this upcoming event is critical. The following link will directly connect you to the available jobs for this upcoming event. Remember it is a first come, first serve event, so don't delay. Access to the Job Sign-Up System will require you to login into your team account. Don't worry, if you have forgotten your password, you can click the "Here" link on the login page and you will be re-directed to submit your account email address. Your password will immediately be emailed to you.

<https://www.teamunify.com/Login.jsp?team=orddsc&id=50a980067>

Sincerely,

David Douglas Aquatics Club

ONE FOR THE TEAM



Show your team spirit by joining us for a fundraiser to support David Douglas Aquatics Club. Come in to the Chipotle at **12130 SE 82nd Ave Ste H241** in Happy Valley on **Wednesday, February 13th** between **5:00pm** and **9:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that **33%** of the proceeds will be donated to David Douglas Aquatics Club.



MEXICAN GRILL

Online orders will not be included in the fundraiser total. To ensure your purchase is counted in the fundraiser, be sure to order and pay in-restaurant. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.

Supporting DDAC Scholarship

The DDAC Scholarship was created to assist members with a percentage of their monthly dues. To help fund the scholarship, 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 <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.

Purchases made through Amazon Smiles also assists in funding the DDAC Scholarship. Visit the DDAC homepage and click on Amazon Smiles tab at <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](https://www.smile.amazon.com) product page. Remember, only purchases made at [smile.amazon.com](https://www.smile.amazon.com) generate Amazon Smile donations.

Attending Dine and Donate fundraisers is a family fun and community building opportunity to support DDAC Scholarship as well. D&D fundraisers are posted and announced via email, Facebook and posted within the aquatic center prior to the date of the event. Paper coupons for the host restaurant are available at the front desk or sent digitally, when available, leading up to the event.

Vist https://www.teamunify.com/orddsc/doc/4279614_Scholarship%20Application.docx to view DDAC scholarship guidelines.



Photo by Karie Lippert

Upcoming Meets

PASL Champs at DD	Jan 26-27, 2019
Last Chance Meet at Tualatin Hills	Feb 10, 2019
OSI 10 & Under Championships	Feb 16-17, 2019
OSI 11-14 Championships	Feb 21-24, 2019

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	Jan 19	2:00-3:00pm 12U 3:00-4:00pm 14U 4:00-6:00pm 18U
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January and February Birthdays

Happy birthday to our swimmers!

Keeley Bowers	January 5	Silver II
Daniel Bui	January 9	Silver II
JianFeng Tan	January 9	Gold
Trinity Caudle	January 10	Scotsman
Elliott Swanson	January 11	Silver I
Daniel Wong	January 15	Scotsman
Rosilind Ofstead	January 16	Bronze
Holly Lippert	January 20	Gold
Debora Ursu	January 22	Bronze
Hazel McHaley	January 23	Bronze
Daniel Kozhokar	January 24	Gold
Nhi Nguyen	January 26	Silver I
Emilio Campoverde Nguyen	January 30	Bronze
Marlene McCoy	January 31	Gold
Thai Nguyen	February 2	Bronze
Galilea Carmona	February 11	Bronze
Paxton DeRoest	February 11	Silver I
Emma Burks	February 16	Bronze
Bao Vuong	February 20	Gold
Benjamin Bridges	February 21	Senior
Riley Melton	February 21	Silver II
Libby Buckholt	February 24	Silver II

Contacts

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Photo by Robin Young

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