



## The Tidal Wave

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June 2019  
Volume 3, Issue 2

## Hello from the Coaches

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### Inside this issue:

Hello from the Coaches 1-3

Board Member Elections 4

Dues Increase 5-6

Job Opportunities for  
Senior Swimmers 7

Upcoming Swim 8

Upcoming Water Polo 8

Birthdays 9

Contacts 10

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### Coach Jim, President, Head Coach Report

It has been a great beginning of the Long course season with the senior squad. We have intensified the training and mixed in some fun events as well. The spring highlight so far was a successful travel trip to Carson City, Nevada. 12 senior swimmers along with Zach, Chase, Marlene and Holly drove to Carson City Nevada. Despite the long drive, we competed well. Many of the senior squad swimmers stayed with host families. Every family that hosted a DD swimmer went out of their way to complement our swimmers' behavior.

June is the month to make competitive moves. We have two focus meets on the Senior schedule: Summer Blast 3, June 8<sup>th</sup> and Howard Jones Prelim/Finals meet, June 21-23<sup>rd</sup> at Mount Hood Community College. We plan on resting a little for both meets.

Practice schedule for summer months goes at follows:

Monday 7 -9am @ DD

Tuesday 7:30 – 9am @ DD and 11-1PM at MHCC

Wednesday 8 -9am weights at DD

Thursday 7:30 – 9am @ DD and 11-1PM at MHCC

Friday 7-10am @ DD 7- 8:45 swim 9:15-10am weights

Saturdays will be a week-by-week basis.



I am excited about the growth we have made in practice. I am looking forward to seeing this growth in our races this month.

# Hello from the Coaches



Photo by Kim Eastman

## Coach Bobby

Season Focus – Characteristics of a Successful Athlete

At the end of the Short Course 2018 Season I came across a very brief article about the mindset of successful people and athletes. The article studied all forms of skill levels in various sports. The poignant perspective of the opinion is what defines a “successful athlete,” and the article defines the term as someone that is doing their very best within their limitations. Those limitations being other commitments, finances, time and natural ability.

I have used this article as the Weekly Focus for the Long Course 2019 Season. We have talked about the 9 Mental Skills that are common for all successful athletes, with each week a new mental skill as our focus to not just be aware of but try to develop.

Below is a list of the 9 Mental Skills that have been our focus of the Long Course Season:

Week 1 – ATTITUDE. Realize that attitude is a choice.

Week 2 – MOTIVATION. Aware of the rewards/benefits of committed participation.

Week 3 – GOALS & COMMITMENT. Short-term & long-term realistic goals. Persist through tough times.

Week 4 – PEOPLE SKILLS. Teamwork (family, friends, coaches). Communicating needs, listening & talking.

Week 5 – SELF-TALK. Encourage yourself like you would “talk to your best friend.”

Week 6 – MENTAL IMAGERY. Imagining in detail themselves performing well.



Photo by Kim Eastman

Week 7 – DEALING EFFECTIVELY WITH ANXIETY. Being nervous will happen, it helps you create the intensity needed for you to succeed in competition.

Week 8 – DEALING EFFECTIVELY WITH EMOTIONS. Excitement, anger, disappointment are all a part of competition. Don't ride the emotional roller-coaster. Those emotions will help you improve for your next performance.

Week 9 – You have to attend 6/17 BIG Monday Meeting for #9. or google the article, "9 mental skills of successful athletes."

When a swimmer is done being a part of DDAC, I want them to be able to proudly look in the mirror and say they were a "successful athlete."

## Hello from the Coaches

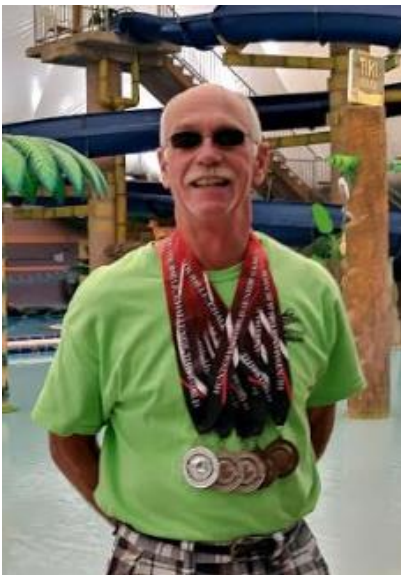
### Coach Allen

In the short time that I have been with the team, two things have really stood out to me.

One and most importantly is how the senior swimmers interact with all the other level swimmers. They treat them as equals. I see them treat the younger swimmers much the same as they do the other senior swimmers. Not to mention them sharing their experience and encouragement with them.

Secondly, the continued improvement of all our swimmers. Every meet I see their times improve, as well as their improvement in the little things that make them more complete competitors. There is still room for much improvement though, especially finishes at the wall. Even though this has been a focus in practice, I still see too many breathing all the way into the finish.

Allen



# Board Member Elections

July is the month when board elections will take place. Keep an eye on your mailbox in early July for the upcoming ballot. Please complete your vote and drop off at the pool in the ballot box no later than July 31.

This year there are three DDAC board member positions up for election. These positions are:

## Vice President

The Vice President shall assist the President and in case of the absence, incapacity or inability of the President to perform the duties of office, the First Vice President shall perform such duties. The Vice President shall in case of the absence, incapacity or inability of the President or the First Vice President to perform the duties of office take charge and perform such duties. The Vice President shall be the Meet Director. The Board of Directors may assign other responsibilities to the Vice President.

## Co-Treasurer

This is a new position! Duties include assisting the Treasurer. Please talk to Valerie for more information.

## Member Representative

The Member Representative will have the responsibility of attending the Board meetings and presenting to the Board any information regarding concerns or questions from the general membership about the operations of the organization. The Member Representative will be responsible for registering all swimmers with Team Unify and Oregon Swimming, Inc. and United States Swimming, Inc. The Board of Directors may assign additional specific responsibilities to the member representative, either periodically or as part of the election process.

Each position is for a two-year term.

If you are interested in running for one of these positions, please send a message here: <https://www.teamunify.com/team/orddsc/page/system/contactus>. Being a board member is a great way to get involved and help steer this wonderful team we're all so proud of!



Photo by Robin Young

# Dues & Fees Increase Coming This Fall

Upon registration for the Short Course season this coming September, all monthly dues will increase \$5. This applies to out of district prices and will reflect in the onetime seasonal dues as well. See the chart below for the new price scale.

<b>In District</b>	Monthly Dues	One Time Payment	One Time Payment
		Short Course Fall: Sept – March	Long Course Spring: April - August
Bronze	\$45	\$299.25	\$171
Silver	\$60	\$399.00	\$228
Silver + Water Polo	\$70	\$465.50	\$266
Gold	\$70	\$465.50	\$266
Gold + Water Polo	\$80	\$532.00	\$304
Senior	\$75	\$498.75	\$285
Senior + Water Polo	\$85	\$565.25	\$323
Scotsman	\$45	-	-

<b>Out of District</b>	Monthly Dues	One Time Payment	One Time Payment
		Short Course Fall: Sept – March	Long Course Spring: April - August
Bronze	\$50	\$332.50	\$190
Silver	\$65	\$432.25	\$247
Silver + Water Polo	\$75	\$498.75	\$285
Gold	\$75	\$498.75	\$285
Gold + Water Polo	\$85	\$565.25	\$323
Senior	\$80	\$532	\$304
Senior + Water Polo	\$90	\$598.50	\$342

In previous years DDAC has not charged a fee for new swimmers joining our team. Currently returning swimmers pay this fee along with their registration for Short Course in September. DDAC will now charge new swimmers an administrative fee of \$25 as members join the team throughout the year.

## Why are dues increasing?

The need for increased dues is directly related to coaches salaries. In 2016 when we opened our club doors, our coaches agreed to a very modest amount in pay. Almost 3 years later we are now raising our coaches salaries to align with (or get closer to) the amount in which neighboring clubs, and other competitive teams pay their coaches.

This Fall we will also be welcoming 2 assistant coaches to help support our Bronze and Silver squads throughout the week. These applicants will be from our current Senior squad who are 16 years or older.



Photo by Kim Eastman

# Job Opportunities for Senior Swimmers

<b>Job Title</b>	Silver I Coach Assistant
<b>Reports To</b>	Squad Coach on deck
<b>Work Days</b>	Tuesdays & Thursdays
<b>Substitute Days</b>	Wednesdays & Fridays – Bronze Squad Assistant
<b>Work Hours</b>	6:15pm – 7:45pm
<b>Eligibility</b>	Active Senior Squad swimmer on DDAC. 16+ years of age.
<b>Compensation</b>	\$200 monthly salary
<b>Responsibilities</b>	<ul style="list-style-type: none"> <li>• Lead dryland program first 10 min. of practice</li> <li>• Take squad attendance via OnDeck</li> <li>• Encourage positive behavior of swimmers</li> <li>• Discourage behavior that is non beneficial to the practice</li> <li>• Various duties assigned by Squad Coach on any given day</li> <li>• Active participation of swim practice as a student</li> <li>• Ensure safety of all participants during assigned work hours</li> </ul>

<b>Job Title</b>	Bronze Squad Coach Assistant
<b>Reports To</b>	Squad Coach on deck
<b>Work Days</b>	Wednesdays & Fridays
<b>Substitute Days</b>	Tuesdays & Thursdays – Silver I Squad Assistant
<b>Work Hours</b>	6:15pm – 7:45pm
<b>Eligibility</b>	Active Senior Squad swimmer on DDAC. 16+ years of age.
<b>Compensation</b>	\$200 monthly salary
<b>Responsibilities</b>	<ul style="list-style-type: none"> <li>• Lead dryland program first 10 min. of practice</li> <li>• Take squad attendance via OnDeck</li> <li>• Encourage positive behavior of swimmers</li> <li>• Discourage behavior that is non beneficial to the practice</li> <li>• Various duties assigned by Squad Coach on any given day</li> <li>• Active participation of swim practice as a student</li> <li>• Ensure safety of all participants during assigned work hours</li> </ul>

## Upcoming Meets

MHCC Summer Blast #3	June 15, 2019
MHA Howard Jones SR Meet	June 21-23, 2019
The Dalles Swim Meet	June 21-23, 2019
DDAC Last Chance Meet	June 29, 2019
Foster Lake – Open water swim for senior squad swimmers	June 29, 2019
10 and under State Champs at Albany	July 13-14, 2019
Senior Sectionals at MHCC	July 18-21, 2019
11 and over State Champs at MHCC	July 25-28, 2019
Futures Swim Meet at MHCC	August 1-4, 2019
Age Group Zones at MHCC	August 7-10, 2019
Bend Open Swim Meet	August 9-11, 2019

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

## Upcoming Water Polo

Water Polo Spring League Champs at Albany	June 22-23, 2019
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# June Birthdays

**Happy birthday to our swimmers!**

Leighlonie Pittman	June 2	Bronze
Tuan Vuong	June 10	Senior
Isaac Matsushima	June 13	Silver I
Karren Nguyen	June 14	Bronze
Sydney Rasmussen	June 15	Silver II
Joseph Kozhokar	June 20	Bronze
Duo Xu	June 20	Senior
Kenneth Orellana	June 21	Silver II
Brayden Franzke	June 27	Senior
Kim Nguyen	June 29	Gold
Dawson Brummett	June 30	Senior



Photo by Kim Eastman

# Contacts

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Senior coach

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Photo by Kim Eastman

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