



The Tidal Wave

September 2019
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Hello from the Coaches

Coach Jim, President, Head Coach Report

Inside this issue:

Hello from the Coaches 1-3

New Board Member 4

General Membership Meeting 5

Upcoming Swim Meets 6

Upcoming Water Polo 6

Birthdays 7

Contacts 8

Welcome to our new swim families and to our returning members.

It is great to see everyone back at the pool eager to learn and to be part of our swim community.

I would also like to welcome our new coach, Mohammad Mahdi. I have coached Mohammad as a swimmer and have watched him teach many swim lessons. Mohammad's passion for the sport and his excitement to teach swimming to our kids will be an asset to our program. Maria Fesik, is our Coaches Assistant, and she will be helping Coach Allen with the Silver squads. Maria has been volunteering for a while in this position and will be there to help give more personal attention to Silver swimmers.

The beginning of the season is a great time to set goals for the upcoming year. As a team I have set a few goals this year.

Goal 1: Be a great teammate. Not everyone can be the fastest swimmer but we all can be great teammates. Strive every day to say positive comments to your lane mates. Listen as the coach is speaking to the group so others can focus and pay attention. Encourage your teammates to try their best.

Goal 2: Be ALL in: We are all busy, however you have committed to this team and your squad. Try to do





the practice schedule and meet schedule to the best of your ability.

I think if we focus on these goals, we will find DDAC a positive place to be. I look forward to a great season.

Coach Bobby

A life full of seasons.

Hello from the Coaches

Since I can remember, my life has been a chain of seasons concluding about every six months with a Championship Meet and/or Tournament, and then beginning again with renewed excitement towards the next season goal. As a competitive swimmer and water polo player starting at age six and finishing in my college years, I always had an end of season date/event to push me to want to be my best every day leading up to the big day.

When I decided to hang up my suit and become a coach, I found that watching and motivating others to push themselves to be their best was so incredibly enjoyable that I knew the chain of seasons would forever continue. The Championship meets are quickly approaching this season and we need to make sure every day we are pushing ourselves to be our very best so we will have some amazing performances and reach our goals.

Be sure to take advantage of every day you are at the pool to master your craft. Get involved in as many meets and races you can this season. Get better every practice and shock yourself at how great you can become.



Photo by Kim Eastman



Photo by Kim Eastman

Hello from the Coaches

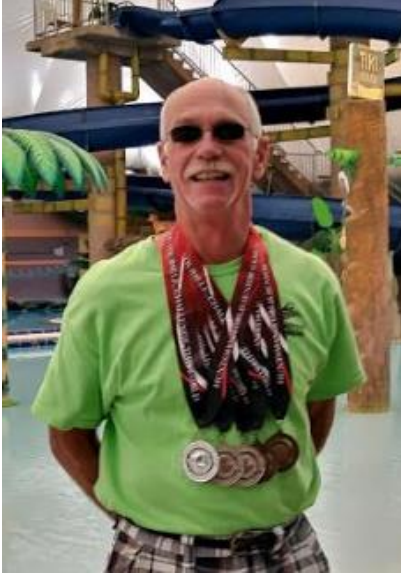
Coach Allen

Welcome back swimmers. We had a very successful season last year and now we need to build off of that.

Patience is the best advice I can give you, as after a month off you will not be at the same level in your training and it will take a couple of weeks for the practices to become easier for you and your times to start getting faster again.

By the time you see this we will have a good start on your improvement and conditioning. Please plan on entering as many meets as you can, as each one goes a long way in your improvement.

Swim meets are the reward you give yourself for your hard work in practices. I like to say that meets are the best yardstick for how well your training is going.



Photos by Scott Green and Amanda Smith

Meet Your New Board Members



Hi, I'm Robin Young. I'm excited to be a part of the DDAC Board and helping Valerie with the Treasurer's duties as Co-Treasurer.

Some of you I've met while volunteering at the front desk or around the pool during practices or meets. But for those of you I have not met, I am the proud mama of Zachary Young who is currently on the Gold Squad. This is our 4th season with DDAC and I can't wait to see what it has in store for us. Swimming is a family affair for us with Zach swimming, his dad, Darren, usually timing at meets and me officiating on deck. When I'm not at the pool, I am the accounts payable supervisor for Cook Security Group and am an avid runner, competing in the occasional race. If you see me around, make sure you stop by and say hello! Go DDAC!

I'd like to introduce myself and thank you for the warm welcome as the new member representative. My name is Erika Rasmussen and I am the proud mother of four. I currently have swimmers on the Bronze, Silver, and Gold squads. As a proud David Douglas parent, Volunteer, Employee, and Board member I thoroughly enjoy watching the success of our future. The kids from the tiniest swimmers to the high school instructors keep me coming back, they all make me proud. Swimming and water safety are important to me, I have always loved the water and was a lifeguard as a teen. Being on the swim club provides much more than can be measured by performance and this is why we love it so much for our children. Our coaches are instilling accountability, goals, focus, and much more. It's a place where our kids persevere and grow confidence, friends and families are formed. When I am not at work, working at the front desk assisting club or swim lessons, or cheering my kids on at the pool, I like to... sleep. Just kidding, I like to paint and sew and be creative, and best of all I love to be a Mom. If I



haven't had the pleasure of meeting you at the desk please don't hesitate to introduce yourself, I can't wait to learn the names of all the new faces, and welcome to the club!

Mandatory General Membership Meeting

Where all your swim questions are answered!

Wednesday, October 2, 2019

6:30-7:30

Location TBA

Please plan on attending!



Photo by Kim Eastman

Upcoming Meets

Dual meet with Blue Crush at DD	September 22, 2019
Hood River Meet	October 11-13, 2019
Dual meet with PAC at DD	October 19, 2019
Dual meet with OCST at DD	October 26, 2019
Mike Popovich meet at MHCC	November 1-3, 2019
Pumpkin Sprint Invite at Lincoln City	November 23-24, 2019
CAT Senior Open at Corvallis, Senior Squad Qualifiers	December 6-8, 2019
PASL Champs at Parkrose	December 13-15, 2019

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



Photo by Kim Eastman

Upcoming Water Polo

There is no water polo at this time.

September & October Birthdays

Happy birthday to our swimmers!

Christopher Correll	September 9	Bronze
Victoria Cornejo-Lopez	September 24	Scotsman
Lily Walker	September 26	Gold
Vu Lam	September 28	Senior
Elizabeth Mindra	September 30	Silver II
Moriyah Wolfgang	October 5	Gold
Maya Lynch	October 8	Silver II
John Riggs	October 10	Scotsman
Julie Schwam	October 12	Scotsman
Logan Pine	October 16	Silver II
Austin Pham	October 17	Gold
Vasilii Malishchuk	October 21	Bronze
Warren Nguyen	October 21	Silver I
Jason Bui	October 25	Gold
Trigyal Drongpa	October 25	Gold



Photo by Kim Eastman

Contacts

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Photo by Kim Eastman

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