



The Tidal Wave

November 2019
Volume 3, Issue 4

Hello from the Coaches

Coach Jim, President, Head Coach Report

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I want to congratulate Bobby and the high school water polo team for a great season. They will be finishing up the season at the state tournament in Corvallis.

I am also very excited to move into the month of November. The month of November is the beginning of high school swim season. These months also are the beginning of the more competitive swim meets for our team.

The senior squad has some great competitions we will be attending. In December we will be at the PASL Championship (Dec 13-15th) meet at the DDAC pool. That will be our first prelim final meet of the season. The next meet we will attend is the Seth Dawson Invitational (Jan 10-12th) that will also be held at our pool. Finally we will take our most competitive group to Federal Washington to compete at the Washington Open (Jan 17-19th). These meets will help us prepare for the championship season in February and March.

Be a process oriented swimmer:

For all our swimmers on the team I want you to become a process oriented swimmer. Create routines and habits that





Photos by Kim Eastman

help build confidence in your abilities to compete in the water. You can't control what is happening in the other lanes in a race. But you can control what is happening in your lane. The more you trust the process and focus on how you are doing things the more success will happen in your lane.



Hello from the Coaches

Coach Bobby

Get Better with every stroke.

Take advantage of the opportunity in front of you. Every practice is a chance for you to not only improve as a swimmer, but improve as a teammate, improve as a student, and ultimately improve as a person. During practices you will be challenged by your coaches, your teammates, the clock, and by yourself. It is up to you to recognize those challenges, choose to put your best effort forward, and be satisfied with the result.

Do not become stagnant with who you are. Everyday can be a progression to who you want to become as a swimmer and a person. Believe in yourself that you can accomplish the goals that you set for yourself, and do not get in your own way by choosing not to work hard enough to reach your full potential. You will have a lot of support from coaches, teammates and family to help you in the process. Embrace and appreciate the support of others, and simply return the favor by committing yourself to become the best that you can be. Stay positive when challenges are difficult knowing that the greater the sacrifice the higher the success.



Photo by Kim Eastman

Hello from the Coaches

Coach Allen

Here we are, just a little over a month into our season and off to a tremendous start.

I have been impressed with our effort in the meets we have had so far and the continued drop in our times. I did not anticipate such large gains in such a short time. It has inspired me and ignited my joy in working with this team.

Those folks that are coming to practice and are prepared to work hard have made the greatest gains but I have seen gains from everyone and that encourages me.

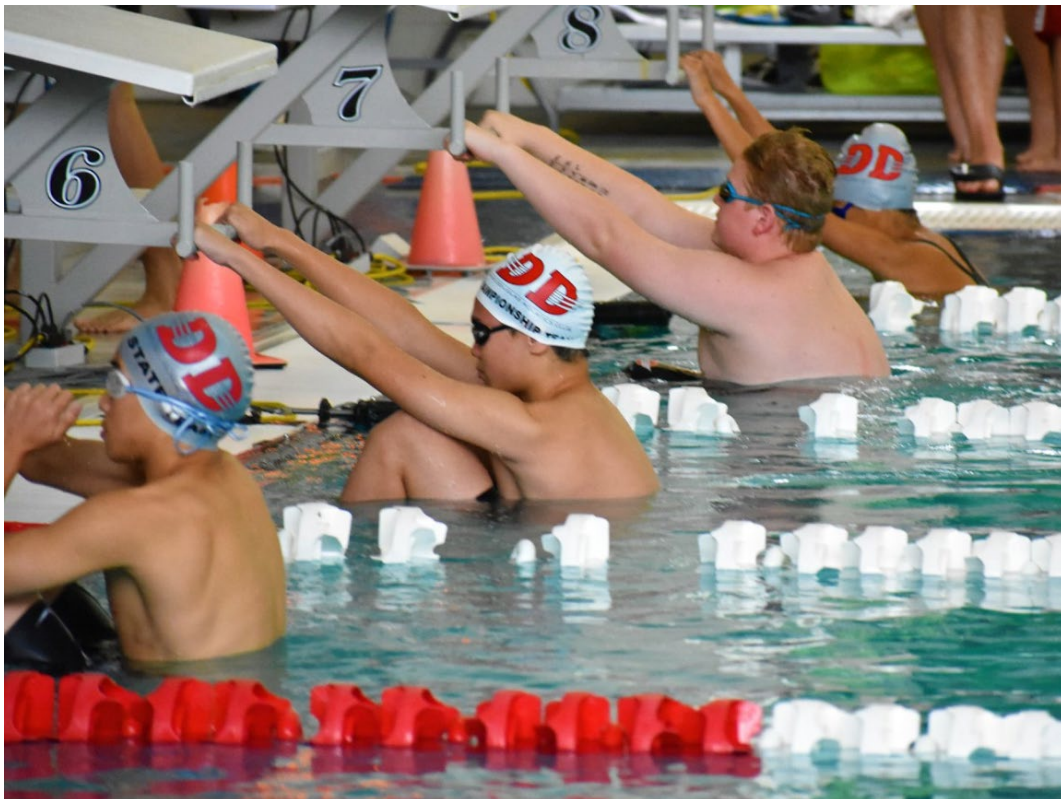
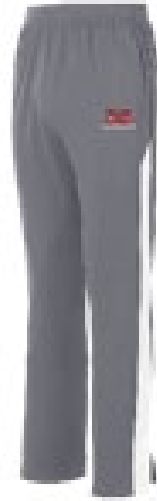


Photo by Kim Eastman

Warm-up orders going on now!



If you are interested in ordering warm-ups for your swimmer (or yourself!), please fill out an order form at the front desk



Photo by Kim Eastman



Photo by Robin Young

DDAC Winter Party!

❄️ Friday, December 20, 2019 ❄️



Photo by Karie Lippert

Fun, games and food for all!

Potluck assignments TBA

Upcoming Meets

Pumpkin Sprint Invite at Lincoln City November 23-24, 2019

PASL Champs at Parkrose December 13-15, 2019

Seth Dawson Invitational, hosted by MHA, held at DD January 10-12, 2020

Washington Open – Senior Squad at Federal Way, WA January 17-19, 2020

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

Water polo game at Parkrose November 23, 2019

1:30-2:15pm Practice
2:30-3:30pm 10U & 12U Games
3:30-4:30pm 14U Game

Water polo game at Parkrose December 7, 2019

12:30-1:15pm Practice
1:30-2:30pm 10U & 12U Games
3:30-4:30pm 14U Game

November & December Birthdays

Happy birthday to our swimmers!

Mia Baczko	November 1	Gold
Allen Ton	November 7	Silver I
Ethan Bowe	November 8	Bronze
Sheamus McHaley	November 11	Bronze
Andrew Armstrong	November 12	Gold
Timothy Slafsky	November 12	Bronze
Jaydy Nguyen	November 15	Silver II
Ellia Tan	November 15	Gold
Sarah Nguyen	November 17	Silver I
Duming Yu	November 18	Bronze
Nam Nguyen	December 2	Bronze
Andrew Rong	December 2	Bronze
Nathan Chung	December 8	Silver II
Tessa Cowley	December 10	Scotsman
Kelsey Green	December 11	Silver II
Huimin Du	December 12	Bronze
Reid Meinhard	December 15	Silver I
Molly Arancibia	December 16	Silver I
Firan Gemachu	December 19	Bronze
Keara Saks	December 20	Gold
Tannen Skowhede	December 23	Silver II
Zachary Dickinson	December 24	Senior
David Chen	December 26	Bronze
Cyrus Ngan	December 29	Gold
Jinny Xu	December 31	Silver I

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Photo by Kim Eastman

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