



The Tidal Wave

February 2020
Volume 4, Issue 1

Hello from the Coaches

Coach Jim, President, Head Coach Report

Swimmers and families, championship season is almost here. In my opinion this is the most exciting time of the year.

A few years ago we had Olympian Ariana Kukors, 5th place finisher in the Olympics held in London, England, and her mom come and talk with our team and parents. The one thing that stuck with me that they both shared is that every swimmer has their Olympics. It could be the 11- 14 champs, the March end of the year meet at DD, or the High School District Champs. Therefore we need to honor our swimmers with their Olympics for the season. So with that in mind, get signed up for your end of the year meet and let's give an Olympic effort.

Update from Washington Open

A group of senior swimmers represented DDAC at the Washington Open. The meet was one of the most competitive meets held that weekend on the west coast. There were teams from Colorado, Hawaii, California, Washington and Idaho. Our swimmers swam lights out. Our kids dropped an amazing amount of time and made many new time standards, opening up the opportunity to swim in even higher-level meets.

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Photos by Kim Eastman

High School Champs coming

Please wish these following swimmers luck as they will be representing their high school in the upcoming district championships

Ben Bridges	Franklin
Dawson Brummett	DDHS
Trinity Caudle	DDHS
Victoria Cornejo-Lopez	DDHS
Zach Dickerson	Franklin
Jordan Eastman-Mora	DDHS
Chase Ewell	DDHS
Maria Fesik	Gresham
Brayden Franzke	DDHS
Zach Franzke	DDHS
Naomi Kozhokar	DDHS
Vu Lam	Reynolds
Holly Lippert	DDHS
Ty Mapes	Franklin
Marlene McCoy	DDHS
Gianna Paulucci	Central Catholic
Johnny Riggs	DDHS
Julie Schwam	DDHS
Mia Smith	Clackamas
Nathan Swiericzuk	Franklin
Andy Tan	DDHS
Hannah Walker	DDHS

Hello from the Coaches

Coach Bobby

Bright Light at the end of the tunnel

Being successful in athletics and in particular the sport of swimming requires great sacrifice when it comes to being comfortable. Working hard and pushing the limits of your body is essential for improvement. Talent and efficient stroke technique are also main ingredients of successful swimmers, but great work ethic will not only help in swimming but also create the right character traits to help you in everything you put your efforts into.



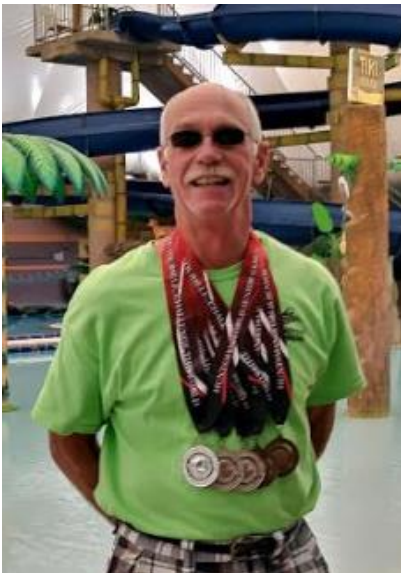
Photo by Kim Eastman

Many young swimmers hesitate to push their limits on a consistent basis throughout a swim season. The hard work that creates being physically and emotionally uncomfortable can be difficult to overcome. This feeling of being uncomfortable is how you improve, and the more often you are uncomfortable during practice the more you will improve.

This uncomfortable feeling is also very temporary. During most swim practices, swimmers are asked by their coaches to push their limits a handful of times and usually not for more than 20-30 minutes maximum.

When you are exerting your maximum effort and feeling uncomfortable, know that there is a very bright light at the end of tunnel and that the pain is very temporary. Push through those difficult times when your body is telling you to stop or slow down, don't get out and go to the bathroom. When you finish that hard work for the day you will leave with a great sense of accomplishment and your confidence will allow you to reach for the stars.

Hello from the Coaches



Coach Allen

I cannot say this often enough. The improvement I continue to see inspires me.

I find that those swimmers who listen to coach Bobby's golden nuggets during our Monday meetings and take them to heart are the ones who are showing the most improvement.

Everything he says about training, focus and preparation are true and useful for those who have goals.

He also stresses the importance of making goals. The goals you establish should be such that you must push yourself to attain them but not so lofty as to be unattainable.

As you attain a goal then add another. A good example would be, if you swim the 100 free is 1:02.00, your goal should be to break a minute. Another way to approach it is by shooting for



Photo by Kim Eastman

the next level time standard. If you are C level, shoot for B level and then A times.

To not follow Bobby's wise words, your friends will leave you behind as they move up through our club's different training groups. If you are falling behind, ask yourself, "Am I listening to my coach and following what Coach Bobby has told us to be a better swimmer?"

Coach Allen



Photo by Kim Eastman



Photo by Kim Eastman

Did you know you can pay your monthly swim dues online? Your TeamUnify account makes it easy and convenient to pay on demand or setup automatic payments. Sign into your account and follow these steps:

1. Go to Invoices & Payments.
 - a. In the side menu click **My Account > Invoices & Payments**
2. Click the **Make Payment** tab.
3. If you do not have a credit card on file, click **Add New Card**, fill in the data and click **Next**.
4. Otherwise click **Use this card** by the credit card you wish to use.
5. Enter your credit card's CVV code.

Invoices **Make Payment** Fundraising Service Hours

Your current account balance: **\$420.00** [View Detail](#)

*Enter payment amount:

[+ Add/Select Card](#) **Click the button on the left to add or select a card**

DISCOVER **Discover ending 9424**
(Expires 9/2024)

***CVV of the selected credit card:**

Credit Card Billing Info
Douglas & Tammy Black
579 Kennedy Avenue
Wilmington, DE 19897
P: 333-555-1540

Processing fee that the team has defined: \$0.30 and 2.95%

Total amount to be processed:

6. Click **Pay Now** and **OK** to confirm.

We are setting up a DDAC

FAQ

Think back to when you were new with DDAC.

What questions did you have?

What questions do you still have and wish you had easy answers to?

These are the questions we want for our FAQ.

It will be located on our website.



Photo by Kim Eastman

**Please send all questions you think would be important
for our FAQ to**

Robin Young, Co-Treasurer
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Upcoming Meets

THSC Last Chance Swim Meet at T-Hills, Beaverton	Feb 16, 2020
10&Under State Championships at Springfield, OR	Feb 22-23, 2020
11-14 State Championships at Covallis	Feb 27-Mar 1, 2020
Senior State Championships at T-Hills, Beaverton	Mar 5-8, 2020
Senior Sectionals at Federal Way, WA	Mar 12-15, 2020
DDAC March Meet	March 14, 2020
Age Group Regionals at Federal Way, WA	Mar 18-22, 2020

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

Upcoming Water Polo

Water polo game at Parkrose	Feb 22, 2020
2:00-3:00pm – Practice	
3:00-4:00pm - 10U Game - shallow end / 12U Game - deep end	
4:00-5:00pm - 14U Game	
5:00-6:30pm - 18U / Masters	

February Birthdays

Happy birthday to our swimmers!

Kevin Nguyen	February 2	Bronze
Thai Nguyen	February	Bronze
Galilea Carmona	February 11	Silver II
Paxton DeRoest	February 11	Silver II
Emma Burks	February 16	Silver I
Emmanuella Matskevich	February 19	Bronze
Bao Vuong	February 20	Gold
Benjamin Bridges	February 21	Senior
Jonah Beissinger	February 22	Bronze
Jonathan Nguyen	February 24	Silver II
Libby Buckholt	February 24	Gold
Keyan Lei	February 29	Bronze



Photo by Kim Eastman

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Photo by Amanda Smith

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