



## The Tidal Wave

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May 2020  
Volume 4, Issue 2

# Hello from the Coaches

## Coach Jim, President, Head Coach Report

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DDAC family,

Everyone is staying safe in these unprecedented times. I wish I could give you clarity of when we will be able to start practicing again, but at this time there is not really any information to share.

At this point I am meeting with the Oregon Swim Board every week to create ideas on how to best support our teams as well as advocate for the safe startup of swimming.

As of today Oregon Swimming has created a grant for teams that have completed the USA Safe Sport requirements by the end of May. DDAC needs 12 and over swimmers and parents to log onto USA swimming and complete the safe sport training. Therefore, if you have time please help us obtain this grant.

The board has also been busy meeting trying to figure out the best way to keep the club solvent financially, keep our coaches employed and be ready for the time we can swim again. Valerie Lang has led the way in getting our club the Payroll Protection Grant, which has enabled us to make payroll in April and May without borrowing a large amount from our savings account. The board has voted to suspend all dues except for past dues and swim meet fees. The board has also created a fundraiser that we will use to help increase our ability to offer scholarships, help pay staff and other operating cost during this break and once we begin to swim again.





Photos by Kim Eastman

There will be more information about the fundraiser in this newsletter as well as information being emailed out to you.

Senior report:

Congratulations to Hannah Walker Ben Bridges, Zach Dickerson and Brayden Franzke. They have all decided to continue their swimming careers at the college level. We will have a more formal celebration once the spring signing day is complete in May.

The senior group has been meeting weekly over zoom. It has been fun to interact with the kids face to face. In our calls we have done a Kahoot quiz, talked about dry-land exercises, but generally it is just to keep in touch and stay connected.

Again I hope everyone is staying safe and I look forward to being on the pool deck soon.

# Hello from the Coaches

## Coach Bobby

Long Course 2020: The season that wasn't

All sporting events across the world have been shut down due to the pandemic, no matter if you are an excited 7-year-old trying little league for the first time or if you are LeBron James going after another NBA Championship. For a "Sports Junky" like me, this has been a very difficult pill to swallow. Since I can remember I have always been glued to ESPN and watching various games or sports, checking out the details in the box scores, and eagerly awaiting the next great matchup. Thank goodness that they decided to postpone the Olympics until next year instead of cancelling. Those 3 weeks of sports are simply amazing to a sport junky. An alternative that sports have created during this situation is "Virtual Games," where certain games are computer simulated and a fictitious winner/loser is derived. Although this virtual reality does not come close to the real thing, it does give us something, and that is what I am going to create for our swim season below:

DDAC Virtual Meet Season 2020

April – Got off to a good start at the Lake Oswego Meet. Very crowded and uncomfortable facility, but we managed a lot of new Personal Records which is great at the beginning of the season. We also have more DDAC athletes participating in Water Polo than ever before, and our swimming experience is on display in the games.



Photo by Kim Eastman



May – Most successful Swim-A-Thon ever for DDAC, Raising over \$20,000!!! DDAC Sextathlon Meet was amazing with over 120 DDAC swimmers participating. DDAC swimmers earned 41 trophies at the meet.

June – Summer Blast Meets at MHCC have not only been incredibly fun but extremely rewarding. DDAC swimmers are breaking thru and achieving new time standards at an unbelievable rate. DDAC hosted the Oregon Spring League Water Polo Championships and the improvement for the individuals and team was immense as medals were earned for everyone that participated.



Photos by Amanda Smith

July – “Championship Month.” DDAC had 13 swimmers compete at the 10U State Championships in Albany, and they absolutely destroyed their personal records every time we dove in the water. The talent level for our young swimmers is super exciting! At the 11&Over Championships at MHCC, DDAC had 35 swimmers participate and it was the most successful State Championships for DDAC ever, earning a top-10 finish at the meet as a team.

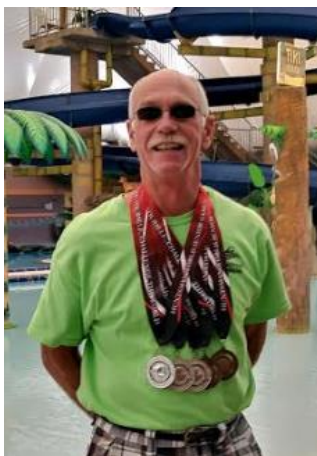
August – DDAC Senior Team had 11 swimmers travel to Clovis, CA for Senior Zone Meet. The team swam incredibly fast and kept Coach Jim very busy having to return every evening for Finals races. DDAC also had 4 Age Group Swimmers be selected to the Oregon Zone Team, the meet was held at MHCC.

Great Virtual Season DDAC!!!

# Hello from the Coaches

## Coach Allen

I hope this newsletter finds everyone healthy, active and chomping at the bit to get back in the pool like I am.



I don't know about you but this not being able to swim is driving me crazy. I am trying to figure out any way I can to get some swimming in. If I could afford it I would have one of those endless pools in my backyard right now.

Since I am unable to swim I am doing everything I can to make sure I am in the best shape I can be for that first practice, and I hope you are doing the same. As has been suggested, you can go on walks, hikes and bike rides.

There are numerous dryland activities you can do at home such as planks, wall sits, lunges, crab walks, running in place, jump rope, pull ups on a tree branch or other linear pole, shoulder shrugs with



Anybody need a haircut??  
Photo by Renee Carter

soup cans, up downs on a stair step. Get creative. Lay on a bench and put an object, such as a rock, ball or can of soup out in front of you now reach and practice your catch in your freestyle stroke.

Hope to see everyone soon. Stay safe and healthy,  
Coach Allen



Collage by Kim Eastman

# DDAC 2020 FUNDRAISER

As a non-profit organization, the monthly dues we charge our families are only part of the funds required to cover all the operational costs our team accrues each year. Due to the closure of our pool we are reaching out to friends and family to help raise money to support our club through and beyond the mandatory district closures due to Covid-19.

Sadly, this year we will not be swimming to see how many laps we can do in 2 hours. However, we still have the same goal, to support the club we all love so much. This year's fundraiser will be used for scholarship assistance, pool rental fees, coach's salaries and future meet costs which allow our team to be one of the most affordable and competitive teams in the North West. Participation is not mandatory, but we are asking our team and family members to consider joining in this fundraiser to support David Douglas Aquatics Club in preparation to reopen when we are allowed.

Dates: May 8-28, 2020

Financial Goal: \$10,000

Prizes for top Earners:

1<sup>st</sup> place - \$10 discount off monthly dues for 6 months

2<sup>nd</sup> place - \$10 discount off monthly dues for 4 months

3<sup>rd</sup> place - \$10 discount off monthly dues for 2 months

**\*\*Individual participants who earn \$100 or more will have their \$25 registration fee waived for the upcoming season\*\***

Common Questions:

- Will we be swimming laps this year?
  - *No*
- Where do I go to get started with fundraising?
  - *DDAC Team Unify Site, <https://www.teamunify.com/team/orddsc/page/home>*
- How can people donate?
  - *Credit card donations can be done online, and checks can be mailed in to David Douglas Aquatics Club (DDAC), PO Box 16542, Portland, OR 97292. Just make sure the donor indicates the name of the participant they are supporting*
- Is it mandatory to participate?
  - *No mandatory participation in the fundraiser*



## ATTENTION PLEASE, ACTION NEEDED:

### ALL PARENTS, VOLUNTEERS AND SWIMMERS 12 YEARS & OVER!!

OUR CLUB IS CURRENTLY IN THE PROCESS OF BECOMING SAFE SPORT CERTIFIED

**WHAT DOES THIS MEAN?** DAVID DOUGLAS AQUATICS IS COMMITTED TO CREATING AN ENVIRONMENT WHERE ATHLETE SAFETY, HEALTH, AND PROFESSIONAL BOUNDARIES ARE INTENTIONAL. WE ASK THAT ALL ATHLETES 12 YEARS AND OVER, PARENTS AND VOLUNTEERS, COMPLETE A SHORT VIDEO EXERCISE THAT WILL INFORM OF OUR EXPECTATIONS IN THE SAFE SPORT INITIATIVE.

#### WHERE DO I GO FOR THE TRAINING?

- GO TO TEAM WEBSITE, HOVER OVER THE SAFE SPORT TAB IN THE BANNER AT THE TOP OF THE PAGE. CLICK ON FOR ATHLETES OR FOR PARENTS. IT WILL BRING YOU TO THE SITE.
- WE HAVE PROVIDED STEP BY STEP INSTRUCTIONS IF YOU GET STUCK. **LINK PROVIDED AT BOTTOM OF PAGE, ON TEAM SITE UNDER THE SAFE SPORT TAB.**

**HOW LONG WILL THIS TAKE?** VIDEO RUN TIME IS ABOUT 10 MINUTES. IT WILL TAKE A FEW MINUTES TO LOG INTO THE VIDEO COURSE. PLEASE KNOW THAT THIS ENSURES THAT ALL OUR CLUB RECEIVES CREDIT FOR TAKING THIS COURSE.

**DO I HAVE TO DO THIS?** YES PLEASE. 😊 ARE YOU A PARENT/GUARDIAN OF A SWIMMER? ARE YOU A SWIMMER WHO IS 12 YEARS OF AGE OR OLDER? ARE YOU A VOLUNTEER? **IF YOU HAVE ANSWERED YES TO ANY OF THESE QUESTIONS, THEN THE ANSWER IS: YES PLEASE!** 😊

**IS THERE A FEE FOR THIS?** NO, THERE IS NO COST TO OUR FAMILIES FOR THIS COURSE. DURING THE LOG IN PROCESS THERE IS A SECTION THAT SEEMS AS THOUGH YOU ARE BEING ASKED FOR PAYMENT, HOWEVER, YOU ARE ABLE TO BYPASS THIS BY ADDING THE COURSE TO YOUR CART AND FILLING IN A FEW NAME AND ADDRESS FIELDS. **NO PAYMENT INFORMATION IS REQUIRED.**



# 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**

**[cotreasurer.ddac@gmail.com](mailto:cotreasurer.ddac@gmail.com)**

## Upcoming Meets

**Everyone please stay safe, healthy and positive!  
We'll be back here soon.**



Photos by Kim Eastman



# May Birthdays

**Happy birthday to our swimmers!**

Ari Baczko	May 6	Silver II
Maxim Ciobanu	May 8	Gold
Zoe Burks	May 10	Silver II
Nathan Swiericzuk	May 13	Senior
Samantha Lindeman	May 18	Silver I
Daniel Martin	May 18	Gold
Preston Hoang	May 19	Bronze
Jonathan Mindra	May 19	Silver II
Daniel Armstrong	May 22	Silver II
Siyane Felema	May 25	Bronze
Travis Nguyen	May 27	Silver I
Zach Franzke	May 28	Scotsman



Photo by Kim Eastman

# Contacts

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**Erika Rasmussen**, Member  
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**Karie Lippert**, Secretary

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Photo by Karie Lippert



Photo by Becky Franzke

**David Douglas Aquatics Club (DDAC)**  
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For newsletter questions or comments please write to [karielippert@yahoo.com](mailto:karielippert@yahoo.com)