



## The Tidal Wave

June 2020  
Volume 4, Issue 3

### Hello from the Coaches and...

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### Trinity Caudle, Athlete Representative to Oregon Swimming

Hi everyone! I am Trinity Caudle and I am DDAC's Athlete Representative! I hope everyone is healthy and getting through this crazy time. As our athlete rep I get to speak on behalf of all the swimmers of David Douglas Aquatics Club. I get to join zoom meetings and share emails with the other athlete representatives from club teams all around the state of Oregon. We share ideas on ways to stay not only physically but mentally healthy through this pandemic. Our main focus has been motivation. Motivation is very important during this time since it can be very easy to lose sight of what you're working towards. Thinking about your goals for once we get back into the pool can be a game changer. Use these goals to push yourself while out of the water. For example eating healthy, daily exercise, yoga/ stretching, and even open water swimming are all fantastic ways to ensure success in the future. Although no one knows when we'll be back in the pool, always try to find the light in the situation and think positively! All the athlete reps are doing our best to try and connect the swimmers of Oregon so that no one feels alone. So far we've hosted one zoom meeting that is open to all swimmers in Oregon, and have had 3 webinars with different Olympians telling their stories. We're currently trying to get together more ideas to keep the world of Oregon swimming together mainly through social media. The athlete reps put together posts for instagram so if you haven't yet go follow @oregonswimming on instagram. If there's ever any questions or anything you'd like discussed please let me know! Thank You!



Photo by Amanda Smith



# Hello from the Coaches



Photo by Kim Eastman

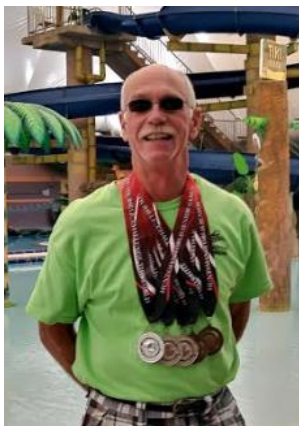
## Coach Bobby

Be the best you can be

How good do you want to be? An easy question, with what I believe to be a very simple answer. The best that I can be. Anyone who truly self-reflects on their quest to achieve this greatness will realize their process is never wavering. Most people consistently fall short of achieving “being your best” for a few reasons 1. Lack of confidence in proclaiming the answer to the question. 2. They allow obstacles/challenges to derail them and do not seek out solutions to the problems that will inevitably occur, but instead create excuses and point fingers away from themselves. 3. They lack the necessary discipline to remain committed to themselves. There are many traps that will be presented to you on a daily basis, but a disciplined person who is committed to becoming the best they can be, will be able to enjoyably maneuver through the endless field of problems.

People are being influenced everyday by social media, their friends, their teachers, their environment, their health, their family and most importantly their parents. How strong this influence is on their mind will decide who they will become. The effort that is necessary to become the best they can be in the sport of swimming also plants a seed in their soul that grows beyond the pool. The swimmers who honestly commit to being the best they can be are also the most compassionate, intelligent, kind, content and confident people. In a world that has been turned upside down, and leaving your house is a frightening endeavor, we need people with the qualities described above to give us hope for tomorrow.

# Hello from the Coaches



## Coach Allen

I hope this finds everyone doing well and doing the recommended exercises on a regular basis.

Congratulations to all of our seniors on graduating and moving onto the next stage in your life.

Swimming will always be there for you, so if you find the time and feel the need, masters swimming is something you might look into.

Back to business. If you are staying active and managing to keep up on the assigned workouts and even adding more I think you are finding yourself feeling less stressed about the uncertainty we are living through. I know this has helped me immensely.

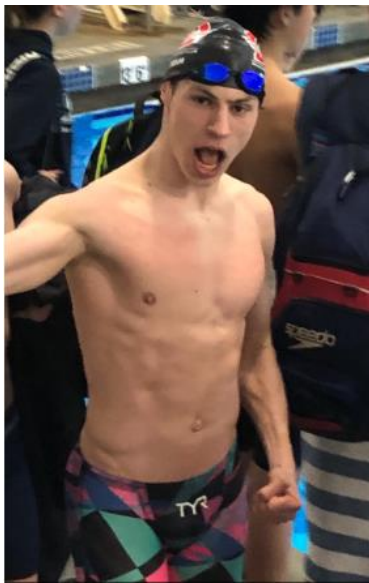
You have to train like a champion if you want to be a champion. These words drive me to keep my training up.

Coach Allen





# Seniors



This is our first large group of senior swimmers graduating. It is exciting for the coaching staff to see ALL of our seniors are planning on continuing their swimming careers at the college level. Our seniors have set the example for our future graduates. I am excited to have them represent themselves, their families and DDAC at the college level.



Thank you for the dedication, and leadership you have given to the club.



-Coach Jim





# Ben Bridges



Ben graduated from Franklin High School. He will attend Luther College in Decorah, Iowa where he will swim.

Ben is a very hard worker and takes great pride in pushing himself. Ben never gives up on a practice, a set or a race. Ben qualified for our Senior Zone Team.







# Zachary Dickinson



Zachary graduated from Franklin High School. Zach will be attending Southwestern Oregon Community College where he will swim.

Zach always strives to get better. He does not back down from big events. Zach qualified for our Senior Champs Team.





# Brayden Franzke



Brayden graduated from David Douglas High School. He will be attending Southwestern Oregon Community College to study education and swim.

Brayden is part of our Senior Zone and Senior Sectional Team







# Tyler Mapes



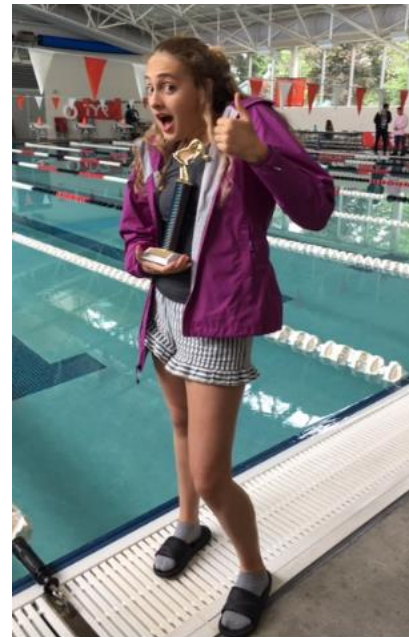
Tyler graduated from Franklin High School. He will attend California Institute of Technology this fall to study Mechanical Engineering and Aerospace and swim.

Tyler is very talented and always competes to the best of his abilities in meets. Tyler qualified for our Senior Champs Team.





# Hannah Walker



Hannah graduated from David Douglas High School. She will be attending Concordia University in Irvine, California this fall. Hannah plans on studying education and swim.



Hannah has been part of the David Douglas club swim team since she was in 3<sup>rd</sup> grade. She has qualified for many of the DD championship teams. She has been a member of our Age Group State and Senior Team, as well as Age Group Sectional and Senior Zone Team.





## A Note from the Treasurer

On April 23<sup>rd</sup> David Douglas Aquatics Club was granted funds from the Payroll Protection Program through the U.S. Small Business Administration. These funds are designed to provide direct incentive for small businesses to keep their workers on payroll. The SBA will forgive these loans if all employees are kept on payroll for eight weeks and the money is used for specific outlined expenses. The club worked with Riverview, our club banking institution, to provide the SBA with proper documentation to prove our eligibility. Our club values our coaches and are grateful for the ability to continue to support them in this uncertain time. Our covered payroll period is 04/23/2020 – 06/17/2020.



Collage by Kim Eastman

# June Birthdays

**Happy birthday to our swimmers!**

Leighlonie Pittman	June 2	Silver I
Sophia Berry	June 5	Silver I
Aria Bowers	June 5	Bronze
Raymond Chung	June 8	Gold
Karren Nguyen	June 14	Silver I
Madison Bristow	June 19	Silver I
Joseph Kozhokar	June 20	Bronze
Anastasia Ciobanu	June 27	Silver I
Brayden Franzke	June 27	Scotsman
Kim Nguyen	June 29	Gold
Dawson Brummett	June 30	Scotsman



Collage by Kim Eastman



# Contacts

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Photo by Kim Eastman

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