



The Tidal Wave

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Hello from the Coaches

Happy November everyone,

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It is so great to be back at the pool. It has taken a while to get back in the groove, but I think the coaches and the swimmers are beginning to feel more normal again. Speaking of feeling normal, one really important aspect of trying to be good at something is to understand the road to success is not often a smooth path. There are often highs of success and lows of struggles and frustration. One of the best ways to be "ok" with these highs and lows is to stay focused on the moment. Try not to get caught up in the past, comparing yourself to what you have done before, or get too focused on the future. **Try to be the best you can for that point in time.** The more strokes you complete with your best effort will lead to more laps you swim at your best. The more laps you swim at your best will lead to more practices that are done well. The more practices that you do well will lead to more races that you succeed in. Finally, compare yourself only to yourself. Comparing yourself to others will only lead to a false sense of success or a false sense of failure.



As we move forward to November make sure to look at your practice schedule and make all the practices that are assigned to your group. Missing a practice should not be a regular thing. If you are going to miss make sure you communicate to the coach and explain why you are missing.

Have a great month and be your best,
Coach Jim

Hello from the Coaches



Photo by Kim Eastman

Coach Bobby

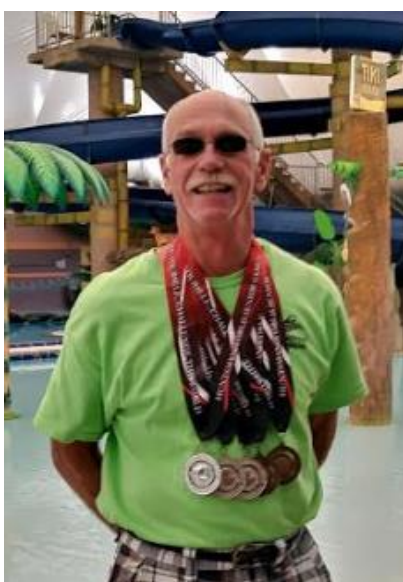
Get Better with every stroke

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.

Coach Bobby



Coach Allen

I cannot express how happy I am to be back on deck working with our athletes.

Thank you to those who have come up to me to say how happy they are to see me back. Thank you for making me feel welcome.

Our swimmers are doing such a great job in their development. It makes our jobs easier when the athletes are so motivated.

I love this job because I can share my passion, and I enjoy seeing the youngsters improve and also enjoy the greatest sport of them all.

Coach Allen

Member Rep's Corner

By Robin Young

Surviving Your First Swim Meet

I was thinking about our first away meet in Lincoln City and some of the things we wish we would've known beforehand. There's nothing like walking into a pool and wondering, "Where do we go? Where does our son go? And what the heck is that writing on those kids' arms??" Sometimes just a few little tips can make a world of difference for us parents and our swimmers.

Q: What time do we need to get to the pool?

A: While every pool/meet is different, we usually try to be there AT LEAST a half hour before warm-ups begin. If the pool is smaller with limited space, you may want to get there earlier. If you're going with another family, sometimes it's nice to alternate who gets there earlier to get seats/space.

Q: Where do we sit?

A: Everyone has a preference of where they like to sit. Sometimes we don't have a choice (ie: bleachers only/no bleachers at all). Unlike other sports, we don't have a "SIDE" to sit on so it can be difficult to identify other teammates/families. This is a great reason to wear your DDAC gear so we can locate each other. And while we do try to sit together, it can be extremely difficult to save seats/deck space, especially at the bigger, more crowded meets.

*** During swim meet season, we keep chairs AND a blanket in the car.

Chairs – Just in case you are unable to get bleacher seats or if there is only Deck space/seating.

Blanket – Sometimes we're not allowed on deck (smaller pools). One trick we learned at a meet is to bring Masking Tape! This allows you to tape your blanket to the bleacher so it doesn't fall off.

NOTE: Please be prepared for people to step on your blanket; there's just no getting around it.

Q: What do we bring?

A: Every swimmer is different, but some things to consider are:

Extra cap and goggles – You never know if they will be selling any product on-site

Snacks/Drinks – Kind of a given, but with COVID restrictions, we don't know what will be available or if they'll even have a snack bar. Keep in mind the length of the meet.

Something to do in between events – Of course we encourage our swimmers to cheer on their teammates when they're not swimming but sometimes there is quite a bit of time between events. Make sure to bring a book, cards, games...etc.

Sharpie(s) – What for? Well, you know those hieroglyphics you see on kids arms at the meets, it's to help your swimmer know when they're supposed to be at the blocks for their events. We had never seen this before and had no clue what the heck it was, so here is a breakdown:

E = Event: Your swimmer's event #

H = Heat: What heat your child will swim in for that event

L = Lane: What lane they will swim in during that heat

E	2	9	14
H	1	3	2
L	5	1	7

In this example: The swimmer is signed up for **EVENT 2**, swimming in the 1st **HEAT** and will be in **LANE 5**.

Hi From Anna – DDAC Vice President

Coming next season: **VOLUNTEER HOURS**

Please note: this update is a pre-announcement which will not take place until next registration.

DDAC is built on the commitment of youth swimmers and their devoted families. It takes a commitment to show up for practice and challenge yourself to improve your times at swim meets. This commitment is also necessary in order for our team to participate in swim meets, host swim meets and represent our community as a club. Starting next season, there will be a mandatory minimum commitment for family volunteer hours to support the DDAC swim team. There are many ways in which the volunteer hours can be completed including working at the front desk, officiating, timing at swim meets, translation services and additional team support positions. More details will be included during the next registration. If you have any questions or would like to learn more about how you can help support the team now, please contact: Vice President DDAC Board Member Anna Schwam at fijibluesky@gmail.com



Coming Soon...



The DDAC Storefront will open 11/1 and be open for orders until 12/3/21.

I will send an email with all the tools you need to be successful in this tasty fundraiser!

Robin



Photo by Amanda Smith

Upcoming Meets

Nov. 5-7	McMinnville	All
Nov. 20	Dual meet w/OCST at DD	All
Dec. 3-5	Tualatin Hills Winter Invite	Senior/Gold
Dec. 17-19	Legacy Championships at Parkrose	All

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



Photo by Kim Eastman

October & November Birthdays

Happy birthday to our swimmers!

John Riggs	October 10	Senior
Julie Schwam	October 12	Senior
Austin Pham	October 17	Senior
Warren Nguyen	October 21	Silver
Farryn Christensen-McElroy	October 25	Bronze
Violeta Arancibia	October 28	Silver
Allen Ton	November 7	Silver
Kael Meyers	November 8	Bronze
Sheamus McHaley	November 11	Bronze
Andrew Armstrong	November 12	Gold
Timothy Slafsky	November 12	Silver
Daniel Kempenich	November 14	Bronze
Jaydy Nguyen	November 15	Silver
Ellia Tan	November 15	Gold
Payton Meyers	November 28	Bronze

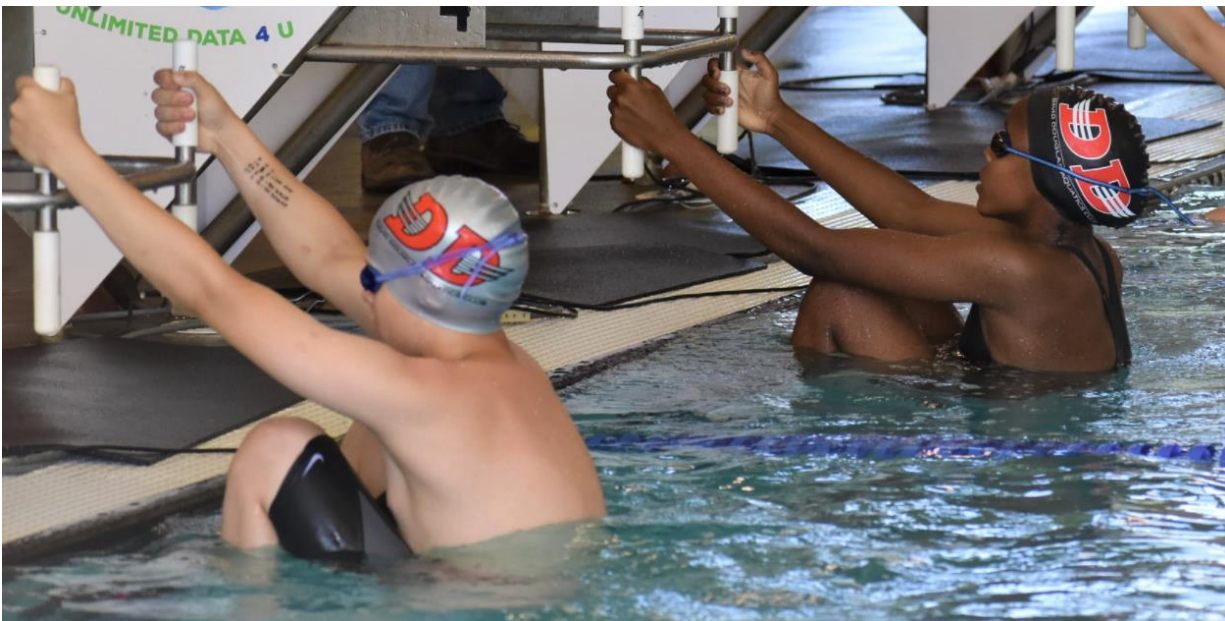


Photo by Kim Eastman

Contacts

Jim Bowe, President, Head Coach,
Senior coach

jim.bowe70@gmail.com

Bobby DeRoest, Gold Coach, age
group squad manager

bobby_deroest@ddsd40.org

Allen Larson, Silver I and Silver II
coach

ajsquawk@hotmail.com

Anna Schwam, Vice President

fijibluesky@gmail.com

Valerie DeRoest, Treasurer

treasurer.ddac@gmail.com

Robin Young, Member Representative

cotreasurer.ddac@gmail.com

Karie Lippert, Secretary

karielippert@yahoo.com



Photo by Kim Eastman

David Douglas Aquatics Club (DDAC)

PO Box 16542

Portland, OR 97292

For newsletter questions or comments, please write to karielippert@yahoo.com