

SEVENTH ANNUAL JOSE CERDA SWIM CLINIC



October 29, 2017

at the Mason Community Center

6050 Mason-Montgomery Road. Mason, Ohio 45040



With special guest:



Olympic Gold medalist Breeja Larson

and other Olympians, Olympic Trialists, College & Club Coaches and Guest Speakers.

To sign up, control+click the link [Jose Cerda Swim Clinic](#) or send an e-mail message to: jcswimclinic@cinci.rr.com to have the registration link sent to you. All fees payable to Jose Cerda Aquatic Foundation and mailed to P.O. Box 1253 Cincinnati, OH 45040.



Pricing (thru Sunday, October 21st, 2017):

6-8 years old \$40

9 & older - \$50

Classroom sessions only - \$25

*Monday, October 22nd through walk-in registration - additional \$10



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Sunday, October 29th 2017

Schedule

Sunday, 10/29/2017	Activity	
Time	Classroom	Water
8:30-8:50 am	Registration - swimmers up to 12 years old (water), 13 & older (talks)	
9:00-10:00 am	Sports Psychology Swimmers (13 years & older)	Water Instruction – swimmers up to 12 years old. Younger group 6-8 yrs. old - 1 hour only
10:00-11:00 am	Nutrition Talk Swimmers (13 years & older)	Water Instruction – swimmers up to 12 years old Group: 9-12 yrs. old only. Drills based on ability level: Developmental swimming vs. Club experience.
11:00-12:00pm	Lunch Break	
11:30 am-11:50am	Registration for swimmers 13 years and older (water)	
12:00pm - 1:30pm	Q&A, Autographs, & Photos with Champions (All swimmers, parents, & coaches)	None
1:30-2:00pm	Study of strokes, starts and turns All swimmers	None
2:00-3:00pm	College Swimming and Recruiting Q&A – Parents	Water Instruction - swimmers 13 years and older
3:00-4:00pm	None	



This Swim Clinic is in memory of the swimmer José Cerdá, who passed away during a swim practice the day of his 18th birthday on October 26, 2010. Jose's 'Point Zero One' moment was the inspiration to create this swim clinic. José missed his sectional time cut in 100 m back stroke by 0.01 seconds. Rather than being disappointed, José became more dedicated to the sport to shave that one hundredth of a second from his time to qualify for the event.

This Swim Clinic is sponsored by:



This Foundation has been established to honor José Cerdá by benefiting the sports he loved, swimming and water polo. For more information about JCAF, a 501 (c) 3 non-profit organization, please visit www.jcafoundation.org. José was constantly striving to move to the next level of athletic performance while also having fun and supporting his teammates and fellow competitors. For more information about Jose's life, please visit the Memorial website www.joseito.org

The José Cerdá Aquatic Foundation (JCAF) would like to inspire a 'point zero one' moment on every participant of this swim clinic, because a small difference can have a BIG impact.