

EIGHTH ANNUAL JOSE CERDA SWIM CLINIC



October 28, 2018

at the Mason Community Center

6050 Mason-Montgomery Road. Mason, Ohio 45040



With World Swimming champions, 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, 2018):

6-8 years old \$40

9 & older - \$50

Classroom sessions only - \$25

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



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.

EIGHTH ANNUAL JOSE CERDA MEMORIAL SWIM CLINIC

Special Guests:

ZANE GROTHE 2018 PAN PACIFIC GOLD MEDALIST	MARGO GEER 2018 PAN PACIFIC SILVER MEDALIST
	
<p>Hometown: Boulder City, Nevada. Birth date: April 22, 1992. College: Auburn University '14</p> <p>Zane had his first swimming lesson at 6 weeks old to learn water safety. He attended Boulder City High School and graduated in Aerospace Engineering from Auburn University in 2014.</p> <p>Zane swims 13,000 yards/meters a day ... 4 hours a day ... 2 workouts a day, 6 days a week.</p> <p>Zane won gold in the 800 freestyle; silver in the 1500 and bronze in the 400 at the Pan Pacific Championships held in Tokyo, Japan in August 2018. He was the champion in the 400m and 800m free at 2018 Phillips 66 Nationals and set the American records in the 500y and 1650y free at the 2017 Winter National Championships. While at Auburn University, Grothe cemented his name as one of the schools best distance freestylers, holding records in the 500, 1,000, and 1,650 yard freestyle along with the 800 yard freestyle relay by the time his senior season concluded. Over his four-year campaign he collected 12 All-American honors and was a two-time SEC champion.</p>	<p>Hometown: Milford Center, Ohio. Birth date: March 17, 1992. College: University of Arizona '14</p> <p>Inspired by her older brother Marcus, Geer started swimming when she was four years old. Growing up, she swam for the Springfield YMCA. In high school, Geer swam for Fairbanks High School. Geer completed her collegiate career at Arizona as a 23-time All-American, three-time NCAA Champion, and school record holder in the 100-yard freestyle (47.14), 800-yard freestyle relay, and 400-yard freestyle relay.</p> <p>In 2008, Geer qualified to compete at her first U.S. Olympic Trials, where she finished 41st in the 50-meter freestyle with a time of 26.15. Geer qualified for her second Olympic Trials in the 50-meter freestyle and the 100-meter freestyle. She finished seventh in the 50 with a 25.26 and 12th in the 100 with a 54.85.</p> <p>At the 2018 U.S. National Championships, Geer earned a bronze medal in the 50 freestyle (24.79) and 100 freestyle (53.44). She swam a 24.77 in the prelims, the second fastest among the finalists. At the 2018 Pan Pacific Championships, Geer swam prelims of the 100 free and ultimately wound up 3rd in the B-final (54.47) at night. On day 3, she went 2nd on the 4x100 free relay in a time of 53.59 to help the USA women secure a silver medal.</p>

Schedule

Sunday, 10/28/2018	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.
10:00-11:00 am	Nutrition Talk Swimmers (13 years & older)	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	

Our special guests are Zane Grothe and Margo Geers, members of the USA Swimming National Team. Margo and Zane were respectively silver and gold medalists at the 2018 Pan Pacs which just took place this August in Tokyo, Japan.

The speakers for the following talks are :

Nutrition Talk- Dawn Weatherwax, RD, CSSD, LD, ATC, CSCS

(sn2g.com)

(W)In the Moment Session- Jeffery A. Raker, Level Up Leadership Coaching/ Sherpa Certified Coach.

An overview of Jeff's talk and his small bio follows:

Putting in all the work, spending all the dollars and the time, then coming to that BIG meet. Now what? All the work can come to nothing if the space between an athletes ears isn't on track to (W)In the Moment. You have to be IN the Moment in order to (W)In the Moment. Learn some practical parts to your peak performance - for athletes and the parents who support them.

Jeff Raker has been involved with the world of swimming for the past 49 years: as an athlete, a coach, a parent of swimmers, an official and a Master's athlete. Jeff is in his 30th year as a Pastor, presently in Morrow, OH. He has been applying certification as an Executive Leadership Coach with both business leaders/teams and sports coaches/teams/individuals. He helps people figure out their people issues, starting with self-awareness. It's rarely skills that are the problem. It is behavior. This is where he is the expert.

Jeff is presently one of the U.S. FINA Starters (1 of 4 in the U.S.). He has officiated locally, regionally at Sectionals, nationally at Pro Series, Junior Nationals and Senior Nationals. He was on deck at the 2012 Olympic Trials and was a Starter at the 2016 Trials. Jeff has traveled internationally to officiate in Kazan, Russia and Doha, Qatar. Most recently he was the U.S. Starter for World Junior Championships In Indianapolis in 2017.

Jeff works with sports teams ranging from swimming to wrestling, lacrosse, baseball, softball and tennis. Locally he has worked with the Mason Manta Rays (the 8th best team in the country) for the past 5 years. Other local teams have included: Cincinnati Marlins, Dayton Raiders, Countryside Y. He is the Culture and Mental Coach for Denison University Athletic Department and works with college teams up and down the eastern United States. His personal goal in the pool is to swim a :55 in the 100 freestyle when he is 55 - which is next year!

As usual, we'll also have a Q&A panel "Swimming in College" with College coaches. This session is very helpful to parents of high school students planning to swim in College to understand and navigate the recruiting process.

The water instruction for swimmers up to 12 years old takes place in the morning. The water instruction for the 13 and older age group is in the afternoon. Parents of registered swimmers can attend any

classroom sessions throughout the day. Swimmers can attend any session throughout the day outside their scheduled time in the water. Those planning to stay for the entire day of the event can purchase lunch on-site.