

# NINTH ANNUAL JOSE CERDA SWIM CLINIC



October 27, 2019

at the Mason Community Center

6050 Mason-Montgomery Road. Mason, Ohio 45040



**With World Swimming champions, College & Club Coaches and Guest Speakers.**

**CLARK SMITH, GOLD MEDALIST IN THE 800M FREE RELAY AT THE 2016 RIO OLYMPICS**

**USA SWIMMING SPECIAL GUEST: ZACH HARTING, BRONZE MEDALIST IN 200 M FLY AT 2018 PAN PACIFIC GAMES**

To sign up, control+click the link [Jose Cerda Swim Clinic](#)

or send an e-mail message to: [jcswimclinic@cinci.rr.com](mailto: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 Mason, OH 45040.



Pricing (thru Sunday, October 20th, 2019):

6-8 years old \$40

9 & older - \$50

Classroom sessions only - \$25

\*Monday, October 21 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](http://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](http://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.

# NINTH ANNUAL JOSE CERDA MEMORIAL SWIM CLINIC SCHEDULE

Sunday, 10/27/2019	Activity	
Time	Classroom	Water
8:30-8:40 am	<b>Registration - swimmers up to 12 years old (water), 13 &amp; older (talks)</b>	
8:40-9:00 am	Building Character- YMCA talk	
9:00-10:00 am	<b>Sports Psychology Swimmers (13 years &amp; older)</b>	<b>Water Instruction – swimmers up to 12 years old.</b>
10:00-11:00 am	<b>Nutrition Talk Swimmers (13 years &amp; older)</b> Dawn Weatherwax, RD, CSSD, LD, ATC, CSCS (sn2g.com)	<b>Drills based on ability level: Developmental swimming vs. Club experience.</b>
11:00 am-11:40pm	Lunch Break for morning participants	
11:30-11:40am	<b>Registration for swimmers 13 years and older (water)</b>	
11:40 am-12:40 pm	<b>(W)In the Moment - How to be at peak performance - Jeff Raker</b>	
12:40- 1:00pm	<b>Q&amp;A, Autographs, &amp; Photos with Champions (All swimmers, parents, &amp; coaches)</b>	None
1:00-2:00pm	<b>Study of strokes, starts and turns All swimmers- Jason Roberts ( Head Coach Countryside YMCA)</b>	None
2:00-3:00pm	<b>College Swimming and Recruiting Q&amp;A - Parents</b>	<b>Water Instruction - swimmers 13 years and older</b>
3:00-4:00pm	<b>Management of Swimming-related injuries</b>	

## SPECIAL GUESTS BIO:

<b>ZACH HARTING</b> 2018 PAN PACIFIC BRONZE MEDALIST	<b>CLARK SMITH</b> 2016 OLYMPICS GOLD MEDALIST
	
<p>Hometown: Madison, Alabama.                      Birth date: April 27, 1997. College: Louisville '19</p> <ul style="list-style-type: none"> <li>✓ Finalist in the 200m fly at his FINA World Championships debut in 2019</li> <li>✓ Bronze medalist in the 200m fly at 2018 Pan Pacs</li> <li>✓ Runner-up in the 200m fly at 2018 Phillips 66 Nationals</li> <li>✓ Took third in the 200y fly at 2017 Winter Nationals</li> <li>✓ Member of the 2017 World University Games roster</li> <li>✓ Placed sixth in the 100m and 200m fly at 2017 Phillips 66 Nationals</li> <li>✓ Finalist in the 200m fly at 2016 U.S. Olympic Trials.</li> </ul>	<p>Hometown: Denver, Colorado.                      Birth date: April 17, 1995. College: Texas '17</p> <ul style="list-style-type: none"> <li>✓ Earned bronze as a member of the 800m free relay, placed 10th in the 800m free and 12th in the 400m free at the 2017 FINA World Championships</li> <li>✓ Champion in the 800m free and runner-up in the 400m free at 2017 Phillips 66 Nationals</li> <li>✓ 2017 NCAA champion in the 500y and 1650y free for Texas</li> <li>✓ Won gold in the 800m free relay at the 2016 Olympic Games</li> <li>✓ Qualified for 2016 Olympic Team with a sixth-place finish in the 200m free at Olympic Trials</li> <li>✓ 2015 NCAA champion in the 500y free for Texas.</li> </ul>