

# José Cerdá Swim Clinic



**WHAT: *SECOND ANNUAL SWIM CLINIC*** designed to help the experienced swimmer reach the next level of competition with water instruction and classroom presentations. The focus will be on fine tuning strokes and high-level competitive techniques.

**WHERE:** Keating Aquatic Center of the University of Cincinnati located in the Campus Recreation Center. Parking is available at the Campus Green Garage at a cost of \$5, please refer to map below.



UC Campus Rec  
Center.pdf

**WHEN: October 27<sup>th</sup>** from 1-6 pm per the following schedule:

12:30-1:00 pm Registration	
1:00-1:15 pm Welcome/Introductions	
<b>Swimmers</b>	<b>Parents</b>
1:15-1:45 Film Study of strokes, starts, & turns	1:00-2:00 Break
2:00-4:00 In-water Drills	2:00-2:45 College Swimming & Recruiting
	2:45-3:00 Break – Watch swimmers
	3:00-3:45 Nutrition Talk
	3:45-4:00 Break – Watch swimmers
4:15-5:00 Q&A with Olympians	
5:00-6:00 Social Hour	

**WHO:** Experienced high school and elite junior high school swimmers. Open to ALL swimmers, independent of their affiliation, gender or location.

**ELITE INSTRUCTORS, INCLUDING:** Bill Dorenkott- The Ohio State University, Brent MacDonald-Xavier University, Monty Hopkins-University of Cincinnati, Chris Wolford-Cincinnati Marlins, Dan Carl-Sycamore High School, Mike Wenert- Sycamore High School, Todd Billhimer- Mason Manta Rays.

**OLYMPIANS, INCLUDING:** Simon Burnett, three-time Olympic Swimmer, Whitney Myers, 2007 NCAA Champion and Woman of the Year, Josh Schneider, 2010 NCAA Champion, David Mosko, finalist at the 2008 and 2012 Olympic Trials.

**COST:** \$30. Advanced sign-up is required as space will be limited to 80 swimmers. All fees paid to JOSE CERDA AQUATIC FOUNDATION and mailed to P.O. Box 12918 Cincinnati, OH 45212 prior to October 15<sup>th</sup>, 2012.

**To sign up, control+click the link below**

**[Jose Cerda Swim Clinic](#)**

**or send an e-mail message to: [jcswimclinic@cinci.rr.com](mailto:jcswimclinic@cinci.rr.com) indicating each swimmer's name, age and sex. You will receive a confirmation e-mail of your registration.**

**Feel free to contact Sharon Norris (513) 519-6003 with questions about registration, social hour or general questions about the clinic. If unsure about participation of a student athlete, consult his/her coach.**

**This Swim Clinic is sponsored by the:**



**This Foundation has been established to honor José Cerdá by benefiting the sports he loved, swimming and water polo.**

**José was constantly striving to move to the next level of athletic performance while also having fun and supporting his teammates and fellow competitors.**

**This Swim Clinic has been inspired by Jose's qualities. José missed his Sectional Cut in 100 back by 0.01 sec., yet he remained motivated to achieving his swimming goals. José also enjoyed the camaraderie among swimmers from all teams. In memory of José, this Swim Clinic has been designed to help swimmers improve their competitiveness while also fostering unity throughout the sport.**

**For more information on the Foundation, please visit [www.joseito.webs.com](http://www.joseito.webs.com)**