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| 10th Annual Jose Cerda Memorial Swim Clinic- List of events |
| Time | **October 26, 2020** | **Mid December, 2020** |
| 5:00-6:00pm |  | **Study of strokes, starts and turns- Session****for all swimmers****Jason Roberts (Head Coach Countryside YMCA)** |
| 6:00-7:00 pm | **Sports Psychology- Dr. Barbara Walker** (Center for Human Performance)<http://centerforhumanperformance.com/> | **Prevention and treatment of Swimming-related injuries** **Elizabeth Long PT, DPT, OCS**Sports Medicine/ Orthopedic Physical Therapist Cincinnati Children’s Hospital Medical Center Liberty Campus |
| 7:00-8:00 pm | **Q&A WITH 2017/ 2016 WORLD CHAMPIONSHIPS MEDALIST** **MADISYN COX**  | **Q&A WITH 2016 OLYMPIAN CODY MILLER** |
| 8:00-9:00 pm | **Nutrition Talk for Swimmers** (13 years & older) & **Parents****Dawn Weatherwax, RD, CSSD, LD, ATC, CSCS (sn2g.com)** | **College Swimming and Recruiting Q&A  Session for Parents** **BILL DORENKOT-** THE OHIO STATE UNIVERSITY(DI) HEAD SWIMMING COACH **MANDY COMMONS DISALLE**- UNIVERSITY OF CINCINNATI (DI) HEAD SWIMMING COACH **BRENT MACDONALD**- XAVIER UNIVERSITY (DI) HEAD SWIMMING COACH  |
| **Thanks to USA Swimming,  all speakers and all other volunteers for their invaluable help with this program** |