

ELEVENTH ANNUAL JOSE CERDA SWIM CLINIC



November 5, 2023

In partnership with the Cincinnati Marlins

St. Xavier High School pool at 616 W North Bend Rd, Cincinnati, Ohio 45224

With 2020 Gold medalist Olympian Zach Apple



2X Olympic Champion, 3X World Champion, 1X Pan Pacific Champion

To sign up, control+click the link [JOSE CERDA SWIM CLINIC](#) or send an e-mail message to: jcswimclinic@twc.com to have the registration link sent to you. All fees payable to Jose Cerda Aquatic Foundation (JCAF) and mailed to P.O. Box 1253 Cincinnati, OH 45040. Venmo payments to @JCAF3



Pricing (thru Sunday, October 29): \$55
Monday, October 30 through walk-in registration -
additional \$10



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Sunday, November 5th 2023- Schedule

TIME	DRY	POOL
9:15- 10:00 AM	REGISTRATION	
9:30-11:00 AM		SWIMMERS UP TO 10 YRS OLD
10:00-11:00 AM	FUELING SWIM FOR A PERSONAL BEST! NUTRITION TALK WITH DAWN WEATHERWAX - OPEN TO ALL PARENTS AND SWIMMERS 10 YRS AND OLDER	
11:00-11:30 AM	LUNCH BREAK	
11:30 AM -12:30 PM	Q&A, AUTOGRAPHS, PICTURES WITH CLINICIAN	
12:30-2:30 PM		SWIMMERS 11 YRS AND OLDER

Dawn Weatherwax

RD, CSSD, LD, ATC, CSCS



Swim Clinic participants will receive one month free to Sports Nutrition Academy from Dawn Weatherwax which has menus, coaching recruiting tool, tart cherry protocol and much more.

For teams who have over 5 swimmers attend the presentation, the team gets one entry for a free drawing to win four months of unlimited access to the Sports Nutrition Academy starting on November 14th, 2023

<https://www.sn2g.com/dwsna-academy>

<https://dawnweatherwaxsportsnutritionacademy.thinkific.com/bundles/Pre-Launch-Dawn-Weatherwax-Sports-Nutrition-Academy-Nutrition>

Why **POINT ZERO ONE** ?

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.