



**SWIM
POSIUM**



Present

The Lake Erie 2018 Swimposium

Saturday, September 15, 2018

Hudson, OH

Eastwoods Elementary

120 N. Hayden Pkwy

Hudson, OH 44236

Entrance & Registration at Door F

*Parking available around the building, including on the basketball courts

For Swimmers, Parents, Coaches & Officials

Contributor:

**Aquatic
Outfitters**
of Ohio

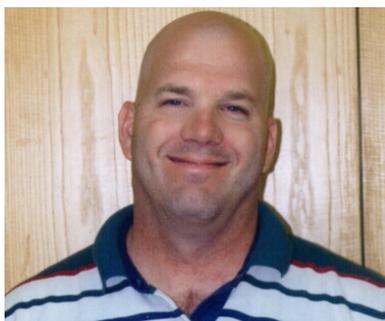
Presenters

Olympian Elizabeth Beisel



Elizabeth Beisel specializes in backstroke and individual medley. Beisel placed second in the 400m individual medley at the 2016 US Olympic Swimming Trials, qualifying for her third Olympic team. She has won a total of nine medals in major international competition, four gold, one silver, and four bronze spanning the Olympics, World Aquatics, and the Pan Pacific championships. Beisel competed in the 200-meter backstroke and 400-meter individual medley events at the 2008 Summer Olympics, placing fifth and fourth, respectively, in the world. She won the silver medal in the 400-meter individual medley and bronze in the 200-meter backstroke at the 2012 Summer Olympics.

Jim Holcomb, *National Officials Committee of USA Swimming Chair*



Jim Holcomb is currently the chair of the National Officials Committee of USA Swimming. In addition, he serves as a member of the Rules and Regulations Committee of the same group. He previously served as a member of the National Officials Committee and the Times and Recognition Committee. He has also served several terms as the General Chair of Border Swimming, a Local Swim Committee of USA Swimming.

Jim has officiated at numerous USA National Championships and been meet referee at a US Open and Junior Nationals. Further, he is currently a FINA-list referee and has served as a deck official at the 17th FINA World Championships in Budapest, Hungary and at the 6th FINA World Junior Championships.

Alicia Kendig, MS, RD, CSSD, *USOC Senior Sport Dietitian, Certified Specialist in Sports Dietetics*



Alicia Kendig is in her 7th year working for United States Olympic Committee as a Senior Sport Dietitian. She provides nutrition support and services at the Colorado Springs Olympic Training Center and travel nutrition support during domestic and international travel for the USA Track and Field and USA Swimming National teams. Kendig began her career as a Sport Dietitian at Carmichael Training Systems in 2005, where she built up the nutrition department to educate and support athletes of all levels. Alicia stayed involved in endurance sport by becoming a contractor for Endurance Sports at the USOC (including cycling) after the 2008 Beijing Olympic Games. She has also worked with many other National Governing Bodies (NGBs), most notably the Women's Olympic Ice Hockey Team, where she created a performance nutrition program that they still use today. In addition to contracting with numerous other NGBs, she spent numerous years at the United States Anti-Doping Agency (USADA) to educate athletes on various sport nutrition topics, as well as the risks and proper use of dietary supplements. She has helped athletes of all ages, levels and backgrounds achieve performance goals by focusing on fuel and performance nutrition for optimal performance.

Kendig holds a bachelor's degree in nutrition and a master's degree in public health nutrition from Case Western Reserve University in Cleveland, Ohio.

Keenan Robinson, *Sports Medicine and Science Director for USA Swimming*



Keenan Robinson is the Sports Medicine and Science Director for USA Swimming, and has had nearly 15 years of direct swimming experience in the domains of sports medicine, strength training and exercise physiology. Keenan has worked in the club, collegiate, and professional swim settings, which gives him unique experience very few, if any have. From a dryland/ strength training aspect, Keenan has written and programmed on a day to day, yearly, and quad basis for athletes at every level of swimming. Again the unique quality Keenan brings that very can, is the coaching of multiple athletes as they progressed through their careers as 12 year olds all the way through their collegiate and post collegiate career.

Most notably known for his long-time work with Michael Phelps, Keenan has also worked directly with athletes who have won individual events at zones, sectionals, junior nationals, nationals, and international meets.

Pam Cook, *Lake Erie Swimming Registration Coordinator*

Pam has been a volunteer in Lake Erie Swimming for over 25 years and currently serves as Registration Chair, Webmaster, Records Chair, SWIMS database coordinator, LEAP Chair, and whatever else we can throw at her. Pam remains very involved at the national level of USA Swimming, serving on the National Registration/Membership Committee, of which she served as former chair.

Tim Murphy MA, PT, ATC, *Concorde Sports Medicine Partner and President-Canton, OH*



Tim is a Physical Therapist & Athletic Trainer, and is a recognized author & speaker on the management of shoulder problems in swimmers. Tim earned a Bachelor's Degree in Physical Therapy from Ohio State University in 1978, and became an Athletic Trainer while earning a Master's Degree in Exercise Physiology from Kent State University in 1982. Tim has lectured extensively throughout the United States, as well as Australia and New Zealand, on the management of shoulder problems in swimmers and other overhead/overuse athletes. He has written numerous articles and book chapters on in-season management of swimmers' injuries, and is currently leading the team in several clinical research projects related to controlling the "loose" shoulder. Tim has been a Site Athletic Trainer for the Ohio High School Swimming & Diving Championships since 1987, and was a Site Athletic Trainer for the 2004 NCAA Division II National Championships.

Eric Mojock, *University of Mount Union Men & Women's Swimming & Diving Head Coach-Div. III*



Eric Mojock enters his 12th season as the head men's and women's swimming and diving coach at Mount Union in 2018-19. Record-setting performances, conference champions, All-Americans and national qualifiers have become the standard under Mojock. Over his career, Mojock has coached 280 individual/relay all-conference selections and eight national qualifiers who earned 17 All-American honors. Mojock led the Purple Raiders to back-to-back Ohio Athletic Conference women's swimming and diving titles in 2015 and 2016 after placing second in the conference each of the previous five seasons and in 2017. They are the first ever women's swimming team titles in school history. The efforts by he and his staff have been recognized by their peers as they have won OAC Coaching Staff of the Year honors three times (2010, 2012, 2015). Mojock has coached four OAC Women's Swimmers of the Year. On the men's side, Mojock has led the Raiders to four straight second place finishes and coached OAC Men's Swimmer of the Year honors in 2014 and 2015 OAC Diver of the Year honors in 2015. His coaching style can be best described as technique first. "A solid foundation of stroke technique combined with a strong swimming IQ will unlock the potential of swimmers at every level."

Andrew Makepeace, *University of Findlay Men & Women's Swimming & Diving Head Coach-Div. II*



Andrew Makepeace is entering his seventh season as the head coach of the Oilers men and women's swimming and diving teams during the 2018-19 campaign. Makepeace has built the Oilers swimming and diving program into one of the best in the Midwest. Under his guidance, the women's team has had 32 NCAA Division II All-Americans while the men's team has had six. Makepeace was named the 2018 Great Midwest Athletic Conference (G-MAC) Coach of the Year for both the men and women and led both squads to their first league title. His success at the conference level has enabled his athletes to earn a total of 60 all-conference awards. Both teams have also had much success in the classroom, earning Academic All-American honors in each of his first six seasons. In 2012-13, his men's squad recorded the highest GPA in all of NCAA Division II swimming. Prior to his appointment at UF, Makepeace spent four seasons as an assistant swim coach at Minnesota State University - Mankato. During his time with the Mavericks, Makepeace helped guide the program to new heights, coaching over 25 All-Americans and rewriting most of the record books. Makepeace has also coached swimming at various levels as well (tri-athletes, masters, high school and age group) during his career.

Brian Peresie, *University of Akron Women's Swimming & Diving Head Coach, Div. I*



Brian Peresie was named head coach of the Zips women's swimming and diving team on May 2, 2013. Brian Peresie is in his fourth season as the head coach of The University of Akron's women's swimming and diving program. In 2015-16, Peresie led his team to defend their crown winning the MAC Championship for a third straight year and was named the MAC coach of the year for the third year in a row. Over the past three seasons, the Zips have broken five MAC records and set new varsity records on 27 different occasions. In his tenure, 11 student-athletes have been named to the All-MAC first team while nine have been tabbed with second team All-MAC honors. The 2016 season was one for the record books. In addition to winning its third straight MAC title, six members were named to the All-MAC first team, two were named to the All-MAC second team, and a program-best 15 were named to the Academic All-MAC team. The Zips also received the Most Outstanding Swimmer award, Most Outstanding Senior Award, Freshman Swimmer of the Year award, and Freshman Diver of the Year. For the first time in program history, five Akron swimmers and one Akron diver earned bids to compete at the 2016 NCAA Championships. In his first year at the helm of the Zips women's swimming and diving program, Peresie was named Mid-American Conference Swimming Coach of the Year and led UA to capture its first MAC Championship. Additionally, the team set 11 varsity records and received numerous MAC post-season honors during the 2013-14 campaign. Two swimmers were named to the All-MAC first team while three were tabbed for second team All-MAC. Four members of his squad were also named to the Academic All-MAC team. Under Peresie's guidance, the program earned 2013 Fall, 2014 Spring, and 2015 Fall Scholar All-America Team honors from the College Swimming Coaches Association of America as six Zips were also recognized with Individual Scholar All-America Awards, the most of any team in the MAC. Peresie came to UA after spending the previous two seasons as head coach of the men's and women's swimming and diving program at nearby Malone University. During the eight years prior to his time at Malone, Peresie served as assistant swimming coach and recruiting coordinator at Ohio University. The Bobcats women's team won a Mid-American Conference championship in 2008 and 2011, and finished in second place at the league championship meet four times and third place twice. A 2000 graduate of Ohio University with a bachelor's degree in business administration, Peresie also earned his MBA from Ashland University in 2004. He was a graduate assistant swim coach at Ashland from January 2002 to July 2003, where the program boasted eight NCAA Division II national qualifiers.

Itinerary

12 & Under Swimmers

- 7:45-8:45am Check-In/Registration + Light Breakfast
- 9:00-9:45am Olympian Presentation with Q&A
-Elizabeth Beisel
- 10:00-11:30am In-Water Instruction
-Elizabeth Beisel
- 11:45a-12:15p Autograph Session
-Elizabeth Beisel
- 12:30-1:00pm Safe Sport Discussion with Snack
-Lake Erie Swimming

12 & Under Parents

- 7:45-8:45am Check-In/Registration + Light Breakfast
- 9:00-9:45am Olympian Presentation with Q&A
-Elizabeth Beisel
- 10:00-10:45am Nutrition Discussion
-Alicia Kendig
- 11:00-11:45am Safe Sport Presentation
-Lake Erie Swimming
- 11:45a-12:15p Autograph Session
-Elizabeth Beisel

OR

- Becoming an Official
-Lake Erie Officials

13 & Over Swimmers

- 7:45-8:45am Check-In/Registration + Light Breakfast
- 9:00-9:45am Nutrition Discussion
-Alicia Kendig
- 10:00-10:45am NCAA Panel Q & A
- 11:00-11:45am Know the Difference between Injury & Soreness/Injury Prevention
-Tim Murphy
- 11:45a-12:15p Lake Erie Athlete Meeting
-Lake Erie Athlete Reps
- 12:15-12:50p Lunch
- 1:00-1:45pm Olympian Presentation with Q&A
-Elizabeth Beisel
- 2:00-3:45pm In-Water Instruction
-Elizabeth Beisel
- 4:00-4:30pm Autograph Session
-Elizabeth Beisel

13 & Over Parents

- 7:45-8:45am Check-In/Registration + Light Breakfast
- 9:00-9:45am Nutrition Discussion I
-Alicia Kendig
- 10:00-10:45am NCAA Panel Q & A
- 11:00-11:45am Know the Difference between Injury & Soreness/Injury Prevention
-Tim Murphy
- 11:45a-12:15p Becoming an Official
-Lake Erie Officials
- 12:15-12:50p Lunch
- 1:00-1:45pm Olympian Presentation with Q&A
-Elizabeth Beisel
- 2:00-2:45pm Nutrition Discussion II
-Alicia Kendig
- 3:00-3:45pm Safe Sport Discussion
-Lake Erie Swimming
- 4:00-4:30pm Autograph Session
-Elizabeth Beisel

Coaches

- 7:45-8:45am Check-In/Registration + Light Breakfast
- 9:00-9:45am Age Group Coaches:
-Elizabeth Beisel
Speaking to 12 & Unders Q & A
- OR**
- Senior Coaches:
NCAA Panel Q & A
- 10:00-10:45am Keenan Robinson
- 11:00a-12:15p Alicia Kendig
- 12:15-12:50pm Lunch
- 1:00-3:45pm Keenan Robinson
- 4:00-4:45pm Keenan Robinson

OR

Flex Membership
-Pam Cook

Officials

- 7:45-8:45am Check-In/Registration + Light Breakfast
- 9:00-11:30am Myths & Legends;
Recruitment and Retention
-Jim Holcomb
- 11:45a-12:15p Lake Erie Officials Meeting
- 12:15-12:50pm Lunch
- 1:00-3:30pm Burning Issues (Strokes, Safety, Deck protocol best practices, Trends coming)
-Jim Holcomb
- 4:00 - 4:45pm Starters Clinic
-Jim Holcomb