

MISCA Clinic September 15th, 2017

8:00 to 9:30	Registration	90 Minutes
9:00 to 10:20	General Membership	80 Minutes
10:20 to 10:30	Break	
10:30 to 11:45	<u>Diving Business Meeting at Griffen's</u>	45 Minutes
10:30 to 11:00	<i>Dr. Loniewski</i> (Common Injury)	30 Min
11:00 to 11:10	Break	10 Min
11:10 to 11:55	<i>Jeff Julian</i> "University Southern California" (Drag and feel)	45 Min
12:00 to 1:40	Luncheon	100 Min
1:50 to 2:20	<i>Stefanie Kerska</i> (National and Olympic team experiences)	30 Min
	NO BREAK NO BREAK NO BREAK	
2:20 to 2:50	<i>Mike Venos</i> (Swimming sets I love and why I use them)	30 Min
2:50 to 2:55	Break	5 Min
2:55 to 3:25	<i>Sean Peters</i> "WSU" (High intensity interval training)	30 Min
3:25 to 3:30	Break	5 Min
3:30 to 4:10	<i>Jim Richardson</i> "UM" (Gravity and buoyancy on the body)	40 Min
4:10 to 4:15	Break	5 Min
4:15 to 4:45	<i>Jeff Julian</i> "USC" (Race Pace Training)	30 min
4:45 to 4:55	Break (refreshments?)	10 Min
4:55 to 5:20	<i>Brett Austin</i> (Paralympic swimming)	25 Min

