

SAVE THE DATE

October 14-16, 2016

Embassy Suites Columbus—Airport

2886 Airport Dr, Columbus OH

2016 OHSSCA SWIMPOSIUM & DIVING CONFERENCE

2016 Initial Speaker Line Up

- **Josh Brown:** Lake Shore Swim Club, “Developing a pre-taper season plan and effective tapering”
- **Marty Keating:** 40 years as Head coach, Pittsford-Mendon High School & PACK Swim Team, “Cross fit training in the pool”, “X’s and O’s of set design”
- **Dustin Kaplan:** Ohio State Director of the National Strength & Conditioning Assoc., “Periodization of strength and conditioning”, “Nutrition considerations for swimmers”
- **John Appleman:** Ohio State Dive Club
- **Justin Sochor:** OSU Diving
- **OHSSCA Coaches of the Year Panel Discussion**

- **Pool Sessions**

Watch for more details coming soon and registration information at www.OHSSCA.org

Make your hotel reservations now at the special conference rate of \$139 per night. Call 614-536-0206 and use Group Code: SWI, or online at http://embassysuites.hilton.com/en/es/groups/personalized/C/CMHATES-SWI-20161013/index.jhtml?WT.mc_id=POG



Ohio High School Swim Coaches Association