

Ohio Swimming, Inc./Mason Manta Rays
2018 Convention
Central Zone Diversity Camp Report
August 25, 2018

The 2018 Central Zone Diversity Camp was held at Cleveland State University the weekend of June 21- June 24. The camp was originally scheduled to be held at the University of Cincinnati but last minute plans to renovate the pool forced the camp to Cleveland. Overall it was a great experience for everybody who participated.

There were representatives from Ohio, Lake Erie, Michigan, Illinois, Indiana, Wisconsin, Missouri Valley, Midwestern, and Oklahoma. There were 38 athletes registered for the camp. In addition, there were 14 adults who attended this year's summit portion of the camp.

Over the course of the camp, the swimmers had 5 long course practices, a leadership training series of 5 presentations with Mr. Jeff Raker and a class with Ms. Kally Swibes about athlete mental wellness. The swimmers also participated in a yoga class.

Juan Caraveo, from USA Swimming, led the summit portion of the camp with Mr. Jeff Raker and Ms. Kally Swibes giving presentations as well. The summit attendees were able to experience a Cleveland Indians game on Friday evening.

The coaching staff consisted of Head Coach-Jason Cochran, Zach Wagers, Mark Martinez, Chris Angelo, and Cecil Miquiabas. Caroline Ritenour from the Lake Erie LSC served as the camp manager.

On Saturday evening all of the participants were able to enjoy an evening at the Rock and Roll Hall of Fame. It was a great way to wrap up the weekend.

I would like to thank Mike Lehto from Cleveland State for all of his assistance and willingness to be flexible to meet the needs of the attendees. With his help, as well as the hard work and dedication of the coaches, the camp was a big success.

Respectfully Submitted

Todd Billhimer
OSI Representative/Mason Manta Rays