

PETEHOVLAND'S COMPETITIVE SWIM CAMPS

By enrolling in Pete Hovland's Competitive Swim Camps, you will be participating in one of the nation's finest programs. As a Division II school, the OU men never finished lower than seventh and the men's team won national championships in 1980, 1994, 1995, 1996, and 1997. The women's team won national championships in 1990, 1991, 1992, 1993, and 1994, and only finished out of the top five nationally on 3 occasions during a 20-year stretch. Since 1999, OU has competed in Division I of the NCAA, the Summit League, and the National Independent Conference. For the past 13 years, Oakland has claimed the NIC title 4 times, and has won the Summit League title each of the past 13 years.

CAMP FEATURES

Pete Hovland's Competitive Swim Camp program is designed to teach and refine competitive swimming skills. In addition to a series of lectures teaching proper biomechanics of the four competitive strokes and starts and turns, five to six hours will be spent studying the best films of current world champions. Talk sessions concerning diet and strength training will also be included.

- Instructional program designed to serve all levels of competitive swimmers
- Small camper-to-coach ratio, not to exceed 10:1, ensures personal instruction and attention
- A minimum of six hours of lectures, demonstrations, and drills per day
- Each swimmer's strokes, turns, and starts videotaped in color above and below the surface on a daily basis
- Motion pictures of current world record-holders shown daily
- A unique dry-land exercise program to be introduced
- Supervised evening recreational activities
- Swim meet on Friday - parents are invited to attend (meet starts at 10:30 a.m., check-out at 12 noon)
- Awards presentation and swimmer evaluations follow swim meet

FACILITIES

- \$37 million Student Recreation and Athletic Center, featuring an Olympic size pool, which includes a diving well and moveable bulk heads, allowing for both long and short course training
- Clean, comfortable rooms in the Oakland University residence halls
- A variety of wholesome food served in the Oakland University dining centers
- State-of-the-art weight room in the Athletic Center
- On-campus recreational activities include hiking, soccer, ultimate frisbee, and gymnasium sports

REQUIREMENTS

- Boys and Girls ages 9-18 years old
- Preferably able to swim all four competitive strokes (butterfly, backstroke, breaststroke, and freestyle)*
- Preferably at least one year of competitive experience*
- Must have a physical examination by a family physician before attending camp

**This camp is open to any and all, limited only by age requirements, grade level, and number of entrants*

REGISTRATION

Plan to arrive Sunday afternoon, June 17th, for the first session; Sunday afternoon, June 24th, for the second session. You will be notified by email as to the time and location of registration. **Deadline for applications and balance is one week prior to the start of camp.**

WHAT TO BRING

- Sheets, pillow, blanket, and/or sleeping bag
- Swimming suits, swimming bag, goggles, towels, running shoes, shorts, socks, and shirts
- Notebook and writing utensils
- A good appetite, a desire to learn, and lots of enthusiasm

FOR MORE INFORMATION

Email hovland@oakland.edu or call (248) 975-SWIM

FOR ADDITIONAL BROCHURES

Visit our website at www.ougrizzlies.com

PETE HOVLAND'S COMPETITIVE SWIM CAMPS FOR BOYS & GIRLS

(PLEASE PRINT CLEARLY)

Name: _____

Address: _____

Phone (home/work): _____

Email: _____

Age (at time of camp): _____

Years of competitive experience: _____

Roommate request (please list **ONE**; only two campers per room):

Dates: Session 1, June 17 - 22 Boy Girl
 Session 2, June 24 - 29 Boy Girl

Cost: Overnight \$530
 Commuter \$430 (includes lunch, dinner)

A \$50 non-refundable deposit, **which will be applied to the cost of camp**, must accompany your registration.

Camper shirt size (shirts are adult size and 100% cotton):
 S M L XL XXL

DEADLINE FOR APPLICATIONS AND BALANCE IS ONE WEEK PRIOR TO THE START OF CAMP. REGISTRATION OPENS FEBRUARY 15TH.

Call (248) 975-SWIM for information on team/group rates

I wish to enroll in Pete Hovland's Competitive Swim Camps, Oakland University, Rochester, Michigan. Neither Pete Hovland's Competitive Swim Camps, the directors, Oakland University, nor anyone else connected with the camp assumes any responsibility for accidents (medical or dental) or any other injuries incurred as a result of attendance at this camp. The parent/guardian authorizes the directors and staff of the swimming camp to act in their best judgement in any emergency requiring medical attention. The parent/guardian will furnish medical insurance for their child.

Parent/Guardian Signature: _____

Health/Accident Insurance Company: _____

Policy #: _____

PLEASE DETACH AND RETURN APPLICATION AND CHECK OR MONEY ORDER TO:

Pete Hovland's Competitive Swim Camps L.L.C.
3128 Walton Blvd
PMB #111
Rochester Hills, MI 48309

MAKE CHECKS PAYABLE TO:

Pete Hovland's Competitive Swim Camps L.L.C.

Pete Hovland's Competitive **SWIM CAMPS** FOR BOYS & GIRLS



at **OAKLAND UNIVERSITY**

Where future champions learn how to swim fast!

2012 DATES

Session 1: June 17-22

Session 2: June 24 - 29



WWW.OUGRIZZLIES.COM

PETE HOVLAND, DIRECTOR



Pete Hovland, Oakland University men's and women's head swimming coach, will once again direct this year's swim camp. Hovland has just completed his 33rd season as head coach at Oakland University. Hovland has led OU to 4 men's national championships and 13 consecutive conference titles for both the men and women. He led the men's team to their first ever top 25 finish at the NCAA's in 2006, a 27th place finish in 2008, and led the women's team to three consecutive NIC titles.

Hovland has been named NCAA Coach of the Year 6 times and the Conference Coach of the Year in 9 of the last 12 years. Hovland has coached two Olympians, Hilton Woods and Haitham Hassan. Woods participated in the 1988 Summer Games in Seoul, Korea, and in the 1987 Pan American Games in Indianapolis, where Woods won a bronze medal. Hovland coached Hassan to the 2000 Summer Games in Sydney, Australia, where Hassan swam for Egypt. Hovland also coached 1986 Goodwill Games participant Mark VanderMey and 3 Event 2004 Olympic Trials Qualifier and 2006 NCAA All-American Chris Sullivan.

SHAWN KORNOELJE, ASSISTANT



Shawn Kornoelje begins his seventh year as the assistant coach for the Oakland University swimming teams. His 23 years of coaching experience has led him all over the world having been the Head Coach for the US National Team in Athens, Greece for the Men's Paralympic team. Coach Kornoelje also served as the assistant coach for the Sydney, Australia US Paralympic team in 2000. Coach Kornoelje was the Head Coach for the Ann Arbor Swim Club as well as an assistant in the 1990's. His first head coaching position was with the Rapids Area Y Swimmers in Grand Rapids. Shawn also served as the volunteer assistant with the University of Michigan women's team where they finished second in the NCAA Championships. Shawn attended Eastern Michigan University where he was a manager/assistant coach for four years. Among his accomplishments are numerous Top 16, Olympic Trials, Paralympic World/American Record Holders and US National qualifiers.