

Facilities

Sports Center Natatorium

The Ohio Northern swimming and diving teams are fortunate to have one of the top facilities in the Midwest to call home. The Sports Center Natatorium has a six-lane, 25-yard pool with 1- and 3-meter diving boards and permanent seating for more than 300 fans. The pool is equipped with a state-of-the-art electronic timing system and scoreboard.



ONU Sports Center

In fall 1991, Ohio Northern University completed construction on a multimillion-dollar athletic facility. The field house addition was built east of and adjacent to King Horn Center. This facility allows us to practice indoors during inclement weather. It contains three cross courts for basketball/indoor tennis/volleyball, two weight rooms, a fitness laboratory, practice areas and a six-lane, 200-meter indoor running track. The 65,000-square-foot facility nearly double the size of the existing King Horn Center.



About ONU



The five colleges at Ohio Northern University – Arts & Sciences, Business Administration, Engineering, Law, and Pharmacy – offer what many consider to be an ideal combination: small classes and a rich, diverse curriculum.

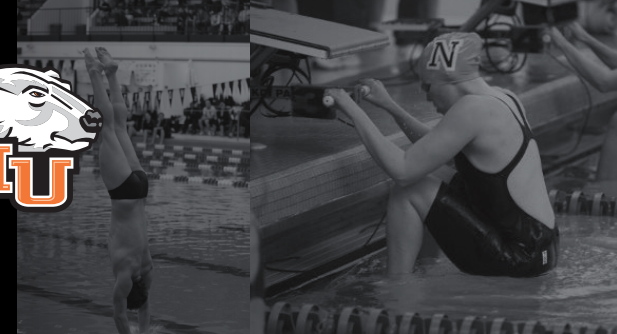
- A competitive, private, co-educational university founded in 1871
- Located in Ada, Ohio, a small friendly town in Northwest Ohio
- 3,619 students representing 38 states and 27 countries. 350 valedictorians and salutatorians
- Student/faculty ratio: 12:1; academic instruction from professors, not graduate assistants
- Average freshman class size: 18; varies by college
- Beautiful 342-acre residential campus with 31 major buildings
- Special academic features: Honors Program, internships, co-ops, field experience, clerkships, Capstone Projects, recitals, study abroad, on-campus lectures from world-class speakers, community service and many others
- Nearly 200 student organizations and honoraries
- Nine national fraternities and sororities
- 21 men's and women's varsity sports in the NCAA Division III Ohio Athletic Conference



Please fill out our questionnaire at
onusports.com/sports/mswimdive/index

Click on the
"Recruiting Central."

For questions, contact:
Russell Hunt,
assistant coach,
at 419-772-2726 or
r-hunt.1@onu.edu



MEN'S AND WOMEN'S

**Swimming &
Diving** at
OHIO NORTHERN

Clinic Information

From Coach Ewald

Ohio Northern University takes great pride in the achievements of the entire University, and I am proud to contribute to those achievements through the swimming and diving program. I frame my coaching philosophy as a collaborative model with an emphasis on teaching. The course is Competitive Swimming and the pool is the classroom.



Coach Peggy Ewald

Building great relationships with faculty members fosters great confidence, a strong sense of responsibility and mutual respect; ONU's student-athletes carry these attributes into the pool. We want our student-athletes to find their potential and passionately go after it.



Program Attributes

Men's Team Successes

- Nine consecutive OAC Championship titles
- Eight regular Season titles
- 12 OAC Swimmers of the Year
- 78 OAC individual titles
- 30 OAC relay titles
- Seven NCAA All-Americans
- Three Scholar Academic All-Americans
- Two year Scholar All-American Team
- 16 Academic All-OAC

Women's Team Successes

- Six OAC Championship titles
- Eight regular season titles
- Four OAC swimmers of the year
- 57 OAC individual titles
- 30 OAC relay titles
- Three Scholar Academic All-Americans
- Four years Scholar All-American Team
- 34 Academic All-OAC



2014 Clinics

Elements of Sprinting Clinic

Saturday, May 3, 2014 2-5 p.m.
Sunday, Sept. 7, 2014 2-5 p.m.

Key elements of sprinting will be the focus. Quality of work, efficiency of stroke, flexibility, core strength, and mental preparation are essential in development of great sprinting abilities. Instruction will cover these and more elements that contribute to great sprinting speed.

Elements of Distance Training

Saturday, May 17, 2014 9 a.m.-Noon
Sunday, Aug. 24, 2014 2-5 p.m.

Distance training is as unique as sprint training, and training to understand pacing, breathing patterns, consistency, and toughness in a swimmer's mental approach will be stressed. Instruction goals will cover the many elements of quality distance training.

Maximize Your Training Clinic

Saturday, April 26, 2014 2-5 p.m.

This clinic will focus on teaching the skills to maximize training time. Instruction will cover energy systems, the use of tempo for efficiency of stroke and racing strategies to formulate a plan of development that will lead the swimmer to long-term development. Fitness in and out of the water will be incorporated into this clinic as well as nutritional needs for fueling performance.

Starts and Turns

Saturday, May 3, 2014 9 a.m.-Noon
Sunday, July 13, 2014 2-5 p.m.
Sunday, Sept. 14, 2014 9 a.m.-Noon

This clinic will address the two most important parts of races: the start and the turn. Swimmers will learn to master faster starts and more efficient turns (change of direction). Through individual feedback, the swimmer will learn to properly set up these two important elements to every race.

Freestyle and Backstroke — Long Axis Swimming

Tuesday, June 10, 2014 9 a.m.-Noon

This clinic will focus on proper body position in the water for long axis strokes. With proper body position, freestyle and backstroke drills will allow the swimmer to swim more efficiently.

Breaststroke and Butterfly — Short Axis Swimming

Tuesday, June 10, 2014 2-5 p.m.

This clinic will focus on teaching the proper head position to allow forward movement. Combined with various drills to improve stroke efficiency, the swimmer will acquire better undulation and propulsive technique.

Underwater Explosion

Sunday, June 8, 2014 2-5 p.m.

Underwater swimming has been termed the "fifth competitive stroke" and is a great place to make change that will produce peak performances. This clinic will focus on teaching the swimmers to move further on their breakouts.

Four-Stroke Clean-Up Clinic

Saturday, May 31, 2014 9 a.m.-Noon
Sunday, Aug. 24, 2014 9 a.m.-Noon

The Four-Stroke Clean-Up Clinic is designed to clean up obvious stroke flaws in each stroke. This clinic will provide specific drills and instruction in propulsive and resistive movements/elements for improvement to in each stroke. It is a comprehensive clinic.

Polar Bear Swim Clinic Registration Form

Early Application is Recommended — Limited Number of spots (Please only one swimmer per form)

Select clinic by checking appropriate line:

Elements of Sprinting ☐ May 3, 2014 ☐ Sept. 7, 2014
Maximize Your Training ☐ April 26, 2014
Freestyle and Backstroke ☐ June 10, 2014
Four-Stroke Clean-Up Clinic ☐ May 31, 2014 ☐ Aug. 24, 2014
Elements of Distance Training ☐ May 17, 2014 ☐ Aug. 24, 2014
Underwater Explosion ☐ June 8, 2014
Breaststroke and Butterfly ☐ June 10, 2014
Starts and Turns ☐ May 3, 2014 ☐ July 13, 2014 ☐ Sept. 14, 2014

Total (\$50 per clinic) *Free ONU spirit item with clinic participation

Full Name: _____ Age: _____ Date of Birth: _____
Address: _____ City: _____ State: _____ Zip: _____
School: _____ Home phone: _____ Email: _____
Gender: _____ Best Event: _____ Time: _____ Swim Team Name: _____

Polar Bear Medical Release Form

Medical/Liability Release:

This is to certify that my child _____, has had a physical examination by a licensed physician within the last six (6) months and is free from all illness, injuries or defects which would inhibit any participation in the activities of the Ohio Northern Polar Bear Swim Clinic. By signing this document I hereby authorize the staff of the Polar Bear Swim Clinic to act according to their best judgment in situations requiring first aid or medical attention. I hereby waive and release the Polar Bear Swim Clinic, its staff, and Ohio Northern University from any and all liability for injury incurred by my child while present at the Polar Bear Swim Clinic.

Signature of Parent/Guardian: x _____

In case of emergency, please contact:

Parent/Guardian Name: _____ Day Phone: _____ Evening Phone: _____

Please complete and return this form to: Russell Hunt, Ohio Northern University, 525 S. Main St. Ada, OH 45810 Make checks payable to: Ohio Northern University Swimming