

# Competition, coach lure Clelland to OU

By C.J. Rissak  
staff writer

Giving up one of the focal points of his life wasn't as easy as Doug Clelland imagined.

So he won't, which is great news for Pete Hovland, Oakland University's men's swim coach. OU is the school that Clelland will attend this fall and swim for this winter.

"I really changed my mind quickly, like overnight," said Clelland. "I decided I wanted to stay in shape, to do my body justice. And then I started getting that drive back, and I wanted to compete."

CLELLAND GRADUATED from Rochester Adams in 1984. For years he was one of the most successful juniors in the state. But he never won an individual state title and, by his senior year, improvement after an entire season of workouts was measured in fractions of seconds.

He still landed a scholarship to University of Tennessee, one of the top college swim programs in the country. Clelland started taking classes and working out at UT during the summer months. Then, two weeks into the fall semester, he decided to leave school.

In December, Clelland, who was taking classes at OU at the time, said he intended to enroll at Michigan State University. Swimming was not in his plans, he added, citing burn out and lack of motivation as reasons for his leaving a sport that had dominated his life for the previous decade.

BUT HOVLAND and OU's highly successful Division II swim program always remained on the perimeter of Clelland's plans.

"Going to school at Oakland was the only reason I started thinking

about it in the first place," Clelland said. "I've known Pete from way back. There was no pressure at all. He talked to me after I got back (from Tennessee) and said to keep my opportunities open."

"He said, 'Five years from now you might regret it. Keep in shape somewhat and keep your doors open.' I know his coaching techniques, he knows my training techniques," Clelland said.

AND YET IT was the chance to try a different training regimen that interested Clelland enough to convince him to give swimming another try.

"In high school, I tried to improve by working my butt off in the pool," said Clelland. "Pete has some other ideas, not so much yardage but weight, circuit training and stroke technique. It takes away some of the boring aspect."

Hovland was elated to get Clelland. "He's got times from his sophomore year (at Adams) on that could contribute," the OU coach said.

"I think he knows what to expect from me. I told him, 'Don't make any promises to me, don't make any to yourself. Whatever points you score will be a plus for us. I want to make it fun for you.'"

CLELLAND WILL swim the 100- and 200-yard backstroke events, the 200-yard individual medley and perhaps the 400 IM. Hovland already has a strong set of backstrokers lined up for next season, so Clelland may best contribute in the IM.

"The 200 IM was always my favorite event," he admitted, "and the 400 IM I consider the toughest event there is. I'd like to swim that."

# Top swim recruits sign

By C.J. Rissak  
staff writer

A little over a year ago, Oakland University men's swimming coach Pete Hovland wasn't happy with the turn of events regarding his Pioneers. He had lost the nucleus of his team, including Tracy Huth, a three-time NCAA Division II swimmer of the year at nationals. Colton and Duff are certain to return, and McCloskey will be back if he passes a course this summer.

The 1983-84 team had finished second in the Division II finals. Finding replacements would not be easy, as Hovland knew. What he didn't expect were additional key losses: Mike McCloskey and Jeff Colton, both major contributors at the NCAA finals, were declared academically ineligible.

The combination of graduation and academic losses (diver Mark Duff also had scholastic trouble) added up to a trying season for Hovland and the OU program. The Pioneers finished sixth in the NCAA Division II finals, their worst showing at nationals since 1975.

BUT THAT was last year. And while the past can't be changed, it can certainly be improved upon.

Which is what Hovland and diving coach Don Mason have been working to do. Their efforts have paid off in one of the deepest, most talented groups of new recruits in OU history.

"We're excited," Hovland admitted. "We're trying to play it down, but we've got depth now, more than we've ever had. We're three deep in every event except the 400-yard individual medley."

"It's ideal for a coach to be in this position," with McCloskey, Colton and Duff returning, "we're already better than three of the teams that finished ahead of us last year."

"I don't think anybody could have had the kind of (recruiting) year we've had."

DON'T MISINTERPRET Hovland's

## OU sports

remarks as typical coach's optimism.

OU loses two seniors, only one of which — John Christensen — scored points at nationals. Colton and Duff are certain to return, and McCloskey will be back if he passes a course this summer.

Add to that 14 recruits, several of whom already have times good enough to score points at nationals, and defending Division II champion Cal State-Northridge best beware.

Leading the list of newcomers are a pair of transfers: Doug Clelland, a Rochester Adams graduate who dropped out of University of Tennessee, and Bruce Verborg, from UCLA Ford and University of Iowa.

Clelland has been out of the water for nearly a year, but his best times in the backstroke and individual medley would score points at the NCAA Division II meet.

VERBORG was injured in an auto accident following his freshman season, and the Iowa coaches were not happy with his progress afterwards. Verborg will be eligible immediately and will swim the 200 back and 200 and 500 freestyle.

With Colton (a past national champion) and Steve Larson (second last season) returning and the addition of Verborg and Clelland, Hovland thinks OU may have four of the top eight backstrokers in the nation next season.

Four other swimmers Hovland figures will make an immediate impact are Dan Andrus, from East Kentwood; Eric Dresback, from Flint Carman; Mike Nation, from Cheney, Wash.; and Dave Rogowski, from Anchorage, Alaska.

Dresback may be the most impressive of the lot. "He was a must for us," Hovland said. "We recruited him for a long time."

With good reason: Dresback placed third in the 100 butterfly at the Class A meet in 50.4. That clocking and his times in the 200 IM are good enough to score points at the Division II meet. Learning to swim the 200 fly is Hovland's plan for Dresback.

NATION COMES from the same hometown as former OU stars Huth and Alan Faust. A butterflyer, Nation has gone 51.3 in the 100 and 1:53.9 in the 200.

Rogowski is a sprint freestyler who has gone 21.3 in the 50 and 46.9 in the 100 and is capable of a 53 in the 100 fly.

Andrus is another freestyler with fine credentials. He placed third in both the 100 and 200 free events at the Class A meet and will swim the 50 for OU, an event Hovland said "we didn't score any points in at national."

The next group of four are what might be termed "projects," or swimmers with raw ability who need work to develop.

Rob Carman, from Troy Athens, has potential, Hovland thinks, to register points for OU in the 100 and 200 breaststroke events. Lack of size is Carman's drawback.

KIRK RADDATZ, from Farmington Harrison, is a big prospect (he stands 6 foot 7) but comes from a mediocre program. He'll swim the 200, 500 and 1,500 freestyle events at OU.

John Monroe, from Lansing Eastern, and Mark McDowell, from Wyoming Park, both have talent but lack solid training. Monroe placed among the top six in the 200 and 500 free at the Class A meet; he'll also swim the 1,500 for OU. McDowell was third in Class B in the 100 fly on just three workouts a week and no weight training.

The final four OU recruits will bol-



Pete Hovland  
Pioneer swim coach

ster a part of the program that's long been a weakness: diving. All four were among the top seven in the Class A finals during their senior seasons.

MARK KNAPP graduated from Uica Ford and went to Macomb Community College for a year before switching to OU. Knapp was among the top three divers in the state his senior year (1984) before hurting himself prior to the finals. He placed fifth in the state.

Matt Ford, from Redford Union, took third at this year's Class A finals. Brian Sheehan, from Birmingham Brother Rice, placed fifth, and Todd McNeal, from Holland, was seventh.

"I think right now, Knapp and Ford are the toughest," said Hovland, "because their degrees of difficulty are the highest."

As for his recruiting efforts, all things considered, Hovland said, "There are a lot of people who can score points (at nationals), and there's a lot of talent."

Certainly enough for OU to regain its position among the NCAA's Division II powers. The question is, how high can the Pioneers vault in a single season?

# Better technique lifts Reid into shot-put elite

By C.J. Rissak  
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A glance at Pat Reid and one would assume he would be a natural in his athletic endeavor: tossing the shot put. Reid's shot putters thick, bulky men who look big enough to lift a horse.

Reid stands 6-foot-3 and weighs 300 pounds, so the description fits. As a senior at Redford Catholic Central in 1982, Reid placed fourth in the shot put at the Class A state meet.

That and his size were enough to interest University of Tennessee track coach Stan Huntsman.

His interest was rewarded this season when Reid finished third in the shot put at the Southeastern Conference

(SEC) championship meet May 16-18 with a toss of 62-3. He followed that with an 11th place at the NCAA finals June 1-2 with a final effort of 61-8 1/2.

REID'S PERFORMANCE put his athletic career back on track. When he enrolled at UT, success was no guarantee. Reid discovered quickly that there was more to shot putting than throwing his rather considerable weight behind the effort.

"In high school," Reid recalled, "I just used to muscle it. I came to college and had to start from step one. I learned how to use my whole body."

"Most high schools don't have the people with the knowledge and time to teach the proper technique."

redshirted for a season.

"I wanted to work on school and on my technique," he explained. "I worked out with the team but didn't go to any meets. I helped me a lot."

The time off allowed Reid to concentrate on developing the proper technique, with the aid of UT assistant coach Mike Sanders. Now, Reid said, "my form is coming along great. I'm a strong person overall, but the biggest improvement has been in my technique."

Reid's best effort came May 10-11 at the Gatortrade Track Classic in Knoxville, Tenn., when he heaved the shot

62-7 1/2. That bettered the NCAA qualifying standard of 61-0 and was five feet better than his best from a year ago.

JUST AS HIS freshman season of college track and field was a learning experience for Reid, so was the NCAA championship meet in Austin, Texas. After a solid effort in the qualifying rounds, Reid hit only 61-8 1/2 in the

finals. Had he matched his season's best of 62-7 1/2, he would have placed among the top eight and earned all-American honors.

"I was a little disappointed with it," he admitted. "But it was my first nationals and the competition was really tough. I really wanted to be all-American, and I missed that."

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