



# Strokewatch

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## Follow UCLA Men's Rowing!

Website: [www.uclamensrowing.org](http://www.uclamensrowing.org)



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Follow the team on Facebook: UCLA Men's Rowing

### FOUR Board of Directors

- Bob Newman '68
- Jim Jorgensen '70
- Norm Witt '75
- Andrew Jacobs '75
- John Dipol '77
- Robert "Fritz" Frassetto '78
- Dr. Scott Goodwin '78
- Sheila Parker Tolle '78
- Kevin Still '83
- William Palmer '85
- Chris Hirth '87
- Paul Steinke '01
- Christopher Beeckler '05
- Alex Papanicolaou '07
- Nic Smith '11

**Strokewatch** is the newsletter of the UCLA Men's Crew. Its editor is Sheila Parker Tolle '78

## 1 FOUR PRESIDENT'S MESSAGE

2  
3 For an outlook toward the competitive  
3 racing season for the crews please refer to  
4 Coach Scott's comments in this issue. My  
5 outlook will be oriented toward what is  
5 happening within FOUR's realm of  
6 support and opportunity creation.  
7

allow a much higher retention rate of recruits. This is HUGE!! The Men's Rowing Program is immeasurably grateful for this help from Brian and CRA.

Our new Novice coach, Ron Long, brings much energy and motivation to his post and we look forward to what he can do to retain and train greater numbers of novices.

The first and most striking news regards transportation. In the past few years Scott and the returning varsity athletes have been doing a fine job of on-campus recruiting of potential novice rowers. However, transporting them to the boathouse was always a logistical nightmare, especially during the first few hectic but all-important weeks. Good numbers attended the initial meeting, but because transportation depended on both varsity and new novice recruits having private vehicles to offer the car-pooling solution, several were always "lost" in the shuffle.

FOUR has been trying to create a tradition of immediately transitioning our graduating team members into young alums who may not be the treasure...but, nevertheless, are anxious to contribute as they can through time and energy. Now comes another example of seed planting coming to fruition. A few younger alums such as Christopher Beeckler have recently helped us more "established" members of FOUR alter how we do things to appeal to the full spectrum of our alumni. Recently, Rodd Talebi, class of 2014, offered a proposal to organize the younger set and make some changes to update the website, our email address list and plan a UCLA Crew Alumni tailgate gathering at the football game against Arizona on November 1. Things are rockin' and rollin'! Check out the updated website. Make sure we have your current email address so we can be more versatile and efficient with our communications.

Now comes as a prime example of how things should work and how good things can be when competent people with great attitudes work together toward positive solutions. Brian Smith, of Club Sports, has spent considerable effort in search of a solution to our primary stated "need"-- athlete transportation. Brian has all but secured several vans for exclusive crew use during the times we need them. The final effect on the program is yet unknown, but these vehicles plus some varsity cars should

## PRESIDENT’S MESSAGE CONTINUED

We are in the initial stages of creating a “Job Clearing House” program. If you have a business or know someone who does and needs smart, high work ethic people in their organization, we have a list to choose from. This became ever so clear when the squad was introducing themselves at last year’s Alumni Reception. Their profiles were impressive to say the least. Good people looking for good jobs. Pass the word. More on this later.

So, that is an outlook on what FOUR will be working on for 2014-15.

Stay in touch.

### Go Bruins!

*FOUR President Bob Newman, '68*

## THE STROKEMATCH IS GOING ELECTRONIC!!!!

By mid-2015, the Strokematch will be delivered via email. This will allow a more timely newsletter, be less expensive so that more of our donations go to the athletes, and be environmentally friendly.



***PLEASE, make sure your email address is updated in our records***

Go to <http://uclamensrowing.org/alumniDB.tpl> and update your information. You don't want to miss any of the updates on the program, racing or fellow alumni.

## COACH’S CORNER

While the semester schools are already a couple weeks into fall training, the Bruin oarsmen still have 3 more weeks of summer vacation. I can't help but feel anxious about getting started. Our current varsity roster has 29 athletes that includes 5 coxswains, hopefully they are training!

Last season our true speed only emerged in practice, injuries prevented us from ever racing our fastest line-up. This year we potentially return 6 rowers and the coxswain from the V8 and all 8 rowers and coxswain from what was our fastest line-up that “never raced.” We have 5 rowers and the cox from the 2V8 and 2 rowers and the cox from the V4. There are 7 rowers and 2 coxswains from last season's novice program and 3 incoming freshman with high school rowing experience.

Much of what we do this fall will sound familiar, small boats, specifically fours since we have so many coxswains, low rate training to focus on power per stroke and a ton of technical work. What will be different is the way in which we do those things. This season, being placed in fours together will reward those that have been

working hard all summer. Spending time in even line-ups will have to wait until our early spring seat racing sessions. One morning a week will be dedicated to land-training with the novice squad and one weight training session will be replaced with a cardio session. From the very first session this fall the focus will be on making the grand final at the ACRA Championships.



Jon Iwata will continue as the assistant varsity coach and Ron Long will be taking over the novice program. Ron has many years of coaching rowing, swimming, volleyball and teaching. Ron rowed at Long Beach State and the University of Washington. I am very excited to have Ron on board; his exciting, enthusiastic way of coaching is just what we need for our novice this season. Hard work is the bedrock of his training formula and Ron has a knack for making working hard, fun and rewarding.

— Coach Scott Charette

## 2014 - 2015 RACING SCHEDULE

DATE	REGATTA	LOCATION
<u>2014</u> October 26	Row for the Cure	San Diego
November 1	Long Beach Novice Sprints	Long Beach Marine Stadium, Long Beach
November 2	Long Beach Fall Invitational	Long Beach Marine Stadium, Long Beach
November 16	Head of the Harbor	Wilmington, Port of Los Angeles
November 22	Newport Chase	Newport Beach
December 7	Christmas Regatta	Long Beach Marine Stadium, Long Beach
<u>2015</u> February 28	UCSD Scrimmage	Ballona Creek, Marina del Rey
March 1	LMU Dual Meet	Ballona Creek, Marina del Rey
March 7	SoCal Opener	Long Beach Marine Stadium, Long Beach
<b>March 7</b>	<b>Alumni Racing</b>	<b>Ballona Creek, Marina del Rey</b>
March 14	UCSB & Santa Clara Meet	Lake Cachuma, Santa Barbara
March 21	OCC Dual Meet	Newport Beach
March 28 & 29	San Diego Crew Classic	Mission Bay, San Diego
April 7	UCI Dual Meet	Ballona Creek, Marina del Rey
April 18	USC Dual Meet	Ballona Creek, Marina del Rey
April 25 & 26	WIRA Championships	Lake Natoma, Folsom
May 9	Newport Regatta	Newport Beach
May 23 & 24	ACRA Championships	Gainesville, GA

## 2014 GRADUATES - WHERE ARE THEY NOW?

**Blake Addeman**, UCLA '14 (Political Science), rowed 4 seat. I am studying for the LSAT which I am taking September 27th. Looking to a future consisting of law school and law.

**Manraj Dhesi**, UCLA '14

**Richard Powell**, UCLA '14 (Psychobiology), rowed stroke and 2 seat. Richard is currently applying for medical school, working as a personal trainer and fitness instructor for UCLA Recreation, and doing research with the UCLA Exercise and Metabolic Disease Research Laboratory.

**Rodd Talebi**, UCLA '14 (Applied Mathematics and Astrophysics), rowed as stroke seat. Rodd is currently working with a professor at UCLA, performing data analysis on radio images of near-Earth asteroids. He is currently looking for a year-round position in similar fields while entertaining the idea to apply to various Masters programs in data science for Fall 2015.

**Jeff Tarrasch**, UCLA '14 (Chemistry), rowed 4 and 2 seat. Jeffrey is currently a lab technician in a structural biology lab at the University of Michigan. He plans on applying to medical school next year.

# THANK YOU TO EVERYONE WHO SUPPORTED THE 2013-14 CREW!

Donation period: July 1, 2013 through June, 30, 2014

National Team (\$5,000 to \$9,999)

John Nelson '81  
Robert Newman '68  
Sheila Parker Tolle '78

IRA Champ (\$2,000 to \$4,999):

Joel Breman '58  
Richard Maire '80  
Tim Powers '77  
Kevin Still '83  
Geof Strand '70  
Brian Boxer Wachler, M.D. '89  
Monica '78 & Norm Witt '75  
Peter Zandbergen

Pac-12 Champ (\$1,000 to \$1,999):

Anonymous  
Berry Berkett '74  
Stephen Bohlman '75  
Alex Frasco '73  
David Grant '86  
Duvall Hecht, coach  
Jim Jorgensen '70  
Hugh & Colleen Kuhlman  
James Lasswell '71  
Martin Latham  
John Lopuch '68  
J. Frank Meyer '56

Pac-12 Champ (\$1,000 to \$1,999):

Terry Oftedal '70  
Dennis Phelan '71  
Guy Speers '84  
Kina Turner (Kerry '78)

Varsity Boat (\$500 to \$999):

Richard Anderson '57  
Leopold Andreoli '80  
David Arnold '82  
Mark Breeding '75  
Kim Burdick '79  
Scott Case '82  
Steve Dalzell '85  
Timothy Emanuels '83  
Mark Fall '83  
Robert Frassetto '78  
Nancy Graves (W. Graves '53)  
Ericka Heckscher  
Charles Hughes '84  
Thomas Humphrey '60  
Robert Iezman, D.D.S '78  
Clare Jarvis '71  
Brian Knapp '83  
Kurt Kohler '75  
Bill Lachmar '78  
Irene Lowe  
Guy Weaser '78

Blue Chip Recruit (to \$499):

Joanne Gold Ames '79  
Jeffrey Avjean  
Andy Bacas  
Jeffrey Baus '59  
Christopher Beeckler '05  
Brian Belleville '11  
Alexander Blaseio '09  
Edward Bold, M.D. '59  
Kurt Boyd '74  
Geoffrey Bremer '77  
Joe Carlson '82  
Barton Carter '94  
Ron Collins '53  
John Cooper '57  
Patrick Cotter '84  
Craig Cox '80  
Kevin Curran '75  
Harry Daglas '82  
John Daglas '81  
Patrick Delaney '53  
John DiPol '77  
Chris Dudley  
Helyne Faizi  
Jon Gilwee '76  
Terry Gomme  
Scott Goodwin, M.D. '78  
Philip Goulding '73  
Martin Graham '63  
Christine Guzman  
Richard Hartnack '67  
Matthew Henderson  
Paul Hittelman  
Matthew Hogan  
Steven Hokoda, O.D. '75  
William Houghton '55  
Gordon Hunter '64  
Andrew Jacobs '75  
Ken Jacobs '77  
Cherly Jow  
Douglas Keller '91  
Frederick Kieser '86  
Marshall Knight '09  
Ronald Knoll '86  
Arthur Kochman '53  
George Kooshian '13

Blue Chip Recruit (to \$499):

Jan Kravets  
Eric Landoll  
Douglas Large '72  
Craig Leeds '76  
Andrew Jacobs '75  
Ken Jacobs '77  
Cherly Jow  
Douglas Keller '91  
Frederick Kieser '86  
Marshall Knight '09  
Ronald Knoll '86  
Arthur Kochman '53  
George Kooshian '13  
Jan Kravets  
Eric Landoll  
Douglas Large '72  
Craig Leeds '76  
Lowell Linden '60  
Guy Lochhead '69  
Griffin Lowe '11  
Thomas Lumsden '74  
Amanda & Murray Maytom  
Kim Medina '72  
Robert A. Nelson '62  
David Nelson  
Larry Offner '76  
Gregory Oppeward '91  
Anthony Osmundson '62  
Leroy Ounanian, M.D. '72  
Julia Pang  
Donald Pierro '76  
Richard Powell  
Russell Rowell '82  
Scott Saylor '79  
Glenn Sherman '74  
Jim Sims '66  
Robert & Joan Sire '78  
Robert Sitzman '60  
Nic Smith '11  
Louann Suppa  
Brinton Turner '44  
Krik Urata '83  
Lynne Welch  
Helen Wong  
Arthur Zey '05



2005 Crew with Coach Erimm McMahan

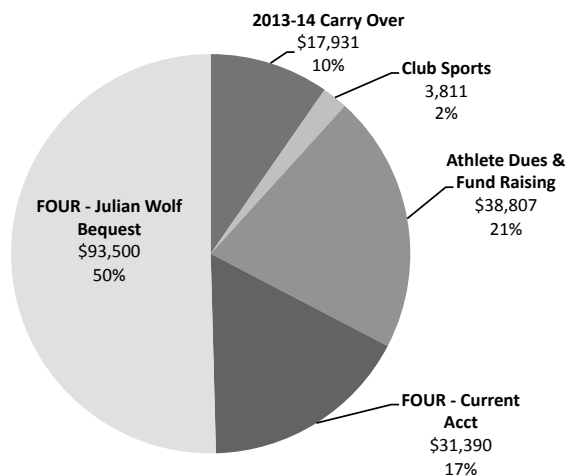
**Save The Date - 2015 ALUMNI & PARENTS WEEKEND - March 7 & 8, 2015**

Mark your calendar for the next Alumni and Parent Weekend.

## WHERE DID YOUR DONATIONS GO?

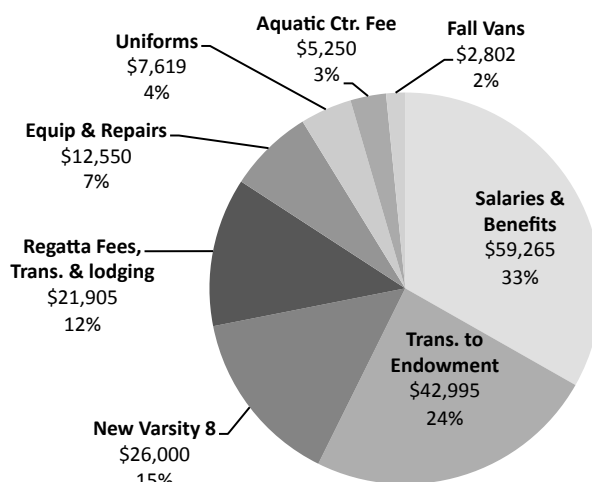
### TOTAL INCOME

**\$185,439**



### TOTAL EXPENSES

**\$178,384**

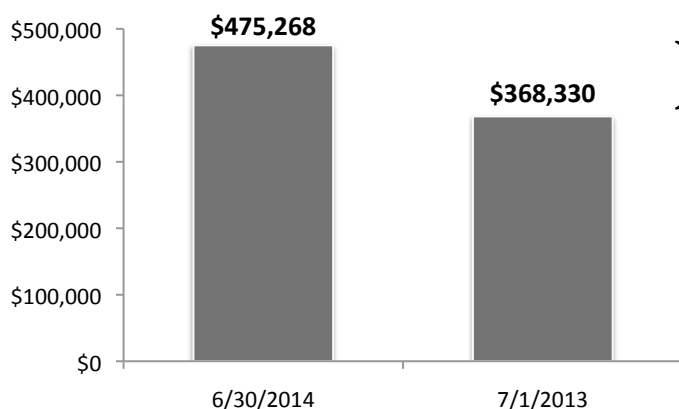


Thanks to the generosity of FOUR the program ended with a surplus of close to \$7,000!



## ENDOWMENT UPDATE - **29% GROWTH!!!!**

Over \$100,000 increase in the UCLA Men's Rowing Endowment over the past 12 months.



- Alumni donations: over \$38,000
- Student donations: \$9,600
- No "sweep" of interest in 2013-14
- Return of prior years interest "sweep"

## 2014-15 Operating Budget

### PLANNED INCOME

2013-14 Carryover	\$7,055
Athlete Dues & Fund Raising (\$500/qtr per athlete)	\$75,000
Club Sports Funding	\$3,879
FOUR - Current Funding	\$34,000
FOUR - Endowment Interest	\$0
<b>TOTAL PLANNED INCOME</b>	<b>\$119,934</b>

### OPERATING EXPENSES

Salaries & Benefits	\$56,260
Regatta Fees, Transport & Lodging	\$35,890
New Oars, 24	\$11,520
Equipment & Repairs	\$5,000
Marina Aquatic Center Fee	\$5,000
Uniforms	\$5,500
Miscellaneous	\$830
<b>TOTAL OPERATING EXPENSES</b>	<b>\$120,000</b>



*1976 JV Crew*

## SUPPORT THE 2014-2015 TEAM!

### **DID YOU KNOW...**

Today, UCLA funds only \$3,879 through Club Sports for the Men's Rowing Program? The balance is funded by the athletes and FOUR. Today, the student-athletes who row, representing UCLA, pay and fundraise \$1,500 a year. For many of us, rowing cost only our time and effort to excel at the sport. PLEASE help defray the cost for our current oarsmen; this is where you, our friends and alumni come in! Help us continue the tradition by doing your share with a donation at [www.uclamenwsrowing.org](http://www.uclamenwsrowing.org). Thank you!



*Rigger Brown*

### **Thanks to our early supporters!**

Donations from July 1, 2014 through September 1, 2014

#### Pac-12 Champ (\$1,000 to \$1,999):

Kevin Still '83

#### Varsity Boat (\$500 to \$999):

Ron Collins '53

Craig Cox '80

#### Blue Chip Recruit (to \$499):

Robert Amstadter MD '57

Patrick Cotter '84

Kim Medina '72

Robert A. Nelson '62

Russell H. Rowell '82

## UCLA ALUMNI PROFILES

In this edition of Strokewatch, we are profiling two of our alumni from the the early '80s: Russell Rowell '83 and Guy Speers '84.

For future editions, please send your suggestions for oarsmen to profile to [sheila.tolle@gmail.com](mailto:sheila.tolle@gmail.com).



1981 Varsity Crew - Russ at Stroke



Speers Family



Guy Speers & Kevin Wolfgram winning Stanford shirts in 1981

	<b>Russell Rowell</b>	<b>Guy Speers</b>
Year of Graduation	1983	1984
Major	Economics	History
Graduate School	n/a	MBA, Cornell University (1991)
Occupation	Construction Management	President, ESCgov
Home Town	Newport Beach, CA	Newport Beach, CA
Current Residence	Los Gatos, CA	McLean, Virginia
Hardest Crew Workout	Which one wasn't the hardest workout?	Janss Steps just before sunrise (30 times on a 1 min: 10 sec interval!)
Favorite Crew Memory	Spending time with my buddies, Bob Newman, Bob's coaches and Rigger Brown.	Warming up at the San Diego Crew Classic. Sunset row, magic light, perfect swing, no one said a word...no one needed to.
Favorite Racing Experience	The last race of my career, semi-final of the Pac-10 Championships at Redwood Shores. My memory has UW pulling out to a 4 seat lead. For the 1st 1000M, the 2 boats switched leads a couple of times; at the 1000M mark, we were dead even. 1,500M had us giving UW everything they could handle with a seat or 2 lead. We came across the finish 2 seats down. The course had no spectators at the finish, only dead quiet.	Olympic Trials 1984
Favorite Quote/ Words of Wisdom	"It's a great art, is rowing. It's the finest art there is. It's a symphony of motion. And when you're rowing well, why, it's nearing perfection. And when you reach perfection, you're touching the divine. It touches the you of you, which is your soul" - George Pocock	"If you can be five minutes late, you can be on time!" - Kevin Still, 1983
Favorite Book	"Boys in the Boat" - Daniel Brown	"Boys in the Boat" - Daniel Brown
Why Contribute to FOUR?	I think if you can help out in any way you can, you're helping someone learn the life lesson that others before have given you. What a head start you get with dealing with overcoming adversity. Rowing teaches you to "Finish the Job!" We need to pass those lessons on.	Because what we got out of this thing is too good to keep to ourselves.

Friends of UCLA Men's Rowing  
c/o Sheila Parker Tolle  
970 Cloud Ave.  
Menlo Park, CA 94025

*Electronic Service Requested*

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## ABOUT FOUR AND YOUR CONTRIBUTION

The Friends of UCLA Men's Rowing (FOUR) provides financial support and assistance to the UCLA Men's Crew. The Men's Crew is wholly self-financed by oarsmen, alumni, and friends. For the program to continue to grow and prosper, it is vital that new sources of revenue be found.



**Current Funding:** Today each UCLA oarsman must pay roughly \$1200 per year to row. This figure covers approximately half of the per-oarsman cost of equipment, travel, salaries, uniforms, etc. The balance of the annual operating budget must be made up with contributions from donors. To ensure the young men who want to row have the same rich rowing experience we had, you can help by sponsoring an oarsman for a year through a donation of \$1200.

**Future Funding:** One of the most important functions of FOUR is building an endowment. A gift to the Endowment will provide for the program in perpetuity.

### **How You Can Donate:**

**Online:** You can give online by clicking the link "GIVE NOW" in the upper right corner of our website at [www.uclamensrowing.org](http://www.uclamensrowing.org).

**By Check/Mail:** All checks should be made payable to "UCLA Foundation," please indicate on the memo portion of your check either:

- Men's Crew Current Expenditure Account
- Men's Crew Endowment

Mail to: Friends of UCLA Men's Rowing  
c/o Kevin Still  
5 Ivy Place  
Hartsdale, NY 10530

You will be mailed a receipt from The UCLA Foundation specifying the amount and specific fund designated. Please verify that your donation was directed according to your wishes.

FOUR is a non-profit organization as defined in Section 501(c)(3) of the Internal Revenue Code (Tax Identification No. 95-3426607) and is affiliated with the UCLA Alumni Association. Operational and endowment funds raised by FOUR become part of the UCLA Foundation. Your donations are tax deductible.