



Strokwatch

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Website: www.uclamensrowing.org



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- Sheila Parker Tolle '78
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- Chris Hirth '87
- Paul Steinke '01
- Christopher Beeckler '05
- Alex Papanicolaou '07
- Nic Smith '11

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

FOUR PRESIDENT'S MESSAGE

Hard to believe another year is racing by and soon will be gone for good. As we at FOUR continue to do what we can to support the team, it is helpful to note some things are going well.

This year, the Crew's critical need for transportation for the novices to and from Marina del Rey was met when Brian Smith from Club Sports did some great work on our behalf and acquired several vans for exclusive men's crew use during the times we need them. All we pay for is gas. This relieved a major funding issue from our list and now we can turn our attention to travel and equipment. Although we're in good shape boat wise, we could use two or three sets of oars and we need help getting the athletes who earn it a trip to ACRA, the Club Crew National Championships. It's our trip to pay for and if we want to be among the best we have to be there.

We're hoping those of you who have raced for the Bruins will help us realize this goal. Large or small donations all help and we appreciate it all. We increased our Endowment Fund to over \$475,000. We want to break the

\$500,000 barrier this year so we're starting the "500 Club". A \$500 donation to the Endowment Fund gets you into the Club and a surprise Thank You you will like. The deadline to join this Club is Dec. 31, 2014. Of course, donations to the Endowment of less than \$500 are always appreciated. The Operational Fund fills needs that keep the program afloat. Boat parts like seats, riggers, cox-boxes, shoes all need replacement from time to time. Join the "Boat Movers Club" to support us there.

Another way to give is through your estate plan. Julian Wolf left a very nice legacy to the program when he passed away a year ago. Cal, Washington and the major national rowing powers have all funded major improvements to their programs through legacy gifts. Please consider this when making your estate plans. Look in the Strokwatch for details on how to accomplish this.

Thank you for all your support in the past. It all goes to a good place.

Go Bruins!

FOUR President Bob Newman, '68

THE STROKEWATCH IS GOING ELECTRONIC!!!!

By mid-2015, the Strokewatch 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

The season has officially begun, the Varsity men have had a race down in San Diego (the Row For The Cure) and had a good showing placing 3rd in the 8 and 3rd in the 4, just a few seconds behind event winner UCSD. I was pleased with the Varsity performance considering we have been spending all our time rowing with and coaching the Novice. We have only been in the two Varsity 8 lineups once this season, 2 days before heading south to race. The varsity have now separated from the novice to focus on the events ahead in the fall and should see some quick improvements.

Our Novice turnout has been good with about six 8's worth of athletes currently attending practice sessions, though not all on the same days, putting the daily count to five 8's, which is what we have entered for the upcoming race in Long Beach. Five Novice boats on the water each day plus varsity is already putting a strain on our fleet, just this week, and it's only Tuesday, we have had a broken rigger, foot stretcher, seat and a speaker wire severed. I guess be careful what you wish for, as a lot of Novices means broken parts.

I know this is the time of year that F.O.U.R makes the big fundraising push and, yes we do have excellent racing shells, but the little things are what keep those shells on the water. Something as simple as a \$12 wheel will keep a \$38,000 boat off the water if we don't have a spare. Every little bit counts.

When asked about alumni giving our team President, Kyle Knoll says, "I think the alumni support helps because I wouldn't be able to row without it. I'm working my way through college on two part time jobs and a full time job during the summer.



Without the half scholarship that each oarsman gets because of FOUR's generosity, I would have not been able to afford to row at UCLA. That means I would not have had the opportunity to be a legacy, either. My dad, Ron Knoll '85, was also a Bruin oarsman. My college experience would be drastically different if it were not for alumni support."

I would like to thank F.O.U.R for the tremendous support. The UCLA Men's program has the best equipment money can buy and our Bruin athletes pay half what many other top club rowing programs do. We are looking forward to an exciting season, we currently have 5 senior rowers and 2 senior coxswains in their 4th season together, I think this is where the magic happens, I can't wait!

- Coach Scott Charette

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

Mark your calendar for the next Alumni and Parent Weekend.

LAURA & BRIAN - TWO PEOPLE KEY TO UCLA MEN'S ROWING!

There are many people that help make UCLA Men's Rowing a success but none more than Laura Adler and Brian Smith. Both Laura and Brian are University employees, their support of the program and positive partnership with FOUR allows the team to focus on improvement on the water rather than administrative issues.



LAURA ADLER is the Director of Development, Student Affairs. In this role, she is responsible for connecting UCLA alumni, parents, and friends of the university with the areas of campus that they are passionate about and interested in philanthropically supporting. She specifically oversees philanthropic efforts for Student Affairs, a network

of programs and resources that addresses virtually every area of our students' greatest needs outside the classroom – from financial to social, emotional to physical, academic to career-related.

Laura, from Moorpark, CA, currently resides in Los Angeles. She is a fellow Bruin, received a BA in Political Science in 2002. She has an amazing and supportive family and is excited about

becoming an aunt in October - her first niece! Outside of work, Laura can usually be found playing tennis or softball, tasting craft beers, experiencing a new restaurant, testing her poker skills, watching her favorite sports teams, and traveling as much as possible.

When asked about UCLA Men's Rowing and FOUR she commented: "Over the past two years, I have had the privilege to work closely with UCLA Men's Rowing and FOUR. It is wonderful to be involved with an entire group - from the students, coaches, staff, and alumni - who share incredibly strong bonds with each other and who exemplify teamwork, hard work, and leadership in each and every effort. I have worked with many support groups and I can honestly say that the commitment and dedication of FOUR and the alumni group to ensure that today's and tomorrow's students can experience Men's Crew at its best is second to none. Thank you!"



BRIAN SMITH is the Program Director for Competitive Sports with UCLA Recreation. In this role, he leads a robust club sports program at UCLA which boasts 54 club sports and 66 coaches (volunteer, part time and full time). Brian manages four staff and they help him run the programs offered. He and his staff

manage everything for the clubs from risk, travel, purchasing, payables, events, student leadership and more throughout the year. Some clubs are nationally competitive in their sport while others operate recreationally. His team also effectively manages 15,000 participants per year for Intramural Sports; offers 25-30 program opportunities for the students on campus. His department also offers opportunities for a team or two to compete in a regional and potentially a national tournament each year.

Brian, from Chillicothe, Ohio, currently resides in Santa Monica. In 2004, he received a BS in Leisure Sports Management from Elon University. He also holds an MA in Interdisciplinary Studies (Psychology, Exercise Sport Science and Business) from Oregon State and an MBA from Pepperdine University. His family is still back in Ohio and he spends time with his girlfriend of 6 1/2 years. In his free time he loves to travel, eat, play sports (football, softball and golf), be adventurous (hiking, skydiving, white water rafting, etc...), and relax with friends.

When asked about UCLA Men's Rowing and FOUR he commented: "Our UCLA Men's Rowing club does an excellent job of developing young men over the course of their college career. I have been here for 7+ years operating in multiple roles over that time. Every time I come across a young man from the Rowing program they are very respectful. Also, the team is usually the most organized team we have once the school year starts and that is because of the development of new officers while the current president is leaving his position. The communication between the coaches, players and recreation staff is at a level not matched by many other clubs and that is testament to the young men and their dedication to the sport. Coach Charette has done a tremendous job of building the program to its current position from where it was about 5-6 years ago when there was a bit of change within the team. I could not be happier with the progress of the team over the last few years and cannot wait to see what they can accomplish this year."

"FOUR has done a tremendous job supporting the Rowing team over the years. I am truly appreciative of the dedication the group provides the team. The team would not be nearly as successful without the support of FOUR. I think we have taken some great strides over the past 8 months and hope that we can continue down this path in the future. The opportunities you provide your athletes are extremely important to their growth and development as students. The alumni weekend is a great way for the former athletes to talk and build relationships with the current athletes."

SUPPORT THE 2014-2015 TEAM!**Thanks to our early supporters!**

Donations from July 1, 2014 through October 27, 2014

National Team (\$5,000 to \$9,999): Blue Chip Recruit (to \$499):
Robert Newman '68 Robert Amstadter MD '57

Jeffrey Baus '59
Pac-12 Champ (\$1,000 to \$1,999): Patrick Cotter '84
Kevin Still '83 Fred Feldman '61

Varsity Boat (\$500 to \$999):
Barton Carter '94 Loren Freestone '94
Ron Collins '53 Paul Griffin '79
Craig Cox '80 Rody Janzen '83
Nancy Graves (W. Graves '53) Arthur Kochman '53
Evan Faucher '05 Craig Leeds '76
Kim Medina '72
Robert A. Nelson '62
Russell H. Rowell '82
Steven Wolf '64

The Operational Fund fills needs that keep the program afloat. Boat parts like seats, riggers, cox-boxes, shoes all need replacement from time to time. In 5 years, we have boat new racing 8's for the program. Now the program is in need of maintenance parts - seats, riggers, cox-boxes, shoes, etc. Coach Charette has determined the goals for the each part - the total needed to reach the goal is \$16,870. The costs and goals for specific parts:

Cox Box: \$509 - goal 1
Oar: \$480 - goal 24
Seat: \$200 - goal 8
Wiring Harness: \$285 - goal 1
Shoes: \$150 - goal 8 sets
Microphone: \$99 - goal 4
Rigger Backstay: \$58 - goal 10
Speaker: \$40 - goal 6
Fin: \$20 - goal 2
Seat Wheels: \$12.50 - goal 40

**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 that row, representing UCLA, pay \$1,200 a year PLUS fund raise an additional \$300 each?

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.uclamensrowing.org

Thank you!

Join the "Boat Movers Club" to support the day-to-day maintenance needs of the program. As you can see from the list above, EVERYONE CAN CONTRIBUTE! Please use the enclosed donation envelope or you can give online (click "GIVE NOW" in the upper right corner of our website at www.uclamensrowing.org) and indicate that your donation is for the Men's Current Account BEFORE DECEMBER 31, 2014.

GIVING TO THE UCLA MEN'S CREW ENDOWMENT...

BECOME A 500 CLUB MEMBER TODAY!

In the past year, the Endowment reached over \$475,000!!! Our goal is to surpass \$500,000 before December 31, 2014. 500 Club members will receive special recognition and know that they helped in pushing our endowment fund over the half million dollar mark. Please use the enclosed donation envelope or you can give online (click "GIVE NOW" in the upper right corner of our website at www.uclamensrowing.org) and indicate that your donation is for the Men's Endowment BEFORE DECEMBER 31, 2014.

The **Men's Crew Current Expenditures Account** helps fund current operations (coaches' salaries, travel, maintenance) and capital equipment (boats and oars) needs and are augmented by athletes' dues and fundraising efforts. As with all endowments of this type, contributions form the principal base (Corpus) within a University managed investment fund, only a portion of the interest may be utilized for team expenditures each year. These endowments are designed to build on the past UCLA rowing legacy and can also be designated as the beneficiary accounts for wills, trusts, and other estate planning instruments.



The objective of the Men's Crew Endowment fund is ultimately to fund all current operations and capital equipment. Hundreds of you have contributed to this fund over the past years, and the Endowment has contributed over \$100,000 to fund current operations over the last ten years.

The goal of the FOUR Board of Directors is to raise enough revenue annually for current operations and capital equipment, in order to allow the Endowment fund interest to remain in the fund, growing it for the future.

PLANNED GIVING...

When you include UCLA Men's Crew in your estate plans, you unlock a student's individual growth, leadership, and success through participation in the unparalleled experience of participating in a nationally competitive team sport and support the continued growth and strength of the program. Remembering UCLA Men's Crew in your will or living trust is an easy way to express your support and create a legacy that can make a significant impact for the program and

students. A bequest through your will, or other planned giving opportunities, can come in many different types of gifts, from cash and assets to named beneficiaries, and can be revised any time your circumstances change.



If you are interested in learning how you can support UCLA Men's Crew through your estate plans and be recognized as part of the UCLA Legacy Society, UCLA Foundation gift planning professionals are always available to provide you with more detailed information and to help you and your legal or financial advisors to craft bequest language that will ensure your gift will be used exactly as you intend. Conversations are always confidential and handled with the utmost care. To learn more, please contact Laura Adler at 310-794-6936 or at ladler@support.ucla.edu.

ALUMNI & PARENTS RECEPTION - SATURDAY, MARCH 7TH

Last year we tried something different from our customary banquet at the UCLA Faculty Center - a private cocktail reception at the UCLA Athletic Hall of Fame! It was a HUGE SUCCESS. So this year we will be repeating it. This is an opportunity for UCLA Men's Rowing alumni, parents and current athletes to mingle, rekindle friendships and reminisce among the many exhibits in Hall of Fame. The UCLA Athletic Hall of Fame is a unique venue.



Watch video highlights, view pictures and read engaging information about every UCLA student-athlete who lettered in a sport from 1919 to the present. Admire the many "Bruin legends" who utilized their UCLA experiences to become professional athletes and Olympians while excelling in the nation's #1 collegiate athletic program. Soak in UCLA's rich athletic and academic history as you walk past the timeline wall. Discover how UCLA athletes have played such a significant part in the Summer Olympics since 1932. Olympic history comes alive with memorabilia that spans more than seven decades—from medals to an authentic Olympic torch.

Alumni Racing - Sunday, March 8, 2014 On Sunday morning we will have our Annual Alumni Racing.

Look for your invitation in the mail in late January and join us in March!

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 |
| March 8 | Alumni Racing | Ballona Creek, Marina del Rey |
| 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 |

UCLA ALUMNI PROFILES

In this edition of Strokewatch, we are profiling two of our alumni from the the early '90s: Gregg Oppegard '91 and Loren Freestone '94.



Loren Freestone -Bow



Oppegard Family



Gregg Oppegard - Stroke

Loren Freestone



| | Greg Oppegard | Loren Freestone |
|---------------------------------|---|---|
| Year of Graduation | 1991 | 1994 |
| Major | Sociology | History and Political Science |
| Graduate School | MBA, Pepperdine University, Malibu 1995 | University of San Diego School of Law |
| Occupation | Insurance | Attorney |
| Home Town | Sacramento, CA | Orosi, CA |
| Current Residence | Newport Coast, CA | San Diego, CA |
| Hardest Crew Workout | Coach Babraj's Christmas vacation triple day workouts at Lake Natoma. Hands so bitterly cold, barely possible to grip the oar during the workout. | Hours spent downstream training on the Sacramento Deep Water Ship Channel until dusk, before turning around to go upstream in the dark for hours. |
| Favorite Crew Memory | Olympic cox Tim Evans shouting commands at me as I was stroke seat during seat racing on Ballona Creek - intense! | Norwegian erg test! |
| Favorite Racing Experience | California State "Fours" Championship race on Lake Natoma | San Diego Crew Classic |
| Favorite Quote/ Words of Wisdom | "Dissipation must be eliminated." - John Wooden | "Don't give up on your dreams, or your dreams will give up on you." - John Wooden |
| Favorite Book | "Open" - Andre Agassi | "The Last Season" - Eric Bhelm |
| Why Contribute to FOUR? | To support the crew. | Great program! |

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

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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.

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.