

NOT ABOUT ME IT'S ABOUT S ABOUT GREAT R

OFFICIAL PROGRAM & GUIDE FOR THE 2015 BLAKE HAXTON INVITATIONAL REGATTA



We have enjoyed enormous growth over the last two decades. Beginning as Zuppa Catering, a small soup & sandwich place, we have evolved into one of downtown Columbus' most unique, urban catering companies, now called Dock580. Working out of the historic Smith Bros' Hardware building, our talented staff of planners and chefs take pride in crafting elegant dining experiences for our clients.

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WELCOME

"Please join with me and the rest of our tremendous parent group and make the Haxton Invitational Regatta as special as its namesake."

- Chris Swartz

On behalf of the Haxton family and UA Crew, I would like to welcome you to the 6th annual Blake Haxton Invitational Regatta. I have been in the rowing business for 46 years, coached for 38 years and was a coach at Upper Arlington High

School for 23 years. In all that time, I have never coached an

athlete that has as much ability or drive as Blake Haxton. He is one in a million and holds a very special place in my heart.

Because of that, I wanted to honor his rowing tenure at Upper Arlington High School with a race dedicated in his honor. I also wanted to make sure that this would be different from other regattas. It would focus on the true spirit of competition. Getting the fastest crews together to push each other is the essence of this sport. Blake knows that and so do I.

So, once again, we want to highlight the best crews in the Midwest. This event is focused on the very heart of competitive rowing – great competition. You and your teams are here because you are the best and we look forward to an amazing day of rowing!



Having recently retired from teaching and coaching at Upper Arlington, I have had a bit more time to work on the regatta and I hope you will enjoy this year's version of our event. As I told Blake many years ago, whenever he was ready to compete again, I would be there to help him in any way I can. I was with him again last summer in France as he qualified the Men's AS1x for the 2016 Paralympic Games in Rio. He has returned to competition with the same focus and determination he showed as a high school athlete. Please work with Blake and me in our efforts to help rowing make a difference in the lives of young people in the Midwest and throughout the world.

I am asking for your help as sponsors, participants, volunteers and spectators to make this one of the finest racing experiences you have attended. I am also asking for your indulgence in allowing this to be about the kids racing fast crews, and hopefully being among that special group. Please join me, the Upper Arlington coaching staff and our tremendous parent group in making the 6th annual Blake Haxton Invitational Regatta as special as its namesake.

2015 BLAKE HAXTON INVITATIONAL REGATTA

Thank you to our 2015 Sponsors!!

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SHOUT OUTS

Go Shep and UA Crew! Keep calm and row on! Love, Mom, Dad, Josh & Joey

We are SO proud of all your hard work and dedication, Ruby! Love, Dad, Mom, Pearl, Evelyn & Georgiana

Go UA Crew! My favorite team! Love, Georgie

Pain is temporary, pride is forever! Love You Emily! Love,

Keep rowing, Drew. We could not be more proud of you and all your hard work. Love you! Grammy and Grampy

Go Paige!! We are so proud of you!

Good luck today to Nick Liakos and the Upper Arlington
Rears!

Julia: Best of luck at the Haxton!! Love, Mom

Here's to a great 2015 Haxton Regatta! ROW BEARS!!! UA Crew Trustees

Thanks to the Upper Arlington Crew Team coaches! You are THE BEST! Thanks for all you do to make crew fun and challenging! The girls and boys of the UA Crew Team

To Kendall Trudeau: Here's a shout out to let you know how proud I am of you. Your grace, strength, courage and compassion are evident in everything you do. It's been wonderful to watch you blossom and grow over the last four years...much of it on these waters, in these boats, with these awesome teammates by your side. I couldn't be more grateful to have been given the gift of you, my beautiful daughter and to have shared all this with you! I hope you know how loved you are, and that the whole family is better having you in it! We love you with all our hearts!!! We know great things are coming your way! Good luck Dilly!!!! Here's to a great Haxton!!! Go bears!!!

To Yena Zerkel: Congratulations on a great fall crew season, Yena! Love you, G and G and Aunt Dee. Fear the Cox!

To Jamie Holden: Keep rocking and rowing! You're doing a great job!

To Yena Zerkel: Congratulations on your senior year fall season and Haxton! Love you, Geoff & Gwen Plymale

To Varsity Women: Here's to your hard work this fall. Have a great Haxton and an awesome spring! Shelley Grieve-Zerkel and Danny Zerkel

To Rachel Johnson: We love you and we are SO proud of you! Love, Mom & Dad

To Catherine Powell: Go Catherine! Baby you're worth it!

BLAKE HAXTON - OUR HONOREE

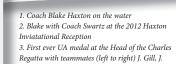
"I am excited to see the proceeds of this year's regatta go for the continued support of the Upper Arlington Crew program."

Blake Haxton was a rower on the UA Crew team from the fall of 2004 through the spring of 2009 and was the boys' captain from 2007 - 2009. In 2009, as he was getting ready to graduate, Haxton lost his legs, and nearly his life, to a rare, flesh-eating bacteria.

Today, after enduring 20 surgeries, rigorous physical therapy and committing to intense training, Haxton is once again a champion rower. In July of 2014 he finished first in the arms and shoulders single sculls at the 2014 Para-Rowing World Championships Trials, which qualified him for the 2014 World Rowing Championships where he took fourth. Blake spent part of August and early September of this year at the 2015 World Rowing Championships in Aiguebelette, France, representing the United States. He came in fifth in the world and has secured a seat for the 2016 Paralympic Games in Rio in 2016.

Blake is also pursuing his law degree at the Moritz College of Law at The Ohio State University and is continuing to work with UA Crew. We are lucky to have his knowledge and expertise on our team.



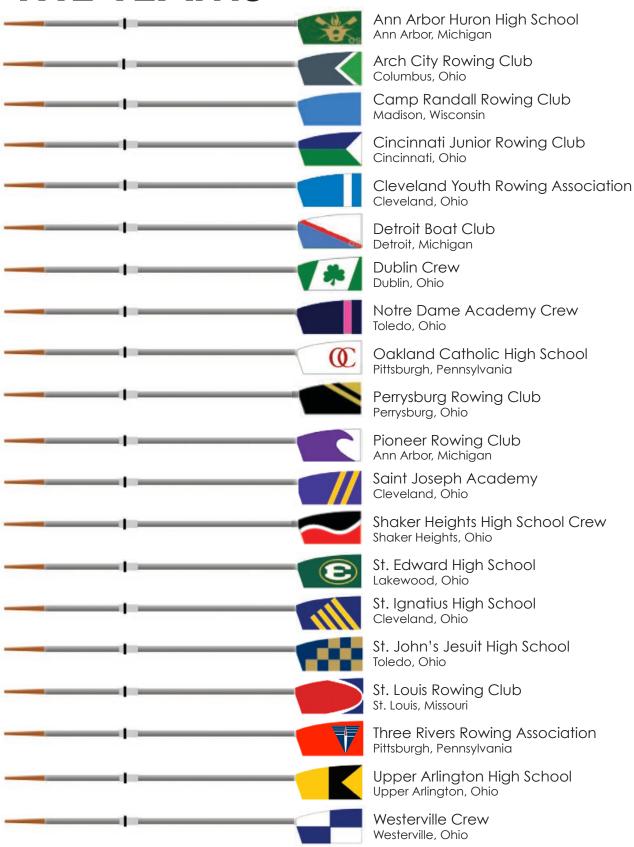


Carothers, Coach Swartz, M. Benedetti, B. Haxtor

RACE SCHEDULE

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1	9:05 AM	MEN	1ST VARSITY 8+
2	9:15 AM	MEN	2ND VARSITY 8+
3	9:25 AM	MEN	3RD VARSITY 8+
4	9:35 AM	WOMEN	1ST VARSITY 4+
5	9:45 AM	WOMEN	2ND VARSITY 4+
6	9:55 AM	WOMEN	3RD VARSITY 4+
7	10:10 AM	MEN	4TH VARSITY 8+
8	10:15 AM	WOMEN	1ST NOVICE 8+
9	10:35 AM	MEN	1ST NOVICE 4+
10	10:55 AM	MEN	2ND NOVICE 4+
11	11:05 AM	MEN	2ND NOVICE 8+
12	11:15 AM	WOMEN	4TH VARSITY 8+
13	11:30 AM	WOMEN	3RD NOVICE 4+
14	11:45 AM	MEN	5TH VARSITY 4+
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THE TEAMS



RACING FORMAT

- > 5K "Henley" Head race competition for high school age students in novice and varsity categories in 8's and 4's
- > 2 boats aligned rowing starts
- > Partially buoyed course with "protected water"
- > No "B" entries in the 1st and 2nd boat races
- > One dock site: one south of Fishinger Road Bridge for launch and take-out for high school crews (UA Crew docks). Plan for 40' to get to start line from docks.





SPECTATOR VIEWING

Races may be observed ONLY from the east side riverbanks and walks. Due to safety concerns from the police, no standing or observing of the races will be allowed from the Fishinger Road Bridge or from the private property along the west side riverbanks.

REGATTA PARKING



NO HIGH SCHOOL PARENT OR TEAM VEHICLES WILL BE PERMITTED NORTH OF THE FISHINGER ROAD BRIDGE.

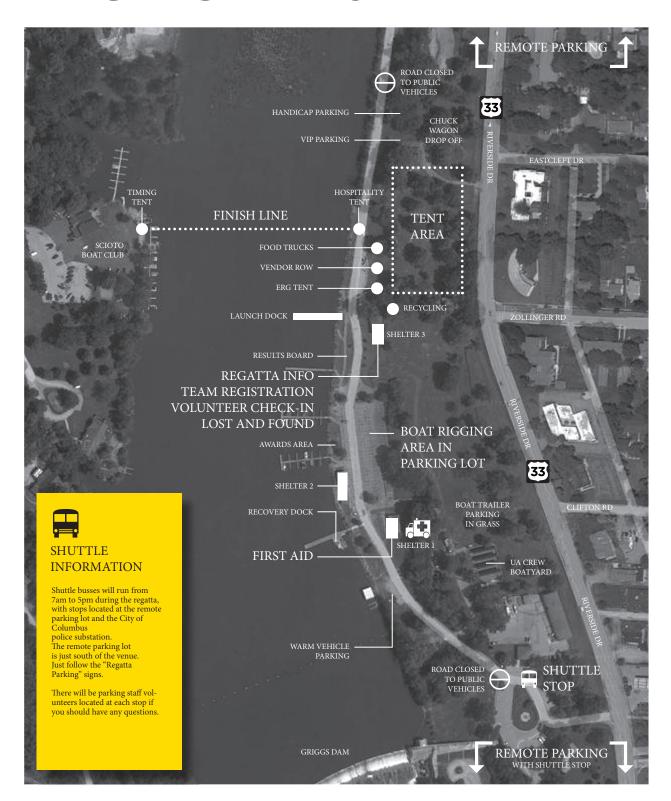
The Columbus rowing community has assured the police and park representatives

that the park will not be damaged by the event, that the park will remain accessible to the public, and that lanes will be maintained for emergency vehicles, which will require that competitors and spectators comply with the traffic and parking plan described below.

Parking or driving on the grass is strictly prohibited. Cars parked in undesignated areas in the park, in the merchant lots, along Riverside Drive or on side streets may be ticketed and towed.

There will be UA Crew parent volunteers directing traffic. Please follow their instructions.

RACING VENUE



A SPECTATOR'S GUIDE

TO WHAT YOU'LL SEE AND HEAR AT THE 2015 HAXTON INVITATIONAL REGATTA

The crew that's making it look easy is most likely the one doing the best job. While you're watching, look for – continuous, fluid motion of the rowers. The rowing motion shouldn't have a discernible end or beginning.

Synchronization. Rowers strive for perfect synchronization in the boat.

Clean catches of the oarblade. If you see a lot of splash, the oarblades aren't entering the water correctly. The catch should happen at the end of the recovery, when the hands are as far ahead of the rower as possible. Rowers who uncoil before they drop the oarblades are sacrificing speed and not getting a complete drive.

Even oarblade feathering. When the blades are brought out of the water, they should all move horizontally close to the water and at the same height. It's not easy, especially if the water is rough. The most consistent speed. Shells don't move like a car – they're slowest at the catch, quickest at the release. The good crews time the catch at just the right moment to maintain the speed of the shell.



Rowing looks graceful, elegant and sometimes effortless when it's done well. Don't be fooled. Rowers haven't been called the world's most physically-fit athletes for nothing. A 2,000-meter rowing race demands virtually everything a human being can physically bring to an athletic competition – aerobic ability, technical talent, exceptional mental discipline, ability to utilize oxygen efficiently and in huge amounts, balance, pain tolerance, and the ability to

Page times can vary considerably depending upon the course and weath

continue to work when the body is demanding that you stop.

Race times can vary considerably depending upon the course and weather conditions. Tailwinds will improve times, while headwinds and crosswinds will hamper them.

If a crew "catches a crab," it means the oarblade has entered the water at an angle instead of perpendicularly. The oarblade gets caught under the surface and will slow or even stop a shell.

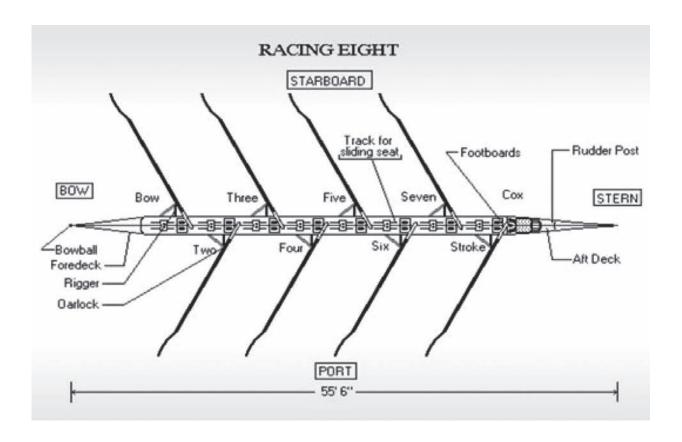
A "Power 10" is a call by the coxswain for 10 of the crew's best, most powerful strokes. Good coxswains read the course to know how many strokes remain for their crew to count down to the finish.

Crews are most easily identified by their oarblade design (see page 5).

It doesn't matter whether you win an Olympic medal or don't make the finals – each crew still carries their boat back to the rack.

Coxswains from first-place boats worldwide are thrown into the water by their crews.

A coxswain's job is to implement the coach's strategy during the race, in addition to steering and letting the rowers know where they stand in the race and what they need to do to win.



TYPES OF BOATS

Single - one rower with two oars (scull)

Double - two rowers, each with two oars (scull)

Quad - four rowers, each with two oars (scull)

Pair - two rowers, each with one oar (sweep)

Straight Four - four rowers, each with one oar (sweep)

Four With - four rowers, each with one oar and a coxswain (sweep)

Eight - eight rowers, each with one oar and a coxswain (sweep)

*In "scull" boats, rowers have 2 oars and in "sweep" boats or "shells" each rower has one oar

BOAT DIRECTIONS

Stern - the back end of the boat

Bow - the front end of the boat where the bow ball is located

Port - the left side of the boat

Starboard - the right side of the boat (from the coxswain's view)

Note: The coxswain always faces the direction the shell is going while the rowers face the rear



HAXTON BOATHOUSE

SPONSORS: DOCK580 AND GREATER COLUMBUS ROWING ASSOCIATION

THE PAST PRESIDENTS OF UA CREW INC.

HOSPITALITY **SUITE**

SPONSORED BY DOCK580

The Blake Haxton Invitational Hospitality Suite offers access to comforts and conveniences that will make this regatta the one to remember this season! Available for purchase to friends and families of all rowers, it is an ideal venue for everyone who loves rowing and being well fed and warm! Conveniently located near the finish line, the Suite offers an enhanced race experience as you cheer on your favorite rower, coxswain and team. Amenities include covered venue offering protection from the elements, breakfast, lunch and snacks by dock580, one of Columbus' premier hot spots, hot and cold beverages, first results for boats competing in the race, private port-a-potty and fire pit and "Some Oars". Hours of operation are 7:30 a.m. - 3:30 p.m. all for \$25/person. Kids under 8 are free!

Wristbands are available for sale at the Vendor Row during the regatta. Join us now!!!



AWARDS STAGE

SPONSORED BY UTILITY TECHNOLOGY INTERNATIONAL CORPORATION

Thank you to Utility Technology International Corporation for their support of the Haxton Invitational Regatta! We encourage your rowers to come to the stage throughout the day for medal presentations and photo opportunities!



UA CREW ALUMNI TENT

Former UA Crew team members are encouraged to join in the fun by watching or participating in the alumni races this afternoon. Former UA Crew parents? Definitely plan to stop by the UA Crew tents to greet current rowers and parents and former rowers and parents. If you would like to be included in future alumni events and updates please contact Jeanne Brandes at alumnichair@ uacrew.org.

QUESTIONS DURING HELP UA GO THE EVENT?

If you have any questions or need assistance during the Blake Haxton Invitational, please visit us at the

> command center behind vendor row. There you will find our Volunteer Coordinators who are supervising everything from volunteers to parking and ensuring everything goes

smoothly on regatta day. Our Regatta Chair, Amy Roberts, has done and AMAZING job of making sure every detail is covered so that this day of rowing goes well for everyone. If you have any questions or concerns, please stop by the regatta command center for additional information and help!

LOST & FOUND

Lost & Found will be co-located in the same shelter house as the awards, volunteer checkin, and registration in Shelter House 3. This shelter house is farthest away from the docks/ water and near the vendor tent. (See Venue map on Page 7).

UA LEARN-TO-ROW

Looks like everyone is having fun today! Why not join us for Learn-To-Row, UA Crew's Summer Rowing Program. Youth Learn-To-Row programs are held and meet three times a week for approximately five weeks each summer. Check it out at www.UACrew. org. Stay tuned for more information on our summer parent learn to row program, too!

In high school? Be part of UA Crew in the fall and/or spring, meet new friends while traveling through Ohio and parts of the U.S. and learn a sport you can participate in for the rest of your life! Check us out at www.UACrew.org.

GREEN AT THE HAXTON

Trash at the 2015 Blake Haxton Invitational is being recycled, thanks to student volunteers and UA Crew families. Here's how you can keep your regatta refuse out of the landfill:

- > Please place cans, bottles, and narrow-mouthed plastics in the marked recyclina bins.
- > Flatten large cardboard and large foil serving pans (rinsed; no grease, please!) and place them next to the recycling bin near your kitchen area.
- > Remind your rowers to use their refillable water bottles.

If your recycling or trash bin is FULL, please flag a recycling volunteer to empty or replace it.

THANK YOU to volunteers from Jones Middle School who will be overseeing the recycling today and to the Reed and Bertke families for coordinating. And, most of all, thank you to Republic Services, Third Hand Bike, SWACO, The Golf Car Company, and Kroger for helping us make a difference!



SWACO has more than doubled the life of the landfill as a result of its effective recycling program in Columbus. The success of recycling at the Haxton Regatta depends on you!

VENDOR ROW & FOOD TRUCKS

Interested in getting souvenirs from your visit to Columbus and the Haxton? Stop by our Vendor Row. Our fabulous vendors include: Get It While You Can, Especially Suri Alpacas, Coach, Cox & Crew, and Fine Designs. Please visit our food vendors – Schmidt's, MoJo TaGo, Steamin' Joes and Skyward Grille!



Upper Arlington High School has a rich history with success including the most state championships sports any er high school in Ohio. In order to meet the high standards of UAHS, Upper Arlington Crew is always looking for students who are willing to work hard to achieve a lifetime of rewards. Many sports are old traditions in UA, but rowing is relatively recent and provides many new experiences and opportunities.

Crew Eu-(rowing) has been competitive 1827 a sport since rope. It became an important east coast collegiate sport around 1850 at schools such as Harvard and Yale, and the interest spread throughout the U.S. over the past 150 years. Rowing slowly made its way to the highschool level and 20 years ago a small group of Arlingtonians formed what is known today as Upper Arlington Crew. Throughout those 20 years, UA Crew has garnered tremendous success.

Learn more at uacrew.org

Additional Rowing Programs in the Central Ohio Area

OSU Women's Rowing Team Arch City Rowing Club **Dublin Crew** Greater Columbus Rowing Association Hilliard Rowing Association Westerville Rowing Association

On behalf of the Upper Arlington Crew Inc. And all of the teams here today

We offer our sincerest thanks to Amy Roberts, Haxton Regatta Chair Coach Emeritus Chris Swartz Blake Haxton and Family the Haxton Regatta Committee And all of the Volunteers

For all of the planning, organizing, and hard work that has gone into creating another FABULOUS Blake Haxton Invitational Regatta!





TOURNAMENT APPAREL

AFTER REVIEWING A SIMPLE CONTRACT, WE DECIDED TO BIVE FINE DESIGNS A SHOT.

THEY TOOK OVER EVERITHING. I LIKED THE DESIGN THEY CAME UP WITH AND BABICALLY HAD LITTLE TO DO EXCEPT PROVIDE SPACE FOR THEM AT OUR EVENT. WE PUT THEM RIGHT IN THE MIX WITH ALL THE TEAMS. THEY SHOWED UP EASILY AND WERE SEADY WHEN THE TEAMS STARTED SHOWING UP. THE SOOTH WAS EYE CATCHING AND THE MERCHANDISED DISPLAY WAS VERY NICE. DURING THE MEET, I NOTICED A CONSISTENT STREAM OF CUSTOMERS. AS RACE DIRECTOR, I DID NOT SECRIVE A BINGLE COMPLAINT, AND A FEW COMMENTED ON HOW NICE THE MERCHANDIRE WAR.

THE TEAM'S COMMISSION WAS LASGED THEN WHAT WE NETTED THE LAST THREE YEARS, WHEN WE DID ALL THE WORK. AT THE END OF THE EVENT, THE BOOTH AND AREA WAS LEFT AS WE STARTED. STAN CLARK, 23RD ANNUAL DRABON INVITATIONAL

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THE PAST PRESIDENTS

OF UA CREW INC. WELCOME ALL ROWERS, COACHES AND FAMILIES TO

THE SIXTH ANNUAL **BLAKE HAXTON** INVITATIONAL REGATTA

AND WE INVITE YOU TO COME VISIT US AT THE **HOSPITALITY TENT!**

> Denny Johnson 1995 Betty Callender 1996 Mary Jo Cosio 1997 Curt Kelley 1998 Hawley Linke 1999 Jan Bley 2000 Pete Anderson 2001 John Strick 2002-03

Don Leach 2004-05

Bruce Ramsey 2006 Ron Shaull 2007 Scott Gill 2008 Jerry Johnson 2009 Mike Tedesco 2010 Steve Stroh 2011 Tom Gramila 2012 Mary Cameron 2013 Tom Roberts 2014 Tom Balcerzak 2015



We hope for good weather, calm water and fierce competition.

ROW BEARS!

THANK YOU DJ CALVIN!

Matt "DJ Calvin" Gruszecki is making his 3rd appearance at the Blake Haxton Invitational Regatta. DJ Calvin keeps the rowers and the spectators in great spirits throughout the day and brings a high level of energy to the event. Calvin Entertainment is a sub-division of Endless Journey Entertainment.

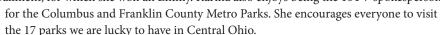
For more information please visit -

http://jasonskaraoke.com/



THANK YOU KARINA NOVA!

Karina Nova is an Emmy winning journalist who serves as the weekday morning traffic reporter and a general assignment reporter for 10TV News HD. Since her start at 10TV in 2006, Karina has covered big stories, including the Chardon High School shootings, The Zanesville Animal Escape and the 2012 Train Derailment, for which she won an Emmy. Karina also enjoys being the 10TV spokesperson





The Kent State University graduate spent the early years of her life growing up in Baku, the capitol of Azerbaijan, near the Caspian Sea. At age 8, she and her family moved to Ashtabula, Ohio.

While at Kent State, Nova was an anchor and producer at TV2 News, a station in Portage County. She also anchored and reported for the Emmy nominated show NewsOhio, a program that aired across northeast Ohio PBS stations that helped teach civics to students. Karina also completed internships at C-SPAN, the Voice of America and in Sen. George Voinovich's office in Washington, D.C., which fueled her interest in politics. Karina loves spending her time volunteering in the community, especially being a mentor for Big Brothers Big Sisters. She is also on the board of the charity Fairy Goodmothers and a proud graduate of the FBI Citizens Academy. Fluent in Russian, Karina also loves the theater, exotic cuisine and racking up frequent flyer miles. While on her traveling adventures, she's always happy to brag about Columbus, a place she calls "home".

THANK YOU UPPER ARLINGTON HIGH SCHOOL ENSEMBLE OCTET!

Upper Arlington Crew, Inc. welcomes the Upper Arlington High School Ensemble Octet to the 2015 Blake Haxton Invitational Regatta to sing the National Anthem of the United States of America. This talented group includes

Sopranos – Fiona Minich and Charlotte Brown

Altos – Sarah McOwen and Emilie Gray

Tenors - Connor Campbell and Hunter John and

Basses - Patrick Toohey and Chad Lewis

The Upper Arlington Ensemble Octet has performed all over Ohio and all over the world! We could not be more proud to have the pride of Upper Arlington lead us in song today.

Thanks to the entire Upper Arlington High School Music Department for all they do for our community!

Thank You to Boy Scout Troop 96

Today's Honor Guard includes RC Brandes, Ben Brewster, Garrett Gilliom and Jack Lee. All the boys are members of Scout Troop 96, are pursuing their Eagle Scout award and are members of the Upper Arlington Crew Team.

UA CREW THANKS COLUMBUS



RECREATION AND PARKS DEPARTMENT

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ESTAURAN

Great People Delivering Genuine Hospitality

Proud Supporters of the Blake Haxton Invitational Regatta and the UA CREW.



GOOD LUCK ROWERS!

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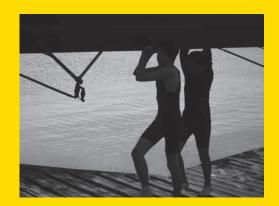
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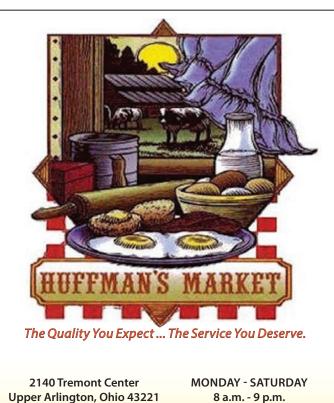








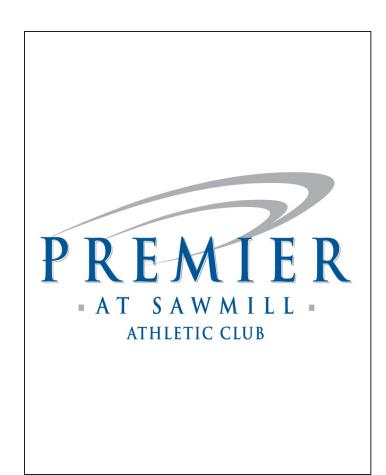
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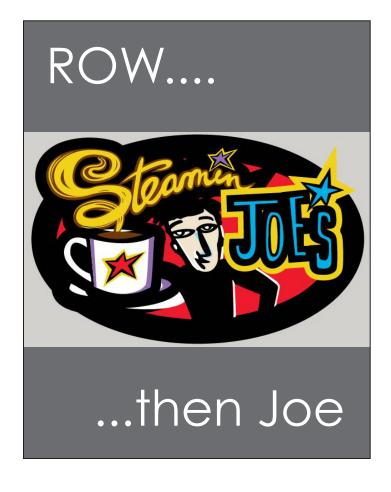
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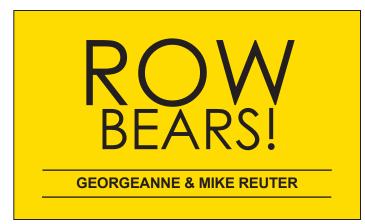
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