



## WELCOME

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

- Coach Chris Swartz

On behalf of the Haxton family and UA Crew, I would like to introduce you to the 2014 Blake Haxton Invitational Regatta. I have been in the rowing business for 45 years, been coaching for 36 years and been coaching at UA for almost 20 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 made it my focus to honor his rowing tenure at UA 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.

I am asking for your help as sponsors, participants and volunteers to make this one of the finest racing experiences you have attended. I also am asking for your indulgence in allowing this to be about the kids racing fast crews, and hopefully being among that special group. Please join with me, our coaching staff and our tremendous parent group and make the 2014 Blake Haxton Invitational as special as its namesake.

Thank you for allowing us to work with your kids. It is a pleasure and a privilege for all of the coaches at UA Crew.



# THANK YOU!

*UA Crew, Inc. would like to thank our sponsors for their generous donations to the 2014 Haxton Invitational Regatta:*

## PREMIERE LEVEL

Kim Family Foundation

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## SHOUT OUTS

Finn- Your greatest strength is how calmly, quietly, and peacefully you face life - good luck today and Row Bears!

*- Love, Mom, Mike, and Sully*

Good luck Reid Littlefield! Row Bears!

*- Love, your Crazy Casey Cousins*

ROW HARD, ROW STRONG REID LITTLEFIELD  
YOU ROCK!

*- Love, Aunt Maryann & Uncle Rich*

Good Luck Reid Littlefield!

*- The Hills*

Row Row Row your boat Reid!

*- Love, Mom & Dad*

Way to go Ruby!! We're so proud of you!!

*- Love, Dad, Mom, Pearl, Evelyn & Georgiana*

To Paul Mueller - Good luck today. Enjoy the rest of your senior year rowing season. We're so proud of you!

*- Love, Mom & Dad*

To Jeffrey Mueller - Have a great regatta today. We love you!

*- Love, Mom & Dad*

To Paul and Jeffrey Mueller - Good luck. Have fun! We love you!

*- Nana and Yayo*



*Autographs & Memories*





## 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 boy’s 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 this year he finished first in the arms and shoulders single sculls at the 2014 U.S. Para-Rowing World Championships Trials, which qualified him for the 2014 World Rowing Championships where he took fourth.

Blake also is in his second year of law school at the Mortiz College of Law at The Ohio State University and is continuing to coach with UA Crew. We know we are lucky to have his knowledge and expertise on our team.

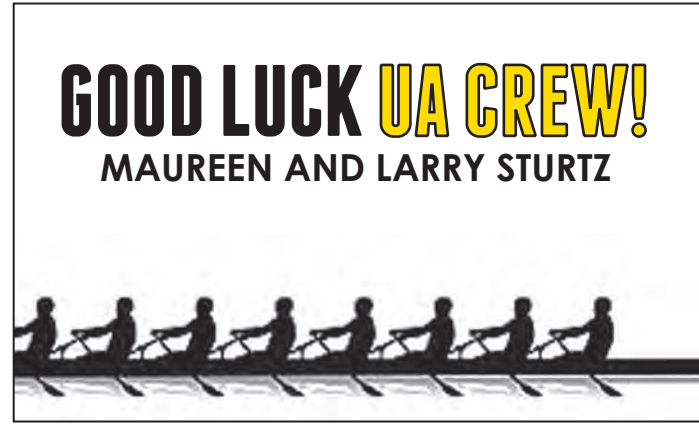
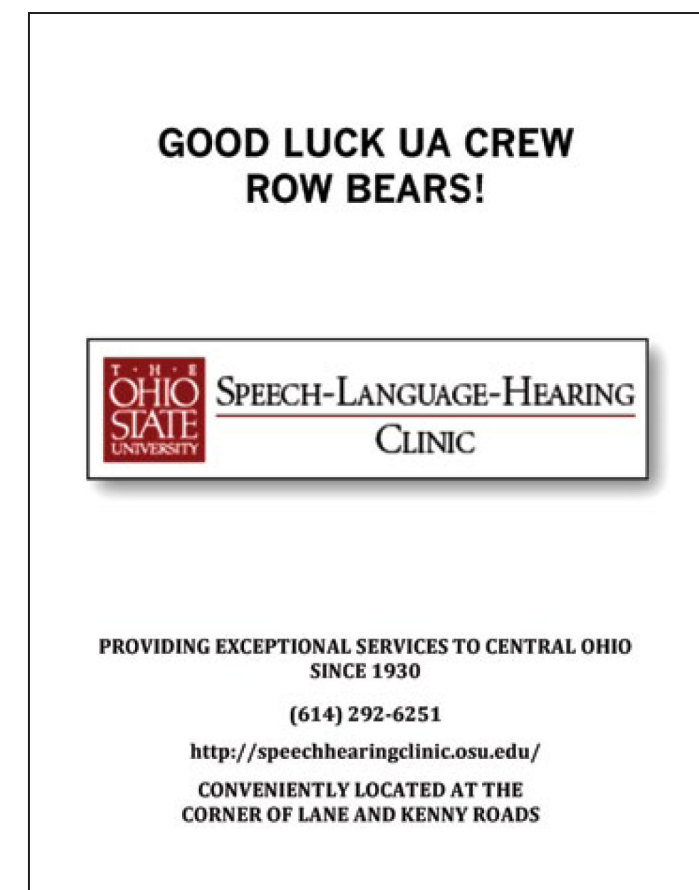
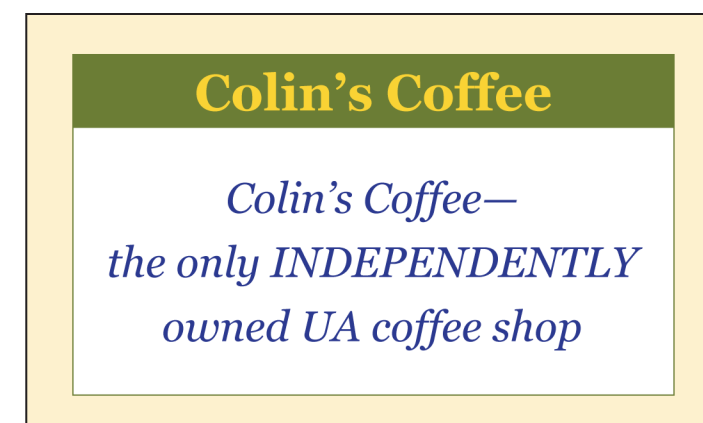


1. Coach Blake Haxton on the water  
2. Blake with Coach Swartz at the 2012 Haxton Invitational Reception  
3. First ever UA medal at the Head of the Charles Regatta with teammates (left to right) J. Gill, J. Carothers, Coach Swartz, M. Benedetti, B. Haxton



# RACE SCHEDULE

	8:00 AM	COXSWAINS' MEETING <i>Singing of National Anthem upon conclusion of meeting</i>	
☐ 1	9:00 AM	MEN	1ST VARSITY 8+
☐ 2	9:25 AM	MEN	2ND VARSITY 8+
☐ 3	9:30 AM	MEN	3RD VARSITY 8+
☐ 4	9:45 AM	WOMEN	1ST VARSITY 4+
☐ 5	10:00 AM	WOMEN	2ND VARSITY 4+
☐ 6	10:15 AM	WOMEN	3RD VARSITY 4+
☐ 7	10:30 AM	MEN	4TH VARSITY 8+
☐ 8	10:45 AM	WOMEN	1ST NOVICE 8+
☐ 9	11:00 AM	MEN	1ST NOVICE 4+
☐ 10	11:15 AM	MEN	2ND NOVICE 4+
☐ 11	11:30 AM	MEN	2ND NOVICE 8+
☐ 12	11:45 AM	WOMEN	3RD NOVICE 4+
	12:15 PM	LUNCH BREAK	
☐ 13	1:10 PM	WOMEN	3RD VARSITY 8+
☐ 14	1:20 PM	MEN	1ST VARSITY 4+
☐ 15	1:30 PM	MEN	2ND VARSITY 4+
☐ 16	1:45 PM	WOMEN	2ND VARSITY 8+
☐ 17	2:00 PM	WOMEN	1ST VARSITY 8+
☐ 18	2:15 PM	MEN	3RD NOVICE 4+
☐ 19	2:30 PM	WOMEN	1ST NOVICE 4+
☐ 20	2:45 PM	WOMEN	2ND NOVICE 4+
☐ 21	3:00 PM	MEN	1ST NOVICE 8+
☐ 22	3:15 PM	MEN	3RD VARSITY 4+
☐ 23	3:30 PM	MEN	4TH VARSITY 4+
☐ 24	3:45 PM	WOMEN	2ND NOVICE 8+
☐ 25	3:55 PM	WOMEN	4TH VARSITY 4+
		AWARDS PRESENTATION	



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# THE TEAMS

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Columbus, Ohio
-  Camp Randall Rowing Club  
Madison, Wisconsin
-  Cincinnati Junior Rowing Club  
Cincinnati, Ohio
-  Cleveland Youth Rowing Association  
Cleveland, Ohio
-  Dublin Crew  
Dublin, Ohio
-  Notre Dame Academy Crew  
Toledo, Ohio
-  Oakland Catholic High School  
Pittsburgh, Pennsylvania
-  Pioneer Rowing Club  
Ann Arbor, Michigan
-  St. Edward High School  
Lakewood, Ohio
-  St. Ignatius High School  
Cleveland, Ohio
-  St. John's Jesuit High School  
Toledo, Ohio
-  St. Joseph Academy  
Cleveland, Ohio
-  St. Louis Rowing Club  
St. Louis, Missouri
-  Three Rivers Rowing Association  
Pittsburgh, Pennsylvania
-  Upper Arlington High School  
Upper Arlington, Ohio
-  Westerville Crew  
Westerville, Ohio

# 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.



**Palanca & Associates, LLC**  
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 Haxton Invitational Regatta!

1580 Fishinger Road  
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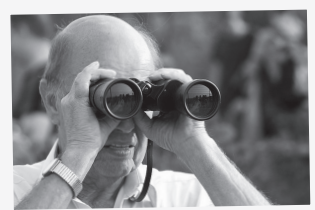
**Thank you**

Jerry and Ginny Popson

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**THANK YOU**

**Geiss Family for your  
 continued support  
 of UA Crew!**



## 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.*

**ROADTOWN COFFEE**

The Blake Haxton Invitational Regatta thanks Mark Cartmille for his dedication to UA Crew and the Haxton Regatta. We have greatly appreciated your support over the years. The starting line won't be the same without you!



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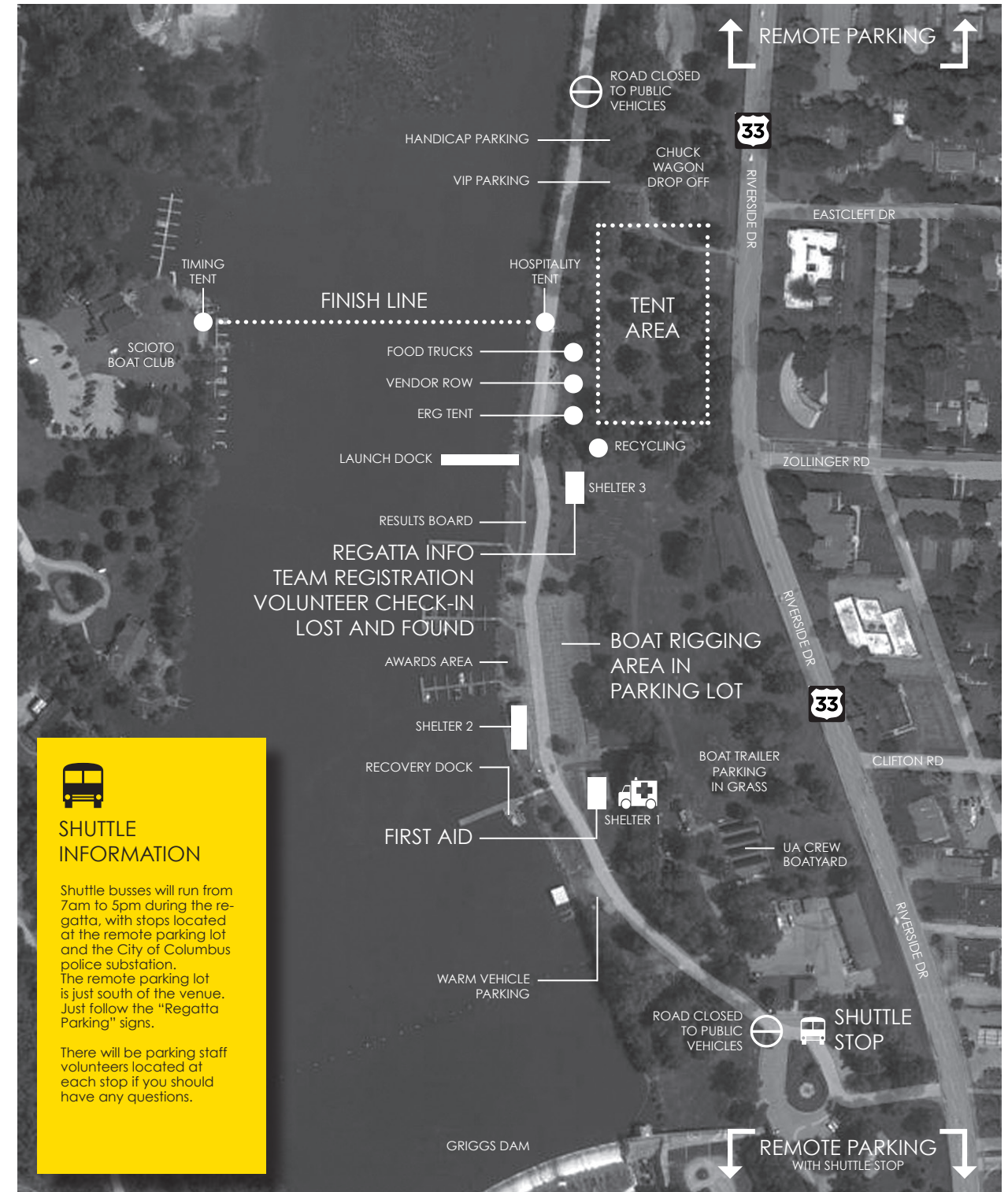
**HOURS OF OPERATION**

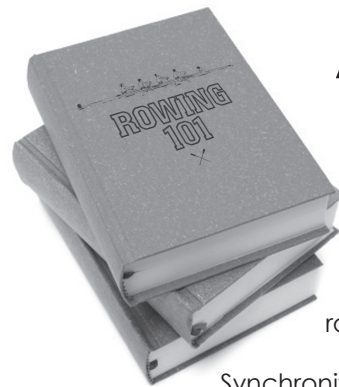
Mon-Fri: 9-6:00pm • Sat: 9-1:00pm • Sun: Closed

Located at the corner of West 3rd Avenue & Northwest Boulevard



# RACING VENUE





# A SPECTATOR'S GUIDE TO WHAT YOU'LL SEE AND HEAR AT THE 2014 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

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.

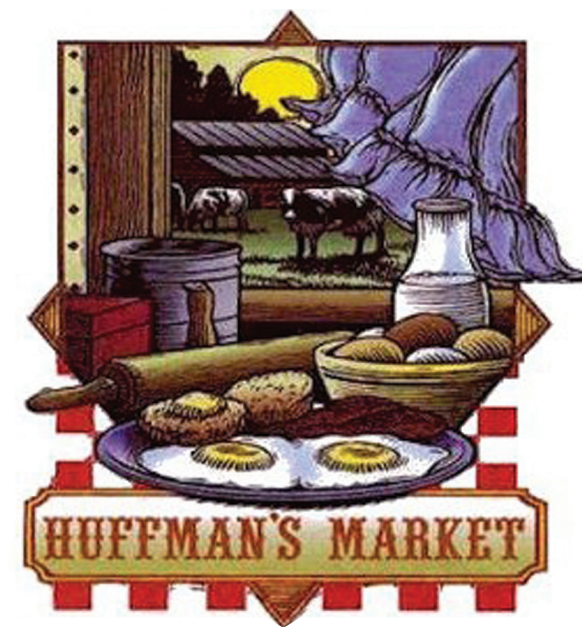
A "Power 10" is a call by the coxswain for 10 of the crew's best, most powerful strokes. Good coxswains read the course to know how many strokes remain for their crew to count down to the finish.

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.



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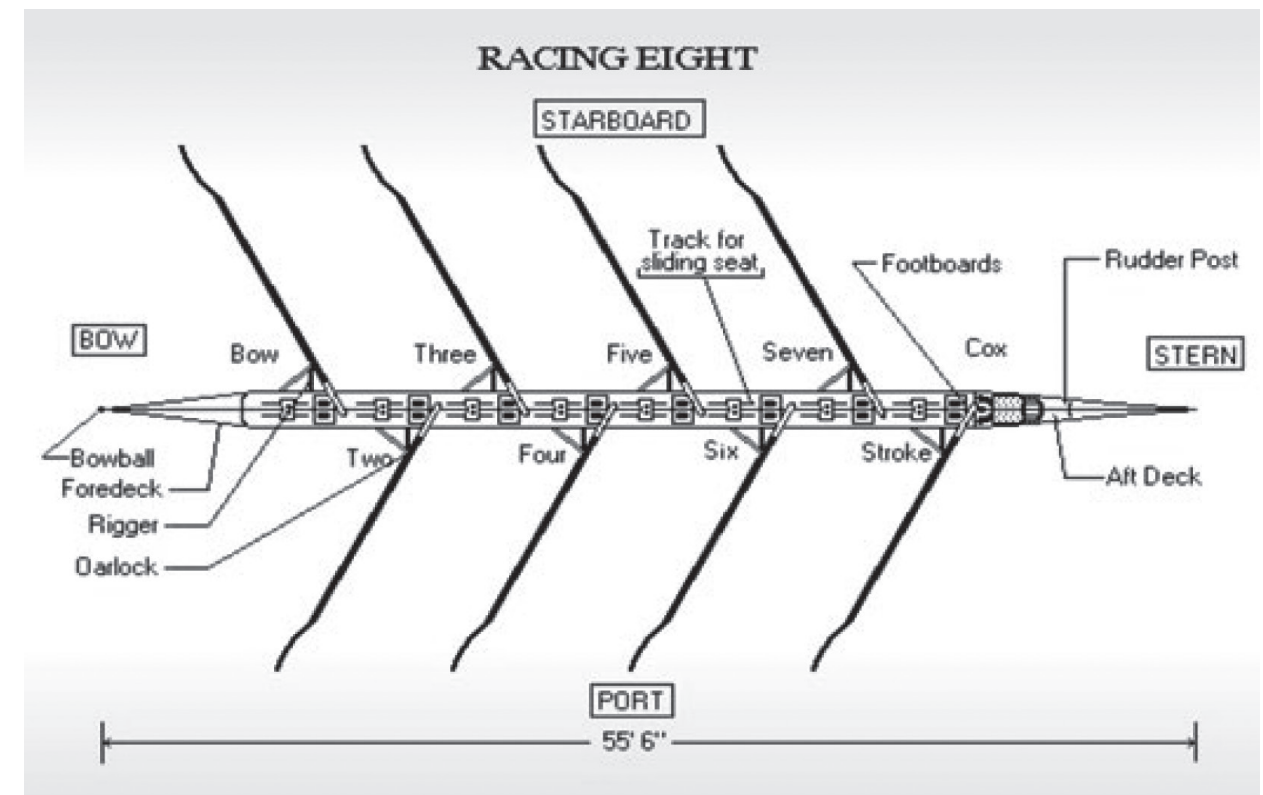
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## TYPES OF BOATS

- 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



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The Haxton Invitational Regatta thanks the Kim Family Foundation for their support of the 2014 Haxton Invitational Regatta.

## HOSPITALITY TENT

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Another back by demand event is the Hospitality Tent, a controlled access hospitality tent. Patrons of the Hospitality Tent will enjoy a distinctive viewing experience including food catered by Gallo's Kitchen and Bar and Panera, first glance at race results and access to your own bathroom facilities (port-o-john).

The Hospitality Tent will sit on the east side of the Scioto River along the river's edge immediately across from the finishing tent and will have an unparalleled view of the finishing line.

Wristband: Available for sale at the Vendor Tent during the regatta for \$20 per person.



## AWARDS STAGE

SPONSORED BY UTILITY TECHNOLOGY INTERNATIONAL CORPORATION

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

## HAXTON INVITATIONAL RECEPTION

To kick-off the Haxton Invitational Regatta, the regatta planning committee hosted their Annual Invitational Reception on Thursday, October 23. The reception was held in the Scioto Room at the Griggs Reservoir Boathouse, in celebration of the spirit of competition.

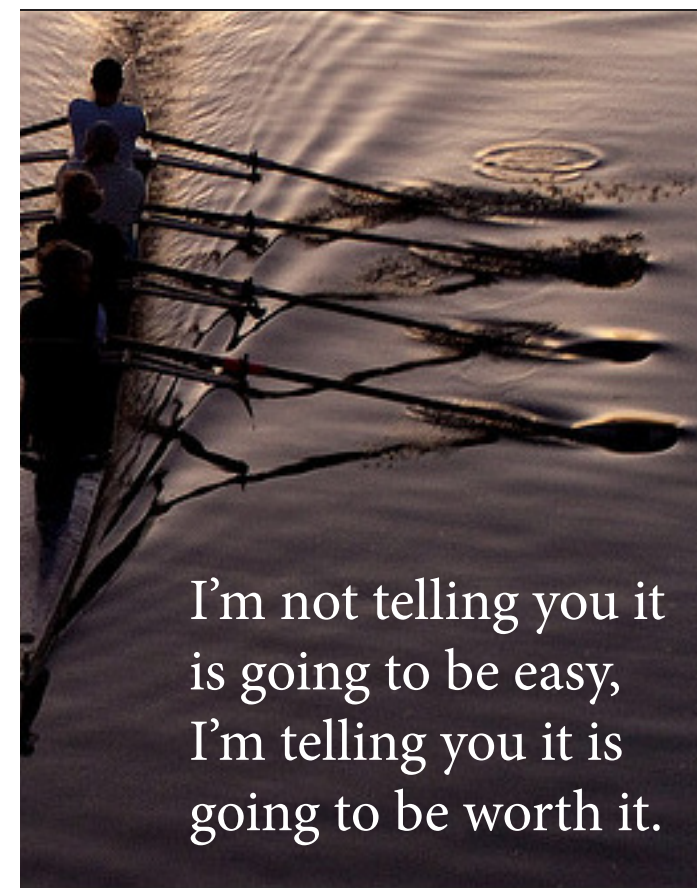
The evening of fun was possible due to generous support from Middle West Spirits, Shanes Gourmet Catering, Bar 145, Courtney Porter and Eight Cakes A Week.

GOOD LUCK  
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& UA CREW



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It's not how good you are



It's how good you want to be



## QUESTIONS DURING THE EVENT?

If you have any questions or need assistance during the Haxton Invitational, please look for volunteers wearing Haxton jackets and bright neon name tags which will identify them at the event. These are 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 an amazing job of making sure every detail is covered to make your day run smoothly. If you have any questions or concerns, please stop by the regatta command center for additional information.



## HELP UA GO GREEN AT THE HAXTON

Trash at the 2014 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 recycling 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 in a green vest 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 Zerkel families for coordinating. And most of all, thank you to Inland Services, Third Hand Bike, SWACO, The Golf Car Company, and Kroger for helping us make a difference!

## LOST & FOUND

Lost & Found will be co-located in the same shelter house as the awards, volunteer check-in, registration in Shelter House 3. This shelter house is farthest away from the docks/water and near the vendor tent.

## UA LEARN-TO-ROW

Go to [www.UACrew.org](http://www.UACrew.org) and look for upcoming dates of local regattas to watch and 'Learn-to-Row' details.

Participate in the UA Crew Summer Rowing Program. Youth Learn-to-Row programs are held and meet three times a week for approximately five weeks. UA Crew plans to host an event for National Learn to Row Day the first Saturday in June.

Be a part of UA Crew in the fall and/or spring, meet new friends while traveling the U.S. and learn a sport you can participate in for the rest of your life!



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

Interested in getting souvenirs from visiting Columbus? Stop by our Vendor Row. Items at the event from vendors including: Get It While You Can, Especially Suri Alpacas, Argo & Lehne Jewelers, Coach, Cox & Crew, and Fine Designs. Please visit our food vendors - Schmidt's, Mojo TaGo, Kettle corn and Roadtown Coffee.



Upper Arlington High School has a rich history with success in many sports including the most state championships of any other 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 (rowing) has been a competitive sport since 1827 in Europe. 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](http://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

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## TOURNAMENT APPAREL

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THEY TOOK OVER EVERYTHING. I LIKED THE DESIGN THEY CAME UP WITH AND BASICALLY 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 EARLY AND WERE READY WHEN THE TEAMS STARTED SHOWING UP. THE BOOTH 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 RECEIVE A SINGLE COMPLAINT, AND A FEW COMMENTED ON HOW NICE THE MERCHANDISE WAS.

THE TEAM'S COMMISSION WAS LARGER 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 DRAGON INVITATIONAL

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# THE PAST PRESIDENTS

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

# THE FIFTH ANNUAL BLAKE HAXTON INVITATIONAL REGATTA

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

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Denny Johnson 1995	Bruce Ramsey 2006
Betty Callender 1996	Ron Shaull 2007
Mary Jo Cosio 1997	Scott Gill 2008
Curt Kelley 1998	Jerry Johnson 2009
Hawley Linke 1999	Mike Tedesco 2010
Jan Bley 2000	Steve Stroh 2011
Pete Anderson 2001	Tom Gramila 2012
John Strick 2002-03	Mary Cameron 2013
Don Leach 2004-05	Tom Roberts 2014

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

# ROW BEARS!

## THANK YOU PATRICK DONADIO!

Upper Arlington Crew welcomes Patrick Donadio back as the voice of the Haxton Invitational Regatta! Patrick Donadio is a Certified Speaking Professional (CSP) and Master Certified Coach (MCC). Since 1986, he has guided leaders and their organizations with powerful presentations and one-on-one business communications coaching. From the boardroom to the frontlines, he shows people how to improve communication/presentation/media relations skills, increase profits, enhance credibility, deepen relationships and boost performance — in less time. Donadio works with high-level leaders who want to develop professionally and organizations that want to grow their people and has trained individuals from Fortune 500 companies to organizations/associations in a variety of industries.

A nationally recognized speaker, communication expert, author, and coach, Donadio has worked with thousands of individuals from Fortune 500 companies to associations, universities, hospitals, and governmental organizations who desire to “grow their people” to greatness.

Patrick lives in Upper Arlington with his wife Beth, Son Nicholas and Daughter Marissa (Captain of UA Women's Crew).



## 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 for the Columbus and Franklin County Metro Parks. She encourages everyone to visit the 17 parks we are lucky to have in Central Ohio.



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”.

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**We're proud supporters  
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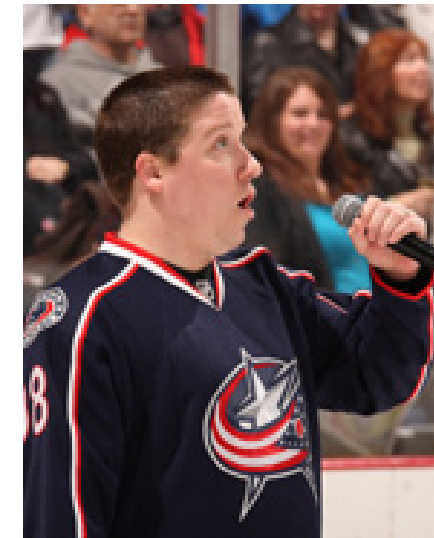
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## THANK YOU MR. LEO WELSH!

Upper Arlington Crew, Inc. welcomes Mr. Leo Welsh to the 2014 Haxton Invitational Regatta to sing the National Anthem of the United States of America.



When not singing at Columbus Blue Jackets games, Leo is an active member of Opera Columbus, where he has performed in over a dozen productions since 2002. In addition, Leo serves as a section leader and soloist for the First Congregational Church.

Leo graduated from Ohio University in 2003 and works at Columbus West Park as a nursing home administrator, while continuing to pursue his musical and theatrical endeavors. Leo resides in Columbus with his wife and their son.



**supports the  
5th annual  
Haxton Regatta**

## UA CREW THANKS COLUMBUS



THE CITY OF  
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MICHAEL B. COLEMAN, MAYOR

RECREATION AND PARKS  
DEPARTMENT

# INLAND WASTE SOLUTIONS



Best wishes for a successful regatta.

Go Crews! Go Blake!

From your friends in the Center for Critical Care and all of the faculty and staff of The Ohio State University Wexner Medical Center.



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## GOOD LUCK ROWERS!

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