



LETTER FROM THE PRESIDENT

Your Varsity "O" Alumni Society fulfills its mission of "Athletes Helping Athletes" in three main ways: Connecting Buckeyes; Supporting Student Athletes; and Preserving History and Tradition. How we do that is familiar to many of you, but this message will serve as a brief refresher.

We connect Buckeyes with each other to help them in their employment. Our VO Network, and on-line Directory, give each of us the opportunity to link up with others in similar lines of work. If you are a young alum just getting started in your career, you may want to talk with former Buckeye athletes who work in your field. Chances are, those individuals know and appreciate the value of hiring former Buckeye athletes, who have the drive, ambition, work ethic, and will to succeed that make for a great hire. And if they can't hire, maybe they know someone else who would benefit from hiring a Buckeye. These same principles apply to the more experienced alum who is looking to make a job change.

When I need to refer a case to an attorney in another city, or within Columbus in an area outside my field of expertise, I look to the Directory, as my first choice is to send the business to a fellow Buckeye athlete. I was the beneficiary of referrals like this years ago, and am now "paying forward".

A while back, I pulled a muscle (see the article later in this Newsletter about whether we still consider ourselves to be "athletes"!) It was very painful. I chose a physician in my health insurance plan, and was delighted to discover that he is a loyal Varsity "O" member, a swimmer. It gave me a great deal of comfort to know that I was being treated by a Buckeye doctor (and he fixed me right up!)

We also recognize the value of renewing old friendships and making new ones with former teammates and others. So (in non-pandemic years) we put on a huge tailgate party before the Homecoming Football game in French Field House; we have parties at select away football games); we host pre-game receptions for football player members in the Varsity "O" Room in Ohio Stadium; we have special events at other sporting events; and pre-game receptions in the Fred Taylor Room at basketball games. All to connect Buckeyes.

To encourage you to return to campus and experience current Buckeye competitions, your Varsity "O" membership entitles you to free attendance for two at Olympic sports. As an Ohio State letter winner, you have unique opportunities to purchase OSU football tickets.

Another part of connecting is through written communications, accomplished through this Newsletter, e-mail messages, and our presence on Facebook, Twitter, Instagram and LinkedIn, as well as our website, https://varsityo.alumni.osu.edu/.

We support student athletes first by helping with college expenses. We have fully funded five scholarships. We also provide a scholarship for graduate school at Ohio State for two outstanding senior student athletes. In addition, we provide \$1,000 to the team with the highest grade point average, and another \$1,000 to the team with the most improved grade point average, all to benefit the coach's discretionary fund. We award this to both a "big" team and a "small" team.

Beyond supporting athletes by recognizing and rewarding their academic excellence, we provide the captains of each team with handsome personalized mugs, typically presented at the post-season banquets. And, each new letter winner participates in a special ceremony in the Varsity "O" Room in Ohio Stadium, where Varsity "O" celebrates the presentation of letter jackets.

Finally, one of the privileges of Varsity "O" is to honor our rich heritage, and **preserve our history and tradition.** For over a century, Varsity "O" has been an important part of The Ohio State University. All of you who have worn the scarlet and gray, and competed in historic venues, are part of this history. We honor those most outstanding Buckeye athletes each year with induction into the OSU Athletics Hall of Fame.



LETTER FROM THE PRESIDENT (CONT.)

Another of our traditions is the Tunnel of Pride before the football game against TTUN. It looks great to see the VO Banner proudly displayed on the field for the players to run under.

We honor our heritage further by hosting reunions for championship teams. We aren't doing reunions this year due to the pandemic, but we recognize two of our past championship teams in this Newsletter.

We know that you are proud of your connection to Ohio State athletes, and your unique status as a Buckeye letter winner. To show your pride of being a key part of that history and tradition, your Varsity "O" membership allows you to buy rings, apparel, hats, and flags to show the world that you were—and are—a Buckeye athlete. You have an opportunity in this Newsletter to make those purchases.

I hope this quick review has allowed you to recall all of the many ways your Varsity "O" helps athletes, past, present, and future. Thank you for being a part of Varsity "O" and supporting our mission.

Go Bucks!

Steve Chappelear Varsity O President Wrestling ('71-'74)

COACH HOLTMAN SPEAKS WITH VARSITY "O"

OSU Head Men's Basketball Coach Chris Holtmann participated in a Zoom conference with Varsity "O" members on July 16, 2020.

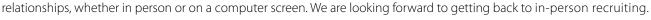
Varsity "O" President Steve Chappelear conducted the interview, passing along questions to Coach Holtmann from many Varsity "O" members.

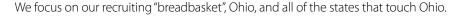
The discussion was wide ranging and interesting. A video of the session is available at: https://varsityo.alumni.osu.edu/2020/08/watch-coach-holtmann-webinar-recording/

Some of the highlights of the discussion are below.

Recruiting

We are in the midst of heavy recruiting. It is difficult in a time of a pandemic. We can't travel to see the prospects, and they can't travel to see us, the campus, and our facilities. But, it is a level playing field because other schools are in the same situation. We do a lot of Zoom interviews. It's all about building relationships, whether in person or on a computer screen. We are looking forward to getting back to





The new rules that are being developed about "Name, Image and Likeness" are becoming a part of our recruiting discussion. This is evolving, and will become more certain in coming years. For certain athletes, this could be a significant help for them. The ability for an athlete to profit off of name, image and likeness makes sense.

When we recruit, we focus on whether the prospect can help us compete for a championship. Are they talented or gifted enough? We look for people who want to go to school, want to earn a college degree.

We ask ourselves, are they Buckeyes? That is, do they fit our culture? Do they want to grow? How do they engage with their coaches? Are they self-aware? Are they coachable? Are there behavioral issues? It is an inexact science.

Effects of COVID-19

In addition to immediate impacts on recruiting, training, and possibly on the competition schedule, there are budgetary concerns due to the elimination of last year's NCAA tournament, and impacts on the football program, leading to significant lost revenue. We are looking at where we can reasonably trim expenses. For example, we may travel by bus, rather than charter jet, to certain games.

Teaching Leadership

We develop the whole individual, not just the player on the court. We put on a series of summer classroom type presentations, called "Beyond Hoops". We cover our six program values: honesty, thankfulness, selflessness, toughness, resiliency, and respect. We give real world examples of how these values lead to success and happiness in life. We also cover financial responsibility, financial stewardship, and life skills. The players' parents especially appreciate these sessions.

Dealing with Societal Issues

You can't ignore the controversial issues of the day. We have to have real conversations with our athletes. These are important issues. We have to create an environment as coaches where the athletes feel comfortable having these discussions.

The Transfer Portal

The transfer portal has presented another interesting dynamic in college basketball. There is much more player mobility than before. It is an adjustment. It usually comes down to an athlete wanting "more", more playing time, more shots. Recent Final Four teams have all had players who transferred in from another school. It is important to have honest conversations with our players about expectations.



COACH HOLTMAN SPEAKS WITH VARSITY "O" (CONT.)

Mental Health of Athletes

There's nothing, nothing more important in our program than our players' physical, mental health and overall growth. Nothing. And that will always be the case. There's not a game-there's nothing. Our staff here, our medical staff, this University is comprehensive in its care of our players, physical and mental. Comprehensive. I've never seen anything like it. I think we're on the cutting edge in a lot of ways in terms of our staffing, our willingness to deal with our players' issues, and it's a day and age where we see this more and more, particularly in this age group and particularly with student-athletes. We've had more players utilize mental health services over the past 5 years than in my previous 15 years as a coach. It is almost exponential growth. There is significant anxiety and depression. Social media directly negatively affects mental health.

We provide a safe environment for discussion of mental health issues. We pull the stigma away. It is important to be honest and open in the conversation.

Alumni

We have tremendous alumni. We keep them involved with the program. We have a former players' dinner every fall. Every former player and manager is invited. The guys sit with their teammates, and the socializing then continues as they head out on the town. We host a Captains' dinner, where past captains attend, and sit with the current team and coaching staff. They are recognized the next day at our game.

Academic Success

This past season, Kyle Young and Musa Jallow were selected as members of the NABC Honors Court. Danny Hummer was named a Big Ten Distinguished Scholar, which required a grade-point average of 3.7 or higher. Four of our Buckeyes were named both Academic All Big Ten, and Ohio State Scholar Athletes.

Facilities

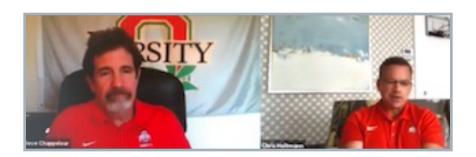
We have a phenomenal practice facility. Our weight room is great. We are upgrading our locker room and player lounge area. You have to constantly move forward in this area, as our competitors are adding new features all the time.

Arena Atmosphere

I love that the University decided to move the students down close to the floor, behind both team benches. You need to have engaged fans, and the students are very engaged.

The Coming Season

We are really excited about where we are with our team. We have had 3 20 plus win seasons, and been to the tournament each year. Our returning players and our newcomers are terrific, and can't wait for the season to start.

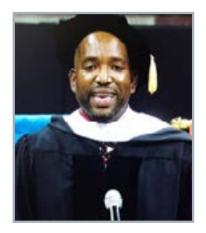


MORE LIFE LESSONS FROM BUCKEYE GREATS

In the last issue of the Varsity "O" Newsletter, we profiled four former Buckeye athletes and one former Buckeye head football coach who had been honored with giving an OSU commencement address. With the 2020 Summer Commencement, that figure now stands at six.

Michael Wesley Redd, an Olympic gold medalist and former NBA All-Star for the Milwaukee Bucks, delivered the commencement address on August 9, 2020 to summer 2020 Ohio State University graduates. Redd is a homegrown Buckeye who committed to Ohio State after graduating from Columbus West High School.

The 1998 Big Ten Freshman of the Year was also a three-time Ohio State MVP, an All-Big Ten selection and a four-time Big Ten Player of the Week. Redd, who averaged 35.1 minutes a game, ranks sixth in career scoring at Ohio State with 1,879 points. In three seasons as a Buckeye, he averaged 19.6 points per game, the seventh-best career scoring average in Ohio State history.



A team captain in 2000, Redd was drafted in the 2000 NBA Draft by the Milwaukee Bucks. He was an NBA All-Star in 2004 and a five-time Bucks MVP. In 2008, Mr. Redd competed with the gold medal-winning U.S. Olympic Team in Beijing.

Redd was elected into the Ohio State Athletics Hall of Fame and the Ohio Basketball Hall of Fame in 2009.

He is the founder and CEO of 22 Ventures, and has been building, developing and investing in tech-focused startups since he retired from the NBA in 2013. He graduated from Ohio State in 2015 with a degree from the College of Arts & Sciences.

Redd's commencement remarks drew heavily from lessons he learned on the hardwood. His advice is valuable to not just new college graduates, but to all of us.

"Your perseverance, your tenacity, your drive, will be the traits that will carry you to the next era of your lives."

"Never forget that the world inside of you can impact the world around you."

"Nothing is impossible."

"Never ever negotiate your dreams, your goals, and ultimately vision. Vision has been a hallmark of my life. As long as you have vision you have everything. Be solidified in who you are and begin to have vision for your life. Allow yourself to have vision govern your life and dictate different decisions within your destiny and purpose."

"The secret to your success is you."

"You're going to face challenging times in your life, but I want to encourage you to run toward the challenge. Never be afraid of fear. Never be afraid of failure. Persevere through challenging times, tough times."

"Never be afraid to take risk."

"Never be afraid to fail. Failure is the breeding ground for innovation and creativity. Never ever be afraid to fail."

"Let your drive, and let your passion, and let your hunger dictate your future. There is something to be said about driven, hungry individuals."

"Dare to be different. Embrace your distinction. Distinction makes history. Not sameness. Not average."

"Surround yourself with people who will always stretch you and push you to do new things and creative things."

"Embrace the challenge and enjoy the scenic route."

TONY WHITE: A PILLAR OF LAW, LEADERSHIP AND RACIAL EQUALITY

By Tami Kamin Meyer

There was never a question in Tony White's mind that he would follow in his beloved father's footsteps to practice law. A graduate of Watkins Memorial High in Pataskala, just east of Columbus, surely qualifies him to be labeled a "hometown success."

White's father was a criminal defense attorney, who then worked for the county prosecutor. "He was in the news often, and a sheriff was parked in front of our house to make sure we were safe," he says.

White attributes his upbringing, where education was of paramount importance, with his professional and personal successes. "There were a lot of conversations and discussions (about my brother's and my future plans), and I set goals beyond my reach, which was part of the culture of my family," he says.

"I felt most comfortable at OSU. Clearly, it was home," he says.

One of the most important lessons for White, who, at 6'7" was a starting forward for OSU from 1985-1989, is the "benefit of hard-work as an individual and on a team. You have to work and play hard as a group" to achieve greatness, he says.

After college, White studied law at Northwestern University, knowing he would return to his hometown afterward. Not only was he anticipating the benefits of living back near family, he says he thought "it would be great for me to engage in the business community in my profession as a lawyer."

Playing basketball for Ohio State raised White's profile in the community, a responsibility he readily accepted upon returning to town in 1993. He volunteered for organizations in the legal community, and has devoted countless hours promoting racial equality and to improve the landscape for student-athletes.

"We have a whole generation of young African-Americans trying to find their way in the world. They have feelings about society and how they can fit in. It is our responsibility to guide them through," says White, who was Partner-in-Charge of Thompson Hine in Columbus from 2005 to 2014. He remains a member of the firm's Executive Committee and focuses his law practice on complex business litigation.

He also has represented Ohio State at the Big Ten Conference Advisory Commission for over a decade, serving as its chair for a term. Most recently, White has dedicated time and energy to the Big Ten Anti-Hate and Anti-Racism Coalition, an organization created following the murder of George Floyd earlier this year. As one of OSU's eight representatives to the committee, White participates in Zoom meetings with other members as they discuss ways to support today's student-athletes and promote racial understanding and harmony.

Of the newly formed group, White says, "It's our job to create an atmosphere that supports the vision" that student-athletes are safe on campus and in society.

"A lot of success in life is up to the individual but many in the African-American community do not believe African-Americans have the same access to the dreams of success as others might. We need to listen to their concerns and address them as best as possible," says White.

Of the coalition, White says it seeks to establish "recommendations and strategies" that make real differences in the ways student-athletes feel they are supported. "We won't rush it," says White, noting that Big Ten Commissioner Kevin Warren is "focused on getting it right."

And what's something White says was right when he played hoops for the Buckeyes? When OSU beat Michigan at home his junior year, during the 1987-88 season.

"The Big Ten replays that finish as one of the Top 10 finishes. It was a great run and everyone was excited," he says.

Tami Kamin Meyer is a Columbus attorney and freelance writer. She is a member of the Columbus Bar Association's Board of Editors, and has had articles published in Forbes, MarketWatch, Cannabis & Tech Today, Next Avenue, Your Teen and others. She is the Social Media Chair of the American Society of Journalists and Authors.



OSU ATHLETICS HALL OF FAME UPDATE

There have been changes to many celebrations during this pandemic. The OSU Athletics Hall of Fame Induction Banquet and Recognition is another on the growing list of postponements. The decision has been made to postpone the induction of the 2020 class until the Fall of 2021. Varsity O wishes to properly honor, recognize and celebrate these athletes for their significant contributions to The Ohio State University and at this time, that is not possible.

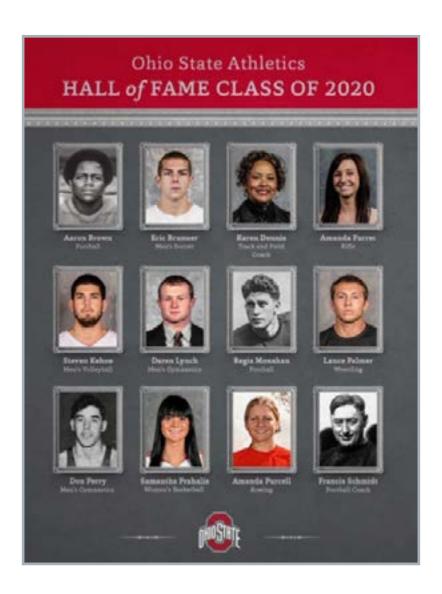
Induction of this class has been moved to the weekend of September 10th, 2021. This means that no additional inductees will be selected in 2021, and this class will officially become the Hall of Fame Class of 2021.

Varsity O again expresses its congratulations to these inductees and looks forward to celebrating with them in 2021.

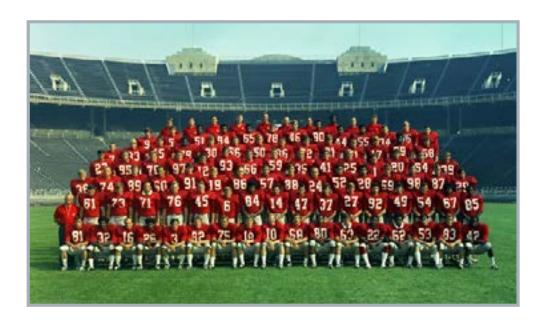
Dates:

Hall of Fame Banquet and Induction: Friday September 10th 2021

Hall of Fame On-Field Recognition: Saturday September 11th, 2021 vs. Oregon



1970 OHIO STATE NATIONAL CHAMPIONSHIP FOOTBALL TEAM 50-YEAR CELEBRATION



Members of the 1970 Ohio State Buckeyes are celebrating the 50 year anniversary of their national championship season.

The team captains were Rex Kern, Jan White, Jim Stillwagon, and Doug Adams.

The offensive line had Tom DeLeone at center, Phil Strickland, Brian Donovan and Dick Kuhn at the guards, and Dave Cheney and John Hicks at tackle. Jan White and Bruce Jankowski were the ends. Rex Kern and Ron Maciejowski were the potent 1-2 punch at quarterback. The fullback was John Brockington, and halfbacks were Larry Zelina, Tom Campana and Leo Hayden.

On defense, Jim Stillwagon and Mark Debevec shared the line with end Ken Luttner and tackle Ralph Holloway, and George Hasenohrl. The linebackers were Stan White and Doug Adams. The defensive backfield was made up of Harry Howard, Jack Tatum, Tim Anderson and Mike Sensibaugh.

Place kicking was handled by Fred Schram, with punting by Mike Sensibaugh.

The Buckeyes steam rolled through their first eight games, undefeated, and set for a titanic clash against That Team Up North. This was the first time in history that both schools entered their season-ending struggle with undefeated-untied records. The Buckeyes were looking for revenge for a 24-12 loss in Ann Arbor the prior year, which spoiled their undefeated record. From their first practice of the season, the players had to cross a rug every day when leaving the dressing room for practice, which reminded them of the 1969 game score. The Buckeyes defeated the Wolverines 20-9 before a record Ohio Stadium crowd and a national television audience.

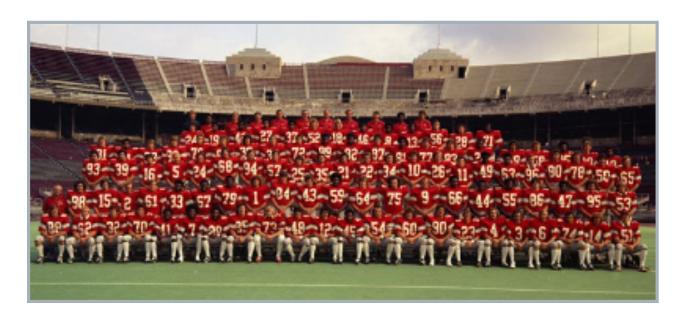
OSU was the National Football Foundation's selection as National Champion.

The Buckeyes fell to Heisman Trophy winner Jim Plunkett and his Stanford teammates in the Rose Bowl.

Named as All-Americans were Stillwagon, Tatum, White, Brockington, Sensibaugh, and Anderson. Stillwagon was chosen the team's MVP, and also became the first winner of the new Lombardi Trophy as college football's "Lineman of the Year."

The seniors on the team won all 16 of their games in Ohio Stadium. The 1968-1970 era produced a three-year record of 27-2, with a winning rate of 93.1%.

1975 OHIO STATE BIG TEN CHAMPIONSHIP FOOTBALL TEAM 45-YEAR CELEBRATION



Members of the 1975 Ohio State Buckeyes are celebrating the 45-year anniversary of their Big 10 conference championship.

The 1975 Ohio State Buckeyes football team featured Head Coach Woody Hayes in his 25th season at the helm. Team captains were Heisman Trophy winner Archie Griffin, Brian Baschnagel, Tim Fox, and Ken Kuhn.

The offensive line had center Rick Applegate, guards Ted Smith and Bill Lukens, and tackles Scott Dannelley and Chris Ward. Larry Kain was the tight end, Lenny Willis the split end, and Brian Baschnagel played wingback.

The quarterback was Cornelius "Flam" Greene. Pete Johnson played fullback, and Archie Griffin was the featured running back.

On defense, the tackles were Nick Buonamici and Eddie Beamon, and Pat Curto and Bob Brudzinski were the defensive ends. The linebackers were Ken Kuhn, Ed Thompson. Aaron Brown played at nose tackle. Tim Fox and Ray Griffin were the safeties in the defensive backfield.

The place kicker was Tom Klaban, and Tom Skladany served as the punter.

The Buckeyes opened the season with a 21-0 shutout of Michigan State, atoning for a controversial three-point loss the prior year. Subsequent convincing wins over Penn State, North Carolina and UCLA led to a number one ranking in both major polls. The Buckeyes then shut out lowa and Wisconsin, 49-0 and 56-0, before big wins against Purdue, Indiana, Illinois, and Minnesota.

The final regular season game was against That Team Up North, with the winner of the game crowned Big Ten Champions and heading off to the Rose Bowl. The Buckeyes defeated the Wolverines 21-14 for the Big Ten Championship, and their fourth consecutive trip to the Rose Bowl.

UCLA came out on top with an upset win, 25-10, leaving the Buckeyes 11-1 for the season.

Griffin won virtually every national award, including his second Heisman Trophy. Griffin, Skladany, Smith, and Fox were named All-Americans. Greene was selected the Big Ten's MVP. The seniors on the team never lost a game in Ohio Stadium in their four varsity years, winning 24 home games. They went 40-5-1 overall (88.0%). They won outright or shared four Big Ten titles and made four appearances in the Rose Bowl. They finished their senior season ranked fourth in the country.



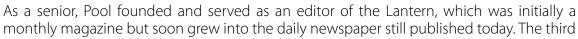
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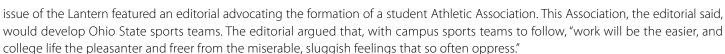


HARWOOD POOL

By Robert J. Roman

No student shaped the feel of life at Ohio State, arguably, more than a student named Harwood Pool. He first came to the school in the fall of 1877 after attending a prep academy in New Haven, Connecticut, called the Hopkins School. In the spring of 1878, a three-person committee was tasked with choosing Ohio State's school colors, and Pool was the only freshman invited. The committee's initial choice, orange and black, was rejected for being the colors of Princeton, but the campus liked their second choice much better: scarlet and gray. The committee never offered an explanation for that choice, but Pool was probably influenced by the school colors at Hopkins, which were maroon and gray.





A few weeks later, Pool chaired the meeting at which the Ohio State University Athletic Association was formed. His Association had three standing committees: one for baseball, one for football, and one for general athletics, which was responsible for track and field competition. As an athlete, Pool was a sprinter, and he put himself in charge of the General Athletics Committee. Within a few days, he organized a campus "Field Day," featuring track and field events. There, Pool became the first Ohio State champion in the 100-yard and 220-yard dashes. Field Day became an annual competition, out of which the Ohio State track and field team directly evolved. More broadly, the Athletic Association provided the context within which the Ohio State baseball, football, and basketball teams all developed.

Pool died on December 29, 1903, due to complications from gastritis and rheumatic gout. He was only 44 years old. In his obituary, the Columbus Dispatch praised him as the founder of the Lantern. The Lantern itself went further. Its obituary stated that Pool "probably did more than any other man to develop the college spirit at O.S.U.".

Robert J. Roman is the author of *Ohio State Football: The Forgotten Dawn* where additional stories such as this one can be found.

RAS AND SHEROS SEEK CONNECTION WITH VARSITY "O" FORMER ATHLETES

During a time in our lives when diversity, human rights, philanthropy and community involvement are all at the forefront of the news, RAS and SHEROS are making an impact on the Ohio State University campus and they are seeking connection and participation with Varsity O former African American athletes.

RAS – "Redefining Athletic Standards" is a student organization founded in 2017 by African American male student-athletes at Ohio State aimed at providing the opportunity and safe space to discuss issues on campus and create events to help them to be defined by more than just the sports in which they compete.

SHEROS, founded in 2018, also seeks a safe space and a support system, where female African American student-athletes can learn and develop the essential skills that will help them lead successful lives. The organization strives to provide female student-athletes the understanding of the importance of unity, skills to accomplish beneficial networking, philanthropic skills, and proper guidance toward professional development and personal growth.

RAS and SHEROS create events and initiatives such as community service, new student welcome events, interviewing and job skills seminars, job fairs and fund-raising events.

RAS and SHEROS seek to bridge the gap between the student-athlete experience and the Ohio State community, while also leading the next generation and they are looking to connect with former African American Athletes at OSU in order to discuss experiences, opportunities and solutions.

Should you wish to connect and participate with RAS and/or SHEROS, please reach out to any of the following people:

Cassie Dickerson

Varsity O Board Member – liaison to RAS and SHEROS <u>dickerson.142@osu.edu</u>

Prince Moody

Ohio State Athletics Assistant Director – RAS Advisor moody.221@osu.edu

Kiara McClendon

Ohio State Athletics SASSO – SHEROS Advisor mcclendon.68@osu.edu

SHEROS:

Website: https://u.osu.edu/sheros/

Instagram: **@osusheros**Twitter: **@osusheros**

RAS:

Instagram: @rasbuckeyes

twitter: @rasbucks





INSIDE THE ATHLETIC DEPARTMENT: TJ SHELTON

TJ Shelton joined the Ohio State staff as an assistant athletics director for sports administration in 2007. With the Buckeyes, Shelton oversees the men's and women's swimming, diving, cross country, track and field, wrestling and lacrosse programs, as well as field hockey and synchronized swimming. He previously served as the assistant director of athletics at Washington University in St. Louis, Mo., for 15 years.

At Washington, Shelton coordinated event management for 18 varsity teams, was responsible for operations and maintenance oversight of indoor and outdoor athletic facilities and also for administrative oversight of the baseball, softball, swimming, diving and crew programs.

He also served on a variety of NCAA committees, including the NCAA Minority Opportunities and Interest Committee, NCAA Woman of the Year selection committee and was also a facilitator at the NCAA Student-Athlete Leadership Conference in 2006. He was actively involved with several university committees as well, including the Homecoming and Parents Weekend Committee, the Commencement Committee and the Student Leadership Selection Committee.



Prior to his appointment at Washington, Shelton served as an intern and graduate assistant at Wichita State University in Wichita, Kan. He graduated from Wichita State in 1989 with a bachelor's of arts degree in sports business management and in 1992 he received a master's of science degree in sports administration from Wichita State.

A native of Independence, Kan., Shelton has one son, Jordan, and one daughter, Micaela.



COMPLIANCE CORNER

As a former student-athlete and a member of Varsity O, you are considered a representative of athletics interest or a "booster." We rely on you, and all of our boosters, to help us maintain our rich tradition of excellence and integrity. Understanding the complexity of rules regarding your interaction with recruits and current student-athletes is important to the ongoing success of our programs. For the remainder of the 2020-21 academic year, our compliance staff will be sharing relevant compliance education for your reading pleasure.

For our first "Compliance Corner" segment, we will cover extra-benefits. As one of the most frequently violated rules by student-athletes and boosters nationwide, it's important that we provide you with a few takeaways. We know you may want to pay it forward, however we ask that you please work directly with the compliance office prior to doing so.



Impermissible Extra Benefits

An extra benefit is any benefit to a student-athlete that is not available to the general student body. Studentathletes and prospects MUST always pay the going rate for ALL goods and services; and may not receive preferential treatment based off their status as an athlete.

Please feel free to reach out to the office of athletic compliance by email **ATH-Compliance@osu.edu** or phone (614) 292-2681 with any questions or concerns. Give us a follow at OSU Compliance on Twitter!

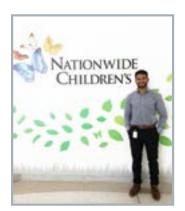
THE EUGENE D. SMITH LEADERSHIP INSTITUTE

The Eugene D. Smith Leadership Institute provides leadership, character and career development for all Ohio State student-athletes in order to best prepare them for life after graduation. In order to accomplish this mission, the institute is comprised of three pillars: Real Life (career focused), Live Life (social issues and personal development) and Leadership.

The **Real Life** pillar consists of programs geared towards preparing our student-athletes for a career following their days of competition. In preparation to become successful professionals, student-athletes take part in internships, career fairs, mock interviews and more.

The **Live Life** pillar focuses on the world's social issues, hot topics and personal development surrounding specific sports. Each coach is required to have a "Live Life" plan executed during their off-season with the assistance of the institute. These topics include but are not limited to, mental health, eating disorders, presidential elections, healthy relationships, protesting and social justice.

The **Leadership** pillar encompasses all aspects of leadership development. Student-athletes and coaches will both benefit from the programs housed within this pillar. With the goal of exposing student-athletes and coaches to new leadership styles and theories, many of these programs will involve the collaboration of numerous varsity sports. We aspire to develop leaders who influence their teams, the university and the community.





Justin Inacio (Men's Lacrosse) and Divya Batchu (Rowing) at a summer internship with Nationwide Children's Hospital



Liza Hernandez (Women's Lacrosse) at her internship with Big Lots



-Urban Meyer
Assistant Athletics
Director-Athletics
Initiatives and Relations

THE EUGENE D. SMITH LEADERSHIP INSTITUTE (CONT.)

REAL LIFE

BUCKS GO PRO 1.0

An eight-week paid internship and professional development experience within the Department of Athletics or the University

BUCKS GO PRO 2.0

A full-time paid externship with a corporate partner

BUCKEYE ROAD TRIP

A site visit to corporate partners targeted by location across the United States

BUCKEYE FUTURES

Workshops designed to connect student-athletes with experts and leaders in their industry of choice

CAREER CONSULTATION

1:1 meeting with institute staff to connect and place student-athletes with future employment

Company Conservations would be world.

Buckeye Road Trip

LIVE LIFE

COMPLETE ATHLETE PROGRAM

A program to educate elite student-athletes on areas specific to taking the next step in their athletic career

SPORT SPECIFIC PROGRAM

Team sessions targeted to educate and prepare student athletes to thrive as active, engaged and contributing members of society

LEADERSHIP

LEAD LIKE A BUCKEYE

A series of leadership courses designed for captains and team leaders

WOLSTEIN LEADERSHIP ACADEMY

Programming to help student-athletes define who they are as a leader and develop essential leadership skills



The Wolstein Leadership Academy

ADVICE FROM THE TEAM DOCTOR

Do you still consider yourself an Athlete? Here's Why You Should

Every one reading this article is guilty of retelling glory day stories to a captured audience at a family gathering. There was a period of time in your life that you confidently and proudly referred to yourself as an athlete. How about now, though? Are your playing days becoming a distant memory? Have your physical capabilities diminished a bit? Does your warmup take longer to complete than the actual workout itself? Do you still consider yourself an Athlete?

The term Athlete can be ambiguous and is loaded with stereotypes. A quick Google search will tell us an Athlete is "a person who is trained or skilled in exercises, sports, or games requiring physical strength, agility, or stamina." According to Nike, "If you have a body, you are an athlete." At Ohio State Sports Medicine, we define Athlete as "a person who competes with a strong body, mind and spirit".

We feel using our definition, it becomes easier for us to answer the question "Am I still an Athlete?" The answer is: "Yes, I am!" Embrace calling yourself an Athlete. This can play an important role in how you see yourself and how you ultimately perform at any endeavor. If we are aspiring to always improve, everyone should think of themselves as an athlete. It brings intrinsic value to us, gives us a sense of pride in our pursuits and gives us confidence in our abilities to commit to the process.

Ohio State Sports Medicine wants to help you own that Athlete identity for life and not in "glory day" stories. We are in the early stages of developing our Sports Medicine Athlete for Life program, with a vision to establish programming that supports you in your quest to preserve the Athlete mindset and lifestyle. We envision specific programming tailored to your physical and mental well-being everyone from former Buckeye Athletes and those within our central Ohio community. We plan to provide care in our many sport medicine locations and virtually to Varsity O Alumni across the country. To aid in our research and development process, we would like to hear suggestions on the types of programs, services and opportunities you believe would help you thrive in your life, as an Athlete for Life.

If you are interested in helping shape the future of Sports Medicine Performance and being a part of our focus group, please reach out to Marcus Williams at **marcus.williams@osumc.edu** to register for our survey and upcoming virtual Zoom calls.



ADVICE FROM THE PERFORMANCE DIETITIAN

The Ohio State Performance Nutrition department's mission is to make nutrition the foundation of student athlete success, both in their time at OSU and in life after sport. Performance nutrition uses evidence-based practices in assessment, education and targeted nutrition interventions to optimize performance both athletically and academically, prevent injury and enhance overall health and long term wellbeing. As Registered Dietitians (RD), our goals are to educate on nutrition habits for continual, deep-rooted knowledge about their health inside and outside of the athletic environment, educate and aid student-athletes in optimal performance nutrition and provide indelible guidance to use healthy eating for body composition and weight management.

We provide many services to our sports teams as part of their overall athletic performance team which includes athletic training, strength and conditioning, sports psychology and sports science. Our services range from personalized, one-on-one or team nutrition counseling for a variety of medical situations such as anemia, food allergies, female athlete triad, dysfunctional and disordered eating, chronic or acute disease states (i.e. IBS, Crohn's, celiac, diabetes, lupus, lactose intolerant, etc.), athletic performance such as hydration, weight management, injury recovery, muscle cramping, fatigue, travel nutrition, competition day fueling, supplement evaluation with food first approach, healthy dining hall strategies, and life skills such as cooking classes, cooking demonstrations, grocery planning, grocery store tours and healthy eating around holidays, vacations or breaks. We also work hard to maintain food service operations by overseeing preseason meals, training table and fuel zone management surrounding training and competition. Performance Nutrition also uses body composition analysis through a SECA bioelectrical impedance machine which offers the student athlete a picture of their current resting metabolic rate (RMR), muscle to fat ratio, skeletal muscle development (right and left sides) and intracellular and total body water (hydration). If a bone density is warranted, we have access to dual-energy X-ray absorptiometry (DEXA) machine located at the Jameson Crane Sports Medicine Institute.

Just as with our current student-athletes, we would be honored to help and serve our former student-athletes after they have moved on from collegiate competition. We know many of you are still active – as weekend warriors, yoga/Pilates diehards or possibly competing on a professional level – and know the importance of nutrition for continued vitality. We want to tailor this advice column to your current questions, concerns and curiosities. Performance nutrition and nutrition in general is such a complex, individual, and ever-changing field – it is often hard to know what is truly going to be of benefit to your goals.

PLEASE send any thoughts, ideas or questions to Sarah Wick at wick.33@osu.edu.

WHY I GIVE-SAM SEBASTIAN

Sam Sebastian's legacy with Ohio State tennis has surpassed what he accomplished on the court as a student-athlete. The 1993 Ohio State graduate and three-time letter winner committed to a six-figure gift in support of the Ty Tucker Tennis Center in 2017. Thanks to his support, and the generosity of numerous Buckeye supporters like himself, this new indoor tennis facility is set to open this fall. It is named in honor of Ty Tucker, former Ohio State Tennis player and current Ohio State Director of Tennis and Head Coach of the men's tennis team.

Ty Tucker was one of the motivating factors in Sam's decision to pay forward to Ohio State Athletics. The two were teammates, roommates on the road and doubles partners during their time as Buckeye student-athletes.

The duo would help Ohio State to a 1991 Big Ten Championship victory, the program's first in 48 years. Sam still considers that accomplishment as his proudest while donning the Scarlet and Gray. They would both go on to play professional tennis and then transition into successful careers; Ty turning Ohio State into a national powerhouse in tennis and Sam becoming the CEO of Pelmorex Corporation.

Sam also recognizes that being a student-athlete at Ohio State contributed to his success in life. As a two-time captain on the tennis team and a three-time Academic All-Big Ten student-athlete in the honors accounting program, Sam learned transferable skills like discipline, focus and time management. He credits these experiences into making him a better father and businessman.

To student-athletes that don the Scarlet and Gray today, Sam advises that they should strive to be great at their sport but even better in the classroom. Ohio State is an athletics department unlike any other and the resources provided to student-athletes today is unprecedented. Sam hopes that Buckeyes enjoy their time in college while also using it as an opportunity to build their professional network and be disciplined in their studies, so that they too are equipped for a successful life.

In 1993, just a week before Sam's final match as a Buckeye, the Ohio State school newspaper quoted him saying, "I'm proud to be a Buckeye, through and through." While a lot has changed in those nearly three decades, Sam's passion for Ohio State Athletics clearly has not. We are grateful for his support of Ohio State Athletics and his dedication to pay forward.



Doubles partners Sam Sebastian and Ty Tucker



Sam Sebastian

WHY BE A VARSITY "O" MEMBER

The Ohio State University Varsity "O" Alumni Society is an exciting, active alumni organization consisting of former Ohio State varsity athletes who earned at least one letter in their varsity sport. We enjoyed our time competing for the Buckeyes and we strive to help current and former Buckeyes. Our slogan is "Athletes Helping Athletes", which we achieve by creating programs designed to help current and former Buckeye athletes. We are proud of our rich history and tradition and celebrate our legacy through our Athletics Hall of Fame, team reunions, and sales of Varsity "O" apparel, rings, mugs, and flags. We support current athletes through fully funded scholarships, post graduate scholarships, recognition of team captains, a first-time letter winners' ceremony, and awards to the teams with the highest and most improved grade point averages. We provide Buckeye networking opportunities through social media, including Facebook, Instagram, Twitter, and LinkedIn, the Varsity "O" website, quarterly newsletters, our annual Homecoming Tailgate, pre-game football tailgates, receptions at football and basketball games, and receptions at select away football games and other sporting events.

Benefits of membership:

- O Ability to purchase OSU football tickets
- Free admission for two to OSU Olympic sports events
- Invitations to exclusive Varsity "O" events
- OSU golf course walk-on privileges
- O Access to Varsity "O" Store for exclusive goods and apparel
- **0** 20% discount on goods at Ohio State Team Shop
- Quarterly Varsity "O" Newsletter
- O Sustaining membership in OSU Alumni Association
- Buckeye Club Membership

Be a part of The People, The Tradition and The Excellence and become a Varsity "O" Member today! Go to **varsityo.alumni.osu.edu/membership/**

Questions? Write buckeyeclub@osu.edu or call 614.292.9908

JOIN A COMMITTEE!

The heart of the work of the Varsity "O" Alumni Society is done in its committees. Here is your chance to get involved in Varsity "O", and to pay forward.

Review the committees below, and express your interest by writing to President Steve Chappelear, **sechappelear@eastmansmith.com**.

AWARDS

Recommendations for recipients of annual awards, Bailey, Tootle, Loyalty, and Jones, reporting on awards in newsletter, website, and social media, and organizing presentation of awards to recipients

BY-LAWS

Responsible for periodic review and update of Constitution and By-laws

COMMUNITY SERVICE

Responsible for coordinating and implementing opportunities for members to participate in meaningful community service projects, ideally alongside current student-athletes

EVENTS

Responsible for planning events and encouraging attendance by members and Board members, including National Football Foundation dinner, Scholar Athlete dinner, Scarlet and Graymies, Letter Jacket ceremonies, Meet the Coach nights, golf outings, championship team reunions, receptions at away and bowl football games, social gatherings and joint gatherings with alumni groups at Buckeye Watch parties

FINANCE

Responsible for reviewing financial performance of the organization, including establishing budget, assessing variances from budget, and recommendations for unplanned expenditures

HALL OF FAME

Responsible for developing and establishing process for selection of deserving candidates for the OSU Athletics Hall of Fame, and working with Athletic Department staff to make logistical arrangements for banquet and game day celebration.

HOMECOMING TAILGATE

Responsible for organizing food, drink, facility, and entertainment for annual Homecoming Tailgate at French Field House

JOIN A COMMITTEE! (CONT.)

NEWSLETTER

Responsible for developing content for quarterly newsletter, including brainstorming story ideas, writing articles, editing submitted articles, soliciting authors for articles, establishing publication timetable, and insuring timely publication

POST-GRADUATE SCHOLARSHIP

Responsible for working with SASSO to gather supporting materials, review applications, and make recommendations to Board for scholarship winners

SOCIAL MEDIA

Responsible for developing content for social media pages, and posting, for Facebook, Twitter, LinkedIn, and Instagram

TEAM (TOGETHER ENGAGING ALL MEMBERS)

Responsible for implementing strategies to increase member engagement with Varsity "O" and OSU

BLACK ATHLETE ALUMNI

Responsible for addressing issues of special concern to Black members, and engaging with Black members

LGBTQIAP

Responsible for addressing issues of special concern to LGBTQIAP members, and engaging with LGBTQIAP members

YOUNG ATHLETE ALUMNI

Responsible for addressing issues of special concern to Young members, and engaging with Young members

VO NETWORK

Responsible for maintaining and promoting the VO Network to membership

JOIN A COMMITTEE! (CONT.)

VO ROOM IN OHIO STADIUM

Responsible for considering upgrades to Varsity "O" room in Ohio Stadium, and issues relating to use of room for events

VO STORE

Responsible for considering offerings to VO members of apparel, and other VO branded items

WEBSITE

Responsible for developing website content, including brainstorming ideas, writing copy, and working with website developer to add content and keep website fresh and current



MEET JILL BURKE

Dr. Jill Vincent Burke is the president-elect of the Varsity O Alumni Society. She was a four-time varsity letter winner as a member of the Ohio State University Synchronized Swimming Team from 1976 until her graduation in 1980. During her tenure the team won the first national championship in synchronized swimming for Ohio State in 1977 and three more prior to her graduation. She was a three-time All American, a two-time national trio champion, a two-time member of the National Sports Festival Team, and she represented the United States at the International Invitational in Spain in the Spring of 1979, where the United States was victorious.

Following graduation, Jill used her Bachelor of Science in Business Administration degree in the banking field until deciding to follow her passion into education. After returning to school, she earned her teaching credentials and worked as a high school mathematics teacher for 21 years. Once her two daughters had headed to college, she again returned to school where she earned a masters and doctorate degree in leadership studies from Ashland University. She has worked 15 years as a principal and administrator for both Hilliard City Schools and South-Western City Schools. Jill is currently working as an administrator of the Virtual Learning Academy of South-Western City Schools.

Varsity O Alumni Society membership has been rewarding for the former OSU letter winner. She has been a board member since the fall of 2016, serving on various committees, as secretary during 2018 and 2019, and as president-elect this year. She enjoys working with former athletes who share her love of the Ohio State University, its athletic programs, and the mantra of VO; "Athletes Helping Athletes."

For nearly 40 years Jill has been married to former OSU football player, Tim Burke (75-79). They have two daughters, Melissa Burke Alexander and Meredith Burke (both teachers), and three grandchildren; Avery, Ryder, and Harper. Their son-in-law, Ryan, is the head baseball coach at Grove City High School. The family enjoys the family farms, attending all the children's activities, and of course, loves the Ohio State Buckeyes!







Varsity O News Fall 2020

NOTICE OF ANNUAL VARSITY "O" MEMBERSHIP MEETING

The annual membership meeting of the Ohio State University Varsity "O" Alumni Society will take place on Monday, October 19, 2020, at 4:30 p.m. The meeting will be held via Zoom.

All Active Members of the Ohio State University Varsity "O" Alumni Society are welcome to participate. "Active" Members are those OSU letter winners who are either lifetime members of Varsity "O" or who have made a qualifying contribution of at least \$75 for the 2020 year.

Information about the details of logging in to the Zoom meeting will be sent to all Active Members who register for the meeting by October 9, 2020 by sending an email to **sechappelear@eastmansmith.com**.



MEET THE BOARD

Varsity O Alumni Society Board of Directors



STEVE
CHAPPELEAR
President
Wrestling ('71-'74)
Attorney, Eastman & Smith
sechappelear@eastmansmith.com



JILL (VINCENT)
BURKE
President-Elect
Synchronized
Swimming ('76-'80)
Administrator, Virtual
Learning Academy
jillvburke@gmail.com



LIZ (HELLICKSON) LUCAS Secretary Rowing ('97-'01) High School Teacher, Hilliard City Schools ehellickson@hotmail.com



JOE BUDDE
Treasurer
Swimming ('71-'74)
Private Practice Attorney
Joe@BuddeRealEstateLaw.com



CANDACE DARK
Past-President
Basketball ('03-'07)
Director of Outreach &
Engagement at The
James Cancer Hospital &
OSU Wexner Medical
Center
candace.dark@osumc.edu



IAN BETTS Board Member Swimming ('12-'14) Attorney, Vorys, Sater, Seymour and Pease imbetts@vorys.com



GARTH COX
Board Member
Football ('74-'77)
Attorney, Harris McClellan
Binau & Cox PLL
gcox@hmbc.com



CASSIE DICKERSON
Board Member
Women's Soccer ('06-'10)
Intellectual Property Strategy,
Ohio State Technology
Commercialization
dickerson.142@osu.edu



MATT FINKES
Board Member
Football ('93-'96)
Director of Development
Wexner Medical Center
Finkes.1@osu.edu



TOM LEVENICK
Board Member
Football ('78-'82)
President, PowerPlay
Strategies, Inc.
tom@powerplaycorp.com



RON MACIEJOWSKI
Board Member
Football ('68-'70)
Executive Vice President, Greer
Steel Company
rmace3166@outlook.com



LIBBY (GRAF)
O'BRIEN
Board Member
Women's Lacrosse ('05-'09)
Special Needs Preschool
Teacher in Southwestern
City Schools
libbygraf@yahoo.com



JASON SINGLETON
Board Member
Men's Basketball ('95-'99)
Athletic Director
Columbus Academy
singletonj@columbusacademy.org



ANTONIO SMITH Board Member Football ('02-'06) Vice President, Driven Foundation asmith4485@aol.com



KATY (CRAIG) SWATHWOOD Board Member Track & Field ('99-'02) Executive Sales Representative, Eli Lilly & Company kcswathwood@gmail.com

SPECIAL VARSITY "O" ALUMNI SOCIETY LICENSE PLATE FRAMES, CHENILLE AWARD FRAMES, FLAGS & BANNERS AVAILABLE FOR YOU TO PURCHASE

Questions? Joe@BuddeRealEstateLaw.com



ITEM #1 Varsity O License Plate Frame



ITEM #2 Framed Chenille Award

LICENSE PLATE FRAME

\$30 - includes shipping when delivered to a business address \$35 - includes shipping when delivered to a residence due to UPS charges

FRAMED CHENILLE AWARD

\$75 - includes all shipping costs



ORDER FORM

ITEM NUMBER REQUESTED:	
*If requesting item #2, please list name, varsity sport(s) and year(s) participated how you would like it to appear on the award.	
VO MEMBER NAME:	_
VARSITY SPORT(S):	_
YEAR(S) PARTICIPATED:	_
SHIPPING ADDRESS:	_

Mail this order form and your check payable to: OSU Varsity "O" Alumni Society to:

Joseph E. Budde, ESQ, 259 W. Schrock Road, Westerville, OH 43081



VARSITY "O" ALUMNI SOCIETY FLAG & BANNER ORDER FORM



DESCRIPTION

SKU # FLC -2008	Varsity O Alumni Society Printed Nylon Flag	\$ 130.00
SKU # FLC -2009	White Varsity O Alumni Society Printed Nylon Flag	\$ 130.00
SKU # FLC -2010	White Varsity O Alumni Society Printed Nylon Banner	\$ 107.00
SKU # FLC -2011	Red Varsity O Alumni Society Printed Nylon Flag	\$ 130.00
SKU # FLC -2012	Red Varsity O Alumni Society Printed Nylon Banner	\$ 107.00

BILL TO
Name:
Company Name:
Street:
City/State/Zip:
Email Address:
Daytime Phone:
Fax:

SHIP TO	
Name:	
Company Name:	
Street:	
City/State/Zip:	
Note: please provide ship to P.O. Boxes.	e street address for all shipments. We can not

SKU#	DESCRIPTION OF PRODUCT	QTY	PRICE EACH*	TOTAL	OFFICE USE ONLY
CC Number			SUBTOTAL		
CC Number: Exp Date: Zip:		Ohio Residents add 6.75% sales tax			
			SHIPPING CHARGES		

SHIPPING CHARGES

The following charges are for shipping in the continental 48 states. Please call for orders to Alaska, Hawali, and international destinations, as these will include air height charges.

For quick delivery, we can ship UPS 2nd-day and UPS next-day services for an additional charge. Please call and we will be able to quote you the special charges.

SHIPPING CHARGES Add to all orders MERCHANDISE VALUE SAH Up to \$50.00.... \$50.01 - \$100.00. \$10.00 \$100.01 - \$200.00.... \$200.01 - \$469.99... \$560.01 - \$1000.00... \$16.50 \$25.00

\$1000,01 and over.

Email Completed form to: patricia@flagladyusa.com

Call with any questions! 614-263-1776 x 306

Fall 2020 Varsity O News

\$36.00

5 CALL

VARSITY "O" STORE

ORDER BY OCTOBER 19

OHIO STATE UNIVERSITY VO FALL 2020



\$106.50 Nike Bomber Jacket



\$48.00 Nike Academy 20 Full Zip Jacket



\$58.00 Jordan 1/4 Zip



\$55.00 Nike Dry Victory OLC Half-Zip

Available in 2 other colors.



\$45.00 Nike Dry Victory Solid OLC Polo Available in 2 other



\$45.00 Nike Dri-FIT Polo
Available in 2 other colors.



\$28.50 Nike Dry 3/4 Sleeve Raglan Tee

Tee Available in 1 other



\$51.50 Nike Flux Jogger



\$35.00 Nike Women's Legend Veneer LS Hoodie
Available in 1 other



\$48.00 Nike Women's Short Sleeve Windshirt

Available in 2 other



\$48.00 Nike Short Sleeve Windshirt

Available in 1 other color.



\$51.50 Nike Women's Flux Crew

Available in 1 other color.



\$28.50 Nike Women's Dry 3/4 Sleeve Raglan Top

Available in 1 other color.



\$28.50 Nike Women's Dry Tempo Short

Available in 1 other color.



MTS Customer Support - ref # 4782439 1-800-749-3813 | myteamshop@bsnsports.com Team Coordinator Varsity O varsityosociety@osu.edu







No orders will be accepted after the deadline.