

LETTER FROM THE PRESIDENT

70 STEPS

I figure I have been to over 300 football games in the Horseshoe since I graduated from Ohio State in 1974. Each time I enter Ohio Stadium, and begin the walk up to my seat, in addition to my excitement about the coming contest, I think back on three things: going to Buckeye football games with my Dad as a kid in the 1960s; selling Coca-Cola on game days when I was 12-14 years old, walking up and down the aisles hawking my wares ("Coke here! Get your ice-cold Coke here!"); and running up and down the steps of the stadium in conditioning for OSU wrestling.



I'm sure you had a tough pre-season conditioning program for your sport. We all did. For wrestling, in September and October, we did weightlifting, rope climbing, timed mile runs, sprints, and lots of calisthenics. On Tuesdays and Thursdays, we ran over to the stadium to run the steps.

Coach Casey Fredericks had a regular routine for us. We began at the southeast end. We sprinted from the bottom of A Deck to the top. 70 steps. Then we ran north to the next aisle and jogged down the aisle. Then we jogged north to the next aisle and sprinted up those 70 steps to the top. And repeated. All the way around the Horseshoe to the southwest corner.

There, we reversed direction, but with a difference. Instead of sprinting up those 70 steps, we did a two-legged hop up each step. Back over to the southeast end. Where we again reversed direction, but now hopping on our left foot. All the way to the southwest corner. Then back, hopping up those 70 steps on our right foot.

LETTER FROM THE PRESIDENT (CONT.)

When we finished running the steps, our lungs were burning, as were our calves, quads, and hamstrings. It was agony.

As I sprinted or hopped from step to step, with my eyes focused just ahead of me on the gray cement, I thought about my pain, my sweat, my intense dislike of those steps, and my fervent hope that there would be a payoff when wrestling season rolled around, and my superior conditioning would result in wins on the mat. These steps weren't killing me. They were making me stronger.

Years later, I talked with Coach Fredericks, and told him that any success I had experienced as a trial lawyer had not come from my English or psychology classes on campus, or my contracts and torts classes in law school, but from lessons learned on the wrestling mat, and from preparing for competition. It came from what current Head Wrestling Coach Tom Ryan calls "chosen suffering"; constantly moving toward pain to push oneself beyond one's current abilities.

That may mean ten extra pushups a day when we are in college, or in our careers or our family life today it may mean working just a little harder and longer or sacrificing our self-interest for the good of the company, the team, or the family. It means struggling on when we are exhausted. Teddy Roosevelt said, "Courage is not having the strength to go on; it is going on when you don't have the strength."

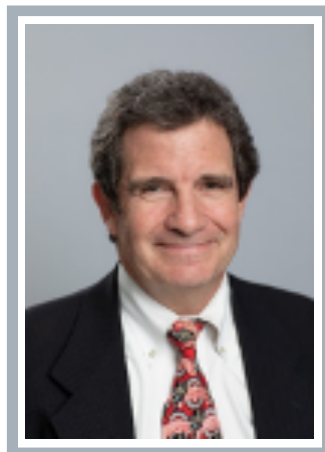
Coach Woody Hayes said, "They may beat us by outcoaching me. But I resolved a long time ago that nobody would ever beat me by outworking me."

This willingness to work hard, to prepare purposely, to endure pain, to overcome adversity, is all part of the Buckeye Way. It is what has led Buckeye athletes to unparalleled success in sports over generations, and Buckeye athlete alumni to lead rich and successful lives.

So, when I walk up those steps to my seat in the Stadium to enjoy another great victory by our football team, I reflect on those 70 steps with a wry smile, but also with grateful acknowledgement to my coaches and teammates for that shared experience, and the knowledge that I am a better person for having sprinted and hopped my way around Ohio Stadium.

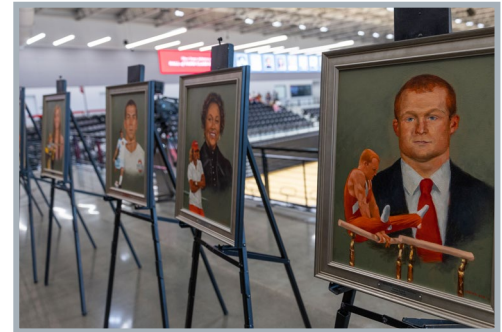
Go Bucks!

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



2021 HALL OF FAME RECAP

Perfect weather and a big home football game made the perfect backdrop for the Ohio State Athletics / Varsity "O" Hall of Fame weekend. The 12 inductees were selected in Spring of 2020, but were finally recognized September 10th and 11th, 2021 after postponements due to the COVID 19 Pandemic. Hundreds gathered at the new Covelli Center for the Hall of Fame banquet Friday night as former Varsity "O" President Jeff Logan hosted the event and former board member Antonio Smith gave the invocation. Many members of the Athletic Department and Alumni Association staff were also on hand. Fond memories and notes of thanks were shared by the 10 living inductees during their individual speeches. Logan, the inductees and Varsity "O" President Steve Chappellear ended the evening with the singing of "Carmen Ohio". The group was recognized during Halftime of the Football Game on Saturday September 11th, 2021. President Chappellear and Gene Smith were on field to acknowledge each inductee. If you have nominations for our next Hall of Fame class, please visit our website at: varsityo.alumni.osu.edu.



2021 HALL OF FAME RECAP (CONT.)



VARSITY “O” HOSTS TULSA LETTERWINNERS ASSOCIATION

On September 18, 2021, Varsity “O” hosted two past presidents of the University of Tulsa Letterwinners Association, as they attended the football game in Ohio Stadium between the Buckeyes and the Golden Hurricane. Alicia Conner-Todd played basketball and softball for Tulsa, and Kevin Chumley was a Tulsa cheerleader. We got to know Alicia and Kevin through the National Letterwinners Association, which Varsity “O” has participated in since it began.



Alicia Conner-Todd, Varsity “O” President Steve Chappelle, and Kevin Chumley

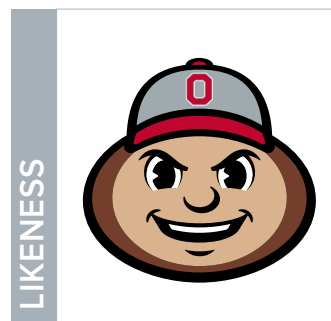
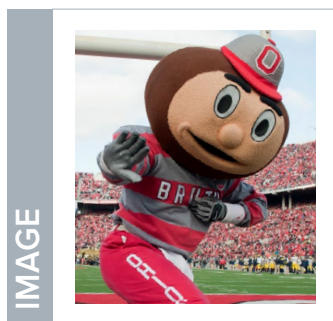


BOOSTER NAME, IMAGE, LIKENESS GUIDELINES

NAME, IMAGE, LIKENESS UPDATE

Effective July 1st, 2021, a student-athlete may earn compensation as a result of the use of their name, image, or likeness. These activities include but are not limited to: autograph signings, personal appearances, social media endorsements, camps/clinics, private lessons, and promoting a commercial product or service. With that in mind, the athletics department needs the help of all boosters and stakeholders to protect the eligibility of our student-athletes and continue our tradition of excellence.

WHAT IS NAME, IMAGE, LIKENESS?



NAME, IMAGE, LIKENESS PROCESS



In order to protect the eligibility of our student-athletes, fans, businesses and boosters **may NOT**:

- ❌ Provide or agree to student-athlete NIL compensation disguised as a form of pay for play which is prohibited under NCAA rules. Payment may not be tied to athletic performance or milestones (i.e. money for touchdowns scored).
- ❌ Provide or agree to student-athlete NIL compensation contingent upon initial or continued enrollment at The Ohio State University because that is considered to be an "inducement" which is prohibited under NCAA rules.
- ❌ Arrange or engage in student-athlete NIL activity involving the following areas: Gambling, Tobacco, Liquor, Adult Entertainment, Marijuana, Medical Marijuana and Controlled Substances.
- ❌ Arrange or engage in NIL activities with student-athletes or prospective student-athletes, at the request of an OSU coach, or staff member.

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INSIDE THE ATHLETIC DEPARTMENT: JOCELYN GATES



Ohio State has hired Boston College administrator Jocelyn Gates as a senior associate athletics director, a role that includes overseeing the administration of the Buckeyes' football program.

As a senior associate athletics director and senior women administrator at Boston College since 2017, Gates oversaw women's basketball, women's soccer and men's and women's golf.

Other administrative responsibilities for the department included human resources, strength and conditioning, compliance and student-athlete development, according to a staff bio page.

She held previous senior roles in the athletic department at South Florida and was also an administrator at Duke and a postgraduate intern for the NCAA. Last year, she was named the NCAA Division I FBS Nike Administrator of the Year.

Gates replaces Diana Sabau, a longtime employee within Ohio State's athletic department who had overseen football since 2017.

Sabau left to become a deputy commissioner and chief sports officer for the Big Ten.

In a Zoom call with reporters, Gates said she was first approached by Ohio State athletic director Gene Smith, who encouraged her to apply for the opening. She wasted little time in her pursuit.

"I'm so excited to be a part of a program and an institution that has such a rich tradition of winning, a great culture and providing an awesome experience," Gates said. "So when you get a call for a job like this, you don't turn it down. You run. And that's what I'm doing, I am running."

The opportunity to work with Smith was also an alluring prospect. Gates referred to Smith as the GOAT among athletic directors.

"He's one of the best in the business and to be able to come and learn from him, that is just something that is such a blessing," she said. In a statement, Smith described Gates as "a highly successful sport administrator with a diverse background of experiences."

As the top administrator for football, Gates will handle the scheduling of non-conference games.

It was a high priority for Sabau, who recently helped the Buckeyes add high-profile home-and-home series with Alabama and Georgia to future schedules.

Gates said she plans to maintain a similar non-conference scheduling philosophy for football that includes one marquee game against a Power Five Conference opponent each season, plus two other games against Football Bowl Subdivision teams.

Since 2016, the Buckeyes have been limited to three non-conference games after the Big Ten adopted a nine-game conference schedule for the regular season.

"One of the biggest things is to make sure to provide the best inventory for the fans," Gates said, "so that people are excited to come, we make the (College Football Playoff) and that we have a good time doing it."

Gates also has proven adept in other areas of football administration.

Former Boston College athletic director Martin Jarmond said she was his "righthand person" during a head coaching search in late 2019 that led the Eagles to hire then-Buckeyes defensive co-coordinator Jeff Haflay.

INSIDE THE ATHLETIC DEPARTMENT: JOCELYN GATES (CONT.)

"She was intimately involved in the whole search from nuts to bolts, from profiling candidates to doing all the interviews," said Jarmond, now the athletic director at UCLA. "She sat in every room beside me, every dinner, every late night, she was right there. She was key in bringing Jeff Hafley to Boston College."

In a phone interview, Jarmond offered glowing praise for Gates, whom he hired at Boston College and will take on a role he was once held in Columbus.

Before becoming an athletic director, Jarmond was the top football administrator at Ohio State and was succeeded by Sabau.

"Jocelyn's a rock star," he said. "She's a great teammate. She's one of the best people I've ever worked with. As far as being a champion for student-athletes, she played, so she gets it. And also she's a collaborator. She's one that brings people together, and she's solution-oriented. She gets to the bottom of things and figures it out all with a smile and a good spirit."

Gates met Jarmond when she was a senior athletics director at South Florida and contacted him in the hope of scheduling a non-conference game against Ohio State.

Once a month for three years, she called Jarmond.

"I never got a game scheduled," Gates said, "but it's OK because I built an amazing relationship with Martin."

Ohio State will not quite be a homecoming for Gates. She's a native of Wilmington, Delaware, and played on the women's soccer team at Howard.

But she will be closer to family.

Her husband is Dennis Gates, who is the men's basketball coach at Cleveland State. The couple, along with their three children, will now only be separated by about a two-hour drive on I-71.

"It's really awesome to be in the same state, have our family together and just be able to be around each other more often," Gates said.

MINDFULNESS PRACTICES

The past 18 months of the pandemic have been stressful for everyone. Each of us is looking to have a sense of control when oftentimes that is not possible. Many of us were taught to “control what you can control” during our time as an athlete. One thing we can control during tumultuous times is our own mind and how we prepare our mind to respond to stress.

Mindfulness is paying attention in three particular ways: on purpose, in the moment and without judgment. You can practice mindfulness of breathing, eating, thoughts, emotions, communication (listening and speaking) walking or other activities (such as yoga or tai chi). With practice, one can become more mindful throughout the day, not just during formal practice periods.

Mindful practices can reduce symptoms related to anxiety, chronic pain, depression, insomnia and stress. They also can improve attention and memory and decrease inflammatory biomarkers, such as cytokines. Imaging studies have shown that mindfulness practices can actually change the brain to increase the size and activity of areas associated with executive function, thereby increasing clarity, cognitive function and effectiveness. Here are some exercises to start your mindfulness practice.

1. ***Opening the Day (10 min)*** Guided Meditation with gentle stretching to be done upon waking, from bed. A 10-minute invitation to set an intention to be awake and engaged in your day- especially for those things that you do not want to miss! [***Play \(audio only\): Opening the Day***](#)

2. ***Yoga Practice (10 min)*** Guided Meditative Yoga for Setting the Day’s Intention: A simple standing yoga practice to wake you up before your clinical practice, activating your body and focusing your mind. [***Play video: Yoga Practice***](#)

3. ***Cultivating Mindful Sleep (20 min audio)*** Getting a good night’s sleep is essential in feeling well rested and energized for work. Setting yourself up for sleep happens before you even lay down at night. This guided meditation begins by standing beside the bed, incorporating gentle yogic movements to unwind the body. Try this 20-minute guided meditation to get your body and mind to relax before bed. In the morning, take notice of how rested you feel. [***Play \(audio only\): Cultivating Mindful Sleep***](#)

4. ***Yoga Practice 2 (10 min)*** Guided Meditative Yoga: A simple standing yoga practice to prepare for your busy day, activating your body and focusing your mind. Take the time to notice your breathing as you begin this practice. Your breath can be an indicator as to how you will begin your day. [***Play Video: Yoga Practice 2***](#)

5. ***Relaxing into the Night (10 min)*** A night of quality rest is essential in being prepared for interacting with others. Use this practice to unwind from the day and prepare yourself for mindful sleep. This meditation begins by lying in bed. The use of diaphragmatic breath at the end of the practice allows your body, mind and spirit to relax into the night. [***Play \(audio only\): Relaxing into the Night***](#)

6. ***Relax and Rejuvenate (20 min)*** The purpose of this guided meditative yoga practice is to give you the tools to relax after a long day at work. Do the practice on a carpeted floor or use a yoga mat/blanket. The goal is to feel refreshed and rejuvenated following this practice. As a result of being calm and refreshed, you may feel more able to deal with challenges that follow. This practice is done almost entirely sitting/lying on the floor. [***Play video: Relax and Rejuvenate***](#)

7. ***Yoga Practice 3 (10 min)*** This 10-minute yoga practice is one that can be done before your day. Balance is fostered in this practice, preparing your mind and body for the day ahead of you. Notice if a movement elicits a different feeling on one side of the body opposed to the other. [***Play Video: Yoga Practice 3***](#)

The Center for Integrative Medicine, Mindfulness In Motion program, is designed to help busy professionals incorporate mindfulness practices into their routines, if you’re interested in learning more email Program Coordinator, Amanda Blake at [***Amanda.blake2@osumc.edu***](mailto:Amanda.blake2@osumc.edu)

BUCKEYES AT THE OLYMPIC GAMES

The 2020 Summer Olympics, officially the Games of the XXXII Olympiad, and held in the summer of 2021 in Tokyo amid a pandemic, set a record representation of student-athletes on the world stage for The Ohio State University Department of Athletics. This included current, former or incoming student-athletes who competed for their respective country's Olympic Team.

PERFORMANCE BY SPORT

ROWING (6 ATHLETES)

- Ilse Paulis : Bronze medalist in the Women's Lightweight Double for the Netherlands
- Elodie Ravera : Raced in France's Women's Double and finished eighth overall
- Maria Kyridou : Raced in the Women's Pair for Greece, finishing fifth overall
- Anneta Kyridou : Competed for Greece in the Women's Single, finishing 10th overall
- Alessandra Montesano : Member of Italy's Women's Quad that finished fourth overall
- Aina Cid Centelles : Competed in the Women's Pair for Spain and finished sixth overall

TRACK & FIELD (5 ATHLETES)

- Maggie Barrie : Competed for Sierra Leone in the 100-meter Dash , advancing to the qualifying rounds and finishing 34th overall
- Eric Harrison : Represented Trinidad and Tobago in the 4x100m relay, helping the team to a 13th overall finish
- Adelaide Aquilla : Competed in the shotput for Team USA, finishing 20th overall
- Anavia Battle : Competed for Team USA in the 200-meter Dash, advancing to the semifinals and racing to a 16th overall finish
- Christina (Manning) Clemons : Competed for Team USA in the 100m hurdles, advancing to the semifinals and finishing tied for 14th overall

FENCING (4 ATHLETES)

- Marc-Antoine Blais Belanger : Competed in men's epee for Canada, finished 34th overall
- Alanna Goldie : Competed in women's foil in the team competition for Canada, helping the team to a fifth-place finish
- Eleanor Harvey : Helped Canada to a fifth-place finish in the women's foil team event and finished 16th in the individual competition
- Diego Cervantes : Competed in men's foil for Mexico, finished 32nd overall

BUCKEYES AT THE OLYMPIC GAMES (CONT.)

PERFORMANCE BY SPORT

SWIMMING (3 ATHLETES)

- 0 Hunter Armstrong : Team USA gold medalist as part of the 4x100m medley relay, finished ninth in the 100m backstroke semifinals
- 0 Ruslan Gaziev : Member of Canada's 4x100 Free Relay, swam in the prelims to advance the relay team to the finals
- 0 Matthew Abeysinghe : Competed for Sri Lanka, racing in the 100m freestyle and finishing eighth in his heat

PISTOL (2 ATHLETES)

- 0 Henry Leverett : Competed for Team USA in the 25m rapid fire pistol, finishing 22nd overall after making it to the second qualification stage
- 0 Jackson Leverett : Competed for Team USA in the 25m rapid fire pistol, finishing 25th overall after making it to the second qualification stage

ARTISTIC SWIMMING (2 ATHLETES)

- 0 Emily Armstrong : Competed for Canada and helped the team take sixth in the team competition
- 0 Ruby Remati : Team USA alternate

GYMNASTICS (2 ATHLETES)

- 0 Alec Yoder : Finished sixth in men's pommel horse for Team USA
- 0 Misha Koudinov : Competed in the men's all-around for New Zealand

WRESTLING

- 0 Kyle Snyder: Team USA silver medalist in 97 kg freestyle wrestling

SOCCER

- 0 Nichelle Prince: Team Canada gold medalist in women's soccer



BUCKEYES AT THE OLYMPIC GAMES

Countries Represented:

	USA	9 Athletes
	Canada	6 Athletes
	Greece	2 Athletes
	Sierra Leone	1 Athlete
	Sri Lanka	1 Athlete
	Italy	1 Athlete
	Mexico	1 Athlete
	Tobago	1 Athlete
	France	1 Athlete

GEORGE “LEO” PORTELANCE: FIRST INTERNATIONAL ATHLETE TO COMPETE FOR OHIO STATE



By Rusty Wilson

Usually, it is the coach who recruits the athlete, but in Leo Portelance's case it was he who recruited Mike Peppe and Ohio State.

"I remember he would read a lot about Mike Peppe and decided he was the best coach in the world," remembered his younger brother Dr. James Portelance. "He would write away for all these college course catalogues and he decided right away that he wanted to go to Ohio State and swim for Mike Peppe."

He and Australian Olympian Garrick Agnew were the first foreign athletes to compete for The Ohio State University in any sport.

Portelance was a product of one of the most fertile swimming hot spots of Canada, Ocean Falls, British Columbia. A coastal lumber town 300-miles north of Vancouver the town had a 20-yard pool, which was maintained by the local lumber company, Pacific Mills. The small Ocean Falls Amateur Swimming Club had a full-time coach and frequently defeated "stronger" clubs from both the U.S. and Canada such as the Los Angeles Swimming Club. They also produced most of Canada's Olympic swimmers and provided many American universities with champion swimmers.

A quiet, intelligent and sensitive young man, Leo Portelance was an accomplished pianist who won numerous concert competitions. He began swimming at 14, a relatively late age for an athlete, but showed potential from the start. Within five years he represented Canada in the 1950 British Empire Games in Auckland, New Zealand.

Arriving in Columbus, he discovered that Peppe had a large supply of freestylers. Midway through his freshman season at Ohio State, Portelance, whose specialty was the freestyle, decided that he would have to change events if he was ever going to swim for the Buckeyes. He chose the breaststroke and became a consistent performer.

In 1952 he and Gerald McNamee, another British Columbia swimmer and future Buckeye, competed for Canada in the Helsinki Olympic Games. In the 200-meter breaststroke Portelance made it to the semi-finals before being eliminated by finishing eighth in the first semi-heat (2:43.8). He was also a part of the Canadian 800-meter freestyle relay team that finished 12th (9:10.9). That relay team, that finished 4th in heat three, was comprised of three Buckeyes - Gerald McNamee, Lucien Beaumont and Portelance. They were joined by Allen Gilchrist who swam for USC.

Following the Olympic Games, Portelance, who had aspirations of becoming the Prime Minister of Canada someday, traveled through Europe and then returned to his home in Ocean Falls to visit his family. Before returning to Columbus he went to Powell River, just north of Vancouver, to visit his girlfriend. On September 14, 1952, while she and her family visited friends, he went out in her family's small dinghy for an afternoon of sailing off Powell River. He was witnessed sailing a mile off shore. After several hours witnesses saw a man approximately 500-yards off shore floundering in the water. Help was sent to the area but the swimmer had disappeared and his body never recovered. The authorities found the capsized dinghy floating some distance from the site. They theorized that Portelance, 21, had tried to swim and was overcome by the near freezing waters.

GEORGE “LEO” PORTELANCE: FIRST INTERNATIONAL ATHLETE TO COMPETE FOR OHIO STATE

“He was one of the finest boys we ever had on the team,” said Mike Peppe. “Clean cut, conscientious, a keen competitor, a fine personality - everybody loved him.”

Tributes were paid by many, but perhaps the most eloquent and moving was an anonymous letter by a professor at Ohio State, which was published in The (Ohio State) Lantern.

Leo Portelance is gone, and with his tragic passing a shroud of gloom admixed with rich reflection has fallen upon his community of friends.

This is written so that the name of a fine athlete and scholar will find a kind of final permanence in the index of Ohio State tradition. His mark of attainment as swimmer and student is protected by the legible scrawl of the record book.

But it is his zest for life, the fullness of a very whole and loving personality, that ought not to pass from the consciousness of the academic community which he served so well.

We have ups and downs in this existence. And perhaps life, like history, moves in a relentless spiral. If so, it is good and just that this Summer provided for Leo a superb peak.

As a reward for hard training and fine performance with the Ohio State swimming team, he represented his native Canada at the Olympics in Helsinki.

His letters from that far-flung corner, and from the rest of Europe which he toured on an economic shoestring, were ebullient and sparkling. Warm with his cosmopolitan love of man from every land and incisive with the stroke of a politically mature citizen, they were to be the beginning of the exciting report he sought to bring to us. Instead, they are a wonderful but final record.

We are sad, but the richness of his life is intensely with us. . . ~ H.G.

The Christmas before his death he wrote a sensitive prophetic inscription to his mother in his gift to her, a copy of John Hersey's novel on the 1943 Jewish uprising in the Warsaw ghetto, “The Wall.” It also gives some insight into why he was considering a career in politics.

To Mom, Christmas, 1951.

This book isn't intended to depress you, altho' it may. But I found it to contain a good example of why life is a precious thing, why it can't be arbitrarily snuffed out — just a picture of what can sometimes happen to innocent people when they are not safeguarded.

Love, Leo

In his memory Mike Peppe created the Leo Portelance Award in 1953, which is awarded, to this day, to the sophomore who has shown the most improvement in the eyes of his teammates. The first recipient of the award was his friend, and fellow Olympian, Yoshi Oyakawa.

MEL KARSHNER

By Robert J. Roman

In early 1898, Ohio State's athletic program was in debt. The program had been operating in debt for years, but, after an ugly 1-7-1 football season in 1897, that debt began to look insurmountable. The University trustees were worried that the financially irresponsible students who then ran the athletic program would hurt the University's credit rating overall. They would allow no more Ohio State varsity teams—no football, baseball, or track—until the debt was paid off. The program officers began to explore possible fundraisers.

At that time, sophomore George Melville Karshner wanted to form an Ohio State basketball team. Basketball was a relatively new sport, developed in Massachusetts by James Naismith and spreading across the USA through the nation's YMCA system. Mel Karshner had learned the sport at the Columbus YMCA. The University trustees had recently built a gymnasium for the Ohio State students, which is what had originally inspired Karshner to start a basketball team and what had originally inspired the trustees to look into athletic finances. Karshner proposed that a series of basketball games could serve as athletic fundraisers.

With Karshner serving as captain, the Ohio State basketball team went undefeated that year. They played against high school teams and the local YMCA, and in these early years of local basketball such victories were enough for the team to call themselves the champion of Columbus. Karshner's basketball games had taken in money for the athletic program, and may have been the difference in getting the program back into the black.

Karshner remained captain of the Ohio State basketball team for the next two years, primarily against intercollegiate competition, with a combined record in those two years of 20-8. Karshner was a good all-around athlete: Before forming the basketball team, he had been captain of the freshman football team, and afterward, as a member of the track team, he held school records in the 40-yard dash and the running broad jump. In basketball, he was regularly the team's leading scorer. After he graduated, Ohio State basketball would not have a winning season again until 1903.

In the Ohio State record book, however, Karshner is credited as basketball captain for only two years, not three. The basketball fundraisers of 1898 had been instrumental in getting Ohio State varsity sports back on track, but, at the time, the University trustees had established a moratorium on playing varsity sports. The 1898 basketball season has been stripped from existence.

Karshner is now credited only with the 1899 and 1900 seasons.

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



USE OF THE VARSITY “O” ROOM

As we enjoy another great OSU football season with the stands full of OSU fans, Varsity O wants to remind our members of a few guidelines with respect to use of the stadium Varsity O room on football Saturdays.

We will open and operate the VO room in much the same manner as in the past “before COVID.” Due to ever changing conditions and requirements caused by COVID 19, these rules, and even the use of the VO room, are subject to modification prior to and during the season. Your VO Board will strive to keep you informed of any changes.

Please keep in mind that each game may have a different set of requirements or limitations, due to COVID 19. Most importantly, be respectful to the Red Coats whose job it is each week to ensure the use of the room complies with the regulations of VO, the Athletic Department and the State Fire Marshall. This will be especially true during the upcoming season as we strive to return to “normal.” The use of the VO room on football Saturdays is available only to VO football members who have made a qualifying donation or who are grandfathered lifetime members, and their guests. Due to concerns of overcrowding, and the uncertainty of the number of persons that may be permitted in the room as we return to normal, this number may be reduced and the guests of VO football members may be restricted to family members or eliminated for the 2021 season. Regardless of what regulations are in place, for entry into the VO room the football VO member is required to show his current membership card. The VO football member should accompany any family member or guest entering the VO room.

We will open the room 2 hours prior to kickoff. We will provide food service similar to the past but with a few changes. The cost of the food service will be \$10.00 per person. As many of you know, the cost of almost everything is going up. Levy Foodservice, the OSU Stadium food service provider, is working with VO to provide varied menus at an affordable price for the benefit of our members and guests.

Remember that it is the VO member’s responsibility to see that all food and beverage services are paid for regardless of whether consumed by himself, family member or guest. Failure to do so may result in the member being required to pay and future access to the room being restricted or denied. Please note that the stadium is moving to a “cashless” system so payment must be made by credit or debit card or other accepted electronic means.

Also, as in years past, we will offer beer for sale in the VO room. Again, each member is responsible for the actions of himself, family and guests. Varsity O and Levy Foodservice reserve the right to limit or refuse the sale of beer to anyone or everyone should the situation require. Should the need arise, VO and Levy also reserve the right to have any person removed from the VO room and to restrict or deny the VO member and his family or guests’ future access to the room.

The VO room is a great place to meet old friends and teammates or make new friends. Please respect that it is made available for our use by the past gifts of VO football members and by a long-time honored arrangement with the athletic department.

This season is bound to have a few twists and turns with the possibility of new rules or regulations each week. Your understanding is appreciated. If you have any questions or concerns, please address them to a VO Board member.

GO BUCKS!

VARSITY "O" SUPPORTS CHEER & BRUTUS

The OSU Cheer and Brutus Alumni Society held its annual reunion on September 24, 2021, at the Urban Chophouse in Columbus' Short North District. Varsity "O" sponsored the event and welcomed Cheer and Brutus alumni into the Varsity "O" Alumni Society.



INTRODUCING DINNER WITH BUCKEYES LOCAL NETWORKING EVENT

MEMBERS TO HOST LOCAL NETWORKING EVENTS IN CITIES ACROSS THE UNITED STATES

Varsity "O" is proud to introduce the new "Dinner With Buckeyes" member-led networking program in locations across the United States. Dinner with Buckeyes is designed to reinforce connections in local communities across the country and to introduce Varsity "O" members in an informal and fun environment.

Each quarter Varsity "O" will partner with members to host networking dinner parties for 10-15 members and their guests. Varsity "O" provides financial support for these events, and event hosts are provided with an event toolkit and administrative support to help distribute invitations. Dinner with Buckeyes events can take place at the hosts' home or a local restaurant.

Varsity "O" is recruiting for members in Columbus, Cincinnati, Cleveland, and Chicago to host Dinner With Buckeyes events in October and November 2021. Hosts are required to complete an application.

Dinner With Buckeyes Host October/November 2021 Hosting Opportunities

COLUMBUS

0 A member of one of the following sports from 2010-2019: Basketball (W/M), Soccer (W/M), Volleyball (W/M), Golf (W/M)

CHICAGO

0 A member of one of the following sports from 2000-2019: Football, Field Hockey, Swimming & Diving (W/M), Lacrosse, Tennis (W/M)

CINCINNATI

0 A member of one of the following teams from 1970-1989: Football, Baseball, Softball, Wrestling, Track & Field (W/M)

CLEVELAND

0 A member of one of the following teams from 1990-1999: Football, Gymnastics (W/M), Cross Country (W/M), Basketball (W/M) Wrestling

We are also collecting names of members who are interested in hosting future events in 2022. Please reach out to Kevin Griffin at 42kevin.griffin@gmail.com if you are interested in learning more about becoming a host for a future Dinner With Buckeyes event in your community.

VARSITY “O” HOMECOMING HAT SALE

This year's homecoming hat is a snap back deluxe mesh tracker cap in scarlet and grey with a sewn-on leather patch in the shape of Ohio with the Varsity O logo. The hat can be purchased for \$30 at the Homecoming tailgate, or for \$38 via the pop up online store, which will be posted at Varsity O Alumni Society (varsityo.alumni.osu.edu).



Varsity "O" Store

ORDER BY
OCTOBER
18

OHIO STATE UNIVERSITY
VARSITY O FALL 2021



\$25.00

Nike Team Dry Visor V2

Available in 1 other color.




\$55.00

**Nike Women's
Dry Element 1/2
Zip Top**



\$48.00 Nike Women's Short Sleeve Windshirt
Available in 2 other colors.



\$23.00 Nike Women's Core Long Sleeve Crew

Available in 2 other colors.



PAGE 1 OF 2



MTS Customer Support - ref # 7661100
1-800-749-3813 | myteamshop@bsnsports.com
Team Coordinator Jill Burke jillvburke@gmail.com



Access Code
VOfall21
www.bsnteamssports.com

Click Here To

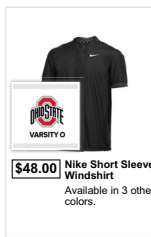
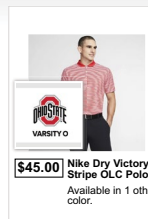
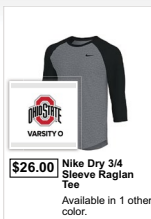
SHOP NOW

Order 10/4 to 10/18

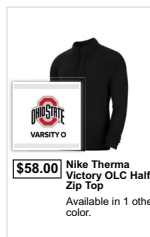
No orders will be accepted after the deadline.

ORDER BY
OCTOBER
18

OHIO STATE UNIVERSITY
VARSITY O FALL 2021



\$51.00 Nike Campus Fan Wave Dri Quarter Zip



\$50.00 Nike Club Pullover Fleece Hoodie

Available in 3 other colors.

PAGE 2 OF 2



MTS Customer Support - ref # 7661100
1-800-749-3813 | myteamshop@bsnsports.com
Team Coordinator Jill Burke jillvburke@gmail.com



Access Code
VOfall21
www.bsnteamssports.com

[Click Here To](#)

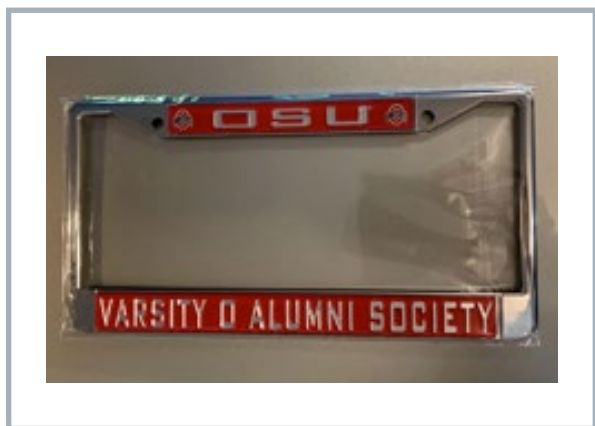
SHOP NOW

Order 10/4 to 10/18

No orders will be accepted after the deadline.

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 street address for all shipments. We can not ship to P.O. Boxes.

SKU #	DESCRIPTION OF PRODUCT	QTY	PRICE EACH*	TOTAL	OFFICE USE ONLY
CC Number: _____ Exp Date: _____ Zip: _____			SUBTOTAL		
			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, Hawaii, and international destinations, as these will include air freight 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	S&H
Up to \$50.00.....	\$7.75
\$50.01 - \$100.00.....	\$10.00
\$100.01 - \$200.00.....	\$16.50
\$200.01 - \$499.99.....	\$23.00
\$500.01 - \$1000.00.....	\$36.00
\$1000.01 and over.....	\$ CALL

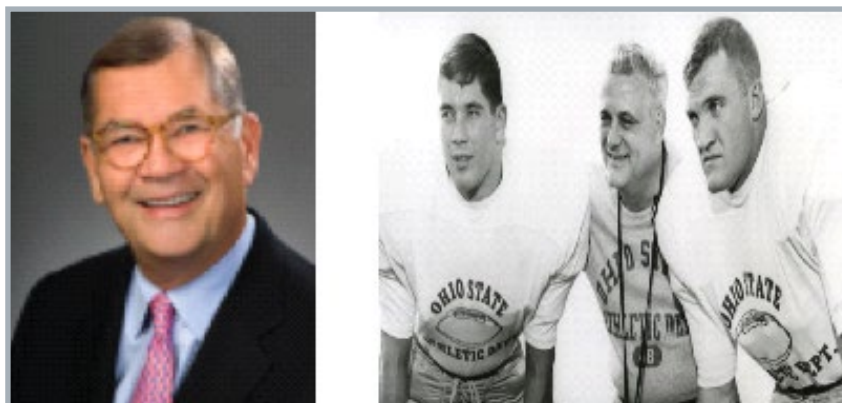
Email Completed form to: patricia@flagladyusa.com

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

VARSITY “O” PRESENTS PRESTIGIOUS AWARDS

During the annual Homecoming Tailgate celebration in French Field House on October 9, 2021, Varsity “O” will present two distinguished alumni with special awards.

Jim Jones Career Achievement Award—Greg Lashutka



Greg Lashutka played tight end for the Ohio State University football team, under head coach Woody Hayes, from 1963 to 1965. In 1965 Greg served as his team’s co-captain with Ike Kelley. In 1966, he was drafted to play professionally by the Buffalo Bills, a team that was at the time a member the American Football League. He stayed a year with the Bills. He then returned to Ohio State to finish his bachelor’s degree in history in 1967. While at Ohio State Greg was a member of Kappa Sigma fraternity.

Lashutka continued his education and received a Juris Doctor from Capital University Law School. He enlisted in the Navy and served during Viet Nam. Greg served two terms as Columbus City Attorney and then became a partner with the law firm of Squire, Sanders & Dempsey. He was elected mayor of Columbus in 1991 and reelected in 1995. He did not seek a third term as mayor in 1999, primarily because of his health concerns after suffering a heart attack.

Greg serves as a vice-chair of Franklin University and is a Fellow of the National Academy of Public Administration (United States). He is also an Eagle Scout and recipient of the Distinguished Eagle Scout Award. He was integral in the establishment of the Columbus Marathon and was also instrumental in bringing many other athletic endeavors to the city and is honored with the Lashutka Spirit awards given annually at the Columbus Marathon. He was a member of the Ohio State University Athletics Council, received an honorary doctorate of humanities from Capital University and was inducted into the Ohio Veterans Hall of Fame in 2008. He is also a senior consultant at Findley Davies in government relations for the past 13 years.

The Jim Jones Career Achievement Award pays tribute and recognition to those male Ohio State letter-winners who, through their careers, have contributed to the honor and fame of The Ohio State University. Those award winners have capitalized on the values learned in intercollegiate athletics and have achieved singular success in their career.

VARSITY “O” PRESENTS PRESTIGIOUS AWARDS

Lifetime Loyalty Award—John Macko



John Macko graduated from Ohio State in 1978 and returned to his alma mater as one of three Athletic Academic Counselors in November of 1984, working alongside Larry Romanoff and Kate Riffe.

John serves as the Assistant Director for SASSO (Student Athlete Support Services Office). John has worked with over 20 of the 36 varsity sports, including baseball, men's and women's cross country, men's and women's fencing, men's and women's golf, men's gymnastics, men's and women's ice hockey, men's and women's swimming and diving, men's and women's tennis, men and women's track and field, and wrestling. In his 37 years at Ohio State, John spent over 20 years with the football program, working under head coaches Earle Bruce, John Cooper, Jim Tressel, Luke Fickell, and Urban Meyer.

In addition to his current teams, John oversees the Degree Completion Program. There have been 236 former athletes who have graduated through the program since it began in 1994.

The first OSU Athletic Department Excellence Awards presentation was held on Friday, August 7, 2020. Awards were handed out in seven different categories and the overall Higher Purpose Award went to John Macko. The Higher Purpose Award recognized the person who is committed to fulfilling the mission and vision of the Department of Athletics, Business Advancement and SASSO.

Over the years, John has worked with hundreds of coaches and thousands of student-athletes and their families. John's guidance, words of wisdom, and passion to serve are deeply valued by many, and the influence he has had will continue to impact countless lives in the years to come.

The Loyalty Award pays tribute to those individuals who, over the course of their lifetime, were extraordinary in their services to Varsity "O" and/or the Ohio State University Athletic Department.

MEET BOARD MEMBER-IAN BETTS

Ian Betts is a board member who will serve as President-Elect of Varsity "O" for the upcoming year, and currently serves as chair of the Young Alumni committee which focuses on engagement of former letterwinners who are 35 and under. He is a two-time letterwinner and former captain of the Ohio State University Men's Swimming Team.

He obtained both his Bachelors' and Juris Doctor degrees from Ohio State, in 2014 and 2017 respectively. He is now a practicing attorney in Columbus at Vorys, Sater, Seymour & Pease LLP. He has been a Varsity O member since 2014, and has served on the board both as an intern and board member, with service beginning in 2015. Ian has seen tremendous value in both membership in Varsity O, as well as board service, and is passionate about the unique opportunities to impact the lives of current and former Buckeye athletes and letterwinners.



2022 VO BOARD INFORMATION ELECTIONS AND NOMINATING COMMITTEE

In the General Membership meeting on Friday, September 10th the Varsity O membership unanimously approved the proposed slate of 2022 Varsity O Board Members. This slate of individuals spans eras and sports, and undoubtedly will bring a high level of passion, engagement, and exciting new ideas and events to the Varsity O Alumni Society. Please help welcome newcomers to the board: Bill Andrews, Christina Provost, and Lauren Eckles as well as congratulate Ian Betts & Kevin Griffin for renewed terms of service!

Slate of Board Members:

- 0 Bill Andrews (Men's Football): 3 Year Term
- 0 Ian Betts (Men's Swimming): 3 Year Term
- 0 Lauren Eckles (Women's Rowing): 3 Year Term
- 0 Kevin Griffin (Men's Football) 3 Year Term
- 0 Christina Provost (Cheer & Brutus): 3 Year Term

In addition, the VO Board unanimously approved the proposed slate of Executive Board Membership for 2022. The Executive Board plays a pivotal role in driving and aligning the VO membership and board around strategic initiatives each year. This leadership group does a tremendous amount of work behind the scenes in order to best position Varsity O as an Outstanding Alumni Society each year and to ensure financial and philanthropic stability. Please help congratulate the 2022 Executive Board!

Slate of Executive Board Members:

- 0 President: Jill Burke
- 0 President- Elect: Ian Betts
- 0 Secretary: Libby Graf O'Brien
- 0 Treasurer: Joe Budde
- 0 Past- President: Steve Chapplelear

CALL FOR AWARD NOMINATIONS

The Ohio State University Varsity "O" Alumni Society seeks nominations from members for two of its four annual awards.

The Barbie Tootle Buckeye Spirit Award recognizes individuals who have demonstrated unconditional loyalty and support of athletics at the Ohio State University. The winner may be, but is not required to be, a former athlete, or a coach or member of the Athletics Department staff.

Previous winners of this award include Barbie Tootle, Ruth Hyde Porteus, Helen Fryoff, Larry Romanoff, Peg Schafer Jackson, Denny Tishkoff, Kate Riffie, Kristen Watt, Craig Little, Sandy Slomin, Andy Geiger, Jan Wolf, Donna Ball, Teri Casperson, Linda Logan, Dr. Debbie Mendel, Kim Dally, Theresa Bowers, and Vlade Janakievski.

The Phyllis Bailey Career Achievement Award pays tribute and recognition to a female Ohio State letter winner who, through her career, has contributed to the honor and fame of The Ohio State University, having capitalized on the values learned in intercollegiate athletics and having achieved singular success in her career.

Past winners of this award include Phyllis Bailey, Barb Vogart Holman, Robin Tucker, Dru Ann Hancock, Tara VanDerver, Sally Dellinger, Michelle Willis, Andy Teitelbaum, Mamie Rallins, Denny Hoobler, Katie Smith, Stephanie Hightower, and Kristen Watt (some of these were selected before the award was restricted to females).

Please submit names and relevant supporting information to Awards Committee Chair Matt Finkes, at Finkes.1@osu.edu by October 15.

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
jillyburke@gmail.com



LIZ (HELICKSON) LUCAS

Secretary

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



JOE BUDDÉ

Treasurer

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



CANDACE DARK

Past-President

Basketball ('03-'07)
Director Home Operations,
Outset Medical
cdark@outsetmedical.com



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)
Technology Business Lead,
GoHealth
cassie@howcasseesit.com



MATT FINKES

Board Member

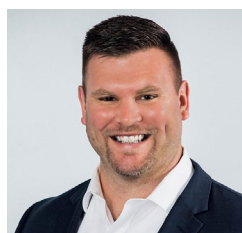
Football ('93-'96)
Director of Development,
Wexner Medical Center
Finkes.1@osu.edu



TOM LEVENICK

Board Member

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



BEN PERSON

Board Member

Football ('04-'08)
Financial Advisor,
Signature Financial Group
Bperson@sfg4you.com



LIBBY (GRAF) O'BRIEN

Board Member

Women's Lacrosse ('05-'09)
Special Needs Preschool
Teacher, Southwestern City
Schools
libbygraf@yahoo.com



JASON SINGLETON

Board Member

Men's Basketball ('95-'99)
Athletic Director,
Columbus Academy
singletonj@columbusacademy.org



KEVIN E. GRIFFIN

Board Member

Football ('95-'98)
Senior Vice President,
Marketing Strategy
Adcom
kgriffin@theadcomgroup.com



KATY (CRAIG) SWATHWOOD

Board Member

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

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:

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



Varsity O

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