

BRUIN STROKESWATCH

Midseason Report • April 2007 • Friends of UCLA Rowing

Meet New Bruin Head Coach Paul Mokha



Head Rowing Coach
Paul Mokha

Paul Mokha has taken over the reins as the coach of the UCLA Men's Crew. He replaces Erinn McMahan, who stepped down after the 2006 season to concentrate on his position as the director of the UCLA Marina Aquatic Center. "The program is extremely fortunate to have found a coach who has had demonstrated success coaching at both the international and collegiate levels," says retiring Coach McMahan.

Coach Mokha comes to UCLA from Barry University where he led the Women's Crew to a 2nd place team finish at the 2006 NCAA Championships. At Barry University he coached the program to multiple Sunshine State Conference Championships and was named as the Sunshine State Conference and Collegiate Rowing Coaches Association Coach of the Year in 2006.

"I am excited to be a part of a program and University such as UCLA with its rich tradition and history," says Mokha. "I'm looking forward to the level of competition in the Pac-10 and providing a great experience for our student-athletes."

A native of Philadelphia, PA. who grew up in Erie, PA., Mokha was a coxswain for the US National Team and competed at the World Championships three times. He also won the Henley Royal Regatta in England in 1994 and competed at the World University Games in 1989. He is a graduate of Temple University where he earned three varsity letters and helped lead the Owls to two Dad Vail Championships and a bronze medal at the IRA Regatta



The 1977 crew gathered at the boathouse for the 30 year reunion. A group of over 300 enjoyed alumni weekend.

Annual Alumni Weekend Huge Success

This year's F.O.U.R alumni dinner was held in Marina del Rey at the California Yacht Club on March 10, 2007. The event featured the 20 year reunion of the 1987 Pac-10 Championship crew. The silent auction raised thousands of dollars to support the current crew. UCLA men's rowing is self-funded and relies on F.O.U.R. for financial support. Plan to be there in 2008 when UCLA marks 75 years of rowing excellence.



The class of 1977 took time out to touch up a sign they painted along Ballona Creek when they were freshman.

Mark Your Calendar

Rose Bowl

October 20, 2007

UCLA vs. California

Catered tailgate party

Game ticket included

Check www.uclamensrowing.org

Meet the assistant coaches on the Back Page • Racing Recap for April 2007 on Pages 2 & 3

April 1, 2007 • Crew Classic

Varsity 8 Races to Photo Finish in San Diego



UCSD, in the foreground, and UCLA sprint for the finish in the Cal Cup Grand Finals. The Bruins were beat by 4 feet.

Bad Beat in a Big Race

The Men's Varsity 8, competing in the San Diego Crew Classic Cal Cup against 19 other colleges, came up 0.4 seconds short on Mission Bay.

Tight Boat Race

The Bruins took the lead in the first 250 meters but were challenged for that lead at some point in the race by each competing crew. It was UC-San Diego that drew even at 400 meters to go as both crews went stroke for stroke to the finish line with the Tritons getting their bow ball ahead to win in a time of 6:30.6 followed by UCLA 6:31.02 and UC-Davis 6:32.7.

“Good Motivator”

“It was a heck of a boat race, said Head Coach Paul Mokha, it's a tough one to lose but the guys competed well. I think this will be a good motivator as we go into the heart of the racing season.”

Novices Roughed Up in Heats

The Bruin Novice eights had some mixed results. On Saturday both Novice crews had poor outings in the heats. The Novice A crew finished 5th putting them in the 3rd level final. The Novice B crew, who were racing for lane assignments in the final, were challenging for second place when a boat stopping crab with 20 strokes to go put them in 6th.

Learning To Race

Both Novice crews turned their misfortunes into motivation as the Novice A crew went out and won the 3rd level final by open water, finished 13th overall. The Novice B crew earned bronze in their final finishing behind OCC and UC Davis.

April 14, 2007 • Newport Regatta

Bruins Victorious in Orange County



The Newport Regatta featured a rematch of UCLA and UCSD. The victorious Bruin Varsity 8 hold the hardware.

Regional Competition

The Men's crew competed at the Newport Regatta against five other southern California Universities.

Novice 4 Place Second

The UCLA Novice 4 “A” entry finished second to a very strong Orange Coast College crew with the B entry finishing fourth.

Novice 8 Earn Bronze

In the Novice 8 event it was again the Pirates of Orange Coast College (5:53.54) running way with over second place UCSD (6:10.56) and UCLA (6:13.1). USC, UC-Irvine and San Diego rounded out the field.

Junior Varsity Struggles

The JV8 didn't fair as well finishing 6th behind event winner Orange Coast College.

Varsity Boat Wins Rematch

The Varsity 8 race was a much anticipated rematch of the Crew classic final where UC San Diego edged out the Bruins by 0.4 seconds. The race unfolded much as it did two weeks ago with the Bruins taking the lead from the start. UCLA extended its lead to 8 seats in the middle 1000 meters when the Tritons started their familiar sprint.

Was That an Alaskan King?

The Tritons sprint came to an end when the 2 seat caught a boat-stopping crab with 10 strokes left in the race. The Bruins were up 6 seats at the time and on their way to winning. The error of UCSD only increased the margin of victory.

April 21-22, 2007 • SIRA Regatta

Varsity 8 Finishes 4th out of 20 in Tennessee

Intersectional Competition

The Bruin Varsity 8 raced in a competitive field of twenty crews representing eleven different states at the Southern Intercollegiate Rowing Association Championship in Oak Ridge, TN.

Bruins Cruise in Heats

Racing Saturday morning heats the Bruins and Marietta quickly jumped out and lead the field to the 1000 meter mark when Marietta made a big move to take a six seat lead. Marietta was first in 6:03.9, followed by UCLA 6:09.6 and Texas 6:17.3. Virginia and Temple won the other two heats.

Battle in the Semi-Finals

From the heat results it looked like there were four crews in each semi-final that would be fighting for the three qualifying spots. The Bruins jumped out with the leaders, Temple and Purdue, as all three crew were level at the 1000 meter mark. Temple pressed ahead of the field in the third 500 as Purdue and UCLA battled for the last two qualifying spots. Temple won in a time of 6:04.7 with Purdue, 6:07.5 and UCLA, 6:08.0. Virginia, Marietta and Florida Tech qualified from the first semi.

Just Out of the Money

Sunday Grand Final all six crews had a shot at a medal. Virginia and UCLA held a 2 seat lead on the field for the first 900 meters with no more than 6 seats separating the field. As the crews approached the 1000 meter mark, Virginia began to take control as Temple moved into second, pressing the Cavaliers. Virginia and Temple continued to move away from the field in the third 500 meters with Purdue moving into third, six seats up on the Bruins. Purdue was able to hold the Bruins final push as Virginia was the winner (5:57.6), with Temple second (6:00.2), followed by Purdue (6:03.3), UCLA (6:05.4), Marietta (6:06.8) and Florida Tech (6:09.8).

April 28, 2007 • USC Dual

Bruins Cruise Past Sporting Trojans



The USC three seat takes a good look as the Bruin Novice crew charges past to an open water victory. UCLA spotted the Trojans a one length lead before rowing through them.

Great Start to the Day

This year's annual dual on Ballona Creek had four events on tap starting with the Novice eights. USC took off at the start and lead by almost a full length as the crews approached the 1000 meter mark. The Bruins made a move at that point pulling to within a half a length. UCLA drew closer as the crews raced through the third 500 meters eventually pulling even with 600 meters to go. At that point the Bruins took control and sprinted to an open water victory.

Easy Win

The Bruins Second Novice eight lead from the start and cruised to a 24 second win.

Trojan's Only Win

USC, looking for its first win of the day, jumped out at the start in the Junior Varsity eight race and never looked back beating the Bruins by 11.5 seconds.

A Display of Sportsmanship

At the 150 meter mark in the Varsity Eight race UCLA stopped. Their fin had come off. After some deliberation, USC agreed to a re-row. Forty minutes later the crews were off again as they rowed even through the first 750 meters. UCLA began to press ahead eventually taking an open water lead with 500 meters to go.

UCLA Crew Adds Two Assistants to Staff

Greg Everett and Patrick Joseph join Coach Mokha to recruit, develop, and train novice crews



Oregon State Beaver

Greg Everett, left, comes to UCLA after a 4 year rowing career at Oregon State University. Greg spent his last two seasons as a fixture in the Beaver Varsity 8. He earned two 4th place finishes at the competitive Pac-10 Championships and a top 10 finish at the 2006 IRA National Championships.

Local Coach

Greg graduated with a B.A. in Business Finance and a minor in Chemistry. Greg served as a coach for the Newport Aquatic Center Junior's program in '05 & '06.

Bruin Roots

Greg's father, Jim Everett, is a UCLA Rowing alum, class of '74. Both his parents are F.O.U.R. members.

Knows the Boathouse

Patrick Joseph, left, is a 2006 graduate of UCLA earning a B.A. in both Political Science and History. He rowed all 4 years for the Bruins and served as team captain for both the 04-05 and 05-06 seasons while also earning

Pac-10 All-Academic First Team honors.

Pac-10 & IRA Experience

Patrick was part of the 2006 Varsity 4 that won a bronze medal at the Pac-10 Championships and had a 10th place finish at the IRA in the Freshman 8 back in 2003.

True Bruin

Patrick's selfless contributions to the rowing program earned him the Paul Steinke Coach's Award in both his sophomore and junior years. Patrick is currently applying to law school.

Bruin Rowing Needs Your Help

Join Friends of UCLA Rowing and show your support

The Friends of UCLA Rowing (F.O.U.R.) provides financial support and assistance to the UCLA men's rowing program. The Men's Rowing Team is not funded by the university, and for the program to continue to grow and prosper, it is vital that new sources of revenue are found. One of the most important functions of F.O.U.R. is building the Men's Crew Endowment. A gift to the endowment will provide for the program in perpetuity. F.O.U.R. has tax-exempt status and is affiliated with the UCLA Alumni Association. Funds raised by F.O.U.R. become part of the UCLA Foundation.

To contribute funds to the Men's Crew Endowment, please address and mail to:

Friends of UCLA Men's Rowing
575 Market Street, Suite 2000
San Francisco, CA 94105

Giving to the Bruin Crew has never been easier or quicker.

1. Log onto the Internet
2. Direct your browser to www.uclamensrowing.org
3. Click on the GIVE NOW link in the upper right hand corner of the home page