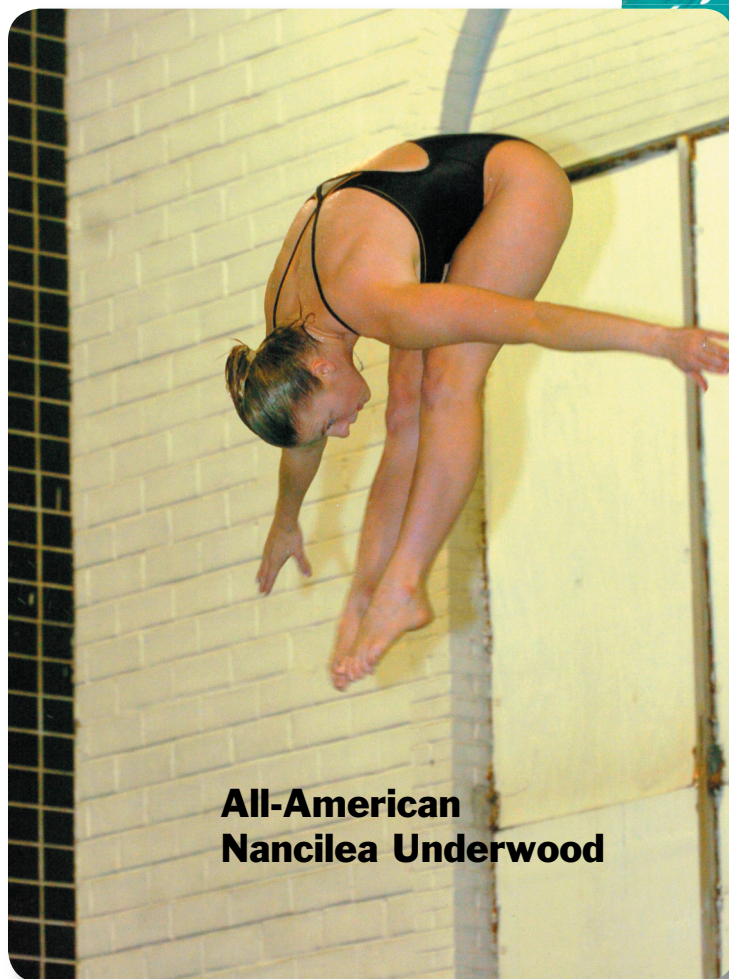


# UNIVERSITY OF IOWA WOMEN'S SWIMMING & DIVING



**All-American  
Jennifer Skolaski**



**All-American  
Nancilea Underwood**



**2005 NCAA CHAMPIONSHIPS  
BOILERMAKER AQUATIC CENTER  
WEST LAFAYETTE, IN -- MARCH 17-19, 2005**

# THE UNIVERSITY OF IOWA



## HAWKEYE WOMEN'S SWIMMING & DIVING



SPORTS INFORMATION CONTACT: AMBER GARTNER

MARCH 14, 2005

### 2004-05 SCHEDULE & RESULTS (5-4, 1-4 IN THE BIG TEN)

O 22-23	Wisconsin	L, 108-243
N 6	at Minnesota	L, 129-171
N 12	Truman State	W, 171-123
N 19-21	at Minnesota Invite	4th
D 4	Iowa State	W, 214-85
J 8	vs. St. Cloud State	W, 150-115
J 21	Northern Iowa	W, 148-46
J 22	Illinois	L, 148-152
J 29	Northwestern	L, 131-168
	Ohio State	W, 161.5-137.5
F 16-19	at Big Ten Champ's	8th/218 pts.
M 4-6	Iowa Senior Champ's	3 champs
M 10-13	at NCAA Diving Qualifier	1 champ
<b>M 17-19</b>	<b>at NCAA Champ's</b>	
	<i>(West Lafayette, IN)</i>	

### 2004-05 SEASON BESTS

50 free .....	Jennifer Skolaski .....	23:69
100 free .....	Jennifer Skolaski .....	*50:56
200 free .....	Abby Van Maaren .....	1:51:97
500 free .....	Jennifer Skolaski .....	5:01:88
1,000 free .....	Katelyn Eustis .....	10:23:04
1,650 free .....	Jaclyn Sarna .....	18:25:29
100 back .....	Jennifer Skolaski .....	54:84
200 back .....	Jennifer Skolaski .....	1:58:69
100 breast .....	Katie Haeger .....	1:04:77
200 breast .....	Katie Haeger .....	2:21:82
100 fly .....	Kelly Werner .....	*55:49
200 fly .....	Andrea Hemphill .....	2:06:17
200 IM .....	Jennifer Skolaski .....	2:03:97
400 IM .....	Katelyn Eustis .....	4:29:39
200 free relay .....		1:34:08
	<i>(VanMaaren, Kelly, Schulte, K. Haeger)</i>	
400 free relay .....		3:24:03
	<i>(Martin, VanMaaren, Kelly, Skolaski)</i>	
800 free relay .....		7:31:65
	<i>(Eustis, Skolaski, VanMaaren, Martin)</i>	
200 medley relay .....		1:43:13
	<i>(Skolaski, E. Haeger, Werner, K. Haeger)</i>	
400 medley relay .....		3:44:45
	<i>(Skolaski, K. Haeger, Werner, VanMaaren)</i>	
1M Diving .....	Lisette Planken .....	*326.55
3M Diving .....	Nancilea Underwood .....	*348.25

\* -- school record

**THIS WEEK** -- Two members of the Iowa women's swimming and diving team have qualified for the NCAA Championships Thursday thru Saturday in West Lafayette, IN. Senior **Jennifer Skolaski** and junior **Nancilea Underwood** will represent the Hawkeyes. Event prelims will start at 11 a.m. and finals will start at 7 p.m. each day. All events will be held at the Boilermaker Aquatic Center on the Purdue University campus. All-session tickets are \$50 for adults and \$30 for students.

**NCAA QUALIFIERS** -- **Skolaski** qualified in the 100 back, 200 back and 200 IM, while **Underwood** qualified in one- and three-meter diving. **Skolaski's** best 100 back time (54.84) ranks 26th among the qualifying field, her best 200 back time (1:58.69) ranks 24th and her best 200 IM time (2:03.97) ranks 64th.

**Underwood** advanced to the national meet with her performance at the Zone C Diving Qualifier last weekend in West Lafayette, IN. She won the three-meter event (560.30) and placed sixth on one-meter (544.15).

**MEET SCHEDULE** -- Following is a schedule of the Iowa competitor's events.

Event	Hawkeye Competitor	Competition Day
100 Back	Jennifer Skolaski	Friday
200 Back	Jennifer Skolaski	Saturday
200 IM	Jennifer Skolaski	Thursday
One-Meter Diving	Nancilea Underwood	Thursday
Three-Meter Diving	Nancilea Underwood	Friday

**2004 NCAA REVIEW** -- With **Underwood** taking Olympic redshirt seasons, **Skolaski** was Iowa's lone representative at the NCAA Championships. She competed in the 100 back (1:01.53), 200 back (2:12.58) and 400 free (4:17.61). She did not advance to the finals in those events.

**SKOLASKI MAKES HAWKEYE HISTORY** -- By qualifying for the 2005 NCAA Championships, **Skolaski** becomes the first Hawkeye swimmer and the third student-athlete in program history to qualify for the national meet all four years of eligibility. The two others to accomplish that feat are divers Ann Bowers (1977-78, 1981-82) and Diane Goldsworthy (1983-86).

**SKOLASKI & UNDERWOOD AT NCAA CHAMPIONSHIPS** -- Iowa's two NCAA qualifiers have had past success at the NCAA meet, earning all-America honors in 2003. **Skolaski** is a four-time qualifier, competing in at least two events each year. She earned all-America honors in the 100 back in 2003. This is the second time **Underwood** has qualified for the national meet. She earned all-American honors on three-meter in 2003.

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# HAWKEYE COACHING STAFF



**MARC LONG**  
HEAD COACH

**FIRST SEASON**  
**UNIVERSITY of IOWA, 1990**

Marc Long is in his first season as interim head coach for the University of Iowa men's and women's swimming teams after serving two seasons as the Hawkeye women's assistant coach.

In 2004-05, the Hawkeye women's team posted a 5-4 season record and placed eighth at the Big Ten Championships. The team qualified three competitors to the NCAA Championships, which ties the most sent since the 1992-93 season.

Long helped Iowa to its highest placing and point total in school history (20th, 41 points) at the 2003 NCAA Championships. The Hawkeyes also posted an 8-4 overall season record, which was the first winning season for the program since 1999-2000.

Prior to joining the Hawkeye women's swimming team, Long served as Iowa's assistant men's swimming coach from 1998-2001. He also served as head coach of the Iowa City Eels Swim Club (ICE) and the COHO Swim Club (Deerfield, IL). During his coaching tenure, Long has helped produce numerous state champions, record holders, and NCAA and USS national qualifiers.

Long swam at the University of Northern Iowa for one year (1986), winning a conference title and setting the 100 fly school record before joining the University of Iowa men's squad. As a Hawkeye swimmer (1987-89), Long was a six-time all-American and three-time Big Ten Champion, winning two conference titles in the 100 fly and one as part of the 400 free relay. During his career, the Hawkeyes were Big Ten runners-up and recorded their highest placing (eighth) in modern day history at the 1989 NCAA Championships. Long also swam on Iowa's 200 free relay that set Big Ten and NCAA records in that event.

An Iowa team co-captain in 1989, Long was a member of the 1987 U.S. National Champion 400-meter freestyle relay team from San Jose (CA) Aquatics. He participated in the 1988 U.S. Olympic Trials.

A native of Cedar Falls, IA, Long earned his B.S. in recreation education from Iowa in 1991. He and his wife, Beth, have a son, Ethan.



**FRANCES DeBORD**  
ASSISTANT COACH

**FIRST SEASON**  
**UNIVERSITY of IOWA, 2000**

Frances DeBord is in her first season as assistant coach with the Hawkeyes. DeBord returns to Iowa, where she was a backstroker and student assistant coach from 1996-2000, after coaching stints at Tulane and Fresno State.

At Tulane, DeBord helped field the first Green Wave swimming team since 1989-90, recruiting a class of 15 student-athletes. The fledgling team posted a 13-3 record, won three Conference USA individual titles and recorded 20 top eight finishes at the conference meet. Freshman Linda McEachrane won two conference titles to earn Conference USA Freshman of the Year and posted NCAA performances in the 50 and 100 free.

At Fresno State, DeBord helped the Bulldogs to a 6-6 record and a fourth-place finish in the Western Athletic Conference with a team comprised of one senior and 18 freshmen.

DeBord served as a graduate assistant coach at Ohio University (2001) and student assistant coach at the University of Iowa (1998-2000) after her swimming career was ended by a shoulder injury. Her club coaching experience includes leading the Willow Knolls Country Club and Ohio Master's Swimming Program, and serving as an assistant with the Central Illinois Aquatics Program.

DeBord is a USA Swimming Registered Coach, an American Swimming Coaches Association Level 1 Coach and a member of the College Swimming Coaches Association of America.

A native of Peoria, IL, DeBord earned her bachelor's degree from Iowa in 2000 and her master's in physical education and sports science from Ohio University earlier this year.



**BOB RYDZE**  
HEAD DIVING COACH

**30TH SEASON**  
**UNIVERSITY of MARYLAND, 1970**

Bob Rydze is in his 30th year as diving coach of the men and women's teams at the University of Iowa, and is the dean of Big Ten swimming and diving coaches. He and his wife, Elaine, have three children, Bo, Robin and Veronica.



# MEET THE HAWKEYES



## JENNIFER SKOLASKI BACKSTROKE/FREESTYLE/IM

**SENIOR**  
**MADISON, WI**  
**EDGEWOOD**

**2004-05** -- qualified for NCAA Championships in 100 back, 200 back and 200 IM... leads team in 50 free (23.69), 100 free (50.56), 500 free (5:01.88), 100 back (54.84), 200 back (1:58.69) and 200 IM (2:03.97), and swam on four of the five team-leading relays... placed fourth in 100 (54.84) and 200 back (1:58.69) and eighth in 200 IM (2:04.04) at Big Ten Championships... swam lead leg on 200 and 400 medley relays that placed fifth at Big Ten meet... set school record in 100 free (50.56) as part of 400 free relay at conference meet... won 14 individual events during the season and swam on four winning relays... recorded 24 top-five individual performances... her best 200 IM time (2:03.97) ranks second and best 50 free time (23.69) ranks ninth on Iowa's all-time best performers list... team captain.

**2003-04** -- NCAA qualifier, competing in 100 back, 200 back and 400 free... team co-captain... led team in seven events and swam on four of the five team-leading relays... broke her own school record in 200 back (1:57.51) with runner-up finish at Big Ten Championships... swam lead legs on school-record setting 200 medley (1:42.94) and 800 free relays (7:18.90) at Big Ten meet... set school record in 200 free with her 1:49.07 leg of Big Ten 800 free relay... also placed fourth in 100 back (55.24), 11th in 500 free (4:49.72) and swam lead legs on ninth-placing 400 medley and 400 free relays at conference meet... won all three individual events she was entered in at five different meets... recorded 28 top-five individual finishes and swam lead leg on three winning relays... academic all-Big Ten... letterwinner... named team Most Valuable Swimmer/Diver.

**2002-03** -- all-American... placed eighth in 100 back (55.44) at NCAA Championships after recording a collegiate-best and school-record setting 54.34 in prelims... also placed 20th in 200 back (1:59.10) and 30th in 500 free (4:50.30) at NCAA meet... set school record in 400 IM (4:20.14) at Iowa Senior Championships... placed second in 200 back (1:58.58), third in 100 back (55.38), and ninth in 500 free (4:48.20) at Big Ten meet... second team all-Big Ten... led team in seven events... named Big Ten Swimmer of the Week after

winning 100 back (56.83), 500 free (4:56.88) and 1,000 free (10:14.25) against Illinois and Ohio State... placed ninth in 200-meter back (2:17.93), 14th in 100-meter back (1:06.21) and 18th in 400-meter free (4:23.26) at U.S. Open... her best 500 free time ranks second on Iowa's all-time best performers list... recorded 33 top-five finishes, including 18 wins... academic all-Big Ten... letterwinner.

**2001-02** -- NCAA qualifier, competing in 100 back, 200 back and 500 free... swam lead leg on school record-setting 400 medley relay (3:43.42), and set then-school records in 100 (56.22) and 200 back (1:58.37)... placed third in 200 back (1:58.37), fourth in 1,650 free (16:32.30) and sixth in 500 free (4:51.78) at Big Ten Championships... led team in five events... named Big Ten Swimmer of Week after winning 200 back (2:03.15), 500 free (5:02.27) and 1,000 free (10:17.26) at Iowa State, and winning 100 back (57.01), 200 back (2:01.88) and 1,000 free (10:06.71) vs. Kansas... her best 1,000 and 1,650 free and 100 fly times rank second, second and third, respectively, on Iowa's all-time best performers list... all-Big Ten at-large selection... recorded 32 top-five finishes, including 16 first-place finishes... letterwinner.

**High School** -- swam 200-meter back at 2000 US Olympic trials... 400-meter IM Junior National champ... won seven individual state titles... three-time all-American, first team all-state and team MVP... USA Swimming athlete representative for state of Wisconsin 1999-00... National Honor Society member... coach was Drew Walden.

**Personal** -- born November 24, 1982... daughter of Steven and Carol Skolaski... social work major.

### Skolaski's Collegiate Bests

Event	Time	Meet	Date
50 Free	23.69	Iowa Sr. Champ's	3/5/05
100 Free	50.56	at Big Ten Champ's	2/19/05
200 Free	1:49.07	at Big Ten Champ's	2/18/04
400 Free	4:17.34	at U.S. Open	11/29/01
500 Free	4:48.20	at Big Ten Champ's	2/20/03
1,000 Free	10:04.68	Wisconsin	10/25/02
1,650 Free	16:32.30	at Big Ten Champ's	2/23/02
100 Back	54.34	at NCAA Champ's	3/21/03
200 Back	1:57.51	at Big Ten Champ's	2/21/04
100 Breast	1:08.79	Northern Iowa	1/21/05
100 Fly	56.08	Iowa Sr. Champ's	3/3/02
200 IM	2:03.97	at Big Ten Champ's	2/17/05
400 IM	4:20.14	Iowa Sr. Champ's	3/7/03



# MEET THE HAWKEYES



## NANCILEA UNDERWOOD DIVING

**JUNIOR**  
**Spring, TX**  
**Oak Ridge**

**2004-05** -- qualified for NCAA Championships in one and three-meter diving... won one-meter (560.30) and placed sixth on one-meter (544.15) at the Zone C qualifier... broke her own school and Field House pool record in three-meter six dives (348.25) vs. Truman State... also won one-meter vs. Truman State, with a collegiate-best 317.35 that ranks second on Iowa's all-best best performers list... placed fifth on three-meter (534.70) and ninth on one-meter (272.50) at Big Ten Championships... won one-meter (304.35) and placed second in three-meter (320.10) at Minnesota... placed third in one (277.35) and three-meter (509.90) at Minnesota Invite... runner-up in one and three-meter vs. Iowa State (269.25, 267.75) and Illinois (281.32, 304.73)... named Big Ten Diver of the Week twice.

**2003-04** -- received an Olympic redshirt... placed fourth at U.S. Olympic Team Trials on three-meter (840.15)... placed fifth on three-meter at U.S. World Cup trials (720.63)... runner-up at Speedo American Cup on three-meter (756.45)... placed fourth on three-meter (472.83) at Speedo National Championships, leading the field going into the finals... also placed fourth in synchro three-meter with Cassidy Krug of Stanford at Speedo National Championships... placed sixth in three-meter semifinal at Speedo FINA Diving Grand Prix.

**2002-03** -- honorable mention all-American... placed 11th on three-meter (491.85) and 24th on one-meter (247.25) at NCAA Championships... set Field House pool record on three-meter (556.20) vs. Truman State... set school records on three-meter dual competition (326.93) vs. Iowa State and three-meter championship competition (564.60) at Big Ten Championships... runner-up on three-meter with 564.60 points and finished third on one-meter (307.20) at Big Ten Championships... placed second on three-meter with 470.235 points and finished fifth on one-meter (541.55) at NCAA pre-qualifying meet... won three-meter competition five times and placed second six times... won one-meter diving three times and placed second three times... academic all-Big Ten... letterwinner.

**2001-02** -- placed sixth on three-meter (472.55) and 10th on one-meter (258.45) at Big Ten meet... won three-meter at Minnesota Invite (479.80) and at Iowa State (291.37)... runner-up on one-meter at Wisconsin (254.18), and three-meter at Purdue and Ohio State (294.95), vs. Minnesota (289.88) and vs. Kansas (276.98)... letterwinner.

**High School** -- two-year recipient of Joe Paul Ogden "Outstanding Diver of Year in Texas" award... two-time all-American, and region, district and state champion... five-time national team member for Woodlands diving team... four-time Junior National finalist... four-year selection to Who's Who Among American High School Students... two-year academic letterwinner... coach was Steve Montgomery.

**Personal** -- born September 14, 1983... daughter of Olen and JoAnn Underwood... elementary education major... father played professional football for three NFL teams.

### Underwood's Collegiate Bests

Event	Score	Meet	Date
One-Meter (6)	317.35	Truman State	11/12/04
One-Meter (11)	541.55	at Big Ten Champ's	2/19/03
One-Meter (12)	544.15	at NCAA Qualifier	3/12/05
Three-Meter (6)	348.25	Truman State	11/12/04
Three-Meter (11)	564.60	Big Ten Champ's	2/19/03

