



IOWA GYMNASTICS

University of Iowa Information

Location: Iowa City, Iowa
 Founded: 1847
 Enrollment: 30,328
 School Colors: Black and Gold
 Nickname: Hawkeyes
 Home Facility: Carver-Hawkeye Arena
 Conference: Big Ten
 President: Sally Mason
 Director of Athletics: Gary Barta
 Gymnastics Administrator: Mary Curtis

Coaching Information

Head Coach: Larissa Libby
 Alma Mater/Year: Louisiana State/1996
 Record at Iowa/Years: 52-62-1/6
 Overall Record/Years: 52-62-1/6
 E-Mail Address: larissa-libby@uiowa.edu
 Assistant Coach: Caleb Phillips
 Alma Mater/Year: Southern Utah University, 2008
 E-Mail Address: caleb-phillips@uiowa.edu
 Assistant Coach: Linas Gaveika
 Alma Mater/Year: University of Iowa, 2005
 E-Mail Address: linas-gaveika@uiowa.edu
 Gymnastics Secretary: Kim Klein
 Gymnastics Office Phone: (319) 335-9741

Team Information

2010 Record: 7-11
 2010 Big Ten Championships Finish: 3rd
 Letterwinners Returning/Lost: 11/7
 Newcomers: 3

Sports Information

Women's Gymnastics SID: Nick Hegland
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Credits

The 2011 Hawkeye women's gymnastics guide is a publication of the University of Iowa. The guide was written, designed and edited by Sports Information Student Assistant Nick Hegland with editorial assistance provided by Sports Information Assistant Directors Aaron Blau, Chris Brewer, Traci Wagner and Matt Weitzel. Photographs provided by David Bress and University of Iowa Center for Media Production Photo Services. Cover artwork designed by Mindy Heidgerken. Printing done by University of Iowa Printing Services in Iowa City, IA.

Table of Contents

Roster:.....	2
Schedule:.....	3
Season Preview:	4-5
2010 Year In Review:	6-7
Head Coach Larissa Libby:	8
Assistant Coaches Caleb Phillips and Linas Gaveika:	9
Support Staff:	10
Spectators Guide:	11
Meet The GymHawks:	12-25
Why Iowa?:.....	26-27
Facilities:.....	28-29
Awards and Records:.....	30-31
Opponent Quick Facts:	32-33
Hawkeyes in the Community:.....	34
Big Ten Network:	35
Hawkeyes Host NCAA Regionals:.....	36
University of Iowa Pages:	37-48

Athlete Interviews

All student-athlete interviews are coordinated through Nick Hegland of the Sports Information Office. Please contact Hegland (319-335-9411) so that he may set a time for an interview which does not interfere with the student-athlete's academic or practice schedules. The Hawkeyes practice from 1:15-4:15 p.m. every day, but Wednesday, in the North Gym of the Field House. Iowa also practices from 10 a.m. - 1 p.m. Saturdays.

University of Iowa Athletic Department Mission Statement

The mission of the Department of Athletics is to provide the administrative and coaching support, facilities, resources, and equipment necessary for student athletes to graduate from The University of Iowa while participating in broad based championship caliber athletic competition. The overall well-being of the participant and integrity of the program will be paramount in all that we do.

University of Iowa Affirmative Action Statement

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IOWA GYMNASTICS

Name	Event	Height	Year	Hometown (Previous School)
Rachel Corcoran	Vault	5-4	Jr.	Palatine, IL (Palatine)
Tesla Cox	All-Around	5-2	Fr.	Mauldin, SC (Mauldin)
Jordan Eszlinger	Bars	5-5	Jr.	Sioux Falls, SD (Lincoln)
Houry Gebeshian	All-Around	5-0	Sr.	Newton, MA (Newton North)
Jessa Hansen	All-Around	5-1	Jr.	Clive, IA (Waukee)
Andrea Hurlburt	Beam, Floor	4-10	Sr.	Waterloo, IA (West)
Nicole Pineau	All-Around	- -	Fr.	Coquitlam, British Columbia (Archbishop Secondary)
Jennie Schurman	Bars	5-3	Jr.	Excelsior, MN (Minnetonka)
Rebecca Simbhudas	All-Around	5-2	Sr.	Markham, Ontario (Markville Secondary)
Emma Stevenson	Vault, Bars, Floor	5-7	So.	Winfield, IL (Wheaton North High School)
Arielle Sucich	All-Around	5-4	Sr.	Fort Salonga, NY (King's Park)
Annie Szatkowski	All-Around	5-3	Jr.	Reno, NV (Galena)
Kaitlynn Urano	Bars, Beam, Floor	5-5	So.	British Columbia, Canada (Heritage Park Secondary)
Maya Wickus	Vault	5-6	So.	Port Washington, WI (Port Washington)

Head Coach: Larissa Libby

Assistant Coaches: Caleb Phillips, Linas Gaveika

Managers: Becky Blahyj, Amy Center, Heather Fomon, Brittany Laskowski, Kristen Ward





IOWA GYMNASTICS

2010-11 University of Iowa Women's Gymnastics Schedule

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>
Fri.	Jan. 7	at Michigan State, Michigan and Western Michigan	Ann Arbor, MI	6:30 PM
Sat.	Jan. 15	at Minnesota	Iowa City, IA	6 PM
Sat.	Jan. 22	Michigan	Iowa City, IA	5 PM
Sat.	Jan. 29	at Illinois*	Champaign, IL	12 PM
Sun.	Feb. 6	at North Carolina State	Raleigh, NC	12 PM
Fri.	Feb. 11	Denver	Iowa City, IA	7 PM
Sun.	Feb. 13	Wisconsin-Stout	Iowa City, IA	2 PM
Fri.	Feb. 18	at Iowa State	Ames, IA	7 PM
Fri.	Feb. 25	Iowa State	Iowa City, IA	7 PM
Sun.	Feb. 27	at Nebraska (Master's Classic)	Lincoln, NE	2 PM
Sat.	Mar. 5	Northern Illinois	Iowa City, IA	5 PM
Sat.	Mar. 12	at Southern Utah	Cedar City, UT	7 PM
Sat.	Mar. 19	at Big Ten Championships*	Minneapolis, MN	2 PM
Sat.	Apr. 2	NCAA Regionals	TBD	TBA
Thur.	Apr. 14	NCAA Championships	Cleveland, OH	TBA

* = Competition televised on Big Ten Network

All times listed are central time





IOWA GYMNASTICS

Coming off a third place finish at the 2010 Big Ten Championships and a fifth place finish at the NCAA Central Regional, the University of Iowa women's gymnastics team will have a stronger foundation to build on than they have in nearly a decade. The GymHawks lost just one senior to graduation, but return 11 letterwinners, including three all-Big Ten honorees, a Big Ten champion and an All-American. Combine that with a late-season surge that included their best Big Ten finish in six years and a preseason ranking of No. 4 in the Big Ten polls, you can see why Iowa is beginning to receive votes in the national rankings.

"We are in a very different position to begin this season," Head Coach Larissa Libby said. "With all of the upperclassmen making the choice to come back to campus early, it gives us the opportunity to continue on from where we left off last season, instead of starting from zero again. There is a core group of upperclassmen who are 100-percent dedicated to bringing home a Big Ten championship team title and a group of young talent dying to get in on the action. This combination should prove to be a recipe for success."

The Hawkeyes will begin their season with a pair of meets on the road, starting with a four-team meet in East Lansing, MI, Jan. 7. Along with the Hawkeyes, Michigan State will host Western Michigan and Michigan, the returning Big Ten champions. Iowa will then travel to Minneapolis, MN, to take on the Golden Gophers inside the Sports Pavilion Jan. 15.

The Black and Gold's home opener will see the Michigan Wolverines, in a co-ed meet to be hosted alongside the Iowa men's gymnastics team, inside the UI Field House

Jan. 22. It will be the second of three meetings between Iowa and Michigan.

Iowa will close out the month of January with a Big Ten matchup in Champaign, IL. In another co-ed meet with the Iowa men's squad, the GymHawks will take on the Fighting Illini inside Huff Hall Jan. 29. The road trip will continue when Iowa travels to Raleigh, NC, to take on North Carolina State Feb. 6.



The University of Denver Pioneers will come to Iowa City Feb. 11 for the first meet of Iowa's only back-to-back home stand of the season. The second meet will come Feb. 13, when the Hawkeyes host Wisconsin-Stout.

Iowa will then have two shots at the Iowa State Cyclones in an eight-day span. Iowa State will host the Hawkeyes Feb. 18 before coming to Iowa City Feb. 25. Last season, Iowa State picked up the win in Iowa City and the Hawkeyes went on to beat Iowa State in Ames. Not only will these two meets be important wins for either program, they will be two crucial steps towards the coveted Hy-Vee Cy-Hawk Series. Heading into the 2011 gymnastics season, Iowa is winning the series, 11-8.

"In considering our schedule, every opportunity for a win is important," Libby said. "Naturally, a conference win or a victory over Iowa State are crucial to the growth and notoriety of our program, so those always seem to become priority."

The Hawkeyes will close out February's schedule in Lincoln, NE, at the Nebraska-hosted Master's Classic Feb. 27. Iowa fell to the Cornhuskers last season, but with Nebraska coming to the Big Ten next season, 2011 will be a great time to start an additional conference rivalry.



IOWA GYMNASTICS

The GymHawks will host their final home meet March 5, when the Northern Illinois Huskies come to Iowa City. It will be Senior Night inside the UI Field House, as Hawk-eye family and friends will join to celebrate a handful of successful Hawkeye careers.

In a final tune up before postseason action, the Hawkeyes will travel to Cedar City, UT, for a meet against Southern Utah March 12. The Hawkeyes topped the Thunderbirds last season and will look to do so again inside Centrum Arena.

The 2011 Big Ten Championships will be hosted in Minneapolis, MN, March 19, followed by NCAA Regional competition April 4. Compared to last year's team, nearly every gymnast on the 2011 squad has experience in postseason competition, which Libby knows will be huge for her team.

"A majority of our team will know exactly what to expect heading into postseason competition and I believe that the experience that comes from that knowledge can't be understated," said Libby.

The GymHawks will be led by seniors Rebecca Simbhudas, Houry Gebeshian, Arielle Sucich and Andrea Hurlburt. Simbhudas earned first team all-Big Ten honors in 2010 and was named second team All-American on beam. Gebeshian won the Big Ten title on beam and received second team all-Big Ten honors, along with junior Jessa Hansen.

"Our three main all-arounders, Simbhudas, Gebeshian and Hansen, will remain the same with the possible addition of freshman Tesla Cox to the all-around roll," Libby said. "The all-arounders having consistent perfor-

mances will certainly be key in our success, but the real difference will be the rest of the pieces to the puzzle. Our greatest success will be when the rest of the lineup can consistently put performance that can match our better all-arounders. That will be the true measure of our success."

There will be three new faces to the 2011 GymHawks. Freshmen Tesla Cox (Mauldin, SC) and Nicole Pineau (Coquitlam, B.C.), along with sophomore transfer Maya Wickus (Port Washington, WI), will compete for spots in the lineup very early.

"We are excited about the new additions to our team," Libby said. "They are eager and highly motivated to be

a part of what may be one of the most successful teams we have had at Iowa. They have caught on very quickly to the level of dedication it will take to bring the program to the highest level of success and they have not backed down."

With a talented incoming group and seasoned veterans who have proven to

be successful, the GymHawks are ready and able to take on the 2011 season. Libby's focus is on a tough mental stance and taking one meet at a time, using each and every competitive opportunity to prepare for championship season.

"We begin every season with one goal in mind and that's to compete for a Big Ten title," said Libby. "Our goal hasn't changed this year, but we're more focused than we have been in a long time. I believe that people will be amazed at the success this team will achieve!"





IOWA GYMNASTICS

2010 Honors and Awards

BIGTENTM

CONFERENCE

2010 Results (7-11 Overall, 1-6 Big Ten)

Event	Result
at Michigan, Bowling Green	2nd, 193.200
Michigan St., UIC	2nd, 192.225
at Penn St., Cornell, Yale	2nd, 192.175
Illinois	L, 192.950
Ohio State	W, 194.925
at Illinois, Denver, Nebraska	4th, 193.625
Iowa State	L, 193.825
Minnesota	L, 194.200
at Iowa State	W, 195.175
Southern Utah	W, 195.300
at LSU	L, 195.400
at Semo	L, 193.625

Big Ten Championships (at OSU)

Team	Points
1. Michigan	196.900
2. Penn State	196.525
3. Iowa	195.575
4. Michigan State	195.350
Minnesota	195.350
6. Illinois	195.025
7. Ohio State	194.700

NCAA Regionals (Columbia, MO)

Team	Points
1. Missouri	196.500
2. Georgia	196.275
Oregon State	196.275
4. Minnesota	195.000
5. Iowa	194.900
6. North Carolina	194.750

NCAA All-Americans

Second Team: Rebecca Simbhudas (Beam)

Big Ten Champions

Houry Gebeshian (Beam)

All-Big Ten

First Team: Rebecca Simbhudas

Second Team: Houry Gebeshian

Second Team: Jessa Hansen

Big Ten Sportsmanship Award

Jessa Hansen

Academic All-Big Ten Honorees

Rachel Corcoran	Jessa Hansen
Jenny Donar	Andrea Hurlburt
Jordan Eszlinger	Melissa Miller
Heather Fomon	Rachel Nash
Kelly Galau	Jennie Schurman
Houry Gebeshian	Annie Szatkowski

Letterwinners

Olivia Beatty	Andrea Hurlburt
Amy Center	Melissa Miller
Rachel Corcoran	Rachel Nash
Jenny Donar	Jennie Schurman
Jordan Eszlinger	Rebecca Simbhudas
Heather Fomon	Emma Stevenson
Kelly Galau	Arielle Sucich
Houry Gebeshian	Annie Szatkowski
Jessa Hansen	Kaitlynn Urano



2010 All-Big Ten honorees

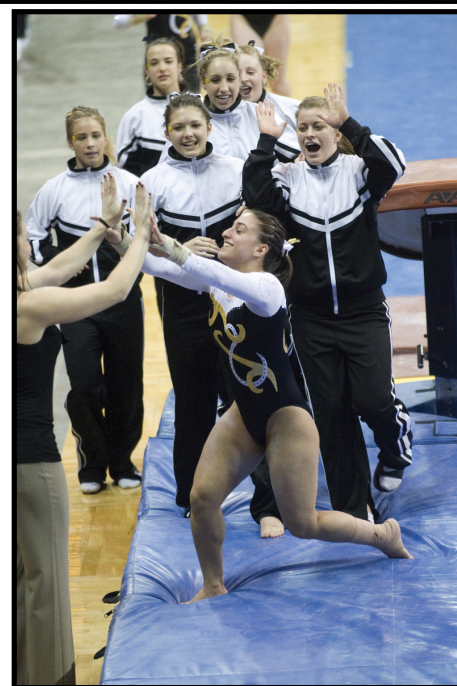
Houry Gebeshian, Rebecca Simbhudas and Jessa Hansen.



IOWA GYMNASTICS

Individual Season Bests

Name	V	UB	BB	FX	AA
Olivia Beatty	---	---	---	---	---
Amy Center	---	---	---	9.725	---
Rachel Corcoran	9.625	---	---	9.750	---
Jenny Donar	9.750	---	---	9.850	---
Jordan Eszlinger	---	9.825	---	---	---
Heather Fomon	---	---	---	---	---
Kelly Galau	9.775	---	9.675	---	---
Houry Gebeshian	9.800	9.875	9.950	9.850	39.325
Jessa Hansen	9.775	9.800	9.850	9.850	39.100
Andrea Hurlburt	---	---	9.800	9.000	---
Melissa Miller	---	---	9.825	9.625	---
Rachel Nash	---	---	---	---	---
Jennie Schurman	---	---	---	---	---
Rebecca Simbhudas	9.900	9.875	9.875	9.875	39.400
Emma Stevenson	9.525	9.825	---	9.750	---
Arielle Sucich	9.625	9.750	---	9.650	---
Annie Szatkowski	9.825	9.800	9.725	---	---
Kaitlynn Urano	---	9.750	9.525	---	---



Senior Houry Gebeshian

Team Season Bests

Event	Score	Date	Meet
Vault	48.925	April 10	at NCAA Regionals
Uneven Bars	49.050	March 7	vs. Southern Utah
Balance Beam	49.200	March 27	at Big Ten Championships
Floor	49.000	March 19	at SEMO
Team Total	195.575	March 27	at Big Ten Championships

Individual Team Leaders

Event	Athlete	Mark	Competition
Vault	Rebecca Simbhudas	9.900	vs. Ohio State (Feb. 6)
Uneven Bars	Rebecca Simbhudas	9.875	vs. South. Utah (March 7)
	Houry Gebeshian	9.875	at LSU (March 12)
Balance Beam	Houry Gebeshian	9.950	at Big Ten's (March 27)
Floor Exercise	Rebecca Simbhudas	9.875	at SEMO (March 19)
All-Around	Rebecca Simbhudas	39.400	vs. Illinois (Jan. 30)



Junior Jessa Hansen



HEAD COACH LARISSA LIBBY

IOWA GYMNASTICS



Larissa Libby

Head Coach
Seventh Year

Entering her seventh year as head coach for the Hawkeyes, Larissa Libby is looking forward to improving on Iowa's third place finish at the 2010 Big Ten Championships, its best finish in six years. Last season, Libby coached her team to a 7-11 record as they returned to NCAA Regional competition for

the third consecutive season and the fourth time in six years. Libby also coached Houry Gebeshian to a Big Ten title on beam, just the second in program history. Additionally, Rebecca Simbhudas qualified as an individual for the NCAA Championships and earned all-American honors on beam.

In 2009, Libby led her squad to a 10-5 record and was named North Central Region Coach of the Year. Under her guidance, the GymHawks returned to their second consecutive NCAA Regional appearance and produced two first team All-Big Ten gymnasts in Jenifer Simbhudas and Houry Gebeshian. Additionally, Simbhudas was named Big Ten Gymnast of the Week twice in 2009.

In 2008, Libby Coached the Hawkeyes to their first NCAA appearance since 2005 and a fifth place finish in the Big Ten Conference. In addition to the multiple team and staff honors, Libby also saw several GymHawks achieve standout seasons during the 2008 season. Jenifer Simbhudas was named first team All Big-Ten and Big Ten Gymnast of the Week twice.. The accomplishments came off of the competitive floor as well with five Gymhawks receiving academic all-Big Ten selections and seven being named academic all-Americans.

In 2007, Libby led the Hawkeyes to many individual records. Katie Burke earned career-highs on vault, bars, floor, and in the all-around, ending a highly successful season with an NCAA Championship appearance. Kara Pinjuv, Jenifer Simbhudas, and Katie Turcotte all qualified to NCAA Regional competition.



In addition to their NCAA success, Burke earned first team all Big-Ten honors while Pinjuv, Turcotte, and Simbhudas all earned second team honors in 2007 under Libby. Prior to the 2007 season, Libby played a role in the Hawkeyes' five consecutive seasons of Regional competition (2000-2005) and coached seniors Liz Grajewski and Kortny Williamson, as well as junior Danielle Legeai to individual regional competition in 2006.

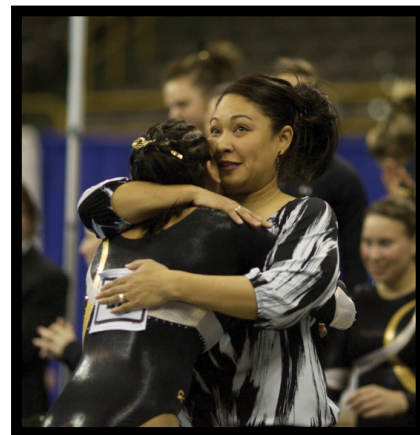
As the Hawkeyes' choreographer and beam coach, Libby has made a lasting impact. The top 10 school records on beam have all been under her guidance, including the school record, 49.425, accomplished in 2004 at Illinois State. In 2004, the GymHawks recorded a 49.0 or higher seven times on beam.

Before becoming head coach, Libby served as associate head coach for one season and assistant coach for the previous three seasons.

Before joining the Hawkeyes, Libby served four years as the assistant women's coach at Louisiana State University. While at LSU, she produced nine beam all-Americans, the top-ranked beam team in 1999 and helped coach LSU to four consecutive NCAA championship team appearances.

As a competitive gymnast in her home country of Canada, Libby burst onto the scene at age 11 quickly becoming a junior national champion and a senior national champion shortly after. A member of the 1987 and 1989 Canadian world championship teams, Libby led the Canadian team to its best-ever sixth-place finish, placing 18th in the world in the all-around and becoming Canada's first ever world vault finalist. Along with world recognition, Libby was also a member of the Canadian Olympic team in 1988. She has earned over 30 international individual and event medals and was honored as the Canadian Gymnast of the Year in 1989 and 1990. In 2006, Libby was honored for her many national and international accomplishments. The Whitby Sports Council, the hometown where Libby began her outstanding career, selected Libby to be inducted into the Whitby Sports Hall of Fame, an honor bestowed on some of Canada's greatest athletes.

Originally from Pickering, Canada, Libby was a collegiate gymnast at Louisiana State University. She was a four-year team captain and the Central Region bar champion in 1995. Libby graduated from LSU in 1996, with a Bachelor of Science degree in psychology and a minor in French. Her husband, Chad, is the program director of athletic training at Coe College. The couple has two daughters, Taylor 13, and Bailey 6.





IOWA GYMNASTICS



Caleb Phillips

Assistant Coach
Third Year

Caleb Phillips is in his third season as a Hawkeye assistant coach after spending four years as an assistant at Southern Utah.

With Phillips on the staff, the Hawkeyes made their third consecutive NCAA Regional appearance as well as a third place finish at the Big Ten Championships in 2010.

Phillips helped lead Southern Utah to two NCAA Regional appearances. He helped send two competitors to NCAA Nationals -- Leah Sakhitab in 2005 and Elise Wheeler in 2008. He helped three athletes reach NCAA Regionals in 2006 and four in 2007.

Phillips has a Bachelor's degree in psychology from Southern Utah. He and his wife, Ashley, have two children -- Cable (5) and Beck (3).



Linas Gaveika

Assistant Coach
Second Year

Linas Gaveika is in his second season as a Hawkeye assistant coach after volunteering as an assistant for one season. He helped coach the 2010 GymHawks to a third place finish at the Big Ten Championships, their best finish in six years, as well as their fourth NCAA Regional appearance in six years.

Competing for Iowa's mens gymnastics from 2003-05, Gaveika is a three year letterwinner. He was the 2003 NCAA Champion on horizontal bar, three-time All-American on horizontal bar, All-American on parallel Bars and Academic All-Big Ten in 2004.

Gaveika, a native of Vilnius, Lithuania, graduated from the University of Iowa in 2005 with a Russian/international business major.





IOWA GYMNASTICS



Women's Gymnastics Support Staff



Jane Meyer
Senior Associate Director
of Athletics



Mary Curtis
Gymnastics
Adminrator



Kim Klein
Gymnastics
Secretary



Jon Fravel
Head Athletic Trainer



Margaret Dann
Academic Coordinator



Amy Center
Team Manager



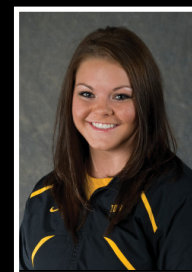
Kristen Ward
Team Manager



Becky Blahy
Team Manager



Heather Fomon
Team Manager



Brittany Laskowski
Team Manager



IOWA GYMNASTICS

The Basics

Six gymnasts perform on each of the four events (vault, uneven bars, balance beam and floor exercise). The five highest scores per event comprise the cumulative team total. Although a perfect score is 200, top teams score above 190.

Individual optional routines, put together by the gymnast to express herself through the skills she performs the best, have a starting value of only 9.5. An additional five-tenths of bonus can be earned, one-tenth by performing a "D" element or two-tenths by performing an "E" element. Also the gymnast can get one-tenth by performing a special connection of skills. The remaining points can be earned by additional D/E elements or special connections. The maximum start value is 10.0.

Judging

Uneven bars, balance beam and floor exercise are judged using a rating system that evaluates each element on the following scale:

- A - easy part
- B - part with partial difficulty
- C - part with higher difficulty
- D - part with very high difficulty
- E - part with highest difficulty

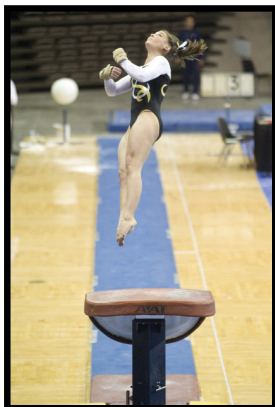
Routines require the following to start from a 9.5 value:
3 "A" elements, 3 "B" elements and two "C" elements.

Special Deductions:

- *Out of bounds (floor exercise), -0.1 each time
- *Overtime in balance beam routine (over 1:30), -0.2
- *Fall off apparatus, -0.5 each time
- *Wiggles or wobbles on beam, -0.3
- *Two steps on landing, -0.2
- *Insufficient artistry of presentation, up to -0.3
- *Relaxed posture throughout the exercise, up to -0.2

Vault

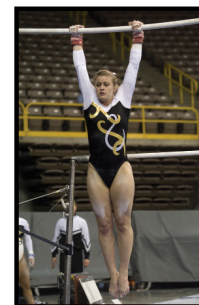
Vaulting requires speed, quickness and explosive power. The gymnast is allowed to perform only one vault. Vaults have assigned maximum difficulty ranging from 8.6 to 10.0. Deductions are taken for technical errors in four phases: first flight phase (the approach), repulsion phase (contact with the vaulting table), second flight phase (height and distance from the table), and landing. Specific deductions include up to 0.5 for body position faults, 0.1-0.4 for steps off landing, up to 0.3 for an off-center landing, and not receiving a score if the coach assists the athlete at any time during the vault. Some common vaults in collegiate competition include:



1/2 on, 1/2 off front layout	10.0
Roundoff back handspring, 1/2 turn front layout	10.0
Handspring front pike, 1/2 turn	10.0
Handspring front tuck, full turn	10.0
Tsukahara layout, full twist	10.0
1/2 on, 1/2 off front tuck	9.8
Handspring front pike	9.9
Handspring front tuck, 1/2 turn	9.9
Roundoff back handspring layout	9.8
Tsukahara layout	9.8

Uneven Bars

This event combines the gymnast's strength and agility as the gymnast must maintain a flowing and consistent rhythm. A bar routine must include a mount, two release moves, a directional change and a dismount. Bonus points are awarded through spectacular release moves and dismounts, along with performing difficult elements in a series.



Balance Beam

The balance beam is 16 feet long, four feet high and only four inches wide. Performing on the beam requires precise movement and intense concentration. A beam routine should be between 70 and 90 seconds long and include a tumbling series, a leap series, a mount and a dismount.

Composition Requirements:

- * Full turn
- * Large leap or jump (180 degree split)
- * Acrobatic series with two or more flight skills
- * Dance series
- * Minimum of a "C" level dismount

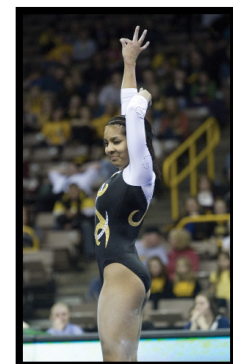


Floor Exercise

This is the "glamour" event in women's gymnastics that combines tumbling, dance and interpretation of music. Floor routines must contain two tumbling passes (one with two flips), a series of three leaps and a series with tumbling and leaps all choreographed to music. Floor exercise has become not only one of the most beautiful of athletic events, but one of the most daring and exciting as well.

Composition Requirements:

- * Dance series with two elements
- * Two tumbling series with one having at least two saltos
- * Three different saltos within two tumbling series
- * Minimum of "C" level dismount in combination or "D" level skill





MEET THE HAWKEYES

IOWA GYMNASTICS



Houry Gebeshian

All-Around
Senior
Newton, MA

2010... Won Big Ten title on beam with a career high of 9.950... second team all-Big Ten selection... academic all-Big Ten selection... also set career marks on bars (9.875, at LSU), floor (9.850, twice) and all-around (39.325, vs. Southern Utah).

2009... Second team all-Big Ten selection... academic all-Big Ten selection... recorded career-highs on vault (9.850 vs. Maryland), bars (9.825 vs. Kentucky), floor (9.850 vs. Maryland) and all-around (39.300 vs. Maryland) during the 2009 season... competed on every event in every meet for the GymHawks... took first place in the all-around four times... of the 44 events she competed on this season, Gebeshian scored below a 9.7 only four times... scored higher than a 9.7 on vault in every meet.

2008... Scored a 9.9 on beam twice (vs. Ohio State, vs. Minnesota) and placed first... tied for 15th on beam at NCAA Regionals... placed in the top three on beam six times... earned season-high 39.1 in the all-around against Michigan State/Illinois... posted a season-best 9.85 on bars at Big Ten Championships to tie for sixth... competed on bars and beam in every meet during the 2008 season.

High School... Placed first on bars at state championships senior year... placed second on beam at 2007 state championships... placed 16th in the all-around at National Championships as a junior... was first on bars at regional and state competition junior year... recorded a personal best 9.775 on vault, 9.65 on bars, 9.6 on beam and 9.5 on floor... coaches were Patrick Palmer, Shixin Mao and Doc Massimo.

Personal... Born 7/27/89... parents are Christine Abrahamian and Hagop Gebeshian... athletic training major.

Gebeshian's Bests

Vault..... 9.850vs. Maryland (2/28/09)
Bars 9.875 at Louisiana State (3/12/10)
Beam ... 9.950 at Big Ten Championships (3/27/10)
Floor 9.850 ... 5x, last at Big Ten Championships (3/27/10)
AA..... 39.325vs. Southern Utah (3/7/10)



Getting to Know Houry...

I Knew I First Loved Gymnastics When: I learned how much fun it could be flipping around and working hard with my friends the whole day.

My First Gymnastics Memory: Running up to get my first place level six all-around trophy, then tripping and falling onto the podium.

My Most Memorable Gymnastics Meet Was: The 2010 Big Ten Championships.

My Goals For This Season Are: To be healthy and consistent in order to help the team as much as possible.

I Want to Visit: Europe

Favorite Movie: *Finding Nemo*

Favorite Restaurant: Three Samurai

Favorite TV Show: Friends

My Favorite Type Of Music Is: Heavy Metal

The One Thing I Could Not Live Without Is: Gymnastics



IOWA GYMNASTICS



Andrea Hurlburt

Beam, Floor
Senior
Waterloo, IA

2010... Competed on beam in 11 meets... Scored a career high of 9.800 on beam in two different meets (at SEMO, Big Ten Championships).

2009... Competed on balance beam in every meet... made collegiate debut against LSU and Southeast Missouri State, scoring a 9.625 and finishing in fifth place... Scored a career-high 9.775 against Kentucky, tying for fifth place... academic all-Big Ten selection.

2008... Did not compete.

2007... Did not compete after joining the team as a walk-on.

High School... Placed second on bars and eighth in the all-around at 2006 Westerns... placed first in the all-around at the 2004 State Championships... earned a personal best 36.7 in the all-around... Honor Roll member from 2002-2006... competed for Blackhawk Gymnastics... coach was Kevin Crowley.

Personal... Born 5/26/88... parents are Kent and Kim Hurlburt... communication studies and anthropology major.

Getting to Know Andrea...

I Knew I First Loved Gymnastics When: I watched the '96 Olympics and everyone said I looked like Dominique Moceanu.

My Most Memorable Gymnastics Meet Was: The 2010 Big Ten Championships.

My Goals For This Season Are: To help my team reach its potential.

My Favorite Restaurant In The Iowa City/Coralville Area Is: Takanami

My Favorite Type Of Music Is: 90's music

One Item Of Clothing I Refuse To Part With Is: A pair of jeans I got in ninth grade. They still fit!

The One Thing I Could Not Live Without Is: Gymnastics

My Most prized Possession Is: My computer

The Movie I've Watched The Most Times Is: *Mean Girls*



Hurlburt's Bests

Beam ... 9.800 ... 2x, last at Big Ten Championships (3/27/10)

Floor 9.000at Michigan (1/9/10)



MEET THE HAWKEYES

IOWA GYMNASTICS



Rebecca Simbhudas

All-Around

Senior

Markham, Ontario

2010... NCAA All-American on beam... first team all-Big Ten selection... one of two Hawkeyes to compete in all-around at every meet... set career marks on vault (9.900, vs. Ohio State), bars (9.875, vs. Southern Utah), floor (9.875, vs. Minnesota)

and all-around (39.400, vs. Illinois)... individual team leader on vault, bars (share of lead), floor and all-around.

2009... Named Big Ten Gymnast of the Week (2/23)... was an all-around competitor in eight meets, including a first-place finish vs. Iowa State (2/16)... competed on bars and beam in every meet... scored career-highs in every event during the 2009 season... scored a 9.925 on balance beam at Southern Utah (2/20), the third-best beam score in school history... it was also the highest mark on that event for any Iowa gymnast since Danielle Legeai in March 2006.

2008... Tied for 11th at NCAA Regionals on uneven bars (9.775)... took the beam title three times, twice with a season-high 9.875... tied for first on bars against Iowa State (9.85) and at Southern Utah (9.8)... tied for eighth on beam at Big Ten Championships with a 9.825.

High School... Two-time Canadian World Championship team member... finished second on beam and seventh in the all-around at 2007 Canadian National Championships... finished eighth on the all-around at the 2006 Canadian National Championships... finished sixth on beam at 2006 Cottbus World Cup... finished second on bars at 2005 Maribor World Cup.

Personal... Born 4/25/89... parents are Barrat and Gean Simbhudas... sister of former Hawkeye Jenifer Simbhudas... recreation management for entrepreneurship major.

Simbhudas' Bests

Vault 9.900 vs. Ohio State (2/6/10)
Bars 9.875 3x, last vs. Southern Utah (3/7/10)
Beam ... 9.925 at Southern Utah (2/20/09)
Floor 9.875 3x, last vs. Minnesota (2/28/10)
AA 39.400 2x, last vs. Illinois (1/30/10)



Getting to Know Rebecca...

Nickname: Becky, Booty, Lil Simbooty

My First Gymnastics Memory: Becoming the first Canadian to receive a silver medal on the uneven bars at a World Cup Event.

My Most Prized Possession: My stuffed animal "Stitch"

Favorite Restaurant: Three Samurai

Favorite Movie: *The Hangover*

Favorite TV Show: *Gossip Girl*, *One Tree Hill*

Favorite Musical Artist: Hip hop, R&B and soca

I Want To Travel To: Australia

My Goals For The Season Are: 9.9 on bars and beam

Being At Iowa Has Taught Me...: You are no longer doing it for yourself but for the team and being part of a big family that supports you every step of the way.



IOWA GYMNASTICS



Arielle Sucich

All-Around

Senior

Ft. Salonga, NY

2010... Recorded a season high of 9.750 on bars at Big Ten Championships.

2009... Competed on vault, bars and floor in every meet, scoring career-highs in each... tied for first at Minnesota on vault (9.850)... tied for first at Southern

Utah on bars (9.800)... tied for ninth on vault (9.850) at Big Ten Championships... recorded career-high 9.850 on floor at Big Ten Championships, tying for 17th place.

2008... Recorded score of 9.70 on bars twice (Cancun Classic, Minnesota)... finished ninth on bars at Minnesota.

High School... Earned all-state honors as a freshman, sophomore and senior... team MVP and team captain as a senior... Suffolk County Champion senior year... four -time state qualifier... placed 36th in the all-around at Nationals in 2006... placed sixth in 2006 regional all-around competition... placed third in regional all-around competition in 2001 and 2002... coaches were Carlos Harper and Robin Thomas.

Personal... Born 1/23/89... parents are George and Kathy Sucich... communication studies major.



Getting to Know Arielle...

My Most Memorable Gymnastics Moment Was: When I signed with Iowa Gymnastics.

My Goals For This Season Are: To contribute to the team and help win a Big Ten Championship.

My Most Prized Possession Is: My perfume

Favorite Restaurant: Cheesecake Factory

Favorite Movie: *Law Abiding Citizen*

Favorite TV Show: *So You Think You Can Dance?*

I Want To Visit: Europe

If I Could Guest Star On Any Television Show It Would Be: *Fear Factor*

The Television Or Movie Character That Best Describes Me Is: Katie Holmes

When I Was Little I Wanted To Grow Up To Be: A superstar

The One Thing That Has Impressed Me About The University Of Iowa Is: How friendly and nice the people are.

Sucich's Bests

Vault....9.850 ... 3x, last at Big Ten Championships (3/21/09)

Bars9.800 2x, last vs. Kentucky (3/6/09)

Floor....9.850 at Big Ten Championships (3/21/09)



MEET THE HAWKEYES

IOWA GYMNASTICS



Rachel Corcoran

Vault
Junior
Palatine, IL

2010... Competed on vault and floor through Iowa's first four meets... Scored a career best of 9.650 on floor at Penn State meet Jan. 23.

2009... Saw first collegiate action against on vault against LSU and Southeast Missouri State (1/9), scoring a 9.250... competed on vault for Iowa in last six dual meets... scored a season-high 9.825 at the Big Ten Championships, finishing in 17th place.

High School... Finished second at Illinois State Meet on beam (9.6) and third in all-around (38.125) as a senior... holds personal-bests of 9.90 on floor and 38.625 in all-around... holds school records for highest floor score (9.70) and highest all-around (38.325)... co-captain during senior season... Academic Achievement Award recipient as a senior... high school coaches were Terry Theobald, Scott Hagel and Jodi Wadington... competed in club at Crystal Lake Gymnastics Training Center and was coached by Lado Gogoladze and Lee Bataglia.

Personal... Born 11/29/89... parents are Phyllis and Stephen Corcoran... health promotions major.



Getting to Know Rachel...

Nickname: Corky

My First Gymnastics Memory: Twice a week in preschool, we had a "gymbus" come to my school as our physical education type of class. They had taken out the seats on the bus and put in preschool gymnastics equipment. The "gymbus" is what I have to thank for my love for the sport of gymnastics.

My Most Prized Possession: The scrapbook that my friends and family put together with pictures and notes about me for my graduation party right before I went off to college.

Favorite Restaurant: Mia Za's

Favorite Movie: *Cruel Intentions*

When I Was Little I Wanted To Grow Up To Be: A lawyer

Favorite TV Show: *Grey's Anatomy*

I Want To Visit...: Europe

My Goals For The Season Are: To stay positive, always give my best effort and fight for every tenth.

Being At Iowa Has Taught Me: Hard work will always be rewarded. I have also learned that if you can push through the bad days, you will be even stronger for having pushed through it.



Corcoran's Bests

Vault.....9.825 at Big Ten Championships (3/21/09)
Floor.....9.650 at Penn State (1/23/10)



IOWA GYMNASTICS



Jordan Eszlinger

Bars
Junior
Sioux Falls, SD

2010... Saw first collegiate action at Michigan meet Jan. 9, scoring a 9.600 on bars... competed on bars in every meet for Iowa... set career mark on bars (9.825) against Minnesota and again against Southern Utah.

2009... Did not compete.

High School... Finished fourth on bars at Level 10 Regionals... took second place at 2008 State Championships in all-around... team captain during senior season... lettered in academics all four years at Lincoln... competed for All-American Gymnastics... coaches were Gene Luke and Ben Prohl.

Personal... Born 3/31/90... parents are Lyle and Ranee Eszlinger... chemical engineering major.

Getting to Know Jordan...

Nickname: J-Dawg, Jordy Jor, Jordanimal

My First Gymnastics Memory: My first Level Five Meet - It was horrible!

My Most Prized Possession: Cell phone

Favorite Restaurant: HuHot

Favorite Movie: *27 Dresses*, *The Holiday*

Favorite TV Show: *Grey's Anatomy*, *NCIS*, *Law & Order SVU*

Favorite Musical Artist: Spice Girls

I Want To Visit...: Barcelona, Spain

My Goals For The Season Are: To work hard and do everything I can to help my team become Big Ten champions!

Being At Iowa Has Taught Me: That I can do anything as long as I work hard and keep a positive attitude.



Eszlinger's Bests

Bars 9.825 2x, last vs. Southern Utah (3/6/10)



MEET THE HAWKEYES

IOWA GYMNASTICS



Jessa Hansen

All-Around
Junior
Clive, IA

2010... Second team all-Big Ten... academic all-Big Ten... Big Ten Sportsmanship Award nominee.. one of two Hawkeyes to compete in the all-around in every meet... set career marks on vault (9.775, vs. Michigan St.), bars (9.800, four times), beam (9.850, twice)

and all-around (39.100, at Iowa State).

2009... competed on bars, beam and floor in every meet... scored a 9.9 on floor (vs. Iowa State) and a 9.875 (vs. Maryland), taking first place both times... posted a 9.825 on balance beam against Ohio State... scored a 9.775 on uneven bars (T-21st) at the Big Ten Championships, a career-high... also scored a 9.775 (17th) on balance beam and a 9.850 on floor (T-17th) at Big Tens.

High School... Three-time J.O. Qualifier... took first on floor and second in all-around at 2008 Region IV Championships... took second on beam at 2007 Western Nationals... won all-around at Iowa State Meet in 2005 (37.925) and 2006 (36.250)... trained at Chow's Gym in Des Moines and club coach was Liang Chow.

Personal... Born 8/11/90... parents are Marc and Jody Hansen... journalism and mass communications major... trained at the same gym as U.S. Olympian Shawn Johnson.



Getting to Know Jessa...

Nickname: Jess, Jessa Girl, Jessa Hot Messa, Boss

My First Gymnastics Memory: Exhibiting and doing cartwheels in the mall to promote the grand opening of Chow's Gymnastics.

My Most Prized Possession: All of my photos

Favorite Restaurant: Three Samurai

Favorite Movie: *Mean Girls*

Favorite TV Show: *The Office*

Favorite Musical Artists: The Script, OneRepublic

I Want To Visit: Italy

When I Was Little I Wanted To Grow Up To Be: A teacher

Before Every Meet I: Listen to music to get pumped up with my team and mentally go through my routines.

My Goals For The Season Are: To compete with mental toughness and to be a steady, reliable competitor in all the events.

Being At Iowa Has Taught Me: To recognize all of the amazing opportunities given to us and be proactive.

My Most Memorable Gymnastics Moment Was: The 2010 Big Ten Championships.

Hansen's Bests

Vault 9.775 vs. Michigan State (1/15/10)

Bars 9.800 ... 4x, last at Big Ten Championships (3/27/10)

Beam ... 9.850 2x, last vs. Ohio State (2/6/10)

Floor 9.900 vs. Iowa State (2/16/09)

AA..... 39.100 at Iowa State (3/5/10)



IOWA GYMNASTICS



Jennie Schurman

Bars
Junior
Excelsior, MN

2010... Did not compete.

2009... Competed on uneven bars in Iowa's first nine meets... recorded season-high 9.725 against Iowa State (2/16).

High School... Two-time Junior Olympic qualifier... Western National qualifier... scored first place on bars and second place on beam at 2007 Minnesota State Championships... also ran track, competing in 4x400 meter-relay, triple jump, long jump and pole vault... Honor Roll recipient... club coaches were Will and Kari Vaughn.

Personal... Born 4/3/90... parents are Kathy and Kevin Schurman... Spanish major.

Getting to Know Jennie...

Nickname: Schurmanator, Big Shurm

My First Gymnastics Memory: My first leo, a multi-colored unitard

My Most Prized Possession: My scooter

Favorite Restaurant: HuHot

Favorite Movie: *The Shawshank Redemption*

Favorite TV Show: *The Office*

Favorite Musical Artist: Bob Marley

I Want To Visit...: Bora Bora

My Goals For The Season Are: Big Ten Champs!

Being At Iowa Has Taught Me: How important each gymnast is to the whole team. Go Hawks!



Schurman's Bests

Bars 9.725 vs. Iowa State (2/16/09)



MEET THE HAWKEYES

IOWA GYMNASTICS



Annie Szatkowski

All-Around

Junior

Reno, NV

2010... Saw action in 13 meets for the Hawkeyes... began season by scoring a career high of 9.800 on bars (at Michigan)... recorded career high of 9.725 on beam against Southern Utah... academic all-Big Ten.

2009... Competed on vault in every meet... tied for first at Iowa State on vault (9.825)... scored a career-high 9.850 on vault twice in 2009, last vs. Kentucky (3/6)... scored above a 9.8 on vault five times.

High School... Scored personal-best 9.60 on floor, 9.80 on vault and 36.975 in all-around... first place finish on floor at 2004 Regionals (9.60)... back-to-back first place finishes at Nevada State Championships on vault in 2007 and 2008... took first place on floor (9.55) and vault (9.80) at 2008 MAC Open... competed for Deltchev Gymnastics Academy... coaches were Stoyan Deltchev and Anni Damianova... three-time Academic Letter Award recipient and National Honor Society member.

Personal... Born 6/26/90... parents are John and Barbara Szatkowski... sports studies and journalism/mass communication

Getting to Know Annie...

Nickname: Skeeter, Annie Boo, Annaruth, Squash, Roonie

My First Gymnastics Memory: Playing in the massive trampoline castle at my first gymnastics club and never wanting to get off of it.

My Most Prized Possession: All my pictures and photo albums

Favorite Restaurant: Thai Flavors

When I Was Little I Wanted To Grow Up To Be: An ambulance driver

If I Could Guest Star On Any TV Show It Would Be: The Today Show

Favorite Movie: *Billy Madison*

Favorite TV Show: *Grey's Anatomy*, *Top Chef* and *Project Runway*

Favorite Musical Artist: Kanye West, John Mayer, Jason Mraz

I Want To Visit...: Italy

My Goals For The Season Are: To be a positive contributor in every event I compete, to do all-around and 9.9 on vault, Big Ten Champs and go to nationals.

Being At Iowa Has Taught Me: To appreciate everything, every person and every opportunity in life.



Szatkowski's Bests

Vault 9.850	2x, last vs. Kentucky (3/6/09)
Bars 9.800	at Michigan (1/9/10)
Beam	... 9.725	vs. Southern Utah (3/7/10)



IOWA GYMNASTICS



Emma Stevenson

Vault, Bars, Floor
Sophomore
Winfield, IL

2010... Competed in 13 meets for Iowa, the most of any freshman... saw first collegiate action at Michigan meet, scoring 9.725 bars... Scored a career high of 9.825 on bars against Minnesota... Competed on floor in nine events for Iowa...

Scored a career high of 9.750 on floor in final two meets (Big Ten Championships, NCAA Regionals)... Set career mark of 9.525 twice on vault (vs. Southern Utah, at NCAA Regionals).

High School... Three-time national qualifier... 2005 Regional bar champion... Sixth place in bars at 2008 Nationals... 2008 All-Star Team member... Four years High Honor Roll... Spanish Honor Society.

Personal... Born 10/11/90... parents are Paul and Barbara Stevenson... integrative physiology major.

Getting to Know Emma...

My First Gymnastics Memory: When my coach told me to do a front on vault just because he knew I would try anything. I was a first year level five and I could barely do a regular front handspring but I didn't land on my head.

My Most Prized Possession: My phone

Favorite Restaurant: Takanami

Favorite Movie: The Hangover

Favorite TV Show: *Friends*

Favorite Musical Artist: Cartel

I Want To Visit: Spain

My Goals For The Season Are: Big Ten Champs

Being At Iowa Has Taught Me: Time Management

Before Every Meet I: Get pumped up by listening to music and visualizing.



Stevenson's Bests

Vault 9.5252x, last at NCAA Regionals (4/10/10)

Bars 9.825 vs. Minnesota (2/28/10)

Floor 9.7502x, last at NCAA Regionals (4/10/10)



MEET THE HAWKEYES

IOWA GYMNASTICS



Kaitlynn Urano

Bars, Beam, Floor

Sophomore

British Columbia, Canada

2010... Competed in 10 meets for Iowa... made collegiate debut at Michigan, scoring a career high 9.525 on beam... recorded career high on bars (9.750) against Minnesota.

High School... Qualified for Women's Provincial National Open Team... member of Team Alberta 2007... attended Canada Winter Games in 2007 for Team Alberta... member of Team British Columbia 2008 and 2009... Honor Roll Grades 8-12, Principal's List Grade 11 and 12.

Personal... Born 4/27/91... parents are Chuck and Deborah Urano... communication sciences and disorders major.

Getting to Know Kaitlynn...

My First Gymnastics Memory: Being the first in my group to get their kip on bars

My Most Prized Possession: My phone

Favorite Restaurant: Shorts

Favorite Movie: How To Lose A Guy In Ten Days

Favorite TV Show: *Friends*

I Want To Visit: Europe

My Goals For The Season Are: To compete and be consistent on three events and to help my team strive for success

Being At Iowa Has Taught Me: Leadership and accountability come hand in hand. To be a Hawkeye means you never give up and you give 100 percent in everything you do.

Before Every Meet I: Listen to my favorite music, hang out and do my hair.



Urano's Bests

Bars 9.750 vs. Minnesota (2/28/10)

Beam ... 9.525 at Michigan (1/9/10)



IOWA GYMNASTICS



Maya Wickus

Vault

Sophomore

Port Washington, WI

High School... Trained at LaFleur's Gymnastics in Wisconsin... Four-time state vault champion... four-time regional qualifier... Qualified for J.O. Nationals sophomore and senior year... Also competed in track and diving.

Personal... Born 9/25/91... parents are Dawn Marie Herrboldt and Wade Wickus... pre-business major.

Getting to Know Maya...

My First Gymnastics Memory: When my level four team won State!

I Knew I First Loved Gymnastics When: I was first able to compete. I loved being able to perform something I was good at. Ever since, I've always been in love with the competitions.

Nickname: Maya Papaya

My Most Memorable Gymnastics Moment Was: The first time I competed my full on vault. I was so proud I had finally accomplished my goal.

My Most Prized Possession: My puppies

I Want To Visit: India

My Favorite Movie Is: Breakfast at Tiffany's

Favorite TV Show: *Friends*

If I Could Guest Star On Any Television Show It Would Be: *NCIS*

The Television Or Movie Character That Best Describes Me Is:

Holly Golightly

Favorite Restaurant: Mongolian Grill

Favorite Musical Artist: Shania Twain

The One Thing I Could Not Live Without Is: My phone

When I Was Little I Wanted To Grow Up To Be: Marine Biologist, to work with manatees

My Favorite Type Of Music Is: Country

Being At Iowa Has Taught Me: That academics come first.

My Goals For This Season Are: To compete on vault at every meet and help my team succeed to be the best that we can be.





MEET THE HAWKEYES

IOWA GYMNASTICS



Tesla Cox

All-Around
Freshman
Mauldin, SC

High School... 2007 state champion on beam, floor and all-around... 2009 state champion on bars, vault and all-around... 2010 state champion on bars and all-around... eight-time regional qualifier... awarded 2009 Outstanding Gymnast of

the Year Award - Club Gymnastics... awarded the 2010 Louise Peck South Carolina Senior Award... coached by Horatiu Sana and Shawn Smolen... speech and debate team- freshman and sophomore years... held student council position as spirit leader freshman year.

Personal... Born 9/30/91... parents are Bennett and Connie Cox... business major.

Getting to Know Tesla...

My First Gymnastics Memory: Climbing to the top of the rope really fast and then looking down and not wanting to climb down. My coach had to come up the rope and get me.

I Knew I First Loved Gymnastics When: When I did my first cart-wheel in my tumble bears class when I was 3 years old.

Nickname: Bell (short for Southern Bell)

My Most Memorable Gymnastics Moment Was: When I performed my floor routine at the 2008 Tour of Gymnastics Superstars with the 2008 Olympians.

My Most Prized Possession: Pictures of my memories

I Want To Visit: Greece

My Favorite Movie Is: Hocus Pocus

Favorite TV Show: *House*

If I Could Guest Star On Any Television Show It Would Be: Survivor

The Television or Movie Character That Best Describes Me Is: Melanie Carmichael, played by Reese Witherspoon on *Sweet Home Alabama*.

Favorite Restaurant: Red Lobster

Favorite Musical Artist: Nicki Minaj

When I Was Little I Wanted To Grow Up To Be: Famous

My Favorite Type Of Music Is: All music

Being At Iowa Has Taught Me: How to work harder than I ever have, how to be more responsible and how to be a team player.

My Goals For This Season Are: For the team to be crowned Big Ten Champions and to be named Big Ten Freshman Of The Year.





IOWA GYMNASTICS



Nicole Pineau

All-Around

Freshman

Coquitlam, British Columbia

High School... 2005 Elite Canada silver medalist on beam... 12th in all-around at 2006 Gymnix International... placed eighth in all-around and second on floor at 2007 Canadian Nationals... second place team and third place on floor at 2007 Canada Winter Games... 2008 Provin-

cial all-around champion... 2008 Western Canadian all-around champion... sixth all-around, second team and second on floor at 2008 Nationals, receiving most original bars award... ninth all-around at 2009 Nationals... seventh on floor at 2010 Nationals.

Personal... Born 8/29/92... parents are Paul and Denise Pineau... integrative physiology major.

Getting to Know Nicole...

My First Gymnastics Memory: When I finally made my first front walkover.

I Knew I First Loved Gymnastics When: I had my birthday party at a gymnastics club.

Nickname: Nic, Santa, Saint Nic, Nicholas

My Most Memorable Gymnastics Moment Was: Winning the bronze medal on floor at the 2007 Canada Winter Games

My Most Prized Possession: My MacBook

I Want To Visit: Tahiti

My Favorite Movie Is: *She's the Man*

Favorite TV Show: *Glee*

If I Could Guest Star On Any Television Show It Would Be: *Glee*... if I could sing!

The Television Or Movie Character That Best Describes Me Is: Boo from Monster's Inc. because I used to look like her and talk like her.

Favorite Restaurant: Olive Garden

Favorite Musical Artist: Lady Antebellum

The One Thing I Could Not Live Without Is: My Blackberry

When I Was Little I Wanted To Grow Up To Be: A teacher

My Favorite Type Of Music Is: Anything....country, pop, rock

Being At Iowa Has Taught Me: How to be independent and manage my time.

My Goals For This Season Are: To be consistent and contribute to the team as much as I can.





WHY IOWA?

IOWA GYMNASTICS



"I chose Iowa because I love the coaches and the atmosphere of the gym. The girls are great and I felt a connection with the team right away. I loved the campus because of the buildings and the character that the University has. I liked the size of the school and loved the feel of a University town." - **Kaitlynn Urano**



"I chose Iowa because it just felt like the perfect fit. Everything felt right. I loved the team from the first moment I met them. They made me feel so welcome and they were like a family. I also loved the atmosphere because it seemed like so much fun and I definitely wanted to be a part of that. It is also a great university where I can get a really good education. I knew right away that Iowa is where I wanted to be!" - **Nicole Pineau**



"I chose Iowa because I wanted to be at a place that had an inviting environment. Iowa has great academics, and I know this is a place where I will be able to succeed academically and athletically. At Iowa the coaches and the team are great, and they have reminded me how much fun the sport of gymnastics actually is. I am very excited for the competition season, and I cannot wait to be a part of the success Iowa will have in the near future." - **Maya Wickus**



"I chose Iowa because I loved the coaches, the team atmosphere, and the academic opportunities Iowa had to offer. I was always a Hawkeye fan growing up, but after taking my official visit, I had no doubts this was the place I wanted to be." - **Jessa Hansen**



"I chose to come to Iowa for many reasons. First, I really hit it off with the coaches and when I came to visit, I realized how amazing the team was. Everyone works so well together and I could tell that there was a great connection between the girls and the coaches that made for a supportive and fun atmosphere. I also liked the fact that the team was able to work hard, but have fun and be goofy at the same time. The University of Iowa also is a distinguished school with a great journalism program that was the perfect size for me." - **Annie Szatkowski**



"I was very fortunate to have had the opportunity to visit several schools on official visits before visiting the University of Iowa. When I visited Iowa, I knew from the very first day, I wanted to attend Iowa. I loved the coaches and the university, but for me the deciding factor was the team. I felt like I was already a part of the team. It was as if I had known the girls forever and my host that weekend was so welcoming to me and treated me like I was one of her good friends. I was lucky enough to be visiting during the weekend of the Iowa State Meet and saw how hard the team worked and how much fun they had competing against their in-state rivals. I was absolutely sure without any doubts Iowa was where God wanted me to be." - **Tesla Cox**



"I chose Iowa for many reasons. First, because of the amazing team atmosphere. Secondly, since my sister was at Iowa while I was being recruited, I thought it would be cool if we were on the same team. Third, the campus is so convenient and close to everything you need. Lastly, I felt that the coaches were very supportive and I instantly fit right in. It was an easy decision for me to choose to come to Iowa for the next four years." - **Rebecca Simbhudas**



IOWA GYMNASTICS



"Despite the misconception that people always think of Iowa, Iowa City is amazing. As an East Coast girl from New York, I love the laid-back attitude of the Midwest and knew that Iowa would treat me well. I knew Iowa was the right place for me because I knew I could grow as a student, athlete, and person. Being a GymHawk meant that I was going to adopt a new family

where I could fit in and be myself. I absolutely love Iowa and would not ask to be anywhere else. Go Hawks!" - Arielle Sucich



"Even though I wasn't looking strictly at gymnastics when I was deciding what college to attend, the gymnastics team's sense of camaraderie and enthusiasm made me take a closer look at Iowa. Other than having a great atmosphere, I liked that I'm so close to home. Both of my siblings attended Iowa and these factors, combined, made my college decision an easy

one." - Andrea Hurlburt



"I chose the University of Iowa because I loved the team and the coaches. This University has excellent academics as well as an amazing athletic training program which is the career I would like to pursue. Also, I wanted to move away from home and I thought Iowa would be a great change for me." - Houry Gebeshian



"I chose Iowa for many reasons. I love the coaches and atmosphere in the gym and I felt like I fit in really well. Also, Iowa is perfect for my major and the campus is beautiful! I could tell Iowa is a tight-knit community and everyone is really friendly. I love it!" - Emma Stevenson



"I chose Iowa because I loved all the aspects of it. First, the academic programs here are great. I want to go into chemical engineering and I really like the engineering department here. I wanted to compete in college and Iowa was the perfect fit. I love the girls on the team, the coaches, and the amazing atmosphere in the gym."

- Jordan Eszlinger



"I chose Iowa for a number of reasons. When I first came to the university, I loved the overall atmosphere of the campus and how the community was intertwined with the university. I also loved how everything was so close together. When I first met the girls on the team, they were showing off these collages that they made about themselves and I got to know them very

quickly. I liked the fun but serious atmosphere that Larissa and the girls had and I knew this was the type of place that I would fit in with the most." - Rachel Corcoran



"After I took my unofficial visit, I knew that Iowa was my first choice. When my mom and I arrived on campus, we got lost a couple of times, and the Iowa people were so friendly and helpful. I fell in love with the campus. Kinnick Stadium is unbelievable! I also knew that Iowa was a great school for academics. When I met the coaches, I could really tell that they were pas-

sionate about the team and really cared about their gymnasts. The girls on the team were really friendly, too. You could tell they were having fun and were really supportive of each other. I know that I could not have made a better choice for a college. I love Iowa!" - Jennie Schurman



FACILITIES

IOWA GYMNASTICS

Carver-Hawkeye Arena



The GymHawks host their meets inside Carver-Hawkeye Arena. Built in 1983, Iowa's award-winning facility is home for men's and women's basketball, volleyball, wrestling and gymnastics.

Carver-Hawkeye Arena and the University of Iowa hosted the 2009 NCAA Regionals for the North Central Region April 4, 2009.

Field House Gymnastics Facility

The GymHawks' practice facilities are located in the Field House on the University of Iowa Campus.



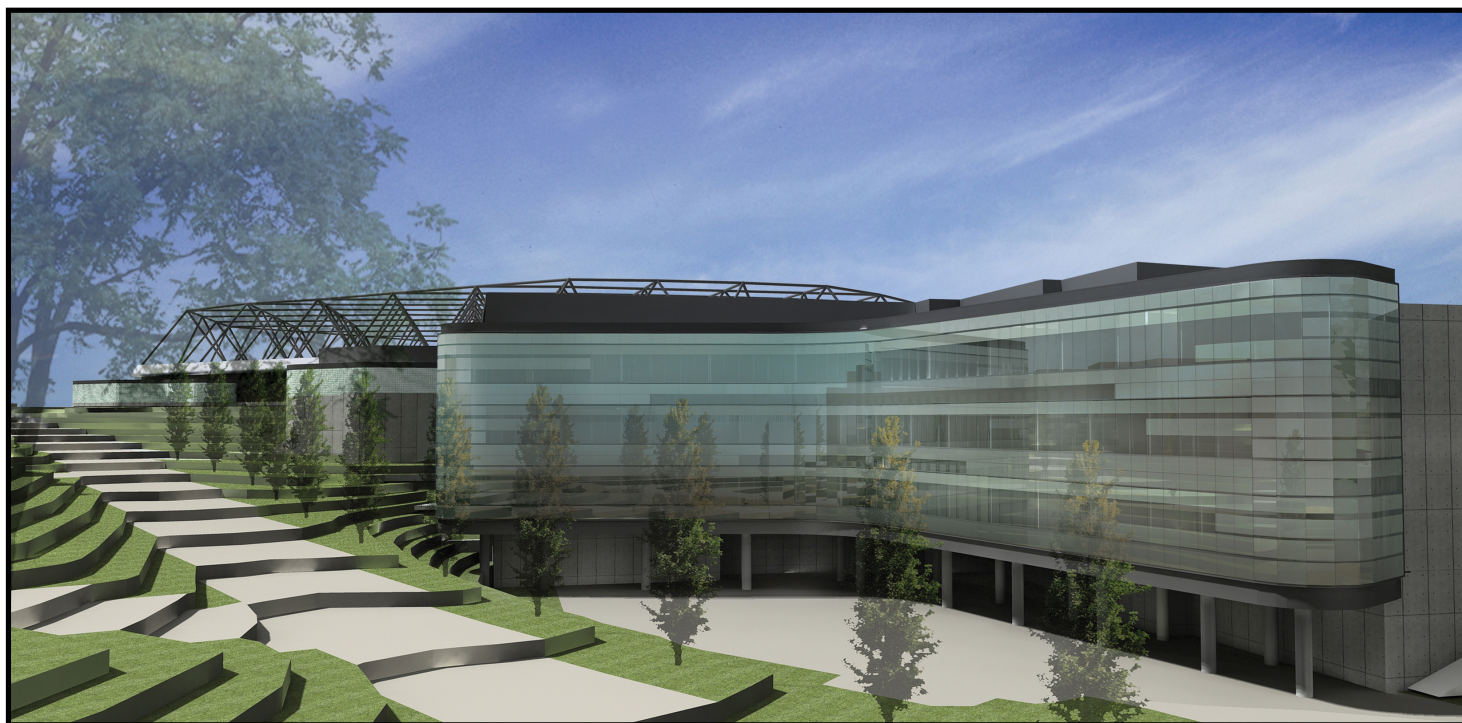
Gerdin Learning Center

The GymHawks have access to the Gerdin Learning Center, a student-athlete resource for studying, tutoring, and computer labs.





IOWA GYMNASTICS



The Board of Regents, State of Iowa approved the schematic design, project description, budget, and financing plan for a \$47 million addition and revitalization of the University of Iowa's award-winning Carver-Hawkeye Arena.

The Carver-Hawkeye Arena – Addition and Renovation Project will include the construction of a practice facility immediately north of the Arena for use by the UI's men's basketball, women's basketball and volleyball programs; renovation of the practice, fitness and weight-training facilities utilized by the UI's wrestling program; renovation and expansion of other fitness and weight-training space in the Arena utilized by the majority of Iowa's 24 sports teams; the renovation and expansion of locker rooms in the facility; and the renovation of existing and the creation of new office, meeting, and storage space for use by administrative and coaching staff of the UI Athletics Department.

The addition of the practice facility will eliminate the need to have student-athletes in the sports of men's basketball, women's basketball and volleyball practice and train at unusual or irregular times of day or at times which are typically reserved for classes. The flexibility created by the practice space will also positively impact the potential for use of the arena for other University and community-related events such as concerts. The revitalization of the arena will also extend into spaces used

by the general public on game days and nights including renovation of select concessions and restroom facilities, and the creation of hospitality and meeting spaces combined with club facilities for fans of the Hawkeyes who choose to participate in a variety of premium seating options similar to that which are available in the Paul W. Brechler Press Box at historic Kinnick Stadium.

Finally, the project will also upgrade the fire alarm, elevator and mechanical systems of the award-winning 25-year-old facility.

Construction has started on the project and the UI estimates completion of the full project in the fall of 2011.

The UI Athletics Department will also establish courtside and club seat programs comparable to the indoor and outdoor club seat program currently in operation inside the Paul W. Brechler Press Box at historic Kinnick Stadium. The premium seating options will likely involve only 600 seats and have the potential to generate as much as \$3 million annually in the first five years of operation and \$1.3 million annually in the second five years of operation.



IOWA GYMNASTICS

National Award Winners**All-American Selections**

Stephanie Gran.....	2004
Alexis Maday	2002-04
Rebecca Simbhudas.....	2010

Academic All-American Team

Kim Baker	1996
Meridith Chang.....	1994
Stephanie Gran.....	2002-04
Annie Rue	2003
Melissa Saliba.....	2003
Sandy Stengel.....	1994
Nicole Wong	2003

Regional Coach of the Year

Larissa Libby.....	2009
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Big Ten Award Winners**Medal of Honor**

Kim Baker	1996
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Coach of the Year

Mike Lorenzen (co)	2001
Mike Lorenzen (tri)	2004
Larissa Libby (co)	2008

Gymnast of the Year

Lori Cole.....	1991
Alexis Maday	2004

Freshman of the Year

Kim Baker	1993
Giselle Boniforti	1998
Alexis Maday	2001

All-Big Ten Selections

Janna Alexandrova.....	2001
Kim Baker	1994-96
Katie Burke	2007
Giselle Boniforti	1998-2000
Lori Cole.....	1989-91
Corynne Cooper	2002

Houry Gebeshian..... 2009, 2010

Liz Grajewski.....	2005-06
Stephanie Gran.....	2001, 2003-04

Jessa Hansen..... 2010

Wendy Hussar	1985
Tracy Junker.....	1989
Alexis Maday	2001-04
Kris Meighan.....	1985
Kara Pinjuv.....	2007
Annie Rue	2003
Jenifer Simbhudas	2007-09

Rebecca Simbhudas..... 2010

Sandy Stengel.....	1991
Katie Turcotte	2007

Kortny Williamson	2004
Robyn Zussman	1989

Academic All-Big Ten Team

Janna Alexandrova.....	2002
Kim Baker	1994-96
Stephanie Benson.....	2001-02
Carey Betcher	1990
Misti Blackledge	1993, 1995
Kim Burkard	1987-88
Katie Burke	2005-09
Stacy Burns.....	1990-92
Meridith Chang.....	1992, 1994
Tiffany Chapman.....	1997
Corynne Cooper	2002

Rachel Corcoran..... 2010

Heather DeAtley	2001-02
Beth Dilick	2005-07
Jenny Donar.....	2008-10
Jennifer DuBois.....	1987-88

Jordan Eszlinger..... 2010

Michele Ford	2001-02
Heather Fomon	2010
Kelly Galau.....	2010

Houry Gebeshian..... 2010

Joni Goldwasser.....	1987
Liz Grajewski.....	2004-06
Stephanie Gran.....	2002-04

Jessa Hansen..... 2010

Carie Hatch	1996-98
Jamie Lynne Hedley	1990-92
Angie Hungerford	1999-2002

Andrea Hurlburt..... 2010

Tracy Junker.....	1989-91
Kelley Kello	2002
Brandy Killian.....	2002-04
Tiffany Kwan.....	2004

Jessica Kyanka..... 2002

Betsy Lam	1998-2000
Grace Lee.....	1996-98
Danielle Legeai	2005-07
Mindi Levitz	2002-05

Brittany Logan..... 2008-09

Alexis Maday	2002
Stephani Martinsen	1992
Jennifer Miermyk.....	1993
Melissa Miller.....	2010

Rachel Nash..... 2010

Kara Pinjuv.....	2007-09
Tawna Rathe.....	1995
Christine Roselli.....	1997-99
Annie Rue	2002-05

Melissa Saliba..... 2004

Jennie Schurman.....	2010
Becky Sheldon	1992-93

Sandy Stengel.....	1992-94
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Annie Szatkowski..... 2010

Cathy Terrell	1993
Linda Tremain.....	1984
Lori Whitwer.....	1997-99
Nicole Wong	2002-04
Bobbie Zimmerman.....	2005-06
Ally Zipse	2006-09

All-Academic Team

Jamie Lynne Headley.....	1992
Kim Baker	1996
Grace Lee.....	1998

Robert F. Ray Faculty Representative Award

Named for former Dean and UI Faculty Representative to the Big Ten Conference Robert F. Ray, this award is presented to the senior student-athlete who has demonstrated outstanding academic excellence, athletic excellence and leadership. Prior to 1992, a female student-athlete winner was selected every other year.

Kim Baker.....	1996
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Lou Ginsberg Humanitarian Award

Named for former Hawkeye loyalist and athlete Lou Ginsberg, this award is presented to the student-athlete possessing the humanitarian qualities that include kindness, compassion, empathy, warmth and a commitment to helping others.

Stephanie Smith.....	1987
Martie Janovich.....	1990
Cindy, Cathy Terrell.....	1995
Elizabeth Bryant	1999

Scholar Athlete of the Year

Each spring at the All-Sports Banquet the member of the senior class sporting the highest grade point average among all student-athletes is named the Scholar Athlete of the Year. Graduating seniors with a cumulative GPA of 3.50 or better are also recognized as members of the All-Academic Team.

Jamie Lynne Headley.....	1992
Kim Baker	1996

Dr. Patricia Hicks Award

Named for long-time women's team physician Pat Hicks, who died of cancer in November 1992. The recipient is a student-athlete who has succeeded in overcoming adversity and has shown perseverance and great strength of character.

Misti Blackledge	1994
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IOWA GYMNASTICS

Individual Records

Vault

1. Kim Baker 10.0 (2x) 1996
Stephanie Gran 10.0 (3x) 2001-03
2. Alexis Maday 9.975 (2x) 2004
Stephanie Gran 9.975 2004
3. Stephanie Gran 9.950 (4x) 2001-04
Alexis Maday 9.950 (4x) 2002-04
Kortny Williamson . 9.950 (2x) 2004
4. Kim Baker 9.925 1995
Alexis Maday 9.925 2001
Stephanie Gran 9.925 (3x) 2004
Kortny Williamson . 9.925 2004

Uneven Bars

1. Alexis Maday 9.975 (3x) 2004
2. Giselle Boniforti 9.950 (3x) 1998, 2000
Annie Rue 9.950 2003
Alexis Maday 9.950 (9x) 2002-04
3. Giselle Boniforti 9.925 (4x) 1998-01
Alexis Maday 9.925 (6x) 2001-04
Annie Rue 9.925 2002
4. Giselle Boniforti 9.900 (7x) 1998-01
Alexis Maday 9.900 (8x) 2001-04
Brandy Killian 9.900 2001
Nicole Wong 9.900 (2x) 2003-04
Annie Rue 9.900 2003
Brandi Loffer 9.900 2009

Balance Beam

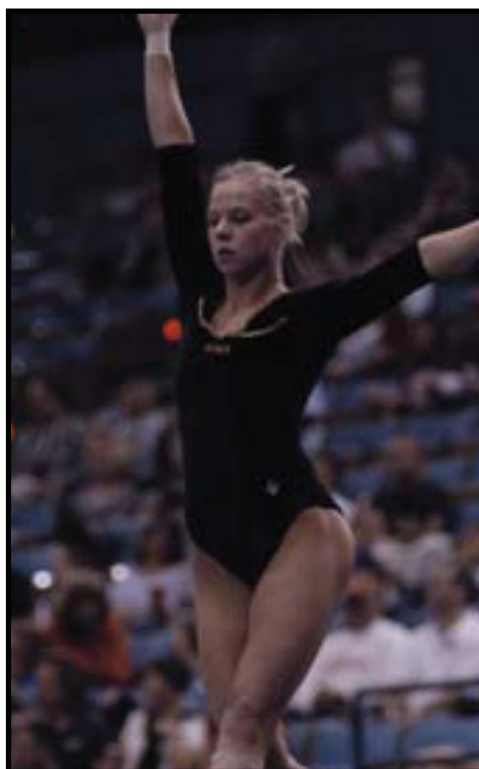
1. Janna Alexandrova ... 9.975 (2x) ... 2001-02
2. Alexis Maday 9.950 2004
Houry Gebeshian ... 9.950 2010
3. Janna Alexandrova ... 9.925 (3x) ... 2001-03
Kelley Kello 9.925 2002
Stephanie Gran 9.925 2004
Rebecca Simbhudas 9.925 2009
4. Robyn Gamble 9.900 1997
Janna Alexandrova ... 9.900 (3x) ... 2001-03
Stephanie Gran 9.900 (4x) ... 2001-04
Alexis Maday 9.900 (6x) ... 2003-04
Annie Rue 9.900 2003
Danielle Legeal 9.900 2004
Houry Gebeshian ... 9.900 (2x) 2008

Floor Exercise

1. Alexis Maday 9.975 (2x) 2001, 04
Stephanie Gran 9.975 2004
2. Kim Baker 9.950 1996
Alexis Maday 9.950 (6x) 2001-04
Stephanie Gran 9.950 (6x) 2003-04
Liz Grajewski 9.950 2004
Jenifer Simbhudas.. 9.950 2008
3. Alexis Maday 9.925 (9x) 2001-04
Stephanie Gran 9.925 (9x) 2001-04
Kortny Williamson . 9.925 2004
Jenifer Simbhudas.. 9.925 (x2) 2009

All-Around

1. Alexis Maday 39.750 2004
2. Alexis Maday 39.675 2004
3. Alexis Maday 39.650 (5x) ... 2001-04
Stephanie Gran 39.650 2004
4. Alexis Maday 39.625 2002
5. Alexis Maday 39.600 2001
Stephanie Gran 39.600 2004
6. Stephanie Gran 39.575 2004
7. Alexis Maday 39.550 (2x) ... 2003-04
Stephanie Gran 39.550 2004
8. Kim Baker 39.525 1996
Giselle Boniforti 39.525 1998
Stephanie Gran 39.525 (2x) ... 2001, 04
Alexis Maday 39.525 2003
Jenifer Simbhudas.. 39.525 2009
9. Alexis Maday 39.500 2001
Annie Rue 39.500 2002
Stephanie Gran 39.500 2003



*Alexis Maday holds school records
in three events.*

Team Records

Vault

1. 49.525at Utah2004
2. 49.450at Maryland2004
3. 49.400at Illinois2003
4. 49.375vs. NC State2004
5. 49.350at Washington2004

Uneven Bars

1. 49.425vs. Illinois State2001
2. 49.350vs. Iowa State2003
49.350at Minnesota2003
4. 49.300at Maryland2004
49.300vs. NC State2004
49.300vs. Iowa State2001

Balance Beam

1. 49.425at Illinois State2004
2. 49.350at Southern Utah ...2003
49.350at Illinois2001
4. 49.300vs. Michigan State .2003
5. 49.275vs. Minnesota2004

Floor Exercise

1. 49.550vs. Iowa State2004
2. 49.475at Maryland2004
49.475vs. Michigan2004
4. 49.450vs. Minnesota2004
49.450at Washington2004

Team

1. 197.150at Maryland2004
2. 196.900at Washington2004
3. 196.850at Big Ten Champ's 2003
4. 196.800at Illinois2003
5. 196.775vs. NC State2004





OPPONENT QUICK FACTS

IOWA GYMNASTICS

Michigan State

January 7 - 5 p.m.
East Lansing, MI

Location: East Lansing, MI
Founded: 1855
President: Dr. Lou Anna K. Simon
Athletic Director: Mark Hollis
Colors: Green & White
Nickname: Spartans
Venue: Jenison Field House
Conference: Big Ten Conference
2010 Record: 12-6
2010 Conference Record/Finish: 3-3/T-4th
Regional Finish: 6th
NCAA Finish: N/A
Head Coach: Kathie Klages
Record at School/Years: 303-161-3/20
Career Record/Years: 303-161-3/20
Letterwinners Returning/Lost: 10/NA
Gymnastics SID: Vince Baker
Office Phone: (517) 355-2271
E-mail Address: bakervin@ath.msu.edu
Web Address: www.msuspartans.com

Michigan

January 7, East Lansing, MI - 5 p.m.
January 22, Iowa City, IA - 5 p.m.

Location: Ann Arbor, MI
Founded: 1817
President: Mary Sue Coleman
Athletic Director: Dave Brandon
Colors: Blue & Maize
Nickname: Wolverines
Venue: Crisler Arena
Conference: Big Ten
2010 Record: 25-7
2010 Conference Record/Finish: 10-1/1st
Regional Finish: 2nd
NCAA Finish: 10th
Head Coach: Bev Plocki
Record at School/Years: 545-191-2/21
Career Record/Years: 545-191-2/21
Letterwinners Returning/Lost: 8/NA
Gymnastics SID: Richard Retyi
Office Phone: (734) 615-0680
E-mail Address: rretyi@umich.edu
Web Address: www.mgoblue.com

Western Michigan

January 7 - 5 p.m.
East Lansing, MI

Location: Kalamazoo, MI
Founded: 1903
President: John Dunn
Athletic Director: Kathy Beauregard
Colors: Brown and Gold
Nickname: Broncos
Venue: University Arena
Conference: Mid-American Conference
2010 Record: 8-13
2010 Conference Record/Finish: 6th
Regional Finish: N/A
NCAA Finish: N/A
Head Coach: Dave Kuzara
Record at School/Years: 8-13/1
Career Record/Years: 8-13/1
Letterwinners Returning/Lost: NA/2
Gymnastics SID: Kristin Keirns
Office Phone: (269) 387-4123
E-mail Address: kristin.keirns@wmich.edu
Web Address: www.wmubroncos.com

IOWA

GYMNASTICS

Minnesota

January 15 - 6 p.m.
Minneapolis, MN

Location: Minneapolis, MN
Founded: 1851
President: Robert Bruininks
Athletic Director: Joel Maturi
Colors: Maroon & Gold
Nickname: Golden Gophers
Venue: Sports Pavilion
Conference: Big Ten
2010 Record: 10-17
2010 Conference Record/Finish: 2-4/T-4th
Regional Finish: 4th
NCAA Finish: N/A
Head Coach: Meg Stephenson
Record at School/Years: 183-164-1/13
Career Record/Years: 183-164-1/13
Letterwinners Returning/Lost: 9/NA
Gymnastics SID: Sara Berhow
Office Phone: (612) 625-5560
E-mail Address: berho002@umn.edu
Web Address: www.gogophers.com

Illinois

January, 29 - 12 p.m.
Champaign, IL

Location: Urbana-Champaign, IL
Founded: 1867
Interim President: Michael J. Hogan
Athletic Director: Ron Guenther
Colors: Orange & Blue
Nickname: Fighting Illini
Venue: Huff Hall
Conference: Big Ten
2010 Record: 12-7
2010 Conference Record/Finish: 5-2/6th
Regional Finish: 3rd
NCAA Finish: N/A
Interim Head Coach: Kim Landrus
Experience: Illinois Associate Head Coach (2006-10)
Career Record/Years: N/A/9
Letterwinners Returning/Lost: 9/2
Gymnastics SID: Matt Wille
Office Phone: (217) 333-3592
E-mail Address: mjwille2@illinois.edu
Web Address: www.fightingillini.com

North Carolina State

February 6 - 12 p.m.
Raleigh, NC

Location: Raleigh, NC
Founded: 1887
Chancellor: Dr. William R. Woodson
Athletic Director: Deborah A. Yow
Colors: Red and White
Nickname: Wolfpack
Venue: Reynolds Coliseum
Conference: East Atlantic Gymnastics League
2010 Record: 17-6
2010 Conference Record/Finish: 6-2/2nd
Regional Finish: 6th
NCAA Finish: N/A
Head Coach: Mark Stevenson
Record at School/Years: 472-255-1/30
Career Record/Years: 472-255-1/30
Letterwinners Returning/Lost: N/A
Gymnastics SID: Cavan Fosnes
Office Phone: (919) 515-1180
E-mail Address: fosnesncsu@gmail.com
Web Address: www.gopack.com



IOWA GYMNASTICS

Denver

February 11 - 7 p.m.
Iowa City, IA

Location: _____ Denver, CO
Founded: _____ 1864
Chancellor: _____ Robert D. Coombe
Athletic Director: _____ Peg Bradley-Doppes
Colors: _____ Crimson & Gold
Nickname: _____ Pioneers
Venue: _____ Magness Arena
Conference: _____ Independent
2010 Record: _____ 22-8
2010 Conference Record/Finish: _____ Independent
Regional Finish: _____ 3rd
NCAA Finish: _____ N/A
Head Coach: _____ Melissa Kutcher-Rinehart
Record at School/Years: _____ 215-110-2/12
Career Record/Years: _____ 215-110-2/12
Letterwinners Returning/Lost: _____ 8/NA
Gymnastics SID: _____ Liz Alley
Office Phone: _____ (303) 871-4990
E-mail Address: _____ calley3@du.edu
Web Address: _____ www.denverpioneers.com

Wisconsin-Stout

February 13 - 2 p.m.
Iowa City, IA

Location: _____ Menomonie, WI
Founded: _____ 1891
Chancellor: _____ Charles W. Sorensen
Athletic Director: _____ Duey Naatz
Colors: _____ Navy Blue & White
Nickname: _____ Blue Devils
Venue: _____ Johnson Fieldhouse
Conference: _____ Wisconsin Intercollegiate Athletic Conference
2010 Record: _____ 6-12
2010 Conference Record/Finish: _____ 6th
Regional Finish: _____ 6th
NCAA Finish: _____ N/A
Head Coach: _____ Becky Beaulieu
Record at School/Years: _____ NA/5
Career Record/Years: _____ NA/5
Letterwinners Returning/Lost: _____ 14/1
Gymnastics SID: _____ Layne Pitt
Office Phone: _____ (715) 232-2275
E-mail Address: _____ pittl@uwstout.edu
Web Address: _____ athletics.uwstout.edu

Iowa State

February 18, Ames, IA - 7 p.m.
February 25, Iowa City, IA - 7 p.m.

Location: _____ Ames, IA
Founded: _____ 1858
President: _____ Dr. Gregory L. Geoffroy
Athletic Director: _____ Jamie Pollard
Colors: _____ Cardinal & Gold
Nickname: _____ Cyclones
Venue: _____ Hilton Coliseum
Conference: _____ Big 12
2010 Record: _____ 9-13
2010 Conference Record/Finish: _____ 0-4/4th
Regional Finish: _____ 4th
NCAA Finish: _____ N/A
Head Coach: _____ Jay Ronayne
Record at School/Years: _____ 32-53-1/4
Career Record/Years: _____ 32-53-1/4
Letterwinners Returning/Lost: _____ 9/7
Gymnastics SID: _____ Eric Bentzinger
Office Phone: _____ (515) 294-2008
E-mail Address: _____ ericb@iastate.edu
Web Address: _____ www.Cyclones.com

IOWA GYMNASTICS

Nebraska

February 27 - 2 p.m.
Lincoln, NE

Location: _____ Lincoln, NE
Founded: _____ 1869
President: _____ James B. Milliken, J.D.
Athletic Director: _____ Tom Osborne
Colors: _____ Scarlet & Cream
Nickname: _____ Cornhuskers
Venue: _____ Bob Devaney Sports Center
Conference: _____ Big 12
2010 Record: _____ 23-8
2010 Conference Record/Finish: _____ 4-2/2nd
Regional Finish: _____ 2nd
NCAA Finish: _____ N/A
Head Coach: _____ Dan Kendig
Record at School/Years: _____ 394-151-4/17
Career Record: _____ 507-263-5
Letterwinners Returning/Lost: _____ 9/NA
Gymnastics SID: _____ Hilary Winter
Office Phone: _____ (402) 472-2263
E-mail Address: _____ hwinter@huskers.com
Web Address: _____ www.huskers.com

Northern Illinois

March 5 - 5 p.m.
Iowa City, IA

Location: _____ DeKalb, IL
Founded: _____ 1895
President: _____ John G. Peters
Athletic Director: _____ Jeff Compher
Colors: _____ Red & Black
Nickname: _____ Huskies
Venue: _____ NIU Convocation Center
Conference: _____ Mid-American Conference
2010 Record: _____ 13-10
2010 Conference Record/Finish: _____ 6-7/4th
Regional Finish: _____ N/A
NCAA Finish: _____ N/A
Head Coach: _____ Mark Sontag
Record at School/Years: _____ NA/10
Career Record/Years: _____ NA/10
Letterwinners Returning/Lost: _____ 11/NA
Gymnastics SID: _____ Donna Turner
Office Phone: _____ (815) 753-9513
E-mail Address: _____ donnaturner@niu.edu
Web Address: _____ www.niuhuskies.com

Southern Utah

March 12 - 7 p.m.
Cedar City, UT

Location: _____ Cedar City, UT
Founded: _____ 1897
President: _____ Dr. Michael T. Benson
Athletic Director: _____ Ken Beazer
Colors: _____ Scarlet & White
Nickname: _____ Thunderbirds
Venue: _____ Centrum Arena
Conference: _____ Western Athletic
2010 Record: _____ 18-6
2010 Conference Record/Finish: _____ 6-2/1st
Regional Finish: _____ 3rd
NCAA Finish: _____ N/A
Head Coach: _____ Scott Bauman
Record at School/Years: _____ 154-173-1/19
Career Record/Years: _____ 136-167-1/19
Letterwinners Returning/Lost: _____ N/A
Gymnastics SID: _____ Kyle Cottam
Office Phone: _____ (435) 586-7752
E-mail Address: _____ cottam@suu.edu
Web Address: _____ www.suutbirds.com



IOWA GYMNASTICS

The University of Iowa women's gymnastics team takes great pride in being able to give back to the Iowa City community and participate in various community service activities. In conjunction with several activities, the team selects one major cause to be involved with. Last season, the GymHawks put their efforts behind the Ponseti races, with the proceeds going to clubfoot research. The team also helped build a haunted house for local youth. The GymHawks are always one of the first to jump at an opportunity to help others.



The team poses with Dr. Ponseti's wife at the Ponseti races. The event raises money so children with clubfoot can walk, run and go to school.



Some team members interact with children at the Ponseti races.



The GymHawks sign autographs after a match at Carver-Hawkeye Arena.



Jessa Hansen helps decorate a haunted house for local children during Halloween last year.



IOWA GYMNASTICS



In June 2006, the Big Ten announced the creation of the Big Ten Network, a national network devoted to Big Ten athletic and academic programs. Available to all cable and satellite providers nationwide, with most programs offered in stunning high-definition television (HDTV), the network allows fans to see their home teams, regardless of where they live.

The Network currently has agreements with more than 250 affiliates, including AT&T U-Verse, Charter, Comcast, Cox (Cleveland), DirecTV, DISH Network, Insight, Mediacom, Time Warner Cable and Verizon FiOS. Available to approximately 70 million households nationwide, the Big Ten Network is the first nationally distributed network dedicated to covering one of the premier collegiate conferences in the country. With approximately 350 live events, and nearly all of them in high definition, the network is the ultimate destination for Big Ten fans and alumni across the country, allowing them to see their favorite teams, regardless of where they live.

The network operates 24 hours a day, 365 days a year, showcasing a wide array of classic-to-current sports and televising more Olympic sporting events and women's sports than has ever been aired on any other network.



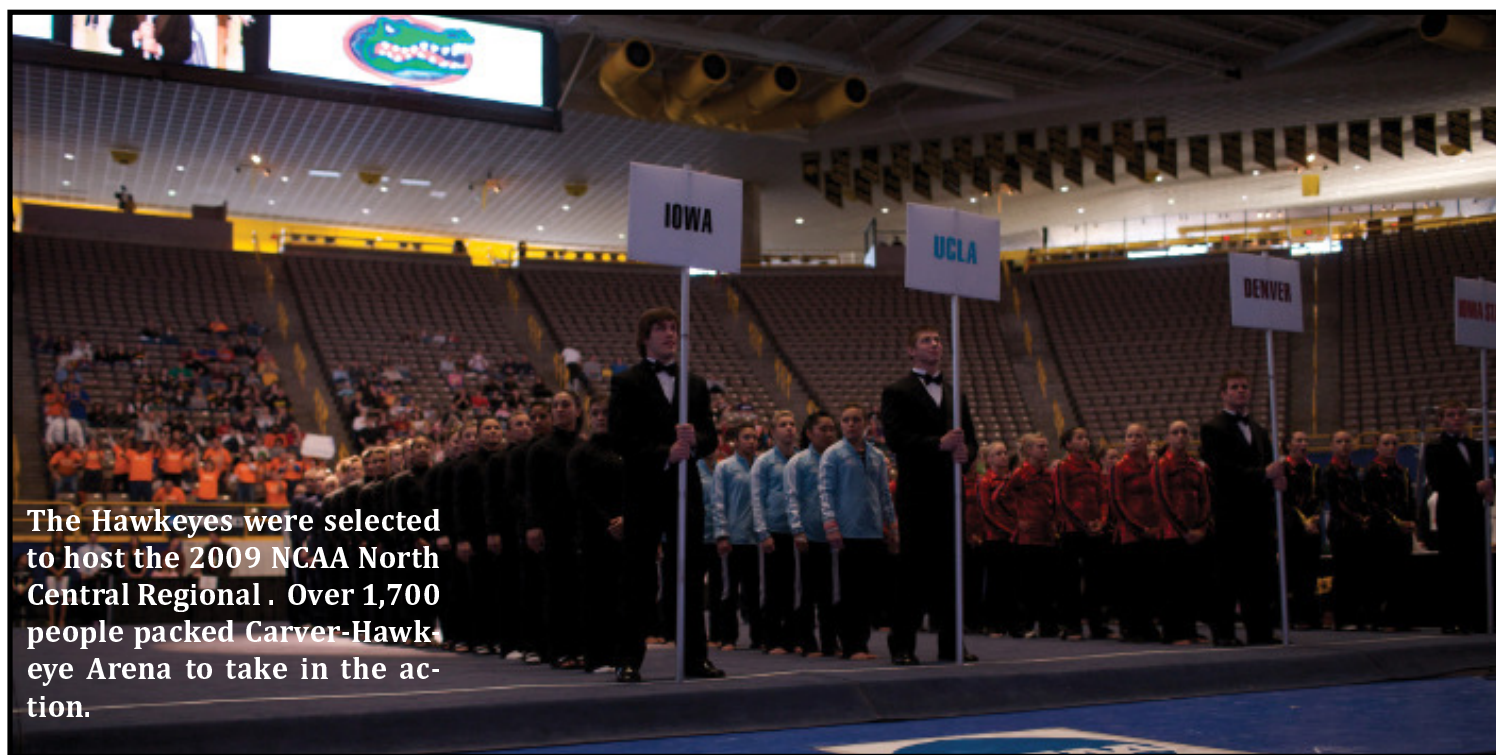
The Gymhawks appeared on the Big Ten Network three times last season. Big Ten gymnastics can be seen worldwide in high-definition (HD) on the Big Ten Network and on BigTenNetwork.com.





GYMHAWKS AS A HOST

IOWA GYMNASTICS



The Hawkeyes were selected to host the 2009 NCAA North Central Regional. Over 1,700 people packed Carver-Hawkeye Arena to take in the action.





IOWA GYMNASTICS



Gary Barta Director of Athletics

"Hope is not a strategy," is a common refrain of the University of Iowa's Gary Barta. So, as Barta enters his fifth year as the UI's director of intercollegiate athletics – and his 24th year in athletics administration – he does so diligently working a plan that contributed to historic success for the Iowa Hawkeyes in 2009-10 and is setting the stage for more of the same in the years ahead.

Competitively, two events stand alone at the top of the list of achievements by UI teams in 2009-10: Iowa's dominating victory over Georgia

Tech in the 2010 FedEx Orange Bowl and yet another national championship for the UI wrestling program.

The victory over the Yellow Jackets in Land Shark Stadium in Miami was Iowa's 11th of the college football season and its first in a Bowl Championship Series event since the Hawkeyes' victory over California in the 1959 Rose Bowl. It was the final chapter in a season that opened with a school-record nine straight victories by Kirk Ferentz's squad, a streak that electrified fans of the Hawkeyes and triggered another pilgrimage of fans of the team to their second BCS appearance under Ferentz.

Tom Brands' Iowa wrestling squad crowned three national champions and eight Hawkeyes earned all-America honors while leading the UI to its 23rd NCAA title in school history. The championship was the third straight under Brands and it came rather handily – Iowa finished 44.5 points ahead of its nearest competitor – and, as more often than not – after yet another Big Ten Conference championship.

As inspiring as the achievements of Iowa's football and wrestling teams were, they weren't alone. Iowa's women's basketball team overcame a series of injuries to secure 20 victories, reach the championship game of the post-season Big Ten Tournament, and advance to NCAA Tournament play for the third straight year.

The Iowa men's golf team used a second place finish at the 2010 Big Ten Conference Championship to secure an at-large invitation to NCAA Regional play where it finished tied for sixth and just one stroke shy of its second straight appearance in the national championship.

First-year coach Katie Dougherty guided the UI's women's tennis team to its first NCAA post-season action since 2006. The squad was powered by the nationally-ranked doubles team of Merel Beelen and Sonja Molnar.

The Iowa baseball team won seven of its last eight regular season league games to advance to the Big Ten Tournament when the Hawkeyes marched to the championship game for the first time since the 1983 season.

The Iowa men's track and field team advanced 32 athletes to NCAA post-season competition after a fourth-place finish by the men's squad at the Big Ten Championships. That finish was the Hawkeyes' best since 2006 and was sparked by three individual champions.

Barta and the UI Athletics Department also enjoyed historic success out of competition including, most notably, significant improvements to the facilities used by the more than 700 student-athletes who represent the UI in intercollegiate athletics competition.

In September 2009, the University of Iowa and the UI Athletics Department dedicated the \$7 million P. Sue Beckwith, M.D. Boathouse, a 20,000-square-foot facility built right on the bank of the Iowa River off of Dubuque Street in Terrill Mill Park.

In November 2009, the UI broke ground on a multi-million dollar addition and renovation of Carver-Hawkeye Arena, the 28-year-old competitive home of the Hawkeye men's and women's basketball, wrestling and volleyball programs. The Carver-Hawkeye Arena Revitalization Project will greatly improve the practice, strength training, and conditioning facilities for a myriad of sports programs in addition to providing new office space for the vast majority of Iowa's administrative and coaching staffs in addition to new locker room and support facilities for Iowa's men's and women's basketball, wrestling and volleyball teams.

In fall 2010, Barta will join the campus community in celebrating the opening of the \$69 million Campus Wellness and Recreation Center. The facility will provide unparalleled recreational opportunity for UI students, faculty and staff, and the greater Iowa City community in addition to being the new full-time home of the UI's men's and women's swimming and diving programs.

The UI also expects to break ground on an addition to the facilities used by the Iowa football program during the 2010-11 year. Funded entirely through private support, the project is an important next phase of the master facilities plan for Hawkeye football. The project will include the construction of a new indoor practice facility, upgraded and improved locker rooms, team rooms, strength and conditioning facilities, and spaces used for the day-to-day operation of the UI's football program. The construction of the Ron and Margaret Kenyon Outdoor Practice Facility – a facility envied by many collegiate programs and NFL franchises – and the \$89 million renovation of historic Kinnick Stadium were phases 1 and 2 of the master plan.

While Iowa continues to move the facilities it makes available to student-athletes forward, the UI's commitment to the academic piece of the student-athlete experience remains paramount – and successful.

According to information released annually by the NCAA, the graduation rate for student-athletes who enrolled at the University of Iowa in the fall of the 2002-03 academic year was 70 percent, six percentage points better than the national average and two points better than a year ago. The graduation rate for UI student-athletes was also four percentage points better than the rate for all UI students.

The football program at the UI – with a Graduation Success Rate of 74 – ranked second only to Cincinnati among the ten teams invited to participate in the five 2010 Bowl Championship Series events. Iowa also ranked third among the seven bowl-bound Big Ten Conference teams.

The UI's field hockey, softball and men's cross country teams were among the NCAA Division I intercollegiate athletics programs singled out by the NCAA for Academic Progress Reports (APR) in the top 10 percent of all teams in their specific sport. In fact, for the second straight year all 24 of Iowa's teams exceeded the NCAA's APR benchmark and compared favorably to their peers in the Big Ten and nationally.

Barta's involvement in the UI campus community extends well beyond intercollegiate athletics. He is a member of the cabinet comprised of vice presidents and other campus leaders that provides counsel to UI President Sally Mason.

Barta also represents the UI and the Hawkeyes at the conference and national level as well. During his first four years at the UI, he has participated in the creation and implementation of the Big Ten Network, the expansion of the Big Ten Conference and realignment of athletics conferences nationally, and the Big Ten's post-season bowl game agreements that go into effect this college football season.

Nationally, Barta remains active in the Division IA Athletics Directors Association, the National Association of College Directors of Athletics, and currently serves on the NCAA Football Committee Board of Directors.

As the director of athletics at the University of Wyoming for three years, seven different UW coaches were named Mountain West Conference Coach of the Year. He also spearheaded a fund-raising effort that netted the Cowboy athletics program \$11 million in private support and \$11 million in matching state fund.

As the senior associate athletics director at the University of Washington, he directed the "Campaign for the Student-Athlete," was a participant in the design, construction and/or renovation of several UW athletics facilities including Bank of America Arena and the Dempsey Indoor Practice Facility. In addition to almost doubling the amount of annual private support received by UW, Barta also managed the department's external affairs division, a task that included corporate sponsorship and radio contracts.

The roots of his development experience extend to his first two positions: director of athletics development and external relations at the University of Northern Iowa and director of development at his alma mater, North Dakota State University.

Barta earned a Bachelor of Science degree in mass communication and broadcast journalism from NDSU in 1987. He was an option quarterback for Bison football squads that won the Division II NCAA national championship in 1983, 1985 and 1986.

Barta, and his wife, Connie, have a son, Luke (12) and a daughter, Madison (10). He was born September 4, 1963, in Minneapolis, MN.



IOWA GYMNASTICS

The UI Department of Athletics is under the direction of Gary Barta and is regarded as one of the top intercollegiate programs in the nation. Once again, the Hawkeyes enjoyed success both athletically and academically in 2009-10.

Thirty-seven Hawkeyes earned all-conference accolades, while 15 were recognized as all-Americans. Hawkeye student-athletes excelled in the classroom, as well with 178 earning academic all-Big Ten laurels. The graduation rate of Iowa's student-athletes has improved in each of the past 10 years and has consistently ranked above the graduation rate of all UI students.

Paced by its men's cross country and field hockey teams -- each with perfect APR scores of 1,000 for the second straight year -- all 24 of Iowa's intercollegiate athletics programs achieved at a rate that surpasses the national benchmark established by the NCAA. Iowa's men's tennis, women's golf, women's tennis and volleyball all ranked in the upper 90 percent of its peers.

The support of their efforts and attendance by Hawkeye fans ranks among the best across the country.

While the Hawkeyes compete with the best in the nation in a variety of sports, Iowa boasts some of the most impressive athletic facilities in the nation, operated by one of the most respected departments.

Several new projects are underway on the Iowa campus. Some of the latest additions to the UI campus include the completion of the new Campus Recreation and Wellness Center, which houses the swimming and diving teams, and the state-of-the-art \$7 rowing boathouse. In addition to the brand new swimming and rowing facilities, the Roy G. Karro Athletics Hall of Fame and Visitors Center, the Russell and Ann Gerdin Athletic Learning Center and the Hawkeye Tennis and Recreation Center completed construction in recent years. Furthermore, the UI is in the middle of a \$43 million Carver-Hawkeye Arena renovation project that is expected to be completed the summer of 2011.

Kinnick Stadium received a major up-grading and renovation that was completed just prior to the 2006 season. The \$89 million project included the replacing of the south end zone stands and building of a four-level press box that houses 47 guest suites. New scoreboards, video walls, concession stands and new rest rooms were also part of the project.

Iowa athletes have been recognized as all-Americans in their sport on 268 occasions during the past 18 years, including 15 this past season.

During the 2009-10 athletic year, the Hawkeyes



The 2010 Iowa Hawkeye wrestling team won its 23rd NCAA championship along with its 34th Big Ten title. Iowa crowned eight all-Americans en route to its third-straight national and league championships.



The Iowa women's basketball team finished runner-up at the Big Ten Tournament and advanced to the second round of the NCAA Tournament last season.



IOWA GYMNASTICS



The Iowa football team boasted an 11-2 record a year ago, was ranked as high as fourth nationally, and recorded a dominating 24-14 Orange Bowl victory over Georgia Tech.

continued their trend of success on the playing fields and in academic pursuits. Below are some examples of recent Hawkeye success.

The Hawkeye wrestling team continued its dominance on the mat claiming its 23rd and third-straight NCAA national championship and its 34th and third-straight Big Ten title. Ten Hawkeyes earned all-American laurels en route to the team championship. Tom Brands was tabbed Big Ten Coach of the Year, while Matt McDonough was honored as the league's top freshman.

Iowa football continued its stellar play, winning 11 of its 13 games in 2009, and earned a national ranking as high as fourth. The year culminated with a dominating 24-14 performance over Georgia Tech in the Orange Bowl. The return trip to Miami marked Iowa's sixth January bowl game in eight years. Kirk Ferentz was named Big Ten Coach of the Year, while Bryan Bulaga was honored as the conference's Offensive Lineman of the Year.

Iowa's field hockey team has won the Big Ten Tournament championship three of the last four years and finished third nationally, advancing all the way to the Final Four in 2008. A total of 39 Hawkeyes have garnered all-Big Ten accolades under Head Coach Tracey Griesbaum.

The Hawkeye baseball team surged last season, winning 11 of its last 14 games to finish third in the Big Ten and earn runner-up honors in the conference tournament. Three Hawkeyes and two incoming recruits were drafted in the Major League Draft following the season.

The women's basketball team had another outstanding season, finishing third in the league, earning runner-up honors at the Big Ten Tournament and advancing to the NCAA Second Round. Lisa Bluder, who was named Big Ten Coach of the Year for the third time, coached Kachine Alexander to honorable mention all-America status and Jamie Printy to Big Ten Freshman of the Year laurels.

Under first-year Head Coach Katie Dougherty, the women's tennis team ascended in the national rankings to 18th and earned a NCAA Tournament berth. Also, Iowa's doubles team of Sonja Molnar and Merel Beelen ranked 14th nationally completed in the national tournament at the end of the year. Molnar is a two-time all-Big Ten performer and was tabbed the league's Freshman of the Year in 2009.

Head Coach Mark Hankins continued to have his men's golfers play at a high level. The Hawkeyes finished second, only three strokes from first, at the Big Ten Championships and was only one stroke from advancing to its second-straight NCAA Championships when it placed sixth at Regionals this past spring.

The aforementioned list of team and individual accomplishments are just a sampling of the recent excellence achieved in Iowa City.

Whether it's the top-notch athletic or academic performances, the outstanding community and fan support or the impressive facilities, it's easy to understand why Iowa fans everywhere truly believe, "It's great to be a Hawkeye."



IOWA GYMNASTICS

Since its inception in 1979, Athletics Student Services has evolved from a two-person, academic support service to a broad-based, nationally prominent student support services operation. Its purpose is to offer academic and personal support services that will assist student-athletes in making timely progress toward their degrees while preparing to become tomorrow's leaders. Athletics Student Services focuses on four important areas - academic counseling and monitoring, educational and support programs, retention programs and compliance education and services - when working with student-athletes. Following are descriptions of some of the programs, services and opportunities available in those areas.

Gerdin Athletics Learning Center

The \$4.6 million Russell A. and Ann Gerdin Athletics Learning Center opened in August of 2003 and gives all Iowa student-athletes a state of the art facility to support their educational goals. The Athletics Learning Center is a 20,000 square foot facility which provides a computer lab, study lounges, seminar and meeting places for all Hawkeye student-athletes. The Learning Center features an auditorium that converts into two classrooms, separate study rooms for under and upper-class student-athletes with 28 study carrels, a computer lab, tutorial rooms, the book loan repository, offices for Iowa's Student Services staff and a display area to recognize the academic and athletic accomplishments of Iowa's student-athletes.

Academic Counseling & Monitoring

Athletics coordinators work closely with student-athletes and their university-assigned advisors from the time they arrive on campus until the time they leave the University. Along with focusing on academic planning matters such as goal-setting, plans of study, choosing majors and degree requirements, athletics coordinators also help student-athletes understand NCAA, Big Ten and University academic policies. They also solicit feedback from instructors on academic progress made by student-athletes.

Tutoring

Tutoring is available free of charge to all student-athletes. Tutors, who are graduate and professional students, current and former teachers, help with course content as well as study strategies and are available in virtually all general education program subjects.



The \$4.6 million Russell A. and Ann Gerdin Athletics Learning Center opened in August of 2003 and gives all Iowa student-athletes a state of the art facility to support their educational goals.

Career Guidance & Development

Planning a meaningful career and a fulfilling life is an ongoing process of expanding and narrowing choices, beginning when student-athletes arrive on campus and continuing throughout their college career and lifetime. The professional staff works with other career development professionals on campus to offer individual consultation, career development seminars, workshops, referrals to other campus offices and special events like the Senior Recognition Banquet for graduating student-athletes.

Educational Programs

A full menu of educational programs are offered to student-athletes to ensure their academic success and personal development as they grow from Today's Hawkeyes to Tomorrow's Leaders. Through collaboration with other University of Iowa student services offices, and in partnership with the NCAA CHAMPS/Life Skills Program, programs address such quality of life issues as alcohol safety, healthy lifestyles, tolerance and respect, career development, professional conduct and leadership development.

Retention

Through the retention program student-athletes, who may need tailored academic assistance and structure, are identified and receive individualized learning plans to help them succeed. Such plans may include daily and weekly planning sessions with athletics coordinators and retention staff, tutoring, study groups, mainstreaming into on-campus services like the writing center, math labs and services for students with learning disabilities.

Transition Seminar

All new student-athletes attend an eight-week transition seminar during the fall semester that is geared toward helping them make the transition from high school to college successfully. Seminar topics include time management skills, learning and study strategies, the culture and rules of the university and Division I Big Ten intercollegiate athletics, and personal leadership and life skills concerning alcohol safety, healthy relationships and intimacy, diversity and inclusion, tolerance, values and character.



IOWA GYMNASTICS



Minority Enrichment Program

This program offers a culturally supportive environment in which minority student-athletes develop friendships and a support network in the university. A core focus group of students and staff coordinate programs such as guest speakers, holiday celebrations, community service activities with the local neighborhood centers, events with Cultural Centers and networking with minority faculty, staff, professional and business leaders.

Leadership Development through Iowa SAAC

Through the Iowa SAAC (Student-Athlete Advisory Committee), student-athlete representatives selected by their coaches and teammates represent the interests and concerns of their teams to Athletics Administrators. They meet regularly to plan community service, personal development, career education and social programs advised and supported by Athletics Student Services staff. They are consulted about emerging department policies and NCAA proposed legislation. SAAC representatives learn about and participate in the athletics governance structure by serving on department advisory committees.



Compliance Education and Services

Athletics Student Services administers a comprehensive compliance program to ensure that all staff and student-athletes act in accordance with NCAA, Big Ten Conference and University of Iowa regulations. Staff members oversee and assist with the recruiting of prospective student-athletes. They monitor the continuing eligibility of student-athletes. They oversee and administer student-athlete financial aid. They conduct rules education programs for coaches, staff, student-athletes and boosters. They monitor staff and student-athlete behavior to ensure conformity with the NCAA, Big Ten Conference, University of Iowa and Athletic Department policies and rules.



Compare the Numbers

Iowa's student-athletes have outperformed the University's entire student population each year since the NCAA started requiring a report of student-athlete graduation rates.

The Russell A. and Ann Gerdin Athletics Learning Center includes a large computer lab (middle left), as well as areas for group and independent study (top and bottom left).



IOWA GYMNASTICS

When student-athletes consider their future, they should consider prospects beyond athletics. A list of all University of Iowa alumni who have distinguished themselves professionally would be difficult to assemble and could never be complete. However, some are truly outstanding in their area of expertise.

Business

Leland C. Adams, Former president, Amoco Production Co.
John J. Balles, Former president, Federal Reserve Bank of San Francisco
Arthur A. Collins, Founder, Collins Radio (Rockwell Collins)
Kathleen A. Dore, Executive vice president and general manager, Bravo Television Network & the Independent Film Channel
John W. English, Former vice president and chief investment officer, Ford Foundation
H. John Hawkinson, Former president and director of funds, Kemper Financial Services Inc.
Richard O. Jacobson, President, Jacobson Warehouse Co.
Bill Krause, President, Krause Gentle Corp.
Richard Levitt, Chairman & CEO, Nellis Corporation
John Pappajohn, Venture capitalist, entrepreneur; President, Equity Dynamics, Inc.
Henry Tippie, Presiding director for Rollins, Inc.; Chairman of the Board, Dover Motorsports & Dover Downs Entertainment

Education

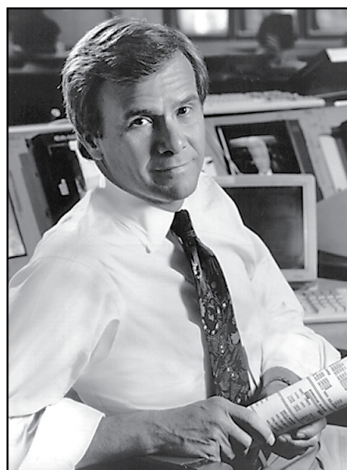
Joseph N. Crowley, President, University of Nevada at Reno and former NCAA president
R. Wayne Duke, Former commissioner, Big Ten Conference
E.F. Lindquist, Co-founder, American College Testing (ACT) Program
John B. McLendon, First black coach inducted into The Basketball Hall of Fame
Eddie Robinson, Legendary football coach, Grambling State University
Wilbur Schramm, International authority won communications and founder, Iowa Writers' Workshop
Richard Schultz, Executive Director, United States Olympic Committee; Former Executive Director, NCAA
James Van Allen, Space Physicist

Entertainment

Diablo Cody, Oscar Award winning writer of *Juno*
Simon Estes, International opera star
John Falsey, Executive producer of television's *Northern Exposure* & *I'll Fly Away*
Al Jarreau, Grammy Award-winning singer
Mark Johnson, Film producer and Oscar Award winner for *Rainman*
Alex Karras, former NFL All-Pro, Detroit Lions; actor, *Victor*, *Victoria*; *Blazing Saddles*; *Webster*
Barry Kemp, television producer, creator of the hit series *Coach*
Dave Keuning, guitarist, *The Killers*
Shirley Rich Krohn, Casting director for *Kramer vs. Kramer*, *Three Days of the Condor*, *Taps*, *Saturday Night Fever*
Richard Maibaum, Writer of James Bond motion picture scripts
Brandon Routh, Actor, *Superman Returns*
Gene Wilder, Actor, *Silver Streak*, *Young Frankenstein*, *Stir Crazy*

Government

David Bonior, U.S. House of Representatives, Mt. Clemons, MI
Terry Branstad, former Governor of Iowa
General Charles A. Horner, Architect of the US air war against Iraq during the Persian Gulf War/Desert Storm
Mary Louise Smith, noted political party leader and civil rights proponent
Juanita Kidd Stout, First black woman elected to a state Supreme Court



Tom Brokaw
NBC News



Mark Shapiro
Former ESPN Vice-President

Literature

Mildred Wirt Benson, Author of 23 Nancy Drew mysteries and first woman to receive master's degree in journalism at Iowa
John Irving, Writer, *The World According to Garp*, *The Cider House Rules*
W.P. Kinsella, Writer, *Shoeless Joe*
Margaret Walker, Writer, *Jubilee*

Media

Alan Abelson, Editor, *Barron's*
Tom Brokaw, Former Anchorman, *NBC News*
John Cochran, Correspondent, *ABC News*
Paul Conrad, Political cartoonist and three-time winner of the Pulitzer Prize
Wayne Drehs, General Assignment Writer, *ESPN.com*
George Gallup, Founder, The Gallup Poll
Charles Guggenheim, Documentary filmmaker, Peabody and Oscar award winner
Bob Miller, Broadcaster, Los Angeles Kings
Herbert Nipson, Executive Editor, *Ebony*
Brian Ross, Correspondent, *ABC News*, *NBC News*; Peabody and Emmy award winner
Carole Simpson, Anchor, *ABC News*

Science and Medicine

Dr. Nancy Andreasen, Psychiatrist renowned for her research on schizophrenia, as well as creativity
Dr. Johann L. Ehrenhaft, Pioneer in field of open heart surgery
Dr. Robert C. Hardin, Developed blood bank protocols during WW II based on seminal work on blood preservation
Dr. Don H. O'Donoghue, sports medicine pioneer
James Van Allen, World famous physicist and discoverer of two radiation belts (the Van Allen Belts) that surround the earth.
Dr. Emory D. Warner, World recognized pathologist

Pulitzer Prize Winners

Marquis Childs, 1970, *St. Louis Post Dispatch*
Rita Dove, 1987, *Thomas and Beulah*; U.S. Poet Laureate
Jorie Graham, 1996, *The Dream of the Unified Field*; *New and Selected Poems*
J. Tracy Kidder, 1982, *The Soul of a New Machine*
James A. McPherson, 1978, *Elbow Room*
Jane Smiley, 1992, *A Thousand Acres*
Tennessee Williams, 1948, *A Streetcar Named Desire*; 1955, *Cat on a Hot Tin Roof*



IOWA GYMNASTICS

Athletic Training & Sports Medicine

Continuing to set the standard in athletic training and Sports Medicine Service, The University of Iowa provides the student-athlete with exemplary medical care. Athletic Training Services is the largest component of the University of Iowa Sports Medicine program. UI Sports Medicine is a multidisciplinary healthcare team housed within the UI Sports Medicine Center, as part of University Hospitals & Clinics (UIHC), striving to provide exemplary everyday care for all student-athletes. The team consists of Athletic Training, Orthopaedics, Primary Care, Physician Assistants, Radiology, Physical Therapy, and Nursing. In addition, Athletic Training Services connect student-athletes to UIHC resources and specialty areas. Iowa's staff of 12 full-time licensed athletic trainers and six graduate assistant licensed athletic trainers provide health care services within four athletic training rooms and other ancillary facilities, involving injury rehabilitation and prevention programs among other health care services. When injuries and illness occur Iowa's athletic trainers provide treatment and rehabilitation programs to facilitate appropriate return to participation.

Services from the UIHC, among the world's largest university-owned teaching hospitals, support the efforts of the athletic trainers and other specialty sports medicine staff. Located next to Kinnick Stadium, the hospital offers a cutting-edge environment where staff physicians, sports medicine fellows, sports physical therapists, and athletic trainers care for student-athletes and produce successful outcomes. Dedicated research and education result in outstanding care. In October 2009, the Institute for Orthopaedics, Sports Medicine and Rehabilitation (IOSMR) opened to further enhance the care for student athletes. This new facility houses the UI Sports Medicine Center.

Athletic trainers form a team with orthopaedic and primary care physicians for every Hawkeye sport. Many of the physicians are fellowship trained in their specialty area and lecture locally, nationally, and around the world. In addition, each athlete has access to orthodontists, nutritionists, psychologists, and specialty physicians at the UIHC. Priority access to see physicians and other health care professionals provides expertise for comprehensive health care that returns the student-athlete to practice and competition promptly and safely.



The Field House Athletic Training Room has excellent facilities to conduct evaluations, treatments, and rehabilitation for the student-athlete.

The Hawkeye Strength Training Program

The University of Iowa Strength and Conditioning Department is committed to providing the ultimate training experience for each Hawkeye student-athlete. Our focus is the development of the complete student-athlete through the use of proven scientific methods for reducing the risk of injury, as well as maximizing each student-athletes' athletic potential. Equally as important, our staff will foster a culture of relationship building in which we will seek to enhance the intangible character traits required for each Hawkeye to reach his or her championship potential on and off the playing stage.

Strength & Conditioning Philosophy

The philosophy of this program consists of two components. The first is to continually develop a scientifically sound program that will maximize strength, power and explosiveness in order to allow the athlete to get the utmost out of their genetic potential, and to reduce the chance of injury. This will primarily be accomplished through the use of ground based free weight exercises and the progressive incorporation of functional movements and plyometrics. The second is to establish a culture which will develop the discipline, character and mental toughness within each student-athlete and team as a whole so that they are able to make sacrifices in their training, leave their comfort zone and develop a Championship ATTITUDE. This will encourage them to make the most out of every situation and opportunity given to them in athletics and academics, so that they might know what it is to be fully committed to something. When these two converge, they are not only able to reach their full potential; they become champions on and off the playing field.



The 1,800-square foot Recreation Building strength training facility is equipped with eight Olympic platforms, squat racks, medicine balls, physio balls and over 10,000 pounds of free weights.



IOWA GYMNASTICS

An Exceptional Choice

Since 1847, The University of Iowa has distinguished itself as a leader among public universities. Today its programs in health, business, engineering, education, law, the arts, communications, and the sciences are known worldwide for their excellence and innovation.

Outstanding Academic Opportunities

Iowa offers degrees in 11 colleges: Business, Dentistry, Education, Engineering, Law, Liberal Arts and Sciences, Medicine, Nursing, Pharmacy, Public Health, and the Graduate College. Undergraduates can choose from more than 100 areas of study.

A Fun Place to Call Home

Iowa City is a classic university town where learning and creating truly matter. The city blends the vibrant University campus and the natural beauty of the Iowa River with nearby shopping, entertainment, and residential areas.

Commanding Resources

The University operates one of the largest research library systems in the country. Iowa equips its classrooms and laboratories with the latest in computer technology. Students benefit from this technology-rich environment coupled with the high personal attention of University faculty and staff. Visit the University's web site at www.uiowa.edu to about its multifaceted education, research and service programs.

More Than a Taste of the Arts

Although temporarily displaced from their buildings by a summer 2008 flood, Hancher Auditorium and the UI Museum of Art continue to offer performances, exhibits and special events in alternate venues. Premier works of art are displayed in most University buildings and plazas throughout campus. Students may participate in theater, music, and dance groups.

Time and Space to Play

Every year about 90 percent of Iowa's students make use of the University's recreational facilities. Each season offers a full schedule of intramural and club sports, ranging from rugby, tennis, and golf to volleyball, soccer, and swimming. Individual workouts are a part of many students' daily routines. Students also make use of campus walking and running trails, bikeways, ski trails, golf courses, and canoe and sailboat rentals to relax and enjoy leisure time.

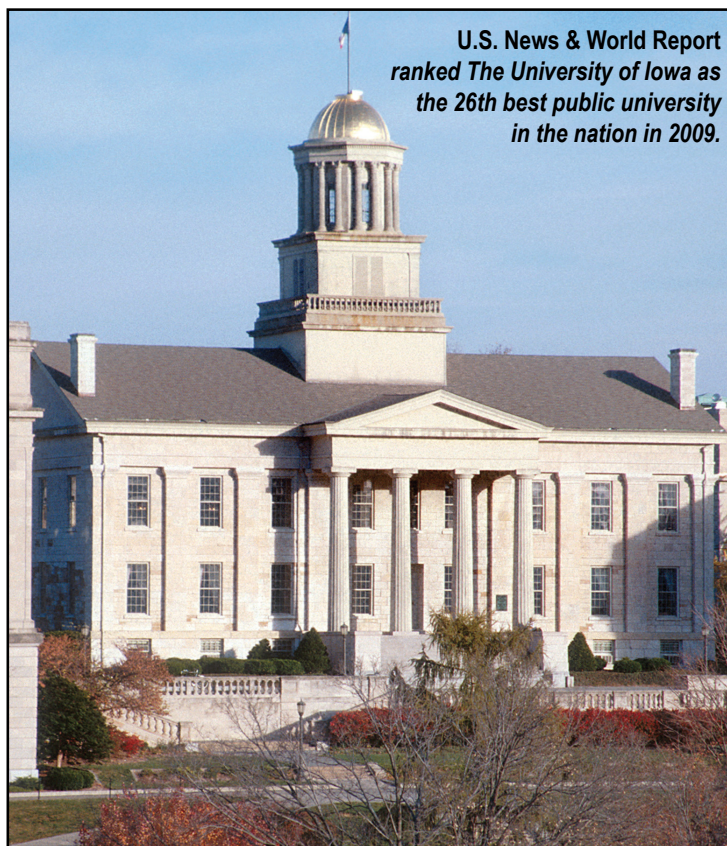
What Distinguishes an Iowa Education?

Success. Iowa's philosophy is that if students meet the entrance requirements, the University is going to do everything it can to help students to graduate. An Iowa degree spells success in the job market, giving students the skills to continue learning and growing throughout their careers.

Excellence. The faculty is stellar. Students are amazed not only at how much they know but at how enthused they are about sharing that knowledge and getting students excited about their subject.

Comfortable class sizes

Attending a large university does not necessarily mean having large class sizes. More than 30,000 students are enrolled at Iowa, but the UI has a student-to-faculty ratio of 15:1. Large lecture halls host a few of the most popular undergraduate courses, with several hundred students in attendance. However, most lectures are complemented by classroom discussions among smaller groups. Altogether, 92 percent of undergraduate classes have fewer than 50 students in them; 80 percent have fewer than 30 students. Less than 4 percent of undergraduate classes have more than 100 students in them.



U.S. News & World Report
ranked *The University of Iowa* as
the 26th best public university
in the nation in 2009.

Consider Iowa's Advantages

- According to the Fiske Guide to Colleges, the University of Iowa is a "Best Buy" for an outstanding, affordable education.
- Iowa celebrates diversity—the University attracts students from 100 countries and all 50 U.S. states.
- Iowa's students and faculty have an enthusiasm for learning and for having fun.
- Iowa is part of the Big Ten Conference, sharing academic and athletic traditions among a group of America's leading universities.
- Iowa's faculty members not only offer a full range of academic offerings for students, they actively engage in innovative research projects within their specialty areas.
- Students can easily travel a half day by car to a number of large American cities, including Chicago, Minneapolis/St. Paul, Kansas City, St. Louis, and Omaha.
- Iowa City holds a cosmopolitan charm all its own as a gathering place for the world's writers, for world-renowned artists, and for noted visiting lecturers.
- The University's 400+ student organizations include fraternities, sororities, and many professional and cultural societies.
- The University's career and placement services match students with companies for internships and other professional experiences throughout their education.
- The University's graduates excel in their careers, often holding leadership positions within their professions and communities.



IOWA GYMNASTICS

The Colleges

Most freshmen who enroll at The University of Iowa are admitted to either the College of Liberal Arts and Sciences or the College of Engineering. The General Education Program allows students to sample courses in more than 100 areas of study. At Iowa, students are required to take electives, major courses, and general education course work.

Liberal Arts & Sciences

Undergraduate Degrees Offered - Bachelor of Arts (BA) and Science (BS) in 58 major fields; Bachelor of Fine Arts (BFA) in Music (BM) and of Liberal Studies (BLS). **Admission** - Freshmen and transfer students are to meet the college's admissions requirements.

Engineering

Undergraduate Degrees Offered - Bachelor of Science in Engineering (BSE) in six majors- biomedical, chemical, civil, electrical, industrial, and mechanical engineering. **Admission** - Students must meet the college's high admissions requirements.

Business

Undergraduate Degrees Offered - Bachelor of Business Administration (BBA) in six majors: accounting, economics, finance, management, management information systems, and marketing. **Admission** - Usually requires two years of pre-business study in the College of Liberal Arts and Sciences. Details at www.biz.uiowa.edu/upo/admissions/.

Education

Teacher Education Programs - Elementary Education, Art Education, English Education, Foreign Language Education, Mathematics Education, Music Education, Science Education, and Social Studies Education. Additional teaching minors in Coaching, ESL (English as a Second Language), Hearing Impaired, Journalism, and Talented and Gifted. **Admission** - Review all admission requirements and program guides at www.education.uiowa.edu/tess/

Nursing

Undergraduate Degrees Offered: Bachelor of Science in Nursing (BSN).

Admission: Students typically complete one year of pre-requisite courses in the College of Liberal Arts and Sciences and apply for admission during the second semester of the first year. The College of Nursing has competitive admission. The BSN requires three years of study once the student earns admission.

Pharmacy

Professional Degree Offered - Doctor of Pharmacy (PharmD).

Admission - Students must successfully complete required pre-pharmacy course work in the College of Liberal Arts and Sciences. These requirements may be met in two years but do not guarantee admission. Students must also complete the Pharmacy College Admission Test (PCAT).

Graduate and Professional Degrees

Many student-athletes who have attended The University of Iowa and completed their undergraduate degrees continue their education at the University. Student-athletes who attend graduate or professional school must first complete course work toward a bachelor's degree in their field of study. The University also offers undergraduates the opportunity to participate in research and overseas study programs, as well as internships that will help prepare them for graduate school.



The Tappan School of Management's MBA program was recently ranked 20th best in the country by Forbes magazine.



IOWA GYMNASTICS

Housing

Each athletics team has its own rules regarding residence of incoming freshmen. Across the University, about 90 percent of freshmen choose to live on campus in one of the 10 residence halls. Most student-athletes live at least two years on campus.

The residence halls have full-service dining rooms, study lounges, laundry facilities, recreational facilities, vending, and bank machines. Each room has high-speed computer connections for e-mail and Internet access, plus there are wireless networking hot spots in a variety of locations across campus. Iowa also offers wireless networking in 110 buildings and several outdoor areas, providing more than 2,000 access points across campus.

Safety

- 11:55 p.m. - 2:10 a.m.: Free SafeRide buses take students home Fridays and Saturdays during the fall and spring semesters.
- Public Safety offers Nite Ride, a safe means of late night transportation for women only. Nite Ride operates 10 p.m.-3 p.m. Thursday, Friday and Saturday.
- Special telephones with blue lights are stationed across campus with a direct link to the UI Department of Public Safety.
- University of Iowa Police personnel educate students on safety during summer orientation.
- The Rape Victim Advocacy Program cooperates with the UI Department of Public Safety and participates in Sexual Crime Awareness Week.

Campus

There are six primary bus routes throughout the Iowa campus. The University Campus provides over three million free rides to class and to the dorms for students each year. Some routes run seven days a week, and some run until 2:30 a.m. Campus also operates a specialized transportation service for persons with disabilities.

Health Services

The University of Iowa provides the student-athlete with the most up-to-date and highest-quality medical care available. Students at Iowa can go to Student Health Service, which is open Monday through Friday. The service is supported by a fee paid by all full-time students. It offers students unlimited free office visits (there is a charge for other procedures done in the office, such as blood tests).

Libraries

The University of Iowa Libraries supports the academic achievement of all student-athletes with specialized courses, one-on-one consultations with librarians, 24/7 access to electronic resources through the web site (www.lib.uiowa.edu), and extended hours, which can accommodate complicated practice and travel schedules. UI Librarians help students find answers, whether they're on a web site, in a book, journal, government document, or database. Librarians also plan and teach students how to find, evaluate, and use information from a variety of sources--skills they will use throughout their lives.



Career Planning

Finding and pursuing a career takes careful planning. The Pomerantz Career Center is extremely valuable for student-athletes and can help identify skills that transfer from athletics to the workplace. The program suggests a timeline each student-athlete may follow throughout his or her stay at Iowa. The components of the program include individualized career advising, career education programs, summer job/internship opportunities, resume and cover letter development and preparing for life after college athletics.

Computers

There are 26 Instructional Technology Centers all over the campus which are filled over 1,000 computers. These facilities are open at least 50 hours a week. Some are open 24 hours. Also, the Information Arcade in the Main Library provides a variety of specialized computing tools. The Computer Demo Center provides information for students who want to purchase computers and software.

Skills Labs & Support

Many academic departments offer skills labs to help students improve skills necessary to succeed at Iowa, such as writing, speaking, math, science, and foreign language. Assistance with skills such as note-taking, time-management, and test-taking are available through resources such as the College Transition Seminar (a credit-bearing course offered through University College), University Counseling Services, and Athletic Student Services staff.

Cultural Centers

Four cultural centers on campus provide a welcoming setting where students from various cultures can find cultural, academic, and personal support services: the Latino and Native American Cultural Center, the Afro American Cultural Center, the Asian Pacific American Cultural Center, and the Lesbian, Gay, Bisexual, and Transgender Resource and Education Center.



IOWA GYMNASTICS

Iowa City is a diverse, highly cosmopolitan community of 60,000 set in the natural scenic beauty of Iowa's rolling hills and woods along the tree-lined banks of the Iowa River. Iowa City has all the art galleries, ethnic foods, historic architecture and vibrant atmosphere of a much larger city, but with the compactness and friendly feeling of a small town.

As a place to live, Iowa City keeps winning awards and accolades - Named one of the 10 most enlightened towns in the country by Utne Reader, listed in the book *The 100 Best Small Art Towns in America* and selected the number-one place to live in the nation by *Editor & Publisher* magazine.

Economically, businesses such as Rockwell Collins, American College Testing and Procter & Gamble help keep the city booming. In Coralville, a branch office of Geico Auto Insurance has provided many residents with employment opportunities.

Culturally, Iowa City is alive with concerts, art exhibits, readings, plays and art events of all kinds. Located on the University of Iowa campus, Hancher Auditorium is a nationally-known performance center that brings in the best of Broadway, classical and jazz music, dance and other performances. The University of Iowa Theatre Arts department also produces a full schedule of plays each year, featuring the work of student performers and directors. So whether you enjoy the arts as a spectator or as an outlet for your own creativity, Iowa City has the opportunities.

Residents of Iowa City are not only economically and culturally enriched, they also take advantage of the numerous recreational facilities offered around town. The area's more than 30 parks provide opportunities for year-round activities including boating, hiking, swimming, fishing and skiing.

The city's greatest charm, however, remains the sincere friendliness of its citizens, the cosmopolitan atmosphere and the successful partnership built between the community and the University.

Old Capitol

One of the most recognizable sites in Iowa City is the gold dome of the Old Capitol which is situated in the heart of downtown. Built in 1840, it is Iowa City's most historic building. The Old Capitol was the site of the first governor inauguration as well as the first six Iowa General Assemblies. It is also where the state's Constitution was drafted. When the capital was moved to Des Moines in 1857, the Old Capitol was dedicated to The University of Iowa, becoming the first building owned by the University.

Coralville Lake

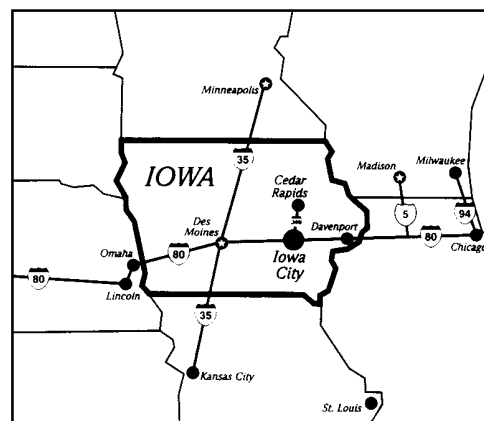
Just north of Iowa City is Coralville Lake, an outdoor recreational area that offers a variety of opportunities for the public. Coralville Lake offers picnic shelters, biking, hiking, fishing, boating, swimming, hunting, camping, snowmobiling, cross country skiing, golf and disc golf.

City Plaza

Located downtown and in walking distance of many of the University's dormitories is the City Plaza. It is a perfect place to sit outside and study or hang out with friends. During the fall, spring and summer months there are concerts and art festivals in the "Ped" Mall.

Coral Ridge Mall

The Coral Ridge Mall is a 1.2-million-square-foot shopping center located just minutes from campus. The center combines a mix of over 120 specialty shops and strong department stores including Dillards, JC Penney, Sears, Target and Youngers. Coral Ridge also offers entertainment features such as an NHL-regulation-sized indoor ice arena, state-of-the-art 10-screen movie theatre and a large carousel along with a 1,000-seat food court with sit-down restaurants. Specialty stores include Abercrombie & Fitch, Barnes & Noble, Gap, Old Navy, Scheels All Sports and Pier 1 Imports.



Iowa City is located in eastern Iowa and is an easy trip to such cities as Des Moines (the capital of Iowa), Chicago, St. Louis, Kansas City, and Minneapolis. Also, Cedar Rapids, a city of more than 150,000, is just a short drive north of Iowa City. The Eastern Iowa Airport, which links residents to every major airport in the Midwest, nation and world, is only 20 minutes away.

For More Information Contact:
Iowa City/Coralville
Convention & Visitors Bureau
900 First Avenue
Coralville 52241
319/337-6592 or 800/283-6592
www.iowacitycoralville.org





IOWA GYMNASTICS

The Hawkeye Nickname

The University of Iowa borrowed its athletic nickname from the state of Iowa many years ago. The name Hawkeye was originally the name of the hero in the fictional novel, *The Last of the Mohicans*, written by James Fenimore Cooper. Cooper had the Delaware Indians bestow the name on a white scout who lived with them.

In 1838, 12 years after the book was published, people in the territory of Iowa acquired the nickname, chiefly through the efforts of Judge David Rorer of Burlington and James Edwards of Fort Madison.

Edwards, editor of the Fort Madison Patriot, moved his paper to Burlington in 1843 and renamed it the Burlington Hawkeye. The two men continued their campaign to popularize the name, and territorial officials eventually gave it their formal approval.

Herky The Hawkeye

The Hawkeye nickname gained a tangible symbol in 1948 when a cartoon character, later to be named Herky the Hawkeye was hatched. The creator was Richard Spencer III, instructor of journalism at Iowa.

The impish Hawk was an immediate hit and acquired a name through a statewide contest staged by the athletic department. John Franklin, a Belle Plaine alumnus, was the man who suggested Herky.

Since his birth more than 45 years ago, Herky has symbolized Iowa athletics and epitomized University life. He even donned a military uniform during the Korean War and became the insignia of the 124th Fighter Squadron.

During the mid-1950s, Herky came to life at a football game as the Iowa mascot. Since that time, Herky has been a familiar figure at Iowa athletics events.

School Colors

For 40 years Iowa was without school colors, but in 1887 a group of 50 seniors met on the steps of the Old Capitol to decide what are now the school official colors. They chose Old Gold, the color of Iowa's vast corn fields and Black, the color of the rich soil.



School Fight Song

The Iowa Fight Song was written in 1950 by Mason City, Iowa, native Meredith Willson. Best known as the creator of Broadway's "The Music Man," Willson was awarded a 1963 University of Iowa Alumni Association Distinguished Service Award for "setting the spirit of Iowa to music." The lively cheer is sung hundreds of times during Iowa athletics events the year around.

*The word is Fight, Fight, Fight for IOWA
Let every loyal Iowan sing;
The word is Fight, Fight, Fight for IOWA
Until the walls and rafters ring (Go Hawks!)
Come on and cheer, cheer, cheer for IOWA
Come on and cheer until you hear the final gun.
The word is Fight, Fight, Fight for IOWA
Until the game is won.*