



### 2007-08 Schedule

|               |                          |                |
|---------------|--------------------------|----------------|
| Mar. 21-23    | at Longhorn Invitational | Austin, TX     |
| Apr. 5        | Minnesota & Creighton    | Solon, IA      |
| Apr. 11       | at GW Invitational       | Washington, DC |
| Apr. 19       | at Double Dual           | Columbus, OH   |
| May 3         | at Big Ten Championships | Ann Arbor, MI  |
| May 17-18     | at Central Regionals     | Oakridge, TN   |
| May 30-June 1 | at NCAA Championships    | TBA            |

### General Information

|                          |                          |
|--------------------------|--------------------------|
| Location:                | Iowa City, IA            |
| Founded:                 | 1847                     |
| Enrollment:              | 30,409                   |
| Nickname:                | Hawkeyes                 |
| Home River:              | Iowa                     |
| Conference:              | Big Ten                  |
| School Colors:           | Black and Gold (PMS 116) |
| President:               | Sally Mason              |
| Director of Athletics:   | Gary Barta               |
| Rowing Administrator:    | Paula Jantz              |
| Rowing Secretary:        | Kendra Wieditz           |
| Equipment Manager:       | Peggy Jenn               |
| Administrative Phone:    | (319) 335-9247           |
| Administrative Fax:      | (319) 335-9333           |
| Adademic Services Phone: | (319) 335-7599           |
| Athletic Training Phone: | (319) 335-9482           |

### Coaching Information

|                                |                              |
|--------------------------------|------------------------------|
| Head Coach (Yr. at Iowa):      | Mandi Kowal (14th)           |
| Alma Mater/Year:               | Wisconsin/1987               |
| E-Mail Address:                | mandi-kowal@iowarowing.com   |
| Assistant Coach (Yr. at Iowa): | Chuck Rodosky (2nd)          |
| Alma Mater/Year:               | Bowling Green State/1999     |
| E-Mail Address:                | chuck-rodosky@iowarowing.com |
| Assitant Coach (Yr. at Iowa):  | Carrie Callen (2nd)          |
| Alma Mater/Year:               | Kansas/2006                  |
| E-Mail Address:                | carrie-callen@iowarowing.com |
| Rowing Office:                 | (319) 335-9259               |

### Media Information

|                              |                          |
|------------------------------|--------------------------|
| Rowing SID:                  | Jordin Hatcher           |
| Office Phone:                | (319) 335-9411           |
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| Sports Information Director: | Phil Haddy               |
| Web Address:                 | hawkeyesports.com        |

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### Practice Attendance & Media Interviews

All practices are open to the media, and interviews may be conducted 15 minutes prior to or at the completion of practice. However, media must inform the Sports Information office of their intention to attend practice. The Hawkeye Varsity practices from 6-8 a.m. in the fall and from 7:00-9:15 a.m. in the spring.

All student-athlete interviews will be coordinated through the Sports Information Department. Please contact Jordin Hatcher at (319-335-9411) so that she may set a time for an interview that does not interfere with the student-athlete's academic or practice schedules.

### Credits

The University of Iowa Rowing media guide was written and designed by Student Assistants Jordin Hatcher, Lea Stover, and Meghan O'Keefe. Editorial assistance provided by Aaron Blau, Traci Wagner, and Matt Weitzel, Assistant Sports Information Directors. Photographs provided by the University Relations Photo Unit and the UI Visual Center's Photographic Services. Cover artwork designed by Stefanie Mason. Printing done by UI Printing in Iowa City, Iowa.

### Department of Athletics 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 Nondiscrimination Statement

The University of Iowa prohibits discrimination in employment, educational programs, and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. The University also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information, contact the Office of Equal Opportunity and Diversity, (319) 335-0705.



# ROWING

2007-08 Season Preview

The University of Iowa rowing team and Head Coach Mandi Kowal look to the 2007-08 season with excitement and anticipation. The combination of fresh faces, seasoned veterans and a shared desire to succeed, will help the Hawkeyes as they continue to make strides in the upcoming season.

Coach Kowal's 14th season sees the return of Novice Coach and Recruiting Coordinator Chuck Rodosky. Rodosky begins his second season at Iowa eager to build on a successful first year. The coaching staff also sees the return of Assistant Coach Carrie Callen.

"We are very excited about the program right now," Kowal said. "It appears we are approaching the crest of a wave, yet to feel the joy of riding it. So far, this is one of my most enjoyable years in coaching. The atmosphere around the boathouse is positive, with a tremendous amount of energy to go fast. It's clear to the staff that our group has a lot of potential; yet, there is still a lot of room for improvement. It's fun to think about the type of advancement our program can make this year which bodes well for the future. Our future looks bright with the completion of the boathouse, the addition of another strong novice class, and the improved talent on the varsity. It won't be long before we can enjoy the ride of the wave."

With a small senior class, the young Hawkeye team has seen a dramatic increase in leadership among the junior and sophomore classes.

"This group is lead by captain Brittany Keyes, who's work ethic and passion to do things right will help our group take a big step forward," Kowal said. "We have only two seniors, so we have called on our juniors and some sophomores to take on more leadership roles. The junior class has a strong nucleus. This group has been reliable and consistent since the day they stepped on campus. Every day they have worked tirelessly, banking

on the fact that their work will pay off."

With a strong junior class rising to the occasion, accepting the challenge and setting the pace both on and off the water, the sophomores and freshmen recruits are following the positive example and adding to team success.

"The presence of the sophomore group has created much needed intra-squad competition," Kowal said. "As a result our small, in numbers, group contains the competitive fire to drive a team to the next level. There are a large number of athletes who enjoyed some success on the novice squad and want more as they begin their years on the varsity."

"We look to have our recruiting class bring additional talent to both the novice and varsity squads," Kowal added. "I have no doubt they will help add boat speed to our team through their development as college rowers."

Along with providing a great example of work ethic, the juniors and sophomores are also having fun. They have created an atmosphere that is full of energy, excitement and commitment.

During the fall season, Iowa competed in two highly competitive races, the Head of the Rock and the Head of the Charles, producing great rows that show promise for spring racing and strong improvements from previous years.

After the rigorous fall season competition, the Hawkeyes will continue training over the winter, which will include a winter training trip to Florida in January, before the tough spring season opening at the Longhorn Invitational, with four back-to-back races.

"The only difference from our schedule compared to last year will be how we prepare and approach each race," Kowal said. "As a group we will be more mentally and physically prepared compared to last year. I look forward to see how things develop throughout the spring season."

This spring's only home competition will be at Lake McBride against Minnesota and Creighton. The Hawkeyes will then travel to Washington D.C. to compete in the George Washington Invitational. Rounding out the spring regular season is the Big Ten double dual against Ohio State and Indiana in Columbus, OH. After the Hawkeyes travel to Ohio, they will begin their post season at the Big Ten Championships in Belleville, MI, followed by the South Central Springs in Oak Ridge, TN.

"We're really starting to see the hard work and dedication of our athletes and our coaching staff come to fruition," Kowal said. "With the new boathouse, a solid coaching staff and strong athletes, everything is coming to a head in a positive way. We have great forward momentum heading into this season and the future looks bright."





# ROWING



2007-08 Team Roster

## Rowing Roster

| Name                 | Yr. | Hometown                        |
|----------------------|-----|---------------------------------|
| Annette Allard       | So. | Pass Christian, Mississippi     |
| Jennifer Andersen    | Fr. | Franksville, Wisconsin          |
| Amy Althoff          | So. | Arlington Heights, Illinois     |
| Bridget Bodine       | So. | Deerfield, Illinois             |
| Meghan Clancy        | Fr. | Elhurst, Illinois               |
| Andrea Cohen         | Fr. | New Haven, Connecticut          |
| Madeline Conklin     | Fr. | Davenport, Iowa                 |
| Katelyn Davy-Traynor | Jr. | Chemainus, British Columbia     |
| Stacy Dettmann       | Jr. | Monona, Iowa                    |
| Tasha Dorman         | Fr. | Rosemount, Minnesota            |
| Katie Duffy          | Fr. | Bloomington, Minnesota          |
| Megan Erickson       | So. | Ankeny, Iowa                    |
| Allison Faris        | Fr. | Cedar Falls, Iowa               |
| Brianna Garrett      | Fr. | Iowa City, Iowa                 |
| Dani Harris          | So. | Marshalltown, Iowa              |
| Stacy Heuton         | Fr. | Carroll, Iowa                   |
| Jessica Hoover       | Jr. | LeClaire, Iowa                  |
| Sarah Jaffee         | Fr. | Chicago, Illinois               |
| Laura Kanaris        | Jr. | Brisbane, Queensland, Australia |
| Emily Katalinich     | So. | Springfield, Illinois           |
| Kristin Kelly        | Jr. | Brockville, Ontario, Canada     |
| Brittany Keyes       | Sr. | Stillman Valley, Illinois       |
| Anna Kolden          | Fr. | Madison, Wisconsin              |
| Margaret Krusing     | Fr. | St. Louis, Missouri             |
| Caitlin Kuempel      | Fr. | Cedar Rapids, Iowa              |
| Emily Ladendorf      | Fr. | Ballwin, Missouri               |
| Amelia Lammers       | So. | Sheldon, Iowa                   |
| Molly Lynch          | So. | Wheaton, Illinois               |
| Brin McAnally        | Fr. | Downers Grove, Illinois         |
| Jessica McBride      | Sr. | Seattle, Washington             |
| Kat McDonell         | Fr. | LaGrange, Illinois              |
| Kathleen McNamera    | Fr. | Anamosa, Iowa                   |

| Name                  | Yr. | Hometown                    |
|-----------------------|-----|-----------------------------|
| Emily Melvold         | Fr. | Maquoketa, Iowa             |
| Hannah Miller         | Jr. | Leaf River, Illinois        |
| Haylie Miller         | Fr. | Leaf River, Illinois        |
| Heidi Miller          | Fr. | Leaf River, Illinois        |
| Meredith Mulford      | Fr. | Winthrop, Iowa              |
| Alana Murray          | Fr. | Oak Park, Illinois          |
| Jessica Novack        | Fr. | Newnan, Georgia             |
| Katie Ouellette       | So. | Duluth, Minnesota           |
| Chelsea Penny         | Fr. | Crystal Lake, Illinois      |
| Romy Post             | So. | Burke, Virginia             |
| Katie Radasevich      | Fr. | Naperville, Illinois        |
| Danielle Rahja        | Fr. | Plymouth, Minnesota         |
| Shelia Rinozzi        | So. | Chicago, Illinois           |
| Allison Robinson      | Fr. | Bettendorf, Iowa            |
| Madison Romano        | So. | Waukee, Iowa                |
| Catherine Saletnik    | Fr. | Chicago, Illinois           |
| Sheila Shedden        | Jr. | Lowbanks, Ontario, Canada   |
| Amy Smith             | Jr. | Iowa City, Iowa             |
| Caitlyn Smith-Staines | Fr. | Eugene, Oregon              |
| Courtney Spears       | So. | Rockford, Illinois          |
| Jennifer Starks       | Fr. | Plainfield, Illinois        |
| Rachel Stevens        | Fr. | Inver Grove Hts., Minnesota |
| Emily Vinson          | So. | Boulder, Colorado           |
| Ashton Williams       | Fr. | Sapulpa, Oklahoma           |
| Melissa Wordelman     | Jr. | Grand Rapids, Michigan      |

Head Coach - Mandi Kowal (14th Season)

Assistant Coach - Chuck Rodosky (2nd Season)

Assistant Coach - Carrie Callen (2nd Season)





# ROWING

Head Coach Mandi Kowal

## Mandi Kowal

Head Coach  
14th Year

Mandi Kowal, a member of the United States National Rowing Team for five years ('83, '84, '86-'88), enters her 14th season as the head rowing coach for the University of Iowa.

### Coaching Experience

Kowal has headed the Hawkeyes since the team's elevation to varsity status in 1994.

After two solid spring seasons at Iowa, Kowal's Varsity four was invited to the first-ever NCAA Rowing Championships in 1997. The Varsity 4+ finished the season fourth in the country. In 1998, the Hawkeyes' Varsity 4+ returned to the NCAA Championships, ending their season with an eighth-place finish.

Kowal's Hawkeyes have continued to make strides nationally. In fact, Iowa has had crews ranked in the top-20 every year the polls have been in existence. The Varsity 8+ finished the 1999 spring season ranked 17th in the country and 18th in the spring of 2000. In 2001, Kowal coached the Hawkeyes to their first-ever team appearance at the NCAA Championships, where Iowa finished ninth. The Varsity 8+ boat also received a national ranking of No. 10, it's highest ever ranking. During the 2002 spring season, the Varsity 8+ was named Big Ten Boat of the Week March 25. The Hawkeyes posted an undefeated Spring 2003 Dual Season record for the Varsity 8+ and finished fourth at the Big Ten Championships, where they won the Second Varsity 4+, and won a silver medal in the Second Varsity 8+ and the Varsity 4+. Another Hawkeye Varsity 8+ boat was named Big Ten Boat of the Week in 2007 on April 10. The athletes received this honor after a stunning three-tenths of a second win over George Washington. Last season Iowa placed sixth in the Big Ten Championships, while the novice eights earned a bronze medal.

Kowal began her coaching career at the University of Wisconsin, where she served as the novice coach for seven years. While coaching the Badgers, she led her team to one gold and three silver medals at the Collegiate National Rowing Championships and 10 Midwest Rowing Championship titles. Her Novice 4+ won the national title in 1993 and placed second in '91, '92 and '94. In addition to her collegiate coaching duties, Kowal was the assistant lightweight coach for the US National Pre-Elite squad for three years, winning four gold and three silver medals at Elite Nationals. Kowal coached the Junior National Team 4- to a gold medal at the Junior World Rowing Championships in Zagreb, Croatia in 2000. She spent the summer in Seattle, WA as the assistant coach, working with the 8+ and the 4-. Kowal concentrated most on the race preparations for the 4-, and has earned three World Championship gold medals in straight 4 events (two as an athlete, one as a coach). In 2001, she coached the Junior Women's 4- to a silver medal at the Junior World Championships in Duisburg, Germany. In the summer of 2005, Kowal was an assistant coach for the United States Under-23 team.

### Athletic Experience

Kowal began her rowing career at the University of Wisconsin in 1981 while pursuing a B.S. in Physical Education and Coaching. She was a member of the Varsity 8+ that placed second at the 1985 Collegiate Nationals. While at Wisconsin, Kowal helped the team to four Midwest Rowing Championships and two Eastern Sprints titles.

Kowal joined the Lightweight National Team while still an undergraduate in 1983. As a five-time member of the national team, Kowal was a two-time World Champion in the lightweight four without coxswain (straight four). Her boat won gold in 1986 in England and again in 1987 in Copenhagen, where Kowal's boat posted a world record time of 6:45.0 for the event.

Kowal has recently ventured into the world of competitive triathlons. Since 2003 she has competed in 20 triathlons and consistently finished in the top five of her age group. She has raced in eight Half Ironmans and in September of 2004 competed in the Wisconsin Ironman, finishing in 12:59.13. She has also raced two half-marathons, winning at the Drake Relays in her age group and placing fourth in her age group at the Disney half-marathon in Orlando, FL.

### Awards and Honors

In 1987, Kowal was honored by the United States Olympic Committee. A nominee for the Sullivan Award honoring the top amateur athlete in the nation, Kowal was named the national "Sportswoman of the Year" by the USOC. Kowal was honored in a White House ceremony along with 84 other USOC amateur athletes.

Kowal has been honored twice by her alma mater for her contributions to rowing at Wisconsin. In 1996, The Mandi Kowal Award was created to honor the varsity lightweight athlete who contributes the most to the success of her crew by demonstrating a high level of performance, desire and excellence. In 1999, Kowal was again honored, having a racing eight named after her. In addition to her rowing and coaching responsibilities,

Kowal served as a member of the Women's Olympic Committee for the US Rowing Association from 1988-90. She was the Midwest Regional Technical Coordinator of USRA from 1989-91, and was appointed the chair of the planning committee for the Big Ten Rowing Championships in 1999.

### Kowal's Achievements and Honors

- World Champion - Lightweight 4- 1986, '87
- USOC & US Rowing Athlete of the Year 1987
- Rowing Hall of Fall Inductee 1997
- Coach of World Champion Junior 4- 2000
- Coach of Silver Medalist Junior 4- 2001
- Asst. Coach Under-23 World Champion 4- 2005
- Led Hawkeyes to NCAA Appearances 1997, 1998, 2001



# ROWING



## Assistant Coaches & Support Staff



### **Chuck Rodosky**

Assistant Coach  
Second Year

Chuck Rodosky returns to the Hawkeyes for a second year as a novice coach. In his first year he led the novice eight to a bronze medal at the Big Ten Championships and a fifth place finish in the Petite Final at the Aramark Regional Sprints.

Rodosky started his coaching career as a novice coach for the Ohio State's competitive club team. While working with the club team the novice eight finished second at the ECAC's in 2001. He then went to work with the well renowned women's crew at Ohio State University. He spent his first two years with the Buckeyes training the second novice eights and led both crews to Central Region Titles. In his third year, he became an assistant for the varsity squad and worked primarily with the varsity fours. There he led the second varsity four to a Regional title and silver in the Big Ten Championships.

He left Ohio State in 2005 to work with the women's Novice team at Trinity college in Hartford, CT. His Novice eight raced second varsity eight all season and went undefeated. The Novice eight was also the second eight at the DIII NCAA Championships in which Trinity College finished third as a team.

Rodosky graduated from Bowling Green State University in 1999 with a Bachelor of Science in Accounting and a minor in Architectural Design. He is currently working on getting his Masters in Architecture.



### **Carrie Callen**

Assistant Coach  
Second Year

Carrie Callen is in her second year as an assistant at Iowa. She will continue to assist with all duties within the program including recruiting. She is responsible for arranging team travel and overseeing the budget. Callen works closely with Coach Kowal and the varsity squad as they compete in singles, doubles, fours and eights.

Last season Callen worked with the varsity fours: one finishing the spring season with a win and the other a close second place finish in the C Final at the Aramark South/Central Sprints.

Before Iowa, Callen served as a coach for the Kansas City Rowing Club, working with both juniors and masters. She also spent a season assisting with the novice squad at the University of Kansas.

Before coaching Callen was member of the rowing team at the University of Kansas and obtained her bachelor's degree in Business Administration in 2006. During her undergraduate years she was named a Jayhawk scholar student-athlete.

## Iowa Rowing Support Staff



Paula Jantz  
Administration



Kendra Wieditz  
Secretary



Gerald Jones  
Rigger



Mike Lawler  
Athletic Training



Bill Maxwell  
Strength & Conditioning



# ROWING

Meet The Hawkeyes



## Brittany Keyes

Senior  
Stillman Valley, Illinois  
Stillman Valley High School

2006-2007... Raced in V8+ and V2+ during the fall season... saw action in the first and second varsity eights during the spring... sat sixth seat in the V8+ that earned Big Ten Boat of the Week... sat seventh seat in the 2V8+ at Central Regional Sprints placing second in Final C... Collegiate Rowing

Coaches Association Scholar Athlete and academic all-Big Ten.

2005-2006... Member of the 2V8+ for almost every race in the spring season. Helped the Hawkeyes defeat Duke and Kansas State at the Longhorn Invitational. Also helped the Hawkeyes to a second place finish in the Petite Finals of the Big Ten Championships and 2nd in the C Finals of the Central Sprints... academic all-Big Ten.

2004-2005... Novice member... sat two-seat in the 1N8+ during the spring season... placed fifth in Final A at Central Regional Sprints.

Before Iowa... Two-time all-conference pick in basketball as a point guard... all-conference and team MVP in soccer as a senior.

Personal... Born July 26, 1986... daughter of Daniel Keyes and Theresa Fritz... athletic training major.



## Jessica McBride

Senior  
Seattle, Washington  
West Seattle High School

2006-2007... Sat four seat in the 2V8+ boat that placed second in the Petite Final at the Big Ten Championships.

2005-2006... Held down number five seat for the V8+ in every spring season race... helped the Hawkeyes to wins over Miami, Kansas St., and Creighton... also a mem-

ber of the V8+ that placed second in the Petite Final in the Big Ten Championship Races and took sixth in the Petite Final of the Central Sprints.

2004-2005... Member of the 1V8+ for every race during the spring season... helped Iowa to a 1.3 second win over Texas at the Longhorn Invitational... competed with both the V8+ and the 2V8+ during the fall.

Before Iowa... Trained for U.S. Jr. National Rowing team in 2003 and 2004... won women's V4+ at the International and Brentwood Regattas... won Northwest Regional V4+ and placed fourth at Nationals... lettered three years in basketball, once in soccer and track... won Metro Championships for 200 and 4 x 200 relay.

Personal... Born August 13, 1986... daughter of Stephanie Lounsbury and Mike McBride... history major.



## Katelyn Davy-Traynor

Junior  
Chemainus, British Columbia  
Brentwood College School

2006-2007... In the fall season competed in pairs, fours and eights... helped Iowa place all competing pairs in the top 10 at Head of Iowa placing seventh and helped secure a second place finish for the V8+ (A) boat...

member of both the first and second varsity eights during the spring season that placed over Kansas State at the Longhorn Invitational and recorded a first place finish in the V8+ Petite Finals at the Big Ten Championships... placed first in Final C in the V8+ boat at Central Regional Sprints... letterwinner.

2005-2006... A member of both the V8+ and the 2V8+ during the season... started on the 2V8+ boat, but found her place in the four seat of the V8+ for most the season... in the 2V8+ boat she helped the Hawkeyes defeat Kansas State and on the V8+ boat she helped to defeat Creighton and place second in the Petite Finals of the Big Ten Championships.

Before Iowa... Participated in the Canadian National Championships in pairs... captain of her boathouse.

Personal... Born November 29, 1987... daughter of Colleen Davy and Charles Traynor... interdepartmental studies major with a base in health science and an emphasis in sexuality studies.



## Stacy Dettmann

Junior  
Monona, Iowa  
MFL Mar Mac

2006-2007... Member of varsity four during the fall season... placed 12th in the V4+ (B) at the Head of the Rock and 18th in the V4+ (B) at the Head of Iowa... stroked the 1V4 that placed second in the C final at the Central Regional Sprints... academic all-Big Ten selection.

2005-2006... Novice member... member of the 2N8+ at the Longhorn Invitational... member of the 2N8+ that placed first and defeated Ohio State in the Petite Finals at the Big Ten Championships.

Before Iowa... Competed four years in volleyball, basketball, and track... earned six varsity letters... member of National Honor Society... named to the academic honor roll throughout high school... member of band and girls' chorus.

Personal... Born August 4, 1986... daughter of Dennis and Pauline Dettmann... psychology major.





## Meet The Hawkeyes

### **Laura Kanaris**

Junior

Brisbane, Queensland, Australia  
Brisbane State High School

2006-2007... Raced in the first varsity eight and pairs... sat in the two seat in the V8+ that placed second at Head of the Rock... won the varsity pairs at the Head of the Rock... was a member of the first varsity eight for every race during the spring season... member of the Big Ten Boat of the



Week during the week of April 9th... helped Iowa finish first in the V8+ Petite Final at the Big Ten Championships... raced to a first place finish in the V8+ in Final C at the Central Regional Sprints.

2005-2006... Member of both the 1V8+ and the 2V8+ boats during the year... member of the 2V8+ boat that placed second in the Petite Finals of the Big Ten Championships.

Before Iowa... 2003 and 2004 Queensland School State Champion in the Women's Open Lightweight 1x... 2004 Queensland School State Champion in the Women's Open 1x... 2004 Queensland State Champion in the Women's Junior 4-... Queensland Senior State Champion in the Women's 1x... placed sixth in Junior Women's 1x at 2005 Australian National Titles.

Personal... Born November 20, 1987... daughter of Janette Hepburn and Peter McIlwraith... health promotion major.

### **Hannah Miller**

Junior

Leaf River, Illinois  
Bryon High School

2006-2007... Raced in the varsity eights and pairs during the fall season... placed third in varsity pairs at the Head of Iowa... member of the first varsity eight for every spring race... helped Iowa to a win over George Washington to earn Big Ten Boat of the Week during the week of April 9th...



placed first in the Petite Final at Big Ten Championships... helped V8+ place second in Final C at the Central Regionals... letterwinner.

2005-2006... Novice member... member of the 1N8+ that beat Duke and Miami at the Longhorn Invitational... helped the 1N8+ boat to a second place finish in the Petite Finals at the Big Ten Championships.

Before Iowa... Earned letters in volleyball, basketball and softball... played in Rising Stars Classic basketball game... named second-team all-state in softball her senior year... competed in home run derby... Wendy's High School Heisman state finalist... member of National Honor Society... class president and member of student council.

Personal... Born March 27, 1987... daughter of Brad and Carla Miller... speech pathology major.

### **Kristin Kelly**

Junior

Brockville, Ontario  
Brockville Collegiate Institute

2006-2007... Sat bow seat in the first varsity eight in all three fall races... helped Iowa place second in the V8+ at the Head of the Rock and Head of Iowa... won the varsity pairs at the Head of the Rock... was a member of the first varsity eight for every race during the spring season... member of the



Big Ten Boat of the Week during the week of April 9th... helped Iowa finish first in the V8+ Petite Final at the Big Ten Championships... raced to a first place finish in the V8+ in Final C at the Central Regional Sprints... academic all-Big Ten selection... letterwinner.

2005-2006... Held down the two seat in the V8+ in every race for the spring season... helped the Hawkeyes to wins over Miami, Kansas St., and Creighton... member of the V8+ that placed second in the Petite Final in Big Tens... placed sixth in the Petite Final of Central Sprints... Earned second team all-Big Ten.

Before Iowa... Rowed for the Brockville Rowing Club during high school... won the improved player and coaches award her senior year... won gold, silver and bronze at Canadian Schoolboy Championship

Personal... Born November 19, 1987... daughter of Peter and Kathy Kelly... speech and hearing science major.

### **Romy Post**

Junior

Burke, Virginia  
Robinson Secondary

2006-2007... Held down the seventh seat in the second varsity eight in all three fall races... placed fifth at the Head of the Rock, fifth at the Head of the Charles, and sixth at Head of Iowa... also raced in varsity fours during the fall... raced in 2V8+ for the majority of the spring season... helped 2V8+ to a



second place finish at the Big Ten Championships... sat seventh seat in the V8+ that placed first in the Final C at Central Regional Sprints... academic all-Big Ten selection.

2005-2006... Member of the 2V8+ for the spring season... helped to defeat Duke, Kansas State, and Creighton... member of the 2V8+ boat that placed Second in the Petite Finals of the Big Ten Championship... member of the V4+ team that placed fifth in the C Final of the Central Sprints.

Before Iowa... Helped her 4+ to the 2005 Virginia State Championship as a senior... won the pairs double slide at the 2005 Mid-Atlantic Erg sprints... member of the A and B honor roll her senior year.

Personal... Born October 13, 1986... daughter of Lowell and Beatrix Meltzer... English major.





# ROWING

Meet The Hawkeyes



## Sheila Shedden

Junior

Lowbanks, Ontario Canada  
E.L. Crossley Secondary School

2006-2007... Coxed for the varsity four and second varsity eight during the fall season... lead V4+ to a fifth place finish at the Head of the Rock and the 2V8+ to a sixth place finish at the Head of the Iowa.

2005-2006... Coxed for the 2V8+ boats that defeated Duke and Kansas State in the

Longhorn Invitational... coxed for the V4+ that placed second in the Petite Final of the Big Ten Championship and the V4+ that placed fifth in the C Final of the Central Sprints.

Before Iowa... 2005 (E.L. Crossley Crew) Stotesbury Cup Philadelphia-Boys lwt 4+ Gold... 2005 (E.L. Crossley Crew) Scholastic Nationals Mercer Lake-Boys Lwt 4+ Gold... 2005 (E.L. Crossley Crew) CSSRA St. Catharines, Ont-Sr. Mens 66kg 4+ Gold, Sr Mens 72kg 4+ Gold... 2005 Jr National Team CANAMMEX, Oak Ridge, Tenn- Canadian Women's 8+ Silver, Canadian Women's 4+ Silver... 2005 South Niagara Rowing Clubs Coxswain of the Year.

Personal... Born July 8... daughter of Lewis and Jackie Shedden... English major with a focus on elementary education.



## Melissa Wordelman

Junior

Grand Rapids, Michigan  
Forest Hills, Northern

2006-2007... Raced in varsity pairs and varsity eights during the fall season...helped Iowa claim a second place finish at both the Head of the Rock and Head of Iowa in the V8+ (A)...member of the V8+ in every

spring race...helped Iowa to a victory over George Washington and the week of April 9th Big Ten Boat of the Week honor...placed first in the V8+ Petite Final at Big Ten Championships...sat fifth seat at Central Regional Sprints placing first in Final C...academic all-Big Ten selection...Big Ten Sportsmanship Award.

2005-2006... Member of both the V8+ and the 2V8+... helped the V8+ defeat Miami and Kansas State in the Longhorn Invitational... helped the 2V8+ boat defeat Duke and Creighton... member of the 2V8+ boat that placed second at the Big Ten Championships as well as a second place finish in the Central Sprints.

Before Iowa...Runner-up at Midwest High School Rowing Championships in the Women's 2x as a senior and the Women's novice 4 as a junior... also participated in swimming and volleyball... helped her team to the state championship in volleyball.

Personal... Born December 15, 1986... daughter of Louis and Maria Wordelman... art and international studies major.



## Annette Allard

Sophomore

Pass Christian, Mississippi  
Our Lady Academy

2006-07... Novice member... member of the N8+ (B) at the Head of the Iowa... member of the N8+ in every spring race... helped Iowa to first place finishes at Longhorn Invite... member of N8+ that finished third and medaled in the Grand Final of the Big Ten Championships and earned Big Ten Boat of the Week.

Before Iowa... Four year varsity letterwinner in cross country and track... cross country state qualifier... 2006 regional champion... received the Sportsmanship award in 2004... district champion in high jump 2005 and 2006... finished fourth in state in high jump in 2006... tied high jump school record... 100 meter and 300 meter hurdle district champion in 2006... regional champion in 100 meter hurdles in 2006... team MVP in 2006... member of the National Honor Society.

Personal... Born April 19, 1988... daughter of Wendy and Rick Allard... theater and Spanish major.



## Amy Althoff

Sophomore

Arlington Heights, Illinois  
Rolling Meadows High School

2006-07... Novice member... coxed 3N8+ (C) at Head of the Iowa... coxed 1N8+ to first place finish over UCF at the Longhorn Invite and the 2N8+ in a win over Minnesota... coxed the 2N8+ in the Grand Final of the Big Ten Championships, earning a fourth place finish... coxed the N8+ to a fifth place finish in

the Petite Final at the Central Regional  
Before Iowa... Competed in all-around competition in gymnastics... earned varsity letters in gymnastics and diving... gymnastics captain... sectional qualifier in gymnastics and diving... member of high honor roll... received the Illinois Science Teacher Award in 2006... student council president... placed second in Illinois science Olympiad.

Personal... Born September 30, 1987... daughter of Cheri and Brian Althoff... chemical engineering major.



## Meet The Hawkeyes



### **Bridget Bodine**

Sophomore  
Deerfield, Illinois  
Deerfield High School

2006-2007... Novice member... member of the N8+ (C) at Head of the Iowa... member of the 2V4+ in four events.

Before Iowa... Earned varsity letters in track and field and basketball in high school... received academic honors in track and field... member of Junior National Curling team...

member of the high honor roll for four years.

Personal... Born February 3, 1988... daughter of Jeff and Kathy Bodine... business major.



### **Megan Erickson**

Sophomore  
Ankeny, IA  
Ankeny High School

2006-2007... Novice member... member of the N8+ (A) at the Head of the Iowa... member of the N8+ at every event in the spring... placed first at Longhorn Invite... member of the N8+ that finished third and medaled in the Grand Final of the Big Ten Championships and earned Big Ten Boat of the Week.

Before Iowa... Varsity letterwinner in high school swimming... swimming captain senior year... earned academic all-conference recognition... four year academic letterwinner.

Personal... Born August 30, 1988... daughter of Pete and Christie Erickson... double majoring in nursing and French.



### **Dani Harris**

Sophomore  
Marshalltown, Iowa  
Marshalltown High School

2006-07... Novice member... coxed the N8+ (A) at the Head of the Iowa... coxed the 2N8+ to a first place finish at the Longhorn Invite.

Before Iowa... Earned four varsity letters in diving... placed 10th in state in diving... earned two varsity letters in softball...

member of the National Honor Society.

Personal... Born May 15, 1988... daughter of Mary Harris... pre-pharmacy major.



### **Emily Katalinich**

Sophomore  
Springfield, Illinois  
Springfield High School

2006-2007... Novice member... member of the N8+ (A) at the Head of the Iowa... competed in every spring event... placed first in the N8+ at the Longhorn Invite... member of the N8+ that finished third and medaled in the Grand Final of the Big Ten Championships and earned Big Ten Boat of the Week.

Before Iowa... Earned varsity letters in cross country, track and swimming... hold school record in cross country... received cross country team MVP award... qualified for state in cross country and track... member of the National Honors Society.

Personal... Born February 7, 1988... daughter of Rose and John Katalinich... open major.

# IOWA ROWING





# ROWING

Meet The Hawkeyes



## Amelia Lammers

Sophomore  
Sheldon, Iowa  
Sheldon High School

2006-07... Novicemember... member of the N8+ for all but two races in the spring... two first place finishes at the Longhorn Invite... member of the 2N8+ that finished fourth in the Grand Final of the Big Ten Championships.

Before Iowa... Earned two varsity letters in volleyball... captain of school's volleyball team senior year... earned four varsity letters in basketball... all-conference first team... all-conference honorable mention as a senior... two-time basketball team captain... National Honor Society member.

Personal... Born October 29, 1987... daughter of Lois and Jerry Vreeman... pre-medical major.



## Molly Lynch

Sophomore  
Wheaton, Illinois  
Wheaton Warrenville South HS

2006-07... Novice member... earned most improved novice as a freshman... member of the 8+ at the Head of the Iowa... competed in all but one event in the spring... finished first in the 2N8+ at the Longhorn Invite and defeated Minnesota and Oregon State... 2N8+ finished fourth in the Grand

Final of the Big Ten Championships.

Before Iowa... Earned three varsity letters for high school golf team... two year golf team captain... placed second in high school conference... member of the badminton team.

Personal... Born April 9, 1988... daughter of Cathy and Fe Lynch... accounting major.



## Katie Ouellette

Sophomore  
Duluth, Minnesota  
Duluth East High School

2006-07... Novice member... member of the N8+ (B) at the Head of the Iowa... raced in every spring event... 2V8+ recorded win over Kansas State at Longhorn Invite... member of V4+ that placed third in the Petite Final of the Big Ten Championships... also member of open 4+ that placed first in the C Final of the Central Regionals.

Before Iowa... Rowed for the Duluth Rowing Club for seven years... received the Iron Oar award twice... member of cross country and the Nordic skiing team in high school... honor roll student.

Personal... Born May 5, 1988... daughter of Annette and Gerry Ouellette... nursing major.



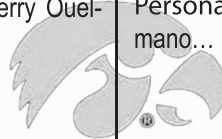
## Madison Romano

Sophomore  
Waukee, Iowa  
Waukee High School

2006-2007... Novice member... member of the N8+ (C) at the Head of the Iowa... raced in every N8+ spring event... placed first at Longhorn Invite... member of the N8+ that finished third and medaled in the Grand Final of the Big Ten Championships and earned Big Ten Boat of the Week.

Before Iowa... 2006 Drake Relays sprint medley champion... 2005 100-meter district champion... three-time elite all-state and track team captain... lettered four years in track and one each in soccer and volleyball... four-year academic letterwinner... National Honor Society member.

Personal... Born November 26, 1987... daughter of Lisa and John Romano... marketing and political science major.



# IOWA ROWING





## Sheila Rinozzi

Sophomore  
Chicago, Illinois  
Loyola Academy

2006-2007... Coxswain for the varsity eight and varsity four during the fall season... coxed the V8+ to a second place finish at the Head of the Rock...place 18th among a competitive field at the Head of Charles... lead the V4+ to a third place finish at Head of Iowa...coxswain for the first novice eight

and varsity four during the spring season...lead the first novice eight team to third place finish in the Grand Finals at the Big Ten Championships and was named Big Ten Boat of the Week...coxed V4+ that place second in Final C at the Central Regional Sprints...letterwinner.

Before Iowa... Attended US Junior National Team Selection Camp in 2006... coxed the JV 8 to first place at the Midwest Scholastic Championships in 2005 and 4th at National Scholastic Rowing Championships in the 2nd Varsity 8... placed second at Midwest Championships in V8 in 2006... three-year academic honors student.

Personal... Born April 10, 1988.... daughter of Mike and Joann Rinozzi... pre-athletic training major.



## Courtney Spears

Sophomore  
Rockford, Illinois  
Rockford Lutheran High School

2006-2007... Novice member...raced first novice eight and second varsity eight...sat stroke seat in the N8+ that placed third and medaled at Big Ten Championships... helped 2V8+ clinch first in Final C at the Central Regional Sprints.

Before Iowa... Lettered four years in softball and one in volleyball... softball team captain as a senior... volleyball team won 2004 regional championships... National Honor Society member. Personal... Born April 11, 1988... daughter of Jeffry and Debora Spears... journalism and mass communication major.



## Emily Vinson

Sophomore  
Boulder, Colorado  
Fairview High School

2006-07... Novice member... member of the N8+ (C) at the Head of the Iowa... raced every N8+ event in the spring... placed first at Longhorn Invite... member of the N8+ that finished third and medaled in the Grand Final of the Big Ten Championships and earned Big Ten Boat of the Week.

Before Iowa... Lettered twice in basketball... National Honor Society member.

Personal... Born March 11, 1988... daughter of Nancy and Tracy Vinson... nursing major.

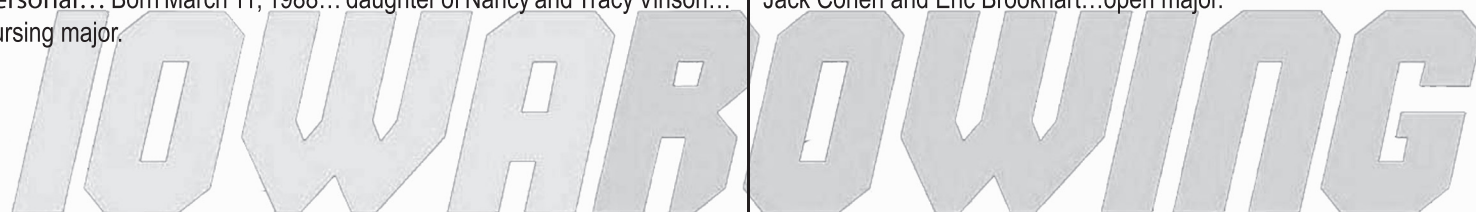


## Andrea Cohen

Freshman  
New Haven, Connecticut  
Davenport Central

Before Iowa... Finished third at Midwest Regional in Quad and ninth at Youth Invites in Quad as a sophomore... won Midwest Regional in Quad as a junior... won quad and placed fourth in single at Midwest Regional... placed second in quad at Youth Nationals as a senior... three-year member

of the Quad city Rowing Association... earned a black belt in karate. Personal... Born June 18, 1989... daughter of Linda Cohen-Brookhart, Jack Cohen and Eric Brookhart...open major.





# ROWING

Meet The Hawkeyes



## Sarah Jaffee

Freshman  
Chicago, Illinois  
Lincoln Park High School

Before Iowa... Competed on the Varsity 8+ as a sophomore... 4+ placed first at St. Louis Invite and 8+ placed fourth at Midwest as a sophomore... competed as seventh and fifth seat in Varsity 8+ junior year... placed third at both Head of the Rock and Midwest Champion as a junior...

placed third at Head of the Rock as a senior... team captain of high school team senior year... placed third at Midwest Championship Regatta and 12th overall at youth nationals... member of the national honor society.  
Personal... Born September 29, 1988... daughter of Kathy Cunningham and Robert Jaffee... open major.



## Margaret Krusing

Freshman  
St. Louis, Missouri  
Kirkwood High School

Before Iowa... Team finished 15th at the U.S. Rowing Youth Nationals... team captain her senior year... member of the St. Louis Rowing Club for four years... coxed SLRC varsity 4+ to undefeated fall season in 2006, with wins at the Head of the Rock, Head of the Iowa and Head of the Hooch...

also participated in tennis and swimming... high honor roll student and National Honor Society member.  
Personal... Born October 13, 1988... daughter of Maryclare and Peter Krusing... accounting and finance major.



## Alana Murray

Freshman  
Oak Park, Illinois  
Oak Park and River Forest HS

Before Iowa... Team MVP senior year... Midwest novice champions senior year... member of high school's club rowing team senior year... also competed in water polo.  
Personal... Born November 27, 1988... daughter of William Murray and Susan Cahill... open major.



## Jess Novack

Freshman  
Newnan, Georgia  
Carroll High School

Before Iowa... Participated on the varsity gymnastics squad as an all-conference and state competitor for four years... gymnastics co-captain junior and senior years... also participated in tennis... member of the high honor roll.

Personal... Born June 13, 1988... daughter of Claude and Kira Novack... open major.



# IOWA ROWING



Meet The Hawkeyes

## Katie Radasevich

Freshman  
Naperville, Illinois  
Benet Academy

Before Iowa... Varsity letterwinner in cross country and track... received all-conference recognition in cross country and track... member of the National Honor Society. Personal... Born September 10, 1988... daughter of Elleen and Robert Radasevich... speech and hearing sciences major.



## Caitlin Smith-Staines

Freshman  
Eugene, Oregon  
Winston Churchill High School

Before Iowa... Member of Oregon Association of Rowers from 2003 to 2007... placed first in the W8+ at Brentwood Regatta... 2k personal best (7:17).

Personal... Born March 20, 1989... daughter of Margaret Stewart-Smith, Kelly Staines and Cindy Phillips... psychology major.



## Ashton Williams

Freshman  
Sapulpa, Oklahoma  
Charles Page High School

Before Iowa... Member of the varsity rowing team for three years... received hammer award as a sophomore... team captain junior and senior years... holds high school records for the 2k, 5k, hour-long row and a 6k boathouse record... member of the Mount Vernon crew team for two years...

member of the Old Dominion Boat Club for one season... member of the Tulsa Juniors Rowing for two years... also participated in swimming... member of the academic honor roll and dean's list.

Personal... Born November 11, 1988... daughter of Carey and Lisa Williams... elementary education and international studies major.



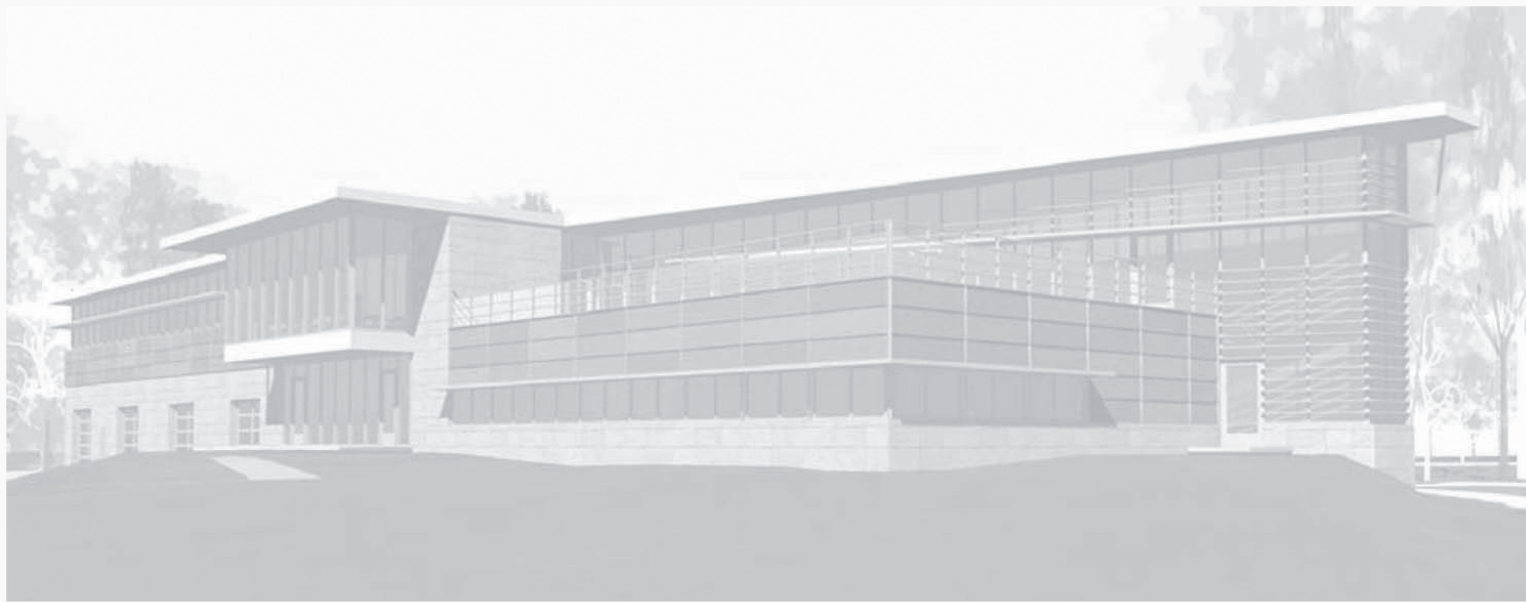
# IOWA ROWING







## University of Iowa Boathouse *The Future Home of Iowa Rowing*

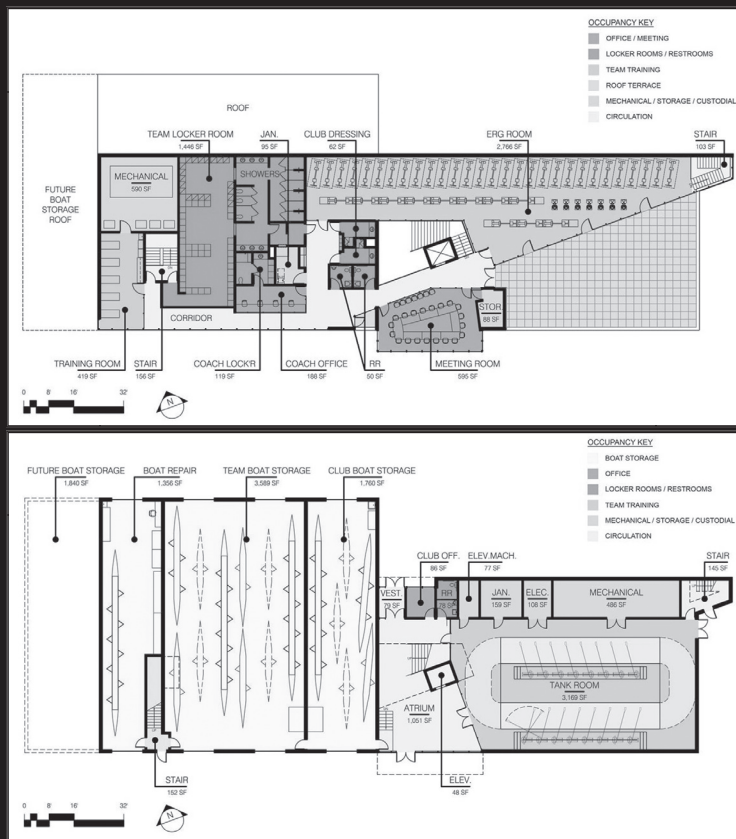


### University of Iowa Boathouse

The University of Iowa Athletic Department approved the construction of a new boathouse for the University of Iowa rowing team. The proposed two-story, 22,501 square foot building will provide year-round training facilities for the Women's Rowing Team as well as the recreational and community rowing clubs.

The building site is located within the City of Iowa City's Terrell Mill Park, adjacent to the Iowa River. In this location the river can be used for training and rowing competitions hosted by the team. It is an ideal site to fulfill all the needs of the rowing team. More efficient boat storage racks, an indoor rowing tank, and an ergometer room (for machine rowing) will be incorporated in the building.

Groundbreaking for the University of Iowa Boathouse is scheduled for March of 2008.

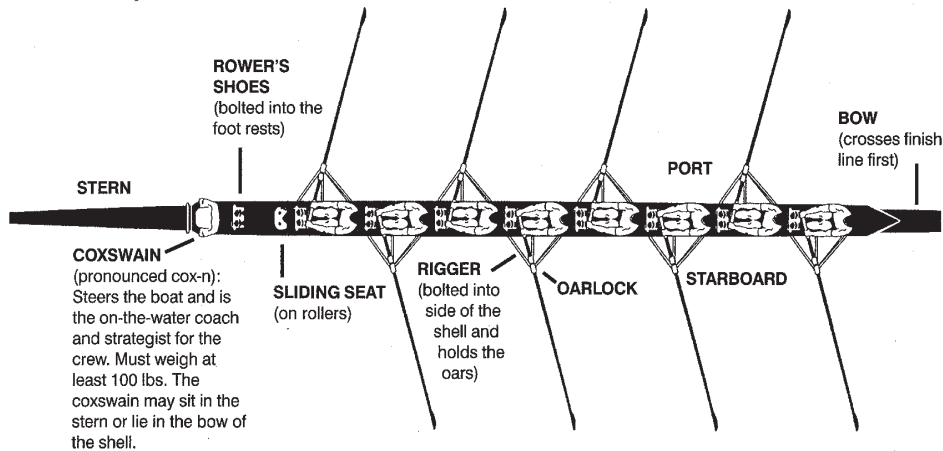






# ROWING

## Guide to Regatta Watching



### Race Watching

The crew that's making it look easy is most likely the one doing the best job, working very hard and hurting the most. Here's what to watch for:

**Identifying Teams:** You can tell different crews apart by their uniforms and their blades. From a distance, you can see the Hawkeyes coming with bright gold blades and a single vertical black stripe.

**Crowds:** Like all athletes, rowers love to hear the crowd. It's usually most effective if they are near you on the course and a group does one cheer or chant together.

**Synchronization:** Rowers strive for perfect unification matching their body movements and bladework. Strokes per minute vary from boat to boat. An eight can achieve a higher stroke rate than a single. An extremely tall person can take fewer strokes per minute than someone smaller and still move faster.

### Competition

Rowing competitions generally fall into two categories: Head Races and 2000m Races.

**Head Races:** Head Races usually take place in the fall on rivers - hence, the Head of the Iowa, the Head of the Charles, etc. Rowers start the course one after the other, about 15 seconds apart; navigate three miles of river - around bends and under bridges. Whoever completes the course in the shortest amount of time wins.

**200M Races:** National, World and Olympic competitions are 2000m, or approximately one and one-fourth miles. Most courses are divided into six buoyed lanes, allowing six boats to participate at any one time. This format usually follows a double-elimination, or repechage system, which means each participant gets at least two opportunities to advance to the finals.

### Glossary of Terms

**BLADE:** The end of the oar that pulls the boat through the water.

**CATCH:** Point in the rowing stroke at which the blade enters the water

**CHECK:** Amount of interruption of forward progress of the shell, which commonly occurs at the catch and sometimes at the release.

**COXSWAIN:** The person who steers the shell, communicates strategy, motivates the rowers and is the on-the-water coach for the crew. A coxswain should weigh 110-115 pounds.

**CRAB:** Turning an oar in the water so the release is either forced or impossible to make. An extreme crab may force the boat to come to a complete stop before it is released from the water.

**ERGOMETER:** Rowers call it an "erg." An erg is a rowing machine that closely replicates the actual rowing motion. Erg tests are utilized by coaches to ascertain an athlete's power output, aerobic and endurance capabilities. They are used to train during the off-season.

**NOVICE:** A rower in the first year of collegiate competition.

**OARS:** Modern oars are 12'6" long and made of carbon fiber.

**POWER 10:** A coxswain's call for rowers to take 10 powerful strokes. It's a strategy used to gain an advantage over a competitor.

**RECOVERY:** Part of the rowing stroke in which the oar is returned to position for the drive (from release to catch) during which an oarswoman's

seat is returned from the bow to the stern end of the boat.

**REPECHAGE:** A second chance race for those crews that do not automatically advance to the finals of an event.

**RUN:** The distance the shell moves during one stroke.

**SHELL:** Boat used in rowing. It seats nine people for an Eight and five people for a Four, and ranges in length from 45 feet for a four to 58 feet for an Eight.

**STROKE:** A complete cycle of moving the blade "through" the water; the rower who sits the closest to the stern looks directly at the coxswain in a stern-coxed boat and sets the rhythm for the shell.

**STROKE RATING/CADENCE:** The number of strokes taken per minute. The higher the stroke rating, the more the crew exerts itself. In a sprint race, the first 200 meters are generally rowed at 40-44 strokes per minutes, the middle 1500 meters at 34-36, and the final 300 meters at 40-42.

**SWING:** The hard-to-define (and hard-to-achieve) feeling when near-perfect synchronization of motion and power application occurs in the shell, maximizing the boat's speed.

**SKYING THE BLADE:** Carrying the blade too far off the water during the recovery.

**8+ and 4+:** Eights (8+) and fours (4+) are the most common collegiate competitions and the two events held at the NCAA Championships. The plus indicates a coxswain on board.





### Head of the Rock

Rockford, IL -- October 7, 2007

The Hawkeyes opened their fall season on the Rock River for the Head of the Rock. Competing in three events, Iowa placed in the top five in each event. In the women's collegiate championships eights, Iowa's first Varsity Eight placed fourth just behind Big Ten foe Wisconsin with a time of 15:47.90. The second Varsity Eight finished 10th with a time of 16:33.20. Iowa's first Varsity Four (18:07.30) and second Varsity Four (18:09.80) placed fourth and fifth, respectively, in the collegiate championship fours. The highlight of the regatta for the Hawkeyes came in the women's open pairs where Kristin Kelly and Emily Katalinich took second place with a time of 18:14.00. Other Hawkeye boats finished tenth, 13th, 17th, and 20th.

#### Women's Collegiate Championship Eights

|                    |          |
|--------------------|----------|
| 1. Wisconsin.....  | 15:34.60 |
| 2. Notre Dame..... | 15:42.00 |
| 3. Wisconsin.....  | 15:44.10 |
| 4. IOWA.....       | 15:47.90 |
| 5. Purdue.....     | 15:54.90 |
| 10. IOWA.....      | 16:33.20 |

#### Women's Collegiate Championship Fours

|                   |          |
|-------------------|----------|
| 1. Wisconsin..... | 17:24.50 |
| 2. Wisconsin..... | 17:30.60 |
| 3. Wisconsin..... | 17:47.60 |
| 4. IOWA.....      | 18:07.30 |
| 5. IOWA.....      | 18:09.80 |

#### Women's Open Pairs

|                   |          |
|-------------------|----------|
| 1. Wisconsin..... | 18:04.90 |
| 2. IOWA.....      | 18:14.90 |
| 3. Wisconsin..... | 18:24.20 |
| 4. Wisconsin..... | 18:24.80 |
| 5. Wisconsin..... | 18:33.00 |
| 10. IOWA.....     | 19:02.80 |
| 13. IOWA.....     | 19:20.50 |
| 17. IOWA.....     | 19:53.30 |
| 20. IOWA.....     | 20:36.70 |

### Head of the Charles

Boston, MA -- October 20-21, 2007

Traveling to Boston, MA, the Hawkeyes competed in the two day Head of the Charles. Iowa made an impressive showing on the first day in the club eights, finishing in sixth place with a time of 17:38.597. In the championship eights the Hawkeyes placed 22nd (17:19.091) out of 39 teams.

#### Club Women's Eights

|                                    |           |
|------------------------------------|-----------|
| 1. U. of Tennessee R.C.....        | 17:16.740 |
| 2. University of Tennessee.....    | 17:20.524 |
| 3. Radcliffe Crew.....             | 17:29.772 |
| 4. Yale University.....            | 17:33.105 |
| 5. Villanova University.....       | 17:37.787 |
| 6. IOWA.....                       | 17:38.597 |
| 7. University of Dayton.....       | 17:43.284 |
| 8. Saint Mary's College of CA..... | 17:46.592 |
| 9. Lake Union Crew.....            | 17:46.795 |
| 10. Marist College.....            | 17:54.093 |

#### Women's Championship Eights Results

|                                     |           |
|-------------------------------------|-----------|
| 1. US Rowing Princeton Training.... | 15:26.572 |
| 2. London Training Center.....      | 15:39.412 |
| 3. University of Michigan.....      | 16:21.651 |
| 22. IOWA.....                       | 17:19.091 |

### Cal-Sag Collegiate Regatta

Blus Island, IL -- November 4, 2007

Iowa added a new race and traveled to Illinois to compete at the Cal-Sag Regatta, where they faced many Big Ten teams and Notre Dame.

#### Varsity Eight Head Race

|                   |         |
|-------------------|---------|
| 1. Wisconsin..... | 15:45.0 |
| 2. Minnesota..... | 15:53.5 |
| 6. IOWA.....      | 16:11.9 |

#### Novice 8 Head Race

|                   |         |
|-------------------|---------|
| 1. Wisconsin..... | 16:37.2 |
| 2. Wisconsin..... | 16:58.2 |
| 3. IOWA.....      | 17:21.0 |
| 4. IOWA.....      | 17:36.3 |
| 9. IOWA.....      | 18:18.0 |

#### Varsity Eight 2000m Final E

|                   |        |
|-------------------|--------|
| 1. Wisconsin..... | 6:58.5 |
| 2. IOWA.....      | 7:06.4 |

#### Varsity Eight 2000m Final B

|                    |        |
|--------------------|--------|
| 1. Notre Dame..... | 6:58.5 |
| 2. IOWA.....       | 7:01.6 |



# ROWING

## 2007 Spring Season Review & Results

### Heart of the Texas Regatta

Austin, TX - March 10-11, 2007

The Hawkeyes opened spring competition at the Heart of the Texas Regatta, competing in two events. Results are below.

|                                     |         |
|-------------------------------------|---------|
| 16 A Women's Open 8+ 1000m (Heat 1) |         |
| 1. IOWA.....                        | 3:22.08 |
| 2. Austin Rowing Club.....          | 3:24.33 |
| 3. Texas.....                       | 3:28.61 |
| 16B Women's Open 8+ 1000m (Heat 2)  |         |
| 1. IOWA.....                        | 3:28.70 |
| 2. Austin Rowing Club.....          | 3:32.57 |
| 3. Michigan State Crew Club .....   | 3:39.20 |

### The Longhorn Invitational

Austin, TX - March 16-18, 2007

The Hawkeyes traveled to Austin, TX. for the annual Longhorn Invitational. Over the three days of competition Iowa faced Kansas State, Central Florida and Texas in both novice and varsity action and took first in six different races. The first day of competition, Iowa finished over Central Florida in the N8+ with a time of 7:06. Improving on day two, Iowa scored wins in the first novice eight (7:24) and first varsity eight (6:46), both over Miami. Day three proved to be the best day for the Hawkeyes, finishing first in three different events. Iowa gained wins over Kansas State in the first (7:04) and second (7:50) novice eight and the second varsity eight (7:22).

|                |                      |        |
|----------------|----------------------|--------|
| <u>Day One</u> | 2. IOWA.....         | 8:05.0 |
| 2N8+           | 1N8+                 |        |
| 1. Texas.....  | 1. Texas.....        | 7:31.0 |
| 2. IOWA.....   | 2. IOWA.....         | 7:37.0 |
| 1N8+           | 2V4+                 |        |
| 1. IOWA.....   | 1. Texas.....        | 8:37.0 |
| 2. UCF.....    | 2. IOWA.....         | 9:09.0 |
| 1V4+           | 1V4+                 |        |
| 1. UCF.....    | 1. Texas.....        | 8:43.0 |
| 2. IOWA.....   | 2. IOWA.....         | 8:55.0 |
| 2V8+           | <u>Day Three</u>     |        |
| 1. UCF.....    | 2N8+                 |        |
| 2. IOWA.....   | 1. IOWA.....         | 7:50.0 |
| 1V8+           | 2. Kansas State..... | 8:04.0 |
| 1. UCF.....    | 1N8+                 |        |
| 2. Iowa.....   | 1. Kansas State..... | 7:19.0 |
| <u>Day Two</u> | 2. IOWA.....         | 7:23.0 |
| 2V8+           | 2V8+                 |        |
| 1. UCF.....    | 1. IOWA.....         | 7:22.0 |
| 2. IOWA.....   | 2. Kansas State..... | 7:42.0 |
| 1V8+           | 1V8+                 |        |
| 1. UCF.....    | 1. IOWA.....         | 7:04.0 |
| 2. IOWA.....   | 2. Kansas State..... | 7:20.0 |
| 2N8+           | 2V4+                 |        |
| 1. Texas.....  | 1. Texas.....        | 8:24.0 |
|                | 2. IOWA.....         | 8:49.0 |

### Minnesota and Creighton

Iowa City, IA -- March 31, 2007

Hosting Minnesota and Creighton, the Hawkeyes took to Lake Macbride. Iowa placed second in four of five events, while in the fifth event placing third. Iowa finished behind No. 10 Minnesota in the varsity eights in a time of 6:52.56. In the second varsity eight race, Minnesota (6:47.70) and Iowa (7:06.17) battled again, taking first and second respectively. The last event in varsity action was the varsity fours where Iowa (8:37.13) took third behind two tough Minnesota teams. In novice action, Iowa finished second in the 2N8+ just seconds behind Minnesota with a time of 7:12.40. Taking the fourth second place finish for the day, Iowa's (7:04.87) novice eight boat finished just behind Minnesota (7:03.50).

|                       |                       |         |
|-----------------------|-----------------------|---------|
| V8+                   | 2. Minnesota (B)..... | 7:46.52 |
| 1. Minnesota .....    | 3. IOWA.....          | 8:37.13 |
| 2. IOWA.....          | 2N8+                  |         |
| 3. Creighton .....    | 1. Minnesota .....    | 7:12.40 |
| 2V8+                  | 2. IOWA.....          | 7:13.77 |
| 1. Minnesota .....    | N8+                   |         |
| 2. IOWA.....          | 1. Minnesota .....    | 7:03.50 |
| 3. Creighton .....    | 2. IOWA.....          | 7:06.14 |
| V4+                   | 3. Creighton .....    | 7:40.50 |
| 1. Minnesota (A)..... |                       | 7:36.17 |

### George Washington Invitational

Washington D.C. -- April 7-8 2007

Competing in winter-like conditions the Hawkeyes took three second place finishes on the first day of competition. In the first novice eight race Iowa finished between Navy (6:39.4) and Navy B (7:03.1) in a time of 6:43.1. Crossing the finish line in two races as Iowa finished second not far behind Navy (6:13.9). Day two the Hawkeyes scored two wins over George Washington by 0:24.1. The other win came from the V8+, where Iowa edged GW by three tenths of a second. Iowa's N8+ (6:34.3) placed second behind Clemson (6:33.3). The V8+ finished second in a time of 6:28.5 behind Clemson (6:23.5). In both 2V8+ Iowa could not get pass Clemson (6:35.0, 6:40.0), and placed second with times of 6:14.1 and 6:45.9.

|                      |                  |         |
|----------------------|------------------|---------|
| <u>Day One</u>       | 2V8+             |         |
| N8+                  | 1. Clemson.....  | 6:35.0  |
| 1. Navy.....         | 2. IOWA.....     | 6:41.1  |
| 2. IOWA.....         | 3. Delaware..... | 7:12.1  |
| 3. Navy B .....      | V8+              |         |
| 2V8+                 | 1. Clemson.....  | 6:23.5  |
| 1. Navy.....         | 2. IOWA.....     | 6:28.5  |
| 2. IOWA.....         | N8+              |         |
| 3. St. Josephs ..... | 1. IOWA.....     | NTT     |
| V8+                  | 2. GW.....       | +0:24.1 |
| 1. Navy.....         | 2V8+             |         |
| 2. IOWA.....         | 1. Clemson.....  | 6:40.0  |
| <u>Day Two</u>       | 2. IOWA.....     | 6:45.9  |
| N8+                  | 3. Navy.....     | 6:49.0  |
| 1. Clemson.....      | V8+              |         |
| 2. IOWA.....         | 1. IOWA.....     | 6:22.1  |
|                      | 2. GW.....       | 6:22.4  |





## 2007 Spring Season Review & Results

### Oregon State, Drake, Wisconsin, Minnesota

St. Paul, MN -- April 14, 2007

The Hawkeyes traveled to Lake Phalen for races against Oregon State, Drake, Minnesota and Wisconsin, participating in both varsity and novice action. The lone victory on the weekend came from the second novice eight (7:15.65). In other novice action, Iowa (6:53.07) was defeated in the first novice eight by Minnesota. The varsity was swept by No. 10 Minnesota, going 0-4 in the first (6:49.24) and second (7:05.63) varsity eights and first (8:11.23) and second (8:03.17) varsity fours.

|                              |                              |
|------------------------------|------------------------------|
| <b>2N8+</b>                  | <b>V4+</b>                   |
| 1. IOWA ..... 7:15.65        | 1. Wisconsin..... 7:44.71    |
| 2. Minnesota ..... 7:17.45   | 2. Oregon State..... 7:45.27 |
| <b>2N8+</b>                  | <b>2V8+</b>                  |
| 1. Wisconsin..... 6:59.57    | 1. Minnesota ..... 6:51.62   |
| 2. Drake ..... 7:23.58       | 2. IOWA..... 7:05.63         |
| <b>N8+</b>                   | <b>2V8+</b>                  |
| 1. Minnesota ..... 6:50.40   | 1. Oregon State..... 6:49.03 |
| 2. IOWA..... 6:53.07         | 2. Wisconsin..... 6:53.84    |
| <b>N8+</b>                   | <b>V8+</b>                   |
| 1. Wisconsin..... 6:47.29    | 1. Minnesota ..... 6:40.92   |
| 2. Oregon State..... 6:47.94 | 2. IOWA..... 6:49.24         |
| <b>2V4+</b>                  | <b>V8+</b>                   |
| 1. Wisconsin..... 7:38.67    | 1. Oregon State..... 6:36.28 |
| 2. Minnesota ..... 7:44.28   | 2. Wisconsin..... 6:42.58    |
| 3. IOWA ..... 8:03.17        | <b>V8+</b>                   |
| <b>V4+</b>                   | 1. Minnesota ..... 6:54.74   |
| 1. Minnesota ..... 7:50.98   | 2. Drake ..... 6:58.13       |
| 2. IOWA..... 8:11.23         |                              |

### Big Ten Championships

Madison, WI -- April 28, 2007

Although crews dealt with strong cross tailwinds throughout the day, Iowa qualified for two of six grand finals, while the other four events qualified in the petite finals at the Big Ten Championships. The championships were held on Lake Wingra in Madison, WI. The lone medalist for the Hawkeyes came in the first novice eight race, securing a bronze medal behind Minnesota and Wisconsin in a time of 6:33.3. The second novice eight was in contention for a medal when the Iowa crew caught a crab and crossed the finish line at 6:36.9. The varsity crews placed first, second, and third in four different petite finals. Iowa (6:02.4) came back in the afternoon finishing over Indiana by over six seconds in the varsity eight petite final. Finishing in a time of 6:14.4 the Hawkeyes finished second in between Wisconsin and Indiana in the second varsity eight petite final. The Hawkeyes placed third in both the first (7:14.1) and second (7:41.9) fours petite final. Overall Iowa placed sixth and scored 49 points in the team standings.

|                           |                                |
|---------------------------|--------------------------------|
| <b>2N8+ Grand Final</b>   | <b>1N8+ Grand Final</b>        |
| 1. Michigan..... 6:25.7   | 1. Minnesota ..... 6:29.2      |
| 2. Wisconsin..... 6:28.5  | 2. Wisconsin..... 6:30.9       |
| 3. Minnesota ..... 6:31.2 | 3. IOWA..... 6:33.3            |
| 4. IOWA..... 6:36.9       | 4. Michigan State ..... 6:34.3 |
| 5. Ohio State..... 7:10.2 | <b>2V4+ Petite Final</b>       |

|                                |                             |
|--------------------------------|-----------------------------|
| 1. Ohio State..... 7:13.6      | 1V8+ Petite Final           |
| 2. Michigan State ..... 7:36.1 | 1. IOWA..... 6:02.4         |
| 3. IOWA..... 7:41.9            | 2. Indiana ..... 6:08.8     |
| <b>1V4+ Petite Final</b>       | <b>Team Scoring</b>         |
| 1. Michigan..... 7:04          | 1. Minnesota ..... 150      |
| 2. Indiana ..... 7:10.4        | 2. Michigan..... 117        |
| 3. IOWA..... 7:14.1            | 3. Ohio State..... 103      |
| <b>2V8+ Petite Final</b>       | 4. Michigan State ..... 102 |
| 1. Wisconsin..... 6:10.9       | 5. Wisconsin..... 87        |
| 2. IOWA..... 6:14.4            | 6. IOWA..... 49             |
| 3. Indiana ..... 6:18.3        | 7. Indiana ..... 33         |

### Aramark South/Central Sprints

Oarkridge, TN -- May 12-13, 2007

Iowa ended its spring season at the Aramark South/Central Sprints in Oak Ridge, TN. The Hawkeyes competed in all five events qualifying for the Final C in four events, while the novice eight advanced to the petite final. Posting a time of 8:03.70, Iowa won Final C in the open four. The varsity four placed second, crossing the finishing line at 7:44.40. The Hawkeyes continued to secure two more victories in the V8+ (6:45.20) and 2V8+ (6:55.50). Competing in the Petite Final, the novice eight boat finished in fifth place in a time of 7:18.45. Iowa scored 190 points and finished 13th place in a field of 23 teams.

|                              |                               |
|------------------------------|-------------------------------|
| <b>Open 4+ Heat 2</b>        | 4. IOWA ..... 6:49.42         |
| 1. Virginia B..... 7:45.20   | <b>V8+ Semifinals</b>         |
| 2. Louisville ..... 7:53.40  | 1. IOWA..... 7:11.70          |
| 4. IOWA ..... 8:09.53        | 2. Kansas ..... 7:17.68       |
| <b>V4+ Heat 2</b>            | 3. N. Carolina ..... 7:20.66  |
| 1. Minnesota ..... 7:45.60   | <b>Open 4+ Final C</b>        |
| 2. Michigan ..... 7:49.01    | 1. IOWA..... 8:03.70          |
| 4. IOWA..... 7:57.22         | 2. Cincinnati ..... 8:11.87   |
| <b>N8+ ..... Heat 3</b>      | 5. Murray State ..... 8:14.83 |
| 1. Kansas State..... 7:08.90 | <b>V4+ Final C</b>            |
| 2. Kansas ..... 7:18.00      | 1. Texas ..... 7:41.20        |
| 3. IOWA..... 7:23.35         | 2. IOWA..... 7:44.40          |
| <b>N8+ Semifinal A/B</b>     | 3. Cincinnati ..... 7:44.91   |
| 1. Kansas State..... 7:08.90 | <b>N8+ Petite Final</b>       |
| 2. Michigan..... 7:10.00     | 1. Clemson..... 7:08.10       |
| 5. IOWA..... 7:28.99         | 2. Kansas ..... 7:11.82       |
| <b>2V8+ Heat 3</b>           | 5. IOWA..... 7:18.45          |
| 1. Ohio State..... 6:50.50   | <b>2V8+ Final C</b>           |
| 2. Michigan..... 6:53.01     | 1. IOWA..... 6:55.50          |
| 4. IOWA..... 7:00.52         | 2. Texas..... 6:58.35         |
| <b>2V8+ Semifinals</b>       | 3. Indiana ..... 7:01.71      |
| 1. IOWA..... 7:18.70         | <b>V8+ Final C</b>            |
| 2. Miami ..... 7:23.07       | 1. IOWA ..... 6:45.20         |
| 3. Kansas ..... 7:28.69      | 2. Indiana ..... 6:48.04      |
| <b>V8+ Heat 3</b>            | 3. Texas..... 6:49.17         |
| 1. Ohio State..... 6:39.80   |                               |
| 2. Michigan..... 6:41.85     |                               |



# ROWING

## Team Values

Being a Hawkeye means having a set of core values shared amongst your teammates. The Hawkeyes' team values make them CHAMPIONS and are comprised of Courage, Heart, Attitude, Maturity, Perseverance, Integrity, Optimism, Nobility and Squad.

### **C**ourage-

**The quality of being brave; the ability to face danger without fear.**

"Don't be afraid to go out on a limb...that's where the fruit is."

### **H**ear-

**The human heart is considered the center of emotions, personality, attributes; innermost thoughts and feeling; compassion; spirit or courage.**

"Clarity of purpose exposes the foundation of the inner heart."

### **A**ttitude-

**A bodily posture showing mood, action; a manner of showing one's feelings or thoughts; one's disposition or opinion.**

"Attitudes are contagious... is yours worth catching?"

### **M**aturity-

**Fully developed, perfected; having reached a desired stage; carefully thought out.**

"The best athletes display a gift for control. Their success depends upon bending- not breaking- their body to their will."

### **P**erseverance-

**To persist in an idea, purpose, or task despite obstacles.**

"In the confrontation between the stream and the rock, the stream always wins...not through strength, but through persistence."

### **I**ntegrity-

**Strict adherence to a standard of conduct or value. Personal honesty and independence; completeness.**

"Integrity is one of several paths. It distinguishes itself from the others because it is the right path, and the only one upon which you will never get lost."

### **O**ptimism-

**The belief that good ultimately prevails over evil; the tendency to take the most hopeful view of matters.**

"Every obstacle is a stepping stone to your success."

### **N**obility-

**Having high moral qualities; morally good; virtuous; superior in nature or character.**

"Magnanimity seems to be concerned with great things. The magnanimous person seems to be one who thinks themselves worthy of great things and is really worthy of them."

### **S**quads-

**Any small group of people working together.**

"Snowflakes are one of nature's most fragile things, but just look at what they can do when they stick together."





## C.H.A.M.P.I.O.N.S. Award Winners

### Courage

- 1999 Katie Garrels
- 2000 Evonne Butikofer
- 2001 Katie Garrels
- 2002 Melissa Schink
- 2003 Michelle Trannel
- 2004 Kate Ramundt
- 2005 Marije Van Amersfoort
- 2006 Lydia McGee
- 2007 Kristin Kelly  
Janelle Cross

### Heart

- 1999 Meghan Martin
- 2000 Meghan Martin
- 2001 Meghan Martin
- 2002 Katy Kass
- 2003 Katy Kass
- 2004 Michelle Trannel
- 2005 Michelle Trannel
- 2006 Lydia McGee
- 2007 Megan Conner

### Attitude

- 1999 Alissa Burmeister
- 2000 Annie Obrecht
- 2001 Rachel Conybeare
- 2002 Rachael Sztelle
- 2003 Emily Vail
- 2004 Allison Frederick
- 2005 Alyssa Langerud
- 2006 Janelle Cross
- 2007 Janelle Cross

### Maturity

- 1999 Kristen Krahulik
- 2000 Laurie Geers
- 2001 Evonne Butikofer
- 2002 Julia Kirkham
- 2003 Natalie Moretz
- 2004 Kathleen Lehman
- 2005 Nikki Stob
- 2006 Lydia McGee
- 2007 Jessie Reid

### Perserverance

- 1999 Amy Stout
- 2000 Leah Bontrager
- 2001 Danelle Loebaka  
Leah Bontrager
- 2002 Katie Hauck

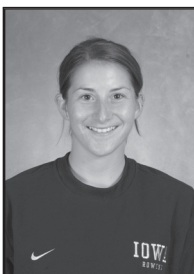
Janelle Cross



Kristin Kelly



Megan Conner



Janelle Cross



Jessie Reid



- 2003 Katie Hauck
- 2004 Emily Wagstrom
- 2005 Emily Wagstrom
- 2006 Sophie Nelson
- 2007 Emily Lewis

### Integrity

- 1999 Lisa Deimerly
- 2000 Amy Stout
- 2001 Sheila Shippy
- 2002 Evonne Butikofer
- 2003 Evonne Butikofer
- 2004 Kathleen Lehman
- 2005 Nikki Strob
- 2006 Megan Conner  
Brittany Keyes
- 2007 Brittany Keyes

### Optimism

- 1999 Erika Twedt
- 2000 Sheila Shippy
- 2001 Alissa Burmeister
- 2002 Sheena Williams
- 2003 Dorian Piehl
- 2004 Sheena Williams
- 2005 Carly Krug
- 2006 Alyssa Langerud
- 2007 Hannah Miller

### Nobility

- 1999 Erika Twedt
- 2000 Carinne Hamant
- 2001 Evonne Butikofer
- 2002 Natalie Moretz
- 2003 Natalie Moretz  
Evonne Butikofer
- 2004 Sophia Neilsen
- 2005 Michelle Trannel
- 2006 Carolyn O'Meara
- 2007 Melissa Wordelman

### Squads

- 1999 Carolyn Bremer
- 2000 Rachel Conybeare
- 2001 Rachel Conybeare
- 2002 Tiffany Tiberi
- 2003 Tiffany Tiberi
- 2004 Katie Moe  
Emily Wagstrom
- 2005 Emily Wagstrom
- 2006 Carolyn O'Meara
- 2007 Carolyn O'Meara

Emily Lewis



Brittany Keyes



Hannah Miller



Melissa Wordelman



Carolyn O'Meara





# ROWING

## Honors & Awards

### NCAA Woman of the Year

Recognizes young women in intercollegiate athletics for their outstanding achievements in athletics, academics and community leadership

Anne West- Top 10 Finalist..... 1998

### National Scholar Athletes of the Year

Katie Garrels..... 2000, 2001  
 Jessica Goetz..... 2001-03  
 Katie Hauck..... 2001  
 Julia Kirkham..... 2002-03  
 Megan Manijak..... 2003-04  
 Meghan Martin..... 2001  
 Natalie Moretz..... 2003  
 Nikki Stob..... 2004  
 Rachael Szelle..... 2003  
 Emily Vail..... 2004-05  
 Emily Wagstrom..... 2005

### Verizon Academic All-District VII

Katie Garrels..... 2001

### Collegiate Rowing Coaches Assoc. All-Region Team

Katie Garrels..... 2001  
 Meghan Martin..... 2000-01  
 Sarah Zulewski..... 2002  
 Megan Manijak..... 2004  
 Michelle Trannel..... 2005

### Central Region Academic Team

First Team  
 Jessica Goetz..... 2003  
 Second Team  
 Natalie Moretz..... 2003  
 Michelle Trannel..... 2003

### All-Big Ten First Team

Meghan Martin..... 2000-01  
 Melissa Schink..... 2002  
 Jessica Goetz..... 2003  
 Megan Manijak..... 2004  
 Michelle Trannel..... 2005  
 Lydia McGee..... 2006  
 Lori Rehel..... 2007

### All-Big Ten Second Team

Michelle Trannel..... 2003-04  
 Nikki Stob..... 2005  
 Kristen Kelly..... 2006  
 Janelle Cross..... 2007

### Big Ten Boat of the Week

|                                |                                |
|--------------------------------|--------------------------------|
| Varsity Eight - April 6, 2000  | Varsity Eight - March 24, 2003 |
| Angela Leone                   | Natalie Moretz                 |
| Erin Strang                    | Rachael Sztelle                |
| Erin Martin                    | Michelle Trannel               |
| Amy Stout                      | Jessica Goetz                  |
| Kathryn Garrels                | Katie Moe                      |
| Laurie Geers                   | Megan Manijak                  |
| Katie Hurlbut                  | Katy Kass                      |
| Rachel Conybeare               | Sarah Zulewski                 |
| Lisa Deimerly                  | Julia Kirkham                  |
| Varsity Eight - April 4, 2001  | Varsity Eight- March 31, 2003  |
| Carinne Hamant                 | Natalie Moretz                 |
| Meghan Martin                  | Rachael Sztelle                |
| Erin Strang                    | Michelle Trannel               |
| Katie Hurlbut                  | Jessica Goetz                  |
| Jen Lewis                      | Katie Moe                      |
| Kristen Krahulk                | Megan Manijak                  |
| Katy Kass                      | Katy Kass                      |
| Katie Garrels                  | Sarah Zulewski                 |
| Sarah Zulewski                 | Julia Kirkham                  |
| Varsity Eight - March 25, 2002 | Varsity Eight - April 10, 2007 |
| Carinne Hamant                 | Lori Rehel                     |
| Julia Kirkham                  | Jessica Reid                   |
| Megan Manijak                  | Megan Conner                   |
| Jen Lewis                      | Brittany Keyes                 |
| Leslie Stach                   | Hannah Miller                  |
| Katy Kass                      | Janelle Cross                  |
| Melissa Schink                 | Melissa Wordelman              |
| Katie Moe                      | Laura Kanaris                  |
| Katherine Hauck                | Kristin Kelly                  |
| Varsity Four - March 22, 2004  |                                |
| Sheena Williams                |                                |
| Allison Frederick              |                                |
| Sophie Nielsen                 |                                |
| Kathleen Lehman                |                                |
| Katie Moe                      |                                |





### Academic All-Big Ten

|                           |            |
|---------------------------|------------|
| Laura Balogh .....        | 2003-04    |
| Stephanie Beeler .....    | 2004       |
| Alliscon Baine .....      | 2002       |
| Leah Bontrager .....      | 2001       |
| Emily Burm .....          | 2003       |
| Evonne Butikofer .....    | 2001-03    |
| Megan Conner .....        | 2005       |
| Janelle Cross .....       | 2006-07    |
| Rachel Conybeare .....    | 2001       |
| Stacy Dettman .....       | 2007       |
| Anneke Diem .....         | 2002-03    |
| Allison Edwards .....     | 2003       |
| Erin Effmann .....        | 2001       |
| Natalie Embach .....      | 2007       |
| Allison Frederick .....   | 2003-04    |
| Michelle Ganske .....     | 2003       |
| Katie Garrels .....       | 2001       |
| Jessica Goetz .....       | 2001-03    |
| Katie Hauck .....         | 2001-03    |
| Karen Jendrzejewski ..... | 2002       |
| Emily Joynt .....         | 2006       |
| Kristin Kelly .....       | 2007       |
| Rachel Kelly .....        | 2001       |
| Brittany Keyes .....      | 2006-07    |
| Julia Kirkham .....       | 2003       |
| Alyssa Langerud .....     | 2006       |
| Kathleen Lehman .....     | 2003-04    |
| Emily Lewis .....         | 2005-07    |
| Jennifer Lewis .....      | 2003       |
| Megan Manijak .....       | 2002-04    |
| Meghan Martin .....       | 2001       |
| Katie Moe .....           | 2003-04    |
| Natalie Moretz .....      | 2001, 2003 |
| Kateri Nelis .....        | 2004       |
| Sophie Nielsen .....      | 2005-07    |
| Carolyn O'Meara .....     | 2005-07    |
| Dorian Piehl .....        | 2001-03    |
| Romy Post .....           | 2007       |
| Jessica Reid .....        | 2005-07    |
| Vanessa Sheehan .....     | 2003-05    |
| Sheila Shippy .....       | 2001       |
| Jamie Siers .....         | 2006       |
| Leslie Stach .....        | 2002       |
| Jennifer Steilen .....    | 2002-04    |

|                         |         |
|-------------------------|---------|
| Nikki Stob .....        | 2003-05 |
| Rachael Sztelle .....   | 2001-03 |
| Lisa Tauke .....        | 2001    |
| Tiffany Tiberi .....    | 2001-03 |
| Michelle Trannel .....  | 2003-05 |
| Amanda Uthe .....       | 2001    |
| Emily Vail .....        | 2003-05 |
| Emily Wagstrom .....    | 2003-05 |
| Melissa Wordelman ..... | 2007    |

### President's List

|                        |         |
|------------------------|---------|
| Evonne Butikofer ..... | 2000    |
| Anneke Diem .....      | 2002-03 |
| Jenna Hetland .....    | 2000    |
| Emily Vail .....       | 2002-03 |

### Dean's List

|                           |               |
|---------------------------|---------------|
| Kristin Barnette .....    | 1998-99       |
| Laura Baogh .....         | 2004          |
| Anna Battoe .....         | 2005          |
| Stephanie Beeler .....    | 2003          |
| Allison Blaine .....      | 2001          |
| Leah Bontrager .....      | 1999, 2001-02 |
| Martha Bossch .....       | 1995, 1997-98 |
| Evonne Butikofer .....    | 2000-03       |
| Janelle Cross .....       | 2007          |
| Lisa Deimerly .....       | 1997-99       |
| Anneke Diem .....         | 2000-03       |
| Sara Dolson .....         | 2005          |
| Allison Edwards .....     | 2003          |
| Allison Frederick .....   | 2002          |
| Katie Garrels .....       | 1998-99       |
| Laurie Geers .....        | 1997, 1999    |
| Whitney Gerlich .....     | 2006          |
| Jessica Goetz .....       | 2000-03       |
| Katie Hauck .....         | 1999-02       |
| Jenna Hetland .....       | 1999-2000     |
| Karla Hirokawa .....      | 1999-00       |
| Gina Huss .....           | 2004          |
| Karen Jendrzejewski ..... | 1999-00, 2002 |
| Emily Joynt .....         | 2005          |

|                             |               |
|-----------------------------|---------------|
| Kristin Kelly .....         | 2007          |
| Brittany Keyes .....        | 2005-07       |
| Julia Kirkham .....         | 2002-03       |
| Kathleen Lehman .....       | 2003-04       |
| Emily Lewis .....           | 2004-05, 2007 |
| Jennifer Lewis .....        | 2003          |
| Megan Manijak .....         | 2001-04       |
| Ashley Martin .....         | 2006          |
| Meghan Martin .....         | 1998-00       |
| Michelle Maxwell .....      | 1999          |
| Renee Meyer .....           | 2006          |
| Natalie Moretz .....        | 2003          |
| Margaret Muellee .....      | 2000-01       |
| Kateri Nelis .....          | 2003          |
| Sophie Nielsen .....        | 2004          |
| Carolyn O'Meara .....       | 2007          |
| Tracy Ongena .....          | 1999          |
| Jessica Petersen .....      | 2000-01       |
| Dorian Piehl .....          | 2003          |
| Dana Popish .....           | 1999          |
| Lori Rehel .....            | 2007          |
| Jessica Reid .....          | 2005-07       |
| Shelia Rinozzi .....        | 2007          |
| Vanessa Sheehan .....       | 2005          |
| Kelly Sherry .....          | 2004          |
| Sheila Shippy .....         | 2000          |
| Jamie Seirs .....           | 2005-06       |
| Amy Soenksen .....          | 1998-00       |
| Leslie Stach .....          | 2005          |
| Nikki Stob .....            | 2003, 2005    |
| Rachael Sztelle .....       | 1999-02       |
| Tiffany Tiberi .....        | 2003          |
| Michelle Trannel .....      | 2002, 2004    |
| Kat Davy-Traynor .....      | 2006-07       |
| Amanda Uthe .....           | 2003          |
| Emily Vail .....            | 2002-05       |
| Emily Wagstrom .....        | 2002-05       |
| Anne West .....             | 1995-98       |
| Melissa Wordelman .....     | 2005-07       |
| Marije Van Amersfoort ..... | 2005          |





# ROWING

## Why Iowa?



"I came to Iowa because it offered a lot of options, not to mention many strong educational programs. I think that Iowa City is great because it caters to every type. I decided to row because I wanted to continue in athletics after high school. I like waking up to something bigger than me, working toward something bigger, whether it's a head race or Big 10's. It's so much better than waking up to nothing."

### **Annette Allard**

Sophomore  
Pass Christian, MS



"I chose Iowa because I always wanted to go big in high school, so when I visited the University of Iowa, the large university with the small town friendly atmosphere seemed to fit. I found the campus itself attractive with the large lecture halls, the Old Capitol building and the Iowa River dividing the campus into east and west. The University of Iowa also has a strong athletic training program, which is my intended major."

### **Brittany Keyes**

Senior  
Stillman Valley, IL

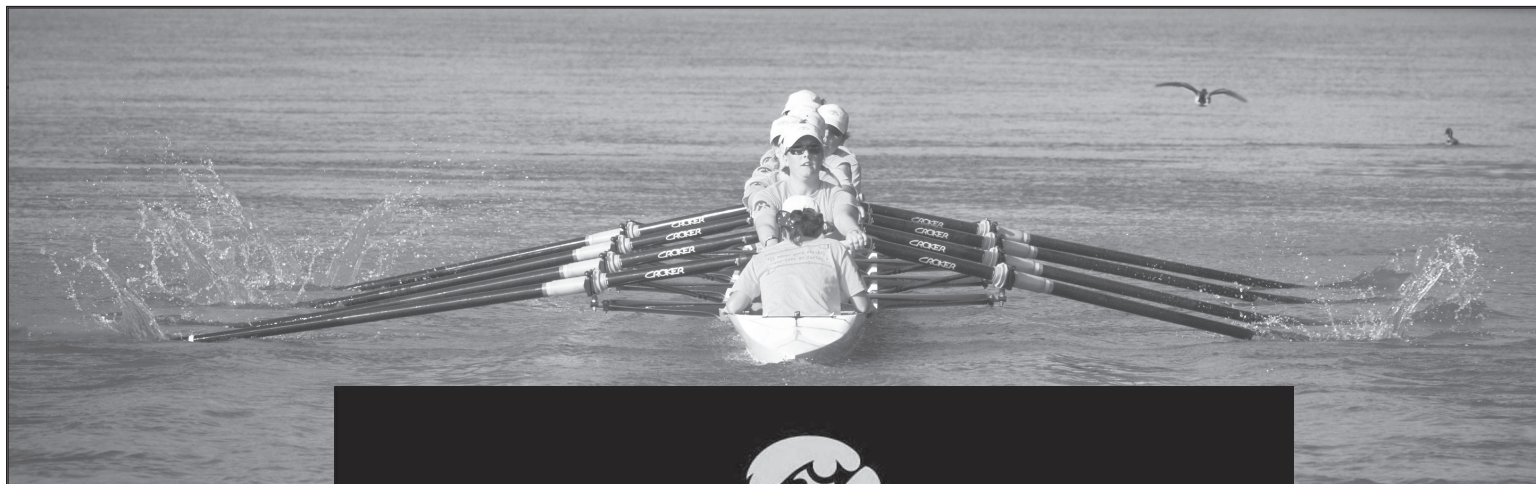


"On my recruiting visit, I liked how different the team atmosphere was from other schools. Everyone was really welcoming and they got along really well. I liked the fact that I could be a part of that. The atmosphere on campus is great too. Iowa City is a small town but it feels like a big city."

### **Melissa Wordelman**

Junior  
Grand Rapids, MI





# IOWA ROWING

## GRADUATES

- \*\*\*\* Elizabeth Bauer
- \*\*\*\* Megan Conner
- \*\* Janelle Cross
- \*\* Emily Joynt
- \*\*\*\* Emily Lewis
- \*\*\*\* Sophie Nielsen
- \*\*\*\* Carolyn O'Meara
- \*\*\*\* Lori Rehel
- \*\*\*\* Jessie Reid
- \*\*\*\* Jennifer Stachera
- \* - Denotes number of letters won

## AWARDS

### EMILY LEWIS

Named a 2007 Collegiate Rowing Coaches Association Scholar Athlete. Lewis maintained a 3.55 GPA with a double major in International Studies and Political Sciences.

### LORI REHEL

Named first team all-Big Ten team in 2007

### JANELLE CROSS

Received second team all-Big Ten honors in 2007

## TEAM RESULTS

Last season the graduating class helped the 1V8+ team place sixth at the Big Ten Championships.

The Hawkeyes earned three victories in three different events in the C Final of the Aramark South/Central Sprints in Tennessee.

The season's greatest excitement came when Iowa captured a win over George Washington by just three-tenths of a second (6:22.1). That time was the second-fastest mark posted by the Hawkeyes that spring. This impressive finish helped Iowa's V8+ boat to earn Big Ten Boat of the Week honors. Graduating seniors in the line-up for the winning boat included coxswain and Lori Rehel, Jessica Reid, and Megan Conner.





# ROWING

## Success After Rowing

EMILY WAGSTROM



Emily Wagstrom is a former member of the University of Iowa Rowing Team (2001-2005). After graduation, she spent a year with the Hawkeyes as an assistant varsity coach and recruiting coordinator. In the fall of 2006 she began medical school at Iowa's Carver College of Medicine. "Rowing taught me so much about myself and also helped me develop many of the skills I use today," Wagstrom said. As a physician in training, she has found it important to work with others in order to provide the best care for patients. "It is important for me to collaborate with a number of people, including physicians, nurses, pharmacists and physical therapists to provide quality care. Rowing taught me how to deal with people from all backgrounds and work towards a common goal effectively." Wagstrom is grateful for her time with the Black and Gold and hopes that all future Hawkeyes enjoy the experience as well. "There is no replacing competition as a Division I athlete at a Big Ten institution. When you leave Iowa, you will have experienced some of the best times of your life, with some of the best friends you will ever have."

MICHELLE TRANNEL



Michelle Tranel graduated from the University of Iowa Rowing team in May of 2005. Since then she has spent the time training in Seattle, Washington to make the U.S. National Rowing Team. She was selected to attend a Lightweight Development camp in Seattle. At the end of the camp she competed at the U.S. National Regatta, earning two gold and two silver metals in lightweight double and quad events. After the camp she was invited to return to Seattle as a member of the Pocock Elite Sculling Team. Going back to Seattle, she trained for a year and this spring raced at two of the National Selection Regattas. Currently she is rowing a lightweight quad that competed both at the U.S. National Regatta and, more importantly, the World Championships, where she placed fifth with a time of 6:40:86 in the stroke seat of the Lw4x.

During her time at Iowa she earned a degree in Biomedical Engineering. With time restraint from her training, she has spent most of her time tutoring high school students in math and science, being an office assistant at a high school, a barista at Starbucks, and a walking companion to nursing home patients. When she is done with rowing, however, she plans on attending graduate school in biomedical engineering.

Tranel believes that her experience at Iowa has helped her to get where she is now. She says, "Being a rower at Iowa has helped me in the past several years both in training and in working by giving me the skills to be an effective leader, instilling in me a high level definition of hard work, making me a high goal setter, and teaching me to use my resources and function well independently in the real world."

She also said she was lucky to get to be a rower and felt like rowing at Iowa was a privilege. "I was always challenged to improve and become better both on the water and in the classroom. This challenge is what kept me excited to go to practice, excited to race, and excited to get the studying done."

However, through all the studying she said she probably learned the most out on the water. "I learned the definition of the low maintenance - high return athlete. I learned to be a leader and the importance of different types of leaders. I learned the importance of teamwork and that you must not only improve yourself but you must help others to improve in order to produce speed on the water. I also take with me important lessons in patience, trust, humility, and friendship."

In all that she has experienced and learned, the advice that she left for future Hawkeye Rowers was this: "Know how lucky you are - to be a Hawkeye, to compete in the Big Ten Conference, to be a Division I athlete. Be thankful for the tough competition that you have - a champion wants a challenger who just might have the strength to knock her down. The water now belongs to you - command it! Enjoy every second that you get as a Hawkeye because soon it will be gone and you will remember it as one of the best times of your life - I do."





### **Sally Mason** University President

Sally Mason became the 20th President of The University of Iowa on August 1, 2007. She holds a full professorship with tenure in the Department of Biological Sciences of the College of Liberal Arts and Sciences.

President Mason served as Provost of Purdue University from 2001-2007, where she was responsible for planning, managing, and reviewing all academic

programs at Purdue's West Lafayette and four affiliated branch campuses throughout Indiana. Her accomplishments as Provost included increasing diversity, recruiting top faculty, doubling the research program, advancing public engagement, and improving the learning environment for students. During President Mason's tenure as Provost, Purdue hired over 800 new faculty, 300 of which were new positions; 56% of those hires were women and/or minorities. She also formed a diversity leadership group while at Purdue. President Mason was instrumental in the development of Purdue's Discovery Park, an interdisciplinary research incubator focused on such topics as nanotechnology, entrepreneurship, and biosciences.

The daughter of an immigrant family and the first child to attend college, President Mason received her B.S. in zoology from The University of Kentucky in 1972, her M.S. from Purdue University in 1974, and her Ph.D. in cellular, molecular, and developmental biology from The University of Arizona in 1978. She subsequently spent two years at Indiana University in Bloomington doing postdoctoral research before joining The University of Kansas in 1981. A strong advocate of undergraduate education, she received awards for outstanding undergraduate advising and teaching, and she was awarded a prestigious Kemper Teaching Fellowship. During her 21 years at Kansas, President Mason served as a full professor in the Department of Molecular Biosciences, Acting Chair of the Department of Physiology and Cell Biology, and Associate Dean in the College of Liberal Arts and Sciences. In 1995, she was appointed Dean of the College of Liberal Arts and Sciences, the largest academic unit on the University of Kansas campus.

President Mason is the author of many scientific papers and has obtained a number of research grants from the National Science Foundation, the National Institutes of Health, the Wesley Research Foundation, and the Lilly Endowment. Her research interests have focused on the developmental biology, genetics, and biochemistry of pigment cells and pigments in the skin of vertebrates. She has served as President of both the PanAmerican Society for Pigment Cell Research and the Council of Colleges of Arts and Sciences, and has served as Chair of the Advisory Committee to the National Science Foundation Directorate for Education and Human Resources (EHR) and the Executive Committee of the National Association of State Universities and Land-Grant Colleges (NASULGC) Chief Academic Officers Group. She also served on the Executive Committee of the Committee on Institutional Cooperation (CIC) from 2003-2007 and was appointed to the National Medal of Science Selection Committee from 2006-2008.

President Mason is married to Ken Mason, an educator and textbook author who teaches biological sciences at The University of Iowa.



### **Gary Barta** Director of Athletics

Gary Barta is beginning his second year as Athletic Director at The University of Iowa. He became the University's 11th Director of Intercollegiate Athletics on August 1, 2006. He succeeded Robert Bowsby, who left after 15 years at Iowa to take over the program at Stanford.

A native Midwesterner, Barta signed a five-year contract to lead one of the most successful athletic programs in the nation. His wife Connie is a native of Waterloo, Iowa. The two met while Barta was an Assistant Athletic Director at Northern Iowa.

Barta has already put his stamp on Hawkeye Athletics during his first year in Iowa City. He oversaw the final stages of the \$89 million renovation at Kinnick Stadium and the new Paul W. Brechler Press Box. He officially opened Iowa's new Hawkeye Tennis and Recreation Center. In the spring of 2007 he hired new Head Men's Basketball Coach Todd Lickliter from Butler University. Lickliter's hiring came on the heels of his team's Sweet 16 appearance and his being named the NABC Division I Coach of the Year. Basketball experts from around the country are touting this as an outstanding hire.

Several other initiatives were set in motion during Barta's first year. An Athletic Department Strategic Plan has been launched mapping out the vision and goals for the future. Plans are underway to build a new \$6.1 million boathouse for the rowing program. Construction begins this fall on a new Campus Wellness and Recreation Center which includes a first-class aquatic center. It will serve as the new home to the Hawkeye men's and women's swimming and diving teams. Carver-Hawkeye Arena is in the early planning stage of a \$30-\$40 million renovation that will add a practice facility, improve the fan experience, and renovate and add office space. In addition to facilities, the Strategic Plan lays out goals for academic achievement, championship success, fiscal growth, and overall student-athlete, coach, and staff performance.

Barta has over 20 years of university and athletic administration experience. Before taking over at Iowa he had been the Wyoming Athletic Director since October of 2003. From November 1996 to October 2003, he was Senior Associate Athletic Director for External Relations and Sports Programs at the University of Washington in Seattle. From 1990 to 1996, he was associated with the University of Northern Iowa in Cedar Falls, where he was the Director of Athletic Development and External Relations. He also served as Associate Director of Development at North Dakota State University in Fargo, from 1988-90, where he was involved in fund-raising for athletics, the colleges of business and engineering, and the University's annual fund.

Wyoming received the NCAA Division IA Program of Excellence Award in 2006 during Barta's tenure there, which honors athletic programs that are superior athletically, academically, and in student-athlete life skills preparation.

Barta, and his wife, Connie, have a son, Luke (9) and a daughter, Madison (7). He was born September 4, 1963, in Minneapolis, MN.



# ROWING

Hawkeye Athletics

The University of Iowa Athletic Department is under the direction of Gary Barta and is regarded as one of the top intercollegiate programs in the nation.

The men's and women's departments, operating separately for over 25 years, merged in 2001. It combined nationally recognized programs for both genders into one successful and progressive unit.

Combining their successes on the playing fields with continued success and recognition in the classroom, UI student-athletes practice and perform in some of the best facilities in the nation. The support of their efforts and attendance by Hawkeye fans ranks among the best in the country.

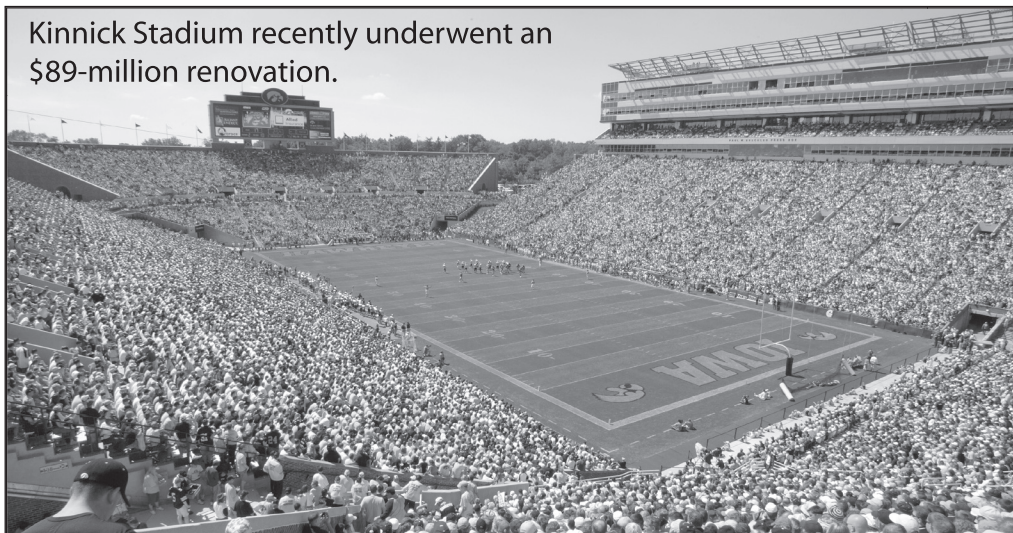
While the Hawkeyes compete with the best in the nation in a variety of sports, Iowa boasts some of the most impressive athletic facilities in the nation, operated by one of the most respected departments.

Several new projects are underway on the Iowa campus. Some of the latest additions to the UI campus are the Roy G. Karro Athletics Hall of Fame and Visitors Center and the Russell and Ann Gerdin Athletic Learning Center. Construction on the new Campus Recreation and Wellness Center will also begin in the fall of 2007.

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.

Additional priorities for the Iowa program include establishment and development of endowments for all sports programs, continued enhancement of graduation rates, and implementation of a long-range plan to ensure Iowa's financial, academic and competitive future. As an example, all of Iowa's

Kinnick Stadium recently underwent an \$89-million renovation.



13 scholarships for men's basketball are fully endowed.

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. Hawkeye athletes have garnered more than 70 academic All-America honors since 1992. The 2006-07 school year saw the University of Iowa produce 125 academic all-Big Ten athletes.

Iowa athletes have been recognized as all-Americans in their sport on 223 occasions during the past 15 years.

During the 2006-07 athletic year, the Hawkeyes continued their trend of success on the playing fields and in academic pursuits.

The Hawkeye football team enjoyed a trip to the 2006 Alamo Bowl, where they faced the defending national champion Texas Longhorns. Iowa followed its 11-2 mark of 2002 with a 10-3 record in 2003 and a 10-2 mark in 2004, finishing each of those seasons ranked eighth nationally.

Iowa's men's and women's basketball teams have advanced to post-season play in six of the last seven seasons. The men's team is in its first season under new Head Coach Todd Lickliter, who was named the 2007 NABC Coach of the Year.

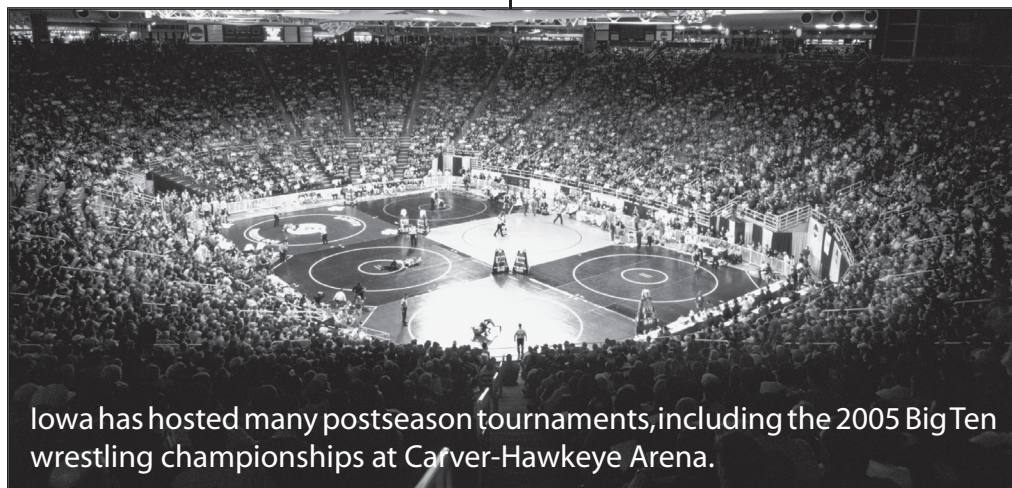
The Iowa wrestling squad crowned an NCAA Champion in Mark Perry last season and three Hawkeyes were named all-Americans. Former Hawkeye three-time NCAA Champion and Olympic Gold Medalist Tom Brands is in his second season as head coach. He is joined on the staff by the legendary Dan Gable, who led Iowa to 15 NCAA titles and 21 Big Ten Championships in his 21 seasons as head coach at Iowa.

The Iowa field hockey team won three matches in three days to claim the 2006 Big Ten Tournament title and earned an automatic berth in the NCAA Tournament. Iowa won a field hockey national title in 1986 and has produced six Olympians, 17 national team players, 73 all-Americans and 140 all-Big Ten picks.

The Iowa men's cross country team advanced to the NCAA Championships for the third-consecutive year in the fall of 2006, while the men's track team crowned three Big Ten champions and one all-American. The women's cross country team also qualified for the NCAA Championships and had two all-Americans. Women's track had five athletes claim Big Ten titles and all-America honors.

Iowa's softball team has been selected to NCAA regional action 11 times in the past 14 seasons. The Hawkeyes have advanced to the World Series on four occasions over the past 12 seasons and Head Coach Gayle Blevins is one of three coaches to reach 1,000 career victories.

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,



Iowa has hosted many postseason tournaments, including the 2005 Big Ten wrestling championships at Carver-Hawkeye Arena.





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 and satisfactory progress toward their degrees and becoming tomorrow's leaders.

Athletics Student Services focuses on four important areas — academic counseling and monitoring, educational and support programs, retention programs and compliance services — when working with student-athletes. Following are descriptions of some of the programs, services and opportunities available in those areas.

### **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 help them with their educations.

The Athletics Learning Center is a multi-level, 20,000 square foot facility which provides a computer center, study areas, classes and meeting places for all Hawkeye student-athletes. It 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, five tutorial rooms, the book loan repository, office space for Iowa's Student Services staff and a display area to recognize the academic 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.

### **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 life skills concerning alcohol and other substances, relationships and intimacy,

The \$4.6 million Russell A. and Ann Gerdin Athletics Learning Center opened in August of 2003.



diversity, tolerance, values and character.

### **Retention**

A full-time staff member directs the retention program, which identifies student-athletes who may need tailored academic assistance and structure, and implements 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.

### **Minority Enrichment Program**

This program offers a culturally supportive environment in which minority student-athletes have the opportunity to 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.

### **CHAMPS/Life Skills**

Life skills programs are conducted throughout the year with and for student athletes on quality of life issues critical to personal growth, such as personal

accountability, responsible use and nonuse of alcohol, diversity and gambling.

### **Tutoring**

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

### **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.

### **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.



# ROWING

## Distinguished Alumni

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 Corp.

John Pappajohn, Venture capitalist, entrepreneur; President, Equity Dynamics, Inc.

### 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 on communications and founder, Iowa Writers' Workshop

Richard Schultz, Executive Director, United States Olympic Committee; Former Executive Director, NCAA

James Van Allen, Space Physicist

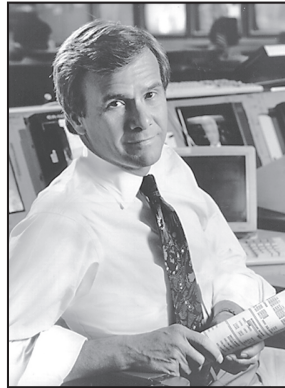
### Literature

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*



Tom Brokaw



Juanita Kidd Stout

### Government

David Bonior, U.S. House of Representatives, Mt. Clemons, MI

Terry Branstad, former Governor of Iowa

General Charles A. Horner, Architect of the United States 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

### Entertainment

Ashton Kutcher, Actor, creator of MTV's Punk'd

Simon Estes, International opera star

John Falsey, Executive producer of television's Northern Exposure & I'll Fly Away

Robin L. Green, Executive producer, *The Sopranos*

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*

### 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

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

### 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

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: Selected Poems 1974-1994*

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*





### 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 connect student-athletes to University Hospitals & Clinics (UIHC) resources and specialty areas. Iowa's staff of 10 full-time licensed athletic trainers and 7 graduate assistant licensed athletic trainers provide health care services within of five athletic training rooms: injury rehabilitation programs and prevention programs. With physical conditioning as a major component of a prevention programs, the athletic trainers combine with strength and conditioning coaches to pave the way for safe, effective, and enhanced participation in intercollegiate athletics.

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.

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. Immediate accessibility to see physicians and other health care professionals provides expertise for comprehensive health care that returns the student-athlete to practice and competition.

### Field House Training Room

The Field House training room is used by the Hawkeye swimming and diving, gymnastics and rowing teams, along with the cheer squad. It supports care with ultrasound, whirlpools, hot and cold packs, high-voltage galvanic stimulation, electrical stimulation and T.E.N.S.



The Field House training room is used by the women's rowing team.

### Carver-Hawkeye Arena Training Room

The recently remodeled Carver-Hawkeye Arena training room is one of the most modern, respected facilities in the nation. Traditional therapies include whirlpools, hot and cold units, rehabilitation weights, pulleys and machines. Other therapeutic equipment available for athletes include ultrasound, electrical stimulation, traction and external compression units. Also available are such unique optional equipment as the CYBEX 6000 (isokinetic exercise and testing device).

### Recreation Building Training Room

The Recreation Building training room is used by the Hawkeye baseball, cross country, track, tennis and soccer teams. It supports medical care with ultrasound, whirlpools, hot and cold packs, high-voltage galvanic stimulation, electrical stimulation, and T.E.N.S.

### The Hawkeye Strength Training Program

The program is designed to develop strength, explosiveness, speed, coordination, balance and flexibility. All qualities are developed through progression of exercises in four phases of training: work capacity - ability to perform work for a prolonged time and recover quickly, strength - ability to exert force, power - ability to exert strength quickly, and speed - ability to move the body in shortest time possible.

The highest level of performance is achieved by training under close supervision, in a year-round program. Improvement is monitored closely through the newest and best technology. Electronic timing devices are used to measure sprints, while a microcomputer device is used to monitor peak velocity and power outputs in weight training movements. With this technological support, the athletes are constantly receiving immediate feedback on their development.

### Strength & Conditioning Mission

"The mission of our strength and conditioning program is performance enhancement, while reducing the risk of injury through a detailed progression of exercises."



The Carver-Hawkeye Arena weight room gives the Iowa women's rowing team a top-notch facility for training.





# ROWING

The University of Iowa

## **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](http://www.uiowa.edu) to take a virtual campus tour or find out more about its programs of study.

## **More Than a Taste of the Arts**

Hancher Auditorium, the University's outstanding arts showplace, presents an amazing array of world-renowned performers, and students may purchase tickets to performances at reduced rates. Premier works of art are displayed not only at the Museum of Art but 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.

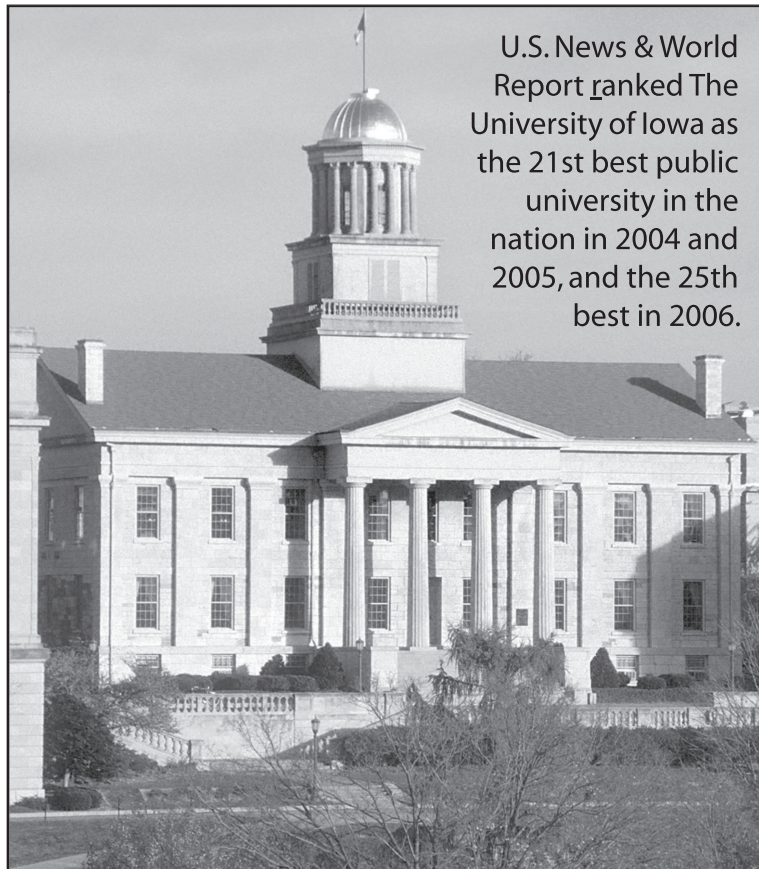
## **What Distinguishes an Iowa Education?**

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**

Here are average class sizes for some typical first-year courses:  
Biology: 600 in lecture, 24 in lab; Rhetoric: 22 in class; Calculus: 25 in class; Western Civilization: 260 in lecture, 22 in discussion group; German: 15 in class; First-year seminar: 13 in class



U.S. News & World Report ranked The University of Iowa as the 21st best public university in the nation in 2004 and 2005, and the 25th best in 2006.

## **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.



## The Colleges

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 - Requires two years of pre-business study in the College of Liberal Arts and Sciences. Details at [www.biz.uiowa.edu/upo/admissions/](http://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/](http://www.education.uiowa.edu/tess/)

## Nursing

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







# ROWING

The University of Iowa

## 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 52 buildings and several outdoor areas, providing more than 265 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.
- 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.

## Cambus

There are six primary bus routes throughout the Iowa campus. The University Cambus 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. Cambus 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](http://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
- Preparing for life after college athletics

## Computers

There are 26 Instructional Technology Centers all over the campus which are filled with 1,200 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.



# ROWING



## The Iowa City Community

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 Theater 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

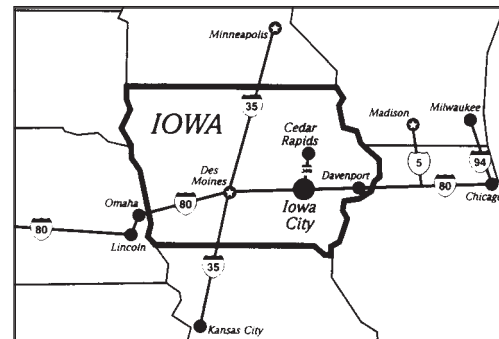
Just north of Iowa City is Coralville Lake, an outdoor recreational area that offers a variety of opportunities for the public. Coralville Lake offers picnic shelters, biking, hiking, fishing, boating, swimming, hunting, camping, snowmobiling, cross country skiing, golf and disc golf.

### Pedestrian Mall

Located downtown and in walking distance of many of the University's dormitories is the Pedestrian Mall. 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 Dillard's, JC Penney, Sears, Target and Younger's. 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](http://www.iowacitycoralville.org)







# ROWING

Hawkeye Traditions

## 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.