



University of Iowa Information

Location: Iowa City, IA
 Founded: 1847
 Enrollment: 29,697
 Nickname: Hawkeyes
 Mascot: Herky
 Home Venue: Field House
 Conference: Big Ten
 School Colors: Black and Old Gold
 President: Dr. David J. Skorton
 Athletic Director: Bob Bowsby
 Senior Woman Administrator: Jane Meyer
 Gymnastics Administrator: Mary Curtis

Coaching Information

Head Coach: Mike Lorenzen
 Alma Mater/Year: Maryland/1986
 Record at Iowa/Years: 17-21/4
 Overall Record/Years: Same
 E-mail Address: mike-lorenzen@iowagymnastics.com
 Associate Head Coach: Larissa Libby
 Alma Mater/Year: Louisiana State/1996
 E-mail Address: larissa-libby@iowagymnastics.com
 Assistant Coach: Derek May
 Alma Mater/Year: San Jose State/1994
 E-mail Address: derek-may@iowagymnastics.com
 Gymnastics Secretary: Irene Pearson
 Gymnastics Office Phone: (319) 335-9741

Team Information

2003 Record: 5-5
 2003 Conference Record/Finish: 3-0/2nd
 2003 Regional Finish: 2nd
 2003 NCAA Finish: 11th
 Letterwinners Returning/Lost: 11/3
 All-Americans Returning/Lost: 1/0
 Newcomers: 4

Sports Information

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Credits

The 2004 Hawkeye women's gymnastics guide is a publication of the University of Iowa. The guide was written, designed and edited by Sports Information Assistant Jana Hemphill with assistance provided by Sports Information Intern Erin Zein. Photographs provided by the University Relations Photo Unit and the UI Visual Center's Photographic Services. Cover artwork and other graphics designed by Head Gymnastics Coach Mike Lorenzen. Printing done by University of Iowa Printing Services in Iowa City, IA.

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Athlete Interviews

All player interviews are coordinated through Jana Hemphill of the Sports Information Office. Please contact Hemphill (319-335-9411) so that she may set a time for an interview which does not interfere with the student-athlete's academic or practice schedules. The Hawkeyes practice from 2:15-5:45 p.m. every day but Wednesday and Saturday in the North Gym of the Field House. Iowa practices from 10 a.m. - 1 p.m. on Saturdays.

University of Iowa Athletic Department Mission Statement

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

University of Iowa Affirmative Action Statement

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Mike Lorenzen enters his fifth season as head coach of the Iowa women's gymnastics program. In just four seasons Lorenzen has guided the GymHawks to their first NCAA National Championship appearance in school history.

On their way to NCAA Nationals, the 2003 GymHawks established school-record team scores on vault, balance beam and team total. Additionally, three individuals set new record marks. Iowa tied its best conference tournament finish in school history, placing second at the Big Ten Championships with junior Alexis Maday sharing the uneven bar title and junior Stephanie Gran sharing the floor exercise title. Lorenzen also coached Maday to first-team all-America honors on the uneven bars and second-team all-America accolades in the all-around.

The 2002 Iowa squad finished the season with the highest national ranking in team history (15th), missing a team trip to NCAA Nationals by .025 at the NCAA regional qualifier. Lorenzen coached Maday and freshman Annie Rue to Iowa's first individual NCAA National Championship berths. The highlight of that trip was Maday earning first-team all-America honors on both vault and uneven bars to become Iowa's first all-American in women's gymnastics. Other Hawkeye highlights from the 2002 season include team records on vault and floor exercise, as well as Maday, Gran and Janna Alexandrova tying school records on uneven bars, vault and balance beam, respectively.

In 2001, Lorenzen coached the GymHawks to break or tie nine of the 10 school records, including all five team records, while also guiding Iowa to its first seeded appearance at an NCAA Regional Championship. At the end of the 2001 campaign, Iowa had bettered the previous team record five times. Lorenzen guided the Hawkeyes to upset No. 9 Minnesota on the road, and beat No. 14 Ohio State in front of nearly 4,000 fans at Carver-Hawkeye Arena. For his accomplishments, Lorenzen earned co-Big Ten Coach of the Year honors.

Lorenzen trained three individuals to earn all-Big Ten accolades in 2001, including Big Ten Freshman of the Year Maday. Under Lorenzen's direction, Maday was crowned champion on floor exercise and all-around at the Big Ten Championships. He also oversaw Gran taking co-vault champion honors and Alexandrova receiving Big Ten honors on the beam.

In Lorenzen's first season as Iowa's head coach, the Hawkeyes began the year with new scoring marks in their first four meets of the season. The Hawkeyes started off higher than any Iowa team in that portion of the season and also finished strong at Big Ten's and NCAA Regionals (four individual qualifiers). Iowa gymnast Giselle Boniforti was crowned uneven bar champion at the 2000 Big Ten Championships.

Lorenzen also focused his attention on attendance and Iowa's fan base during his inaugural season. In his first year at Iowa, the average

attendance tripled from the previous year, which was a fantastic accomplishment for the gymnastics program.

Lorenzen is a 1986 graduate of the University of Maryland, where he graduated Summa Cum Laude, Phi Beta Kappa and was valedictorian. He received a Master of Arts in International Relations from Yale in 1989. In 1995, he became head coach at Indiana University of Pennsylvania, where he remained until going to the Cincinnati Gymnastics Academy in 1996 as the Junior Olympic Program Director.

In Cincinnati, Lorenzen was an assistant to Olympic coach Mary Lee Tracy, where he worked with 1996 gold medalists Amanda Borden and Jaycie Phelps, along with 1997 co-National Champion Kristi Powell, 1998 National Champion Morgan White, 1999 Visa America Cup Champion Jenny Thompson and 1992 Olympian Kim Zmeskal.

On the Junior Olympic level, Lorenzen coached three national champions in his final year, had eight of his 10 Level 10 athletes qualify for the national championships and was named Region V Coach of the Year.

Lorenzen's Honors:

- * 2001 Co-Big Ten Coach of the Year
- * 1999 Region Five Coach of the Year

The Lorenzen Philosophy:

"At the end of every year I want each student-athlete to look back on the year and say 'Wow, what a great experience this was'. Learning how to be a part of a team and working together is key. I think if we have accomplished that goal at the end of the year, we will achieve much, much more."



Associate Head Coach and Assistant Coach



Larissa Libby enters her first season as the associate head coach of the GymHawks. In the past three years, Libby held the position of assistant coach. Last season, Libby earned North Central Region Assistant Coach of the Year accolades from the National Association of Collegiate Gymnastics Coaches for Women.

With an Olympic berth, two world championship appearances and eight-consecutive NCAA national championship appearances, Libby's experience as a competitor and coach have proved invaluable.

As the Hawkeyes' choreographer and beam coach, Libby has made an immediate impact during her first three seasons. Concentrating her efforts on Iowa's beam performance, the Hawkeyes tied the team school beam record of 49.350 at Southern Utah last season, with the original record being set in 2001 at Illinois. Throughout last season, the GymHawks recorded a 49.0 or higher on beam four times. In the first session of the NCAA Championships, Iowa tied for third on beam, the highest team event finish for the Hawkeyes.

Along with many outstanding beam performances throughout the last three seasons, Libby coached Iowa gymnast Janna Alexandrova to tie for second on beam at the Big Ten Championships last season. Libby also guided four gymnasts (Alexandrova, Alexis Maday, Annie Rue, Stephanie Gran) to score a 9.9 or higher on beam in 2003.

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

As a competitive gymnast, Libby was a member of the 1987 and 1989 Canadian world championship teams, where she led the team to its best-ever sixth-place finish and achieved Canada's first world vault ranking. Along with world recognition, Libby was also a member of the Canadian Olympic team in 1988. She has earned over 30 international individual and event medals and was honored as the Canadian Gymnast of the Year in 1989 and 1990.

Originally from Pickering, Canada, Libby was a collegiate gymnast at Louisiana State University. She was a four-year team captain and the Central Region bar champion in 1995. Libby graduated from LSU in 1996, with a bachelor of science degree in psychology and a minor in French. Her husband, Chad, is the head athletic trainer at Coe College. The couple has one daughter, Taylor, and is expecting their second child in May.



Derek May begins his third season as Hawkeye assistant coach.

May's hard work and expertise helped him earn North Central Region Assistant Coach of the Year accolades from the National Association of Collegiate Gymnastics Coaches for Women last season.

May, the 1996 USSAF National Power Tumbling champion, brings competitive experience and a high level of technical knowledge to the GymHawks. He concentrates most of his expertise and energy on Iowa's floor routines and vault line.

His guidance has already produced significant results, as the Hawkeyes set the team school record with a 49.400 in vault at Illinois last season. May has also coached Stephanie Gran to two perfect 10.0 vaults, including a 10.0 at Oklahoma last year. In 2003, Iowa had a team score of 49.0 or higher on vault five times, including against Illinois, Oklahoma, Minnesota, Iowa State, and Southern Utah.

On floor, May's knowledge has paid off during the past two seasons. Gran produced three 9.95 floor routines throughout the 2003 season, including her 9.95 to become co-Big Ten Floor Champion. Last year, the GymHawks posted a 49.0 or higher on floor on nine occasions.

Prior to joining the Hawkeye staff, May spent a year at Dynamic Gymnastics in Mohegan Lake, NY, where he served as recreation and team coach. He owns 21 years of gymnastics experience as a coach and competitor, and is currently a USA Gymnastics professional member.

In 1996, May was named state, regional and national champion in power tumbling by the USSAF. He was the national team coach for the Future Stars program in 1998 and assistant boy's team coach and recreation teacher for World Cup Gymnastics from 1997-2001.

May graduated from San Jose State University in 1994 with a bachelor's degree in musical theatre and a minor in elementary education.

Associate Head Coach Larissa Libby and Assistant Coach Derek May





The 2004 GymHawks look to build off last season's success in order to solidify the Iowa Hawkeyes' role as a national powerhouse.

In the most successful and memorable season in school history, the GymHawks recorded two individual Big Ten titles, a second-place finish at NCAA regionals, its first-ever appearance at the NCAA National Championships and a two-time all-American.

"We had a bunch of great things happen during the season," Head Coach Mike Lorenzen said. "The thing I was most pleased with was the step forward we took in terms of our team chemistry and team dynamic."

Since last season, the GymHawks have lost three letterwinners (Janna Alexandrova, Michelle Conway, Jessica Kyanka), but return 11 athletes and boast four newcomers. The team will rely heavily on the senior leadership of Stephanie Gran, Brandy Killian, Alexis Maday and Nicole Wong.



Alexis Maday

"Having seniors who have three years of NCAA experience will provide a tremendous anchor," said Lorenzen.

Maday has continued her remarkable career at Iowa with another stellar season last year. Maday received all-America honors for the second- consecutive year, with first-team honors on the uneven bars and second-team accolades in the all-around. She was also crowned co-Big Ten Champion on bars.

Gran will look to build off a breakthrough season. She became the co-Big Ten floor champion and received second-team all-Big Ten honors. Gran started the first half of the season with astounding all-around performances, turning in several terrific 39.5 scores. She also recorded the team's season bests on vault and floor.

Junior Annie Rue has been a consistent performer for the GymHawks. "Annie is a very solid and strong presence for us," said Lorenzen. Rue received first-team all-Big Ten accolades and tied Maday for the team's season best score on the bars. Rue is also the only Hawkeye other than Maday with two NCAA National appearances under her belt, having qualified as an individual in 2002.

The sophomore class includes Kortny Williamson, Tiffany Kwan and Liz Grajewski. Williamson is the former Junior Olympic National

vault champion, who also contributed outstanding work on floor during her freshman year. Kwan is a former Canadian national team member with strength on floor and bars. Team captain Grajewski competed in the all-around last season at almost every meet and demonstrated remarkable consistency and competitive toughness.

Newcomers for the GymHawks are Beth Dilick, Danielle Legeai, Krista Lewis and Bobbie Zimmerman.

Dilick (King George, VA) comes to Iowa as the reigning Region VII champion on bars, floor and vault. She is expected to make an immediate impact for the Hawkeyes. Legeai (New Orleans, LA) was the Region VIII all-around champion her junior year in high school. She will be a contender for a starting position on bars and has strong routines on beam and floor.

The GymHawks will also look forward to the strength of walk-ons Lewis and Zimmerman. Lewis (Woodridge, IL) holds her high school's vault and floor records. Her strong vaulting, beam work and floor power will add to the depth of the GymHawks. Zimmerman (Chicago, IL) will be a strong contender for Iowa on bars and floor.

"To have walk-on athletes of that caliber who can contend for a starting spot on all four events is pretty amazing," said Lorenzen.



Annie Rue



Stephanie Gran



Stephanie Gran, Annie Rue, Alexis Maday, Nicole Wong, Tiffany Kwan, Liz Grajewski

The following is a breakdown of each event:

Vault

The GymHawks will have an incredibly strong vault line-up. There are high expectations on vault from Gran, Williamson, Maday and Rue. Grajewski has also strengthened her vault. Dilick will also have a strong vault for the Hawkeyes.

"We have the potential of having seven or eight 10.0 vaults," said Lorenzen. "There aren't many teams in the country that can say that."

Uneven Bars

"This is an event where we should have the biggest upgrade," said Lorenzen. Maday will lead the GymHawks, along with seniors Gran, Wong and Killian, who has stepped up to a new level this year. Returnees in this event include Kwan, Grajewski and Rue. The newcomers will also bid for a spot in the line-up, including Dilick, Legeai and Zimmerman.

Balance Beam

"We will lose the most with the absence of Janna Alexandrova," said Lorenzen. "Fortunately, we have three or four routines coming in."

The GymHawks will look to the routines of Gran, Maday and Rue as part of the line-



Liz Grajewski

up. Dilick and Legeai will be expected to vie for a starting slot along with Legeai.

Floor Exercise

The floor is going to be a strong event for the Hawkeyes this season. Gran and Maday will lead the team, along with Rue and Williamson. The newcomers are also very strong on the floor, including Dilick and Legeai.

"Floor should take another significant step forward," said Lorenzen. "We'll feel the loss of Michelle Conway the most here, but three of the four freshmen should contend for starting positions."

All-Around

Gran and Alexis will be leading the team in the all-around, along with Rue. Dilick is also an all-around contender, as are Grajewski and Williamson.

"When you have depth, you can rest people and hopefully we should be able to do that for the first time since this staff's arrival," said Lorenzen.

With strong talent from both returnees and newcomers, the GymHawks will look to improve upon their 11th place NCAA finish.

"On paper this is the most talented team in the history of the women's program at Iowa," said Lorenzen. "This year's senior class can take credit for really putting the Iowa program on the map and I think they now have the leadership skills to take us to the next level. Our biggest challenge will be staying healthy through a long season and making sure that we keep the team energy that has really fueled our rise."



Nicole Wong





2004 Iowa Gymnastics Sponsors



Hawkeye Support Staff



Jane Meyer
Senior Woman
Administrator



Mary Curtis
Gymnastics
Administrator



Irene Pearson
Gymnastics
Secretary



Bill Maxwell
Strength Coach



Mike Lawler
Head Gymnastics
Trainer



Kristi Davidson
Graduate Assistant



Diana Smith
Student Trainer



Troy Wulf
Academic Advisor



Michelle Conway
Student Assistant
Coach