



# Iowa Swimming and Diving

## 2008-09 Schedule & Information

### 2008-09 Season Schedule

Date	Opponent	Location	Time
10/4	Black & Gold Intrasquad*	Iowa City, IA	10 a.m.
10/10	Truman State*	Iowa City, IA	4 p.m.
10/17	Wisconsin*	Iowa City, IA	5 p.m.
10/25	at Michigan State*	East Lansing, MI	11 a.m.
11/1	Nebraska#	Iowa City, IA	11 a.m.
11/7	at Minnesota*	Minneapolis, MN	5 p.m.
12/5-7	at Missouri Invite*	Columbia, MO	TBA
12/12	Iowa State#	Iowa City, IA	6 p.m.
1/5-15	at Winter Training Trip*	Miami, FL	
1/10	Competition TBA	Miami, FL	11 a.m.
1/16	at Western Illinois*	Macomb, IL	4 p.m.
1/17	at Illinois#	Champaign, IL	Noon
1/24	Northwestern*	Iowa City, IA	11 a.m.
1/31	Missouri*	Iowa City, IA	11 a.m.
2/5	at Northern Iowa#	Cedar Falls, IA	5 p.m.
2/19-21	at Big Ten Championships#	Ann Arbor, MI	Prelim/Final
2/26-28	at Big Ten Championships^	West Lafayette, IN	Prelim/Final
2/27-28	Last Chance NCAA Qualifier#	TBA	TBA
3/6-7	Last Chance NCAA Qualifier^	TBA	TBA
3/13-15	at NCAA Diving Qualifier*	TBA	TBA
3/19-21	at NCAA Championships#	College Station, TX	Prelim/Final
3/26-28	at NCAA Championships^	College Station, TX	Prelim/Final
4/18	Alumni Meet*	Iowa City, IA	11 a.m.

All times are local to site.

\* -- co-ed meet, # -- women's only meet, ^ -- men's only meet

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### Credits

The University of Iowa swimming and diving media guide was written and designed by Assistant Sports Information Director Traci Wagner and Sports Information Student Assistant Carson Tigges. Editorial assistance provided by Assistant Sports Information Director Matt Weitzel. Photographs provided by the University of Iowa CMP-Photo Services, Ken Gilbert, RDG Planning and Design, and the University of Iowa Visual Center's Photographic Services.

### Practice Attendance & Interviews

All practices are open to the media, and interviews may be conducted 15 minutes prior to or at the completion of practice. The swimming team practices daily in groups from 6-8 a.m. and 2-4 p.m. The diving team practices daily from 1:45-5 p.m. All practices are held at the University of Iowa Field House Pool. All interviews should be coordinated by Lauren Dickson in the sports information office. Please contact Dickson so that she may set up an interview time that does not interfere with the student-athlete's academic or practice schedules.

### UI 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.

### Athletics 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 the integrity of the program will be paramount in all that we do.



# Iowa Swimming and Diving

## 2008-09 Team Rosters

### Men's Team Roster

Name	Yr.	Event(s)	Hometown (Last School)
Rob Adams	So.	Fly/Free	Torpoint, England (Devonport HS)
Drew DeLashmutt	Sr.	Diving	Omaha, NE (Central HS)
Max Dittmer	So.	Back/IM	Muscatine, IA (Muscatine HS)
Nick Divan	Jr.	Free/IM	San Juan Capistrano, CA (Mission Viejo HS)
Alex Dragon	So.	Breast/IM	Muscatine, IA (Muscatine HS)
James Dragon	Sr.	Fly/IM	Muscatine, IA (Muscatine HS)
Conor Dwyer	So.	Free	Winnetka, IL (Loyola Academy)
David Dvorak	Fr.	Free/IM	Janesville, WI (Parker HS)
Ryan Evans	Jr.	Free	Reno, NV (University of Nevada)
Brian Farris	Jr.	Free	Normal, IL (Normal HS)
Michael Gilligan	Jr.	Diving	Hamilton Township, NJ (West HS)
Paul Gordon	Fr.	Free	Sioux Falls, SD (Washington HS)
Sean Hagan	So.	Breast/Free/IM	Boone, IA (Boone HS)
Bryan Hill	So.	Back	Des Moines, IA (Valley HS)
Zane Hugo	So.	Breast	Mason City, IA (Mason City HS)
Brad Jones	Jr.	Free	Knoxville, TN (Farragut HS)
Andy Miner	Sr.	Free	Rockford, IL (Rockford-Guilford HS)
Jake Moore	Jr.	Free	Belvidere, IL (Belvidere HS)
Duncan Partridge	Fr.	Free	Lake Forest, IL (Stevenson HS)
Ryan Phelan	Fr.	Free/Breast	Cedar Rapids, IA (Washington HS)
Tommy Radtke	Fr.	Free	Cedarburg, WI (Cedarburg HS)
Matt Ryan	Jr.	Breast/IM	Dunlap, IL (Dunlap HS)
Richard Salhus	So.	Fly/Free	Plymouth, United Kingdom (Northcliff HS)
Josh Schubert	Jr.	Fly/Free	Coralville, IA (Iowa City West HS)
Brian Tremml	Fr.	Fly/IM	Holland, MI (Holland HS)
Frank Van Dijkhuizen	Jr.	Diving	Amsterdam, Netherlands (Willem Blaeu College)
Tyler Verink	Jr.	Free	Cedar Falls, IA (Cedar Falls HS)
Seth Wessels	Jr.	Fly/Free/IM	Cedar Falls, IA (Cedar Falls HS)
Dan Zabler	Jr.	Fly/Free	Kansas City, MO (University of North Dakota)

### Women's Team Roster

Name	Yr.	Event(s)	Hometown (Last School)
Sophie Borchers	Fr.	Fly	Evanston, IL (Evanston Twp. HS)
Caitlin Carlyle	So.	Free	Denison, IA (Denison HS)
Danielle Carty	Fr.	Back	Ontario, Canada (McKinnon Park)
Daniela Cubelic	Fr.	Back /Free	Glenview, IL (South HS)
Dana Davidsen	Fr.	Breast/Free	Libertyville, IL (Libertyville HS)
Julie deBruin	Jr.	Free	Naperville, IL (North HS)
Ashley Dell	Sr.	Free	Lake Forest, IL (Lake Forest HS)
Julie Feingold	Jr.	Breast/Fly/IM	Munster, IN (Munster HS)
Deidre Freeman	Jr.	Diving	Grinnell, IA (Grinnell HS)
Alison Gschwend	Sr.	Back/Free	Champaign, IL (Centennial HS)
Verity Hicks	So.	Free	Pukekohe, New Zealand (ACG Strathallan)
Stacia Johns	Jr.	Breast/IM	Williamsburg, IA (Williamsburg HS)
Christine Kuczek	Jr.	Free	Deerfield, IL (Deerfield HS)
Ashley Lawler	Jr.	Free	Iowa City, IA (Florida State Univ.)
Hilary Leigh	Jr.	Back/Free	Lake Forest, IL (Lake Forest HS)
Katie Michelau	Jr.	Fly/Free	Mundelein, IL (Stevenson HS)
Aimee Moylan	Sr.	Diving	Davenport, IA (Assumption HS)
Laura Mozdzen	Jr.	Fly	Gilbert, AZ (Chandler HS)
Kelsie Neubauer	So.	Free/IM	Libertyville, IL (Libertyville HS)
Caitie Polz	So.	Free	Elk Grove Village, IL (St. Viator HS)
Veronica Rydze	So.	Diving	Iowa City, IA (City HS)
Leah Schwartz	Sr.	Back/Fly	Middleton, WI (Middleton HS)
Meghan Sievertsen	Sr.	Diving	Cedar Rapids, IA (Kennedy HS)
Katarina Tour	So.	Breast/IM	Stockholm, Sweden (Fryshuset Kunskapscentrum)
Nicki Wex	Jr.	Back/IM	Nashotah, WI (Arrowhead)
<b>Head Coach:</b>			Marc Long (5th season)
<b>Diving Coach:</b>			Bob Rydze (34th season)
<b>Assistant Coaches:</b>			Kirk Hampleman (3rd season)
			Frannie Malone (5th season)
			Nathan Mundt (1st season)

### Pronunciation Guide

Name	Pronunciation
Drew DeLashmutt	duh-LESH-mutt
Nick Divan	dee-VON
Ryan Phelan	FAY-len
Tommy Radtke	RAHD-key
Diving Coach Bob Rydze	RIDZ
Richard Salhus	SAL-us
Josh Schubert	SHOE-ber
Brian Tremml	TREM-il
Frank Van Dijkhuizen	van DYK-how-zen
Tyler Verink	VER-ink
Dan Zabler	ZAY-blur

Name	Pronunciation
Daniela Cubelic	cue-BELL-ick
Julie deBruin	duh-BRI-an
Alison Gschwend	guh-SCHWEND
Stacia Johns	STAY-shuh
Christine Kuczek	CUE-zak
Katie Michelau	MEEK-lau
Laura Mozdzen	MOZ-den
Kelsie Neubauer	NEW-bower
Caitie Polz	POLES
Veronica Rydze	RIDZ
Meghan Sievertsen	see-VIRT-son



# Iowa Swimming and Diving

## 2008-09 Quick Facts



### General Information

Location: ..... Iowa City, IA  
 Founded: ..... 1847  
 Enrollment: ..... 30,561  
 Nickname: ..... Hawkeyes  
 School Colors: ..... Black and Gold  
 Home Facility (Capacity): ..... Field House Pool (1,800)  
 Conference: ..... Big Ten  
 President: ..... Sally Mason  
 Director of Athletics: ..... Gary Barta  
 Swimming Administrator: ..... Jane Meyer  
 Swimming Secretary: ..... Irene Pearson  
 Administrative Phone: ..... (319) 335-8874  
 Administrative Fax: ..... (319) 335-9333  
 Academic Services Phone: ..... (319) 335-9384  
 Athletic Training Phone: ..... (319) 335-9482

### Team Information

2007-08 Men's Overall/Big Ten Record: ..... 3-4/1-3  
 2008 Men's Big Ten Championships Finish (Points): ..... 9th (187)  
 Men's Letterwinners Returning/Lost: ..... 21/6  
 2007-08 Women's Overall/Big Ten Record: ..... 5-7/2-2  
 2008 Women's Big Ten Championships Finish (Points): ..... 9th (139.5)  
 Women's Letterwinners Returning/Lost: ..... 19/4

### Coaching Information

Head Coach: ..... Marc Long  
 Alma Mater, Year: ..... University of Iowa, 1991  
 Women's School/Career Record (Year): ..... 24-23 (5th)  
 Men's School/Career Record (Year): ..... 11-16 (4th)  
 E-mail Address: ..... marc-long@uiowa.edu  
 Assistant Coach (Year at Iowa): ..... Kirk Hampleman (3rd)  
 Alma Mater, Year: ..... Auburn University, 2002  
 E-mail Address: ..... kirk-hampleman@uiowa.edu  
 Assistant Coach (Year at Iowa): ..... Frannie Malone (5th)  
 Alma Mater, Year: ..... University of Iowa, 2000  
 E-mail Address: ..... frannie-malone@uiowa.edu  
 Assistant Coach (Year at Iowa): ..... Nathan Mundt (1st)  
 Alma Mater, Year: ..... University of Tampa, 2001  
 E-mail Address: ..... nathan-mundt@uiowa.edu  
 Diving Coach: ..... Bob Rydze (34th)  
 Alma Mater, Year: ..... University of Maryland, 1970  
 E-mail Address: ..... RRIDZ@aol.com  
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# Iowa Swimming and Diving

## 2008-09 Season Preview

Head Coach **Marc Long** and his staff are looking toward experienced veterans and some new faces to lead the 2008-09 University of Iowa swimming and diving team.

"It's an exciting time in our program's history as we continue the construction of the new Campus Recreation and Wellness Center (CRWC) and prepare for a successful season of training and competing," said Long. "The future aquatic center is a welcomed new home for the men and women's teams, and will provide us with a world class facility to train and compete our current and future talented swimmers and divers."

The CRWC will include a 50-meter competition pool, a separate diving well, a leisure pool with lap lanes and 24,000 square feet of fitness space. Construction on the new facility began in the fall of 2007 and is to be completed in the fall of 2009.

Long, who is in his fifth season at Iowa and his fourth at the head of the combined program, is assisted by **Kirk Hampleman**, **Frannie Malone**

and **Nathan Mundt**. Malone is in her fifth season with the Hawkeyes, while Hampleman is in his third. Mundt, joins Iowa after serving as the head men and women's swimming coach at Western Illinois University. Diving Coach Bob Rydze, who is fresh off a trip to the 2008 Olympic Games in Beijing where he served as USA Diving's Team Leader, enters his 34th season with the Hawkeyes.

"This year we return many experienced athletes and have added much anticipated depth and talent with the incoming freshman class. We're looking forward to an impact year in the Big Ten and NCAA," said Long.

Here is an event-by-event look at the 2008-09 Hawkeyes.

### Backstroke

Senior **Alison Gschwend** led Iowa in both backstroke events a year ago. Her best 200 time (2:02.07) ranks fourth in school history and her NCAA provisional qualifying time of 55.39 in the 100 ranks second. She won the 100 twice and the 200 five times last season, in addition to placing 14th at the Big Ten Championships.

Freshmen **Daniela Cubelic** and **Danielle Carty** will provide significant backstroke depth in both events. Cubelic was a U.S. National qualifier in the 100 back (56.35-yards, 1:04.84-meters) and Carty was a Canadian National qualifier in the 50 (30.51-meters) and 100 (1:05.62-meters).

Sophomore **Katarina Tour**, senior **Leah Schwartz** and junior **Hilary Leigh** will add depth.

Sophomore **Max Dittmer** looks to lead the men in both backstroke events. As a freshman last year, Dittmer was second on the team in the 100 (51.44) and 200 (1:50.21). Sophomore **Bryan Hill** and freshman **Duncan Partridge** will also contribute.

Sophomore **Max Dittmer** looks to lead the men in both backstroke events. As a freshman last year, Dittmer was second on the team in the 100 (51.44) and 200 (1:50.21). Sophomore **Bryan Hill** and freshman **Duncan Partridge** will also contribute.

### Breaststroke

Junior **Sean Hagan** is coming off a strong 2007-08 campaign that saw him lead the team in both the 100 (56.41) and 200 (2:04.35). Junior **Alex Dragon** will back up Hagan in the 200 breast. Junior **Matt Ryan** and sophomore **Zane Hugo** will round out the breaststroke for the Hawkeyes.

Tour led the women's team in the 100 with an NCAA provisional qualifying 1:02.51, which is good enough for second on Iowa's all-time list. She was also second on the team in the 200 with a time of 2:21.83, just behind junior **Julie Feingold** (2:20.43). Tour racked up three victories in the 100 and placed sixth at the Big Ten Championships. Feingold's best 100 time of 1:03.96 ranks fourth all-time at Iowa, while her 200 time of 2:20.43 is eighth. Junior **Stacia Johns** and freshman **Dana Davidsen** will provide depth.



*Nine Hawkeyes posted NCAA provisionally qualifying performances in 2007-08. They are (clockwise from far left): Alison Gschwend, Christine Kuczek, Wil Whaley, Conor Dwyer, Andy Miner, Richard Salhus, Julie deBruin, Katrina Tour and Ashley Dell.*



# Iowa Swimming and Diving

## 2008-09 Season Preview

### Butterfly

As the birthplace of the butterfly, the University of Iowa is looking to several returnees and newcomers to make this a strong event.

The women's butterfly will be anchored by junior **Laura Mozdzen** and sophomore **Katie Michelau**. Mozdzen led the team in the 100 (56.49) and ranked second in the 200 (2:04.45) last season. Her collegiate best times rank seventh and fourth, respectively, in those events. Michelau will add depth, boasting career best times of 56.90 in the 100 and 2:04.06 in the 200. Freshman **Sophie Borchers** will have an immediate impact in these events. She showed great improvement over the summer and improved her long course meter times in the 100 (1:03.03) and 200 (2:21.94).

**James Dragon** returns for his senior season and junior **Seth Wessels** will provide significant depth. Dragon was second on the team in both the 100 (49.48) and 200 (1:52.67), and Wessels follows at third (50.62, 1:53.95). Newcomers **Paul Gordon**, **Dan Zabler** and **Brian Tremml** look to take Iowa's butterfly to a new level. Zabler, who was a six-time Division II all-American at the University of North Dakota, specializes in the 200 fly (1:48.75) and will also swim the 100 (50.15). Gordon will also swim both events, posting best times of 51.76 (short course yards) and 57.43 (long course meters) in the 100 and 1:53.71 in the 200. Tremml will add depth in the 200 (1:53.21-yards, 2:06.54-meters).

### Freestyle

Sophomore **Christine Kuczek** led the team as a sophomore, setting a school record in the 100 (50.55) and as a part of both freestyle relays. She also led the team in the 200 (1:50.50), which ranks seventh all-time, and has a 50 time (23.35) that ranks sixth. She also placed 11th in the 100 at the Big Ten Championships.

Junior **Julie DeBruin** is primed for continued success after leading the team in the 50 (23.18) last season, with the second-fastest time in school history. Kuczek, deBruin, Gschwend and Tour comprised the school-record setting 200 (1:32.95) and 400 free (3:22.52) relays last season, and all four return.

Cubelic will make an immediate impact in the 100 (51.32) and 200 (1:50.55). Tour continues her versatility and will add depth at the 100. Filling out the sprinters will be junior **Caitie Polz**, and sophomores **Caitlin Carlyle** and **Verity Hicks**.

Senior **Ashley Dell** led the team in the 500 (4:53.69), 1,000 (10:14.21) and 1,650 (16:45.29) last year. Both her 500 and 1,650 times were NCAA provisional qualifying marks and rank her fifth all-time at Iowa. Hicks represented her native New Zealand at the 2008 Oceania Games and posted collegiate bests in the 100 (52.32), 200 (1:51.94) and 500 free (4:59.10) races. Junior **Ashley Lawler** and sophomore **Kelsie Neubauer** will add depth in the middle distance and distance events.

Sophomores **Richard Salhus** and **Conor Dwyer** hope to build off of their stellar freshman seasons in the sprint freestyle events. Dwyer earned team MVP honors after leading the team in the 100 (44.66), 200 (1:36.44) and 500 (4:27.21). He scored in four relays and one individual event at the Big Ten meet, claimed 10 season victories and boasted NCAA provisional qualifying times in the 200 and 500. Salhus was named Big Ten Swimmer of the Week following the Florida International Invite and ranks second on the team in both the 50 (20.96) and 100 (45.84). Freshmen **Ryan Phelan**,

Partridge and Gordon will make waves in the freestyle for the Hawkeyes. Phelan is the Iowa state champion in the 50 free (20.75-yards, 23.4-meters) and has a solid 100 (46.06). Partridge possesses great speed, as well in the 50 (20.5-yards, 23.68-meters) and 100 (46.29-yards). Gordon who will be swimming many events for the Hawks has a great 200 (1:40.54-yards, 1:52.82-meters) and 500 free (4:33.19). Hagan led the team in the 50 with a time of 20.85 last season. Senior **Andy Miner** will contribute greatly in the 200 free (1:39.67-yards, 1:55.53-meters).

Juniors **Brad Jones**, **Jake Moore**, and **Brian Farris**, sophomore **Rob Adams** and newcomers Zabler and Wisconsin state champion **Tommy Radtke** will contribute in the sprint and middle distances. Farris led the team in both the 1,000 (9:38.28) and 1,650 (15:54.33) last season. Adams was right behind him in both events (1,000-9:53.26; 1,650-16:09.12). The group will be bolstered by the return of junior **Nick Divan** who redshirted last year and competed in the Olympic Trials this summer. In 2006-07, Divan led the team in the 500 (4:29.30), 1,000 (9:27.84) and 1,650 (15:42.67), and his best time in the 1,650 ranks ninth in school history.

### Individual Medley

Tour and Feingold are the top returning IM swimmers for the Hawkeyes after leading the team in the 200 (2:03.72) and 400 (4:34.81), respectively, last season. Tour's 200 time provisionally qualified her for the NCAA Championships and is good enough for third all-time at Iowa.

Along with leading the team in the 400, Feingold is second on the team in the 200. Gschwend, Mozdzen and Neubauer will strengthen the Hawkeye IM. All three turned in strong performances in the 200 last year, while Neubauer backed up Feingold in the 400.

Gordon will make an instant impact for the Hawkeyes in the IM. He was a the 2007 U.S. National Junior team member and will swim the 200 (2:07.01-meters) and 400 (4:00.44-yards, 4:34.65-meters).

The Hawkeye men return their top two IM swimmers in sophomores Alex Dragon (400-4:03.79) and Hagan (200-1:52.27). Divan, who led Iowa in the 400 in 2006-07, also returns from his redshirt season. Providing depth will be Wessels and James Dragon.

### Diving

The Hawkeye diving team is looking to build off the success they saw in the 2007-08 campaign. Junior **Frank VanDijkhuizen** is coming off a season that earned him Big Ten Diver of the Week honors on three occasions and collegiate-bests that rank him fourth on Iowa's all-time top performers list in both the one-meter (333.60) and three-meter (359.20) events. VanDijkhuizen gathered six victories and four runner-up finishes en route to being awarded the team diving MVP award. Junior **Michael Gilligan** is a talented back-up and capable of scoring big points after posting one victory and 11 top-five finishes last year. Gilligan is also Iowa's only platform diver and holds the school record with a mark of 327.60.

The women will be led by junior **Deidre Freeman**. She led Iowa on both the one and three-meter boards with scores of 277.05 and 295.85, and placed 15th at the 2008 U.S. National meet. Seniors **Aimee Moylan** and **Meghan Sievertsen**, and sophomore **Veronica Rydze** round out the Hawkeye diving team after churning out several top finishes last year.