



### 2008-09 Schedule

Mar. 14	Wisconsin Scrimmage	Austin, TX
Mar. 20-22	at Longhorn Invitational	Austin, TX
Mar. 28	Minnesota & Creighton	Solon, IA
Apr. 4-5	at San Diego Crew Classic	San Diego, CA
Apr. 11	at Double Dual	Ann Arbor, MI
May 2	at Big Ten Championships	Columbus, OH
May 16-17	at South-Central Regionals	Oakridge, TN
May 29-31	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
Academic Services Phone:	(319) 335-7599
Athletic Training Phone:	(319) 335-9482

### Coaching Information

Head Coach (Yr. at Iowa):	Mandi Kowal (15th)
Alma Mater/Year:	Wisconsin/1987
E-Mail Address:	mandi-kowal@iowarowing.com
Assistant Coach (Yr. at Iowa):	Chuck Rodosky (3rd)
Alma Mater/Year:	Bowling Green State/1999
E-Mail Address:	chuck-rodosky@iowarowing.com
Assistant Coach (Yr. at Iowa):	Carrie Callen (3rd)
Alma Mater/Year:	Kansas/2006
E-Mail Address:	carrie-callen@iowarowing.com
Rowing Office:	(319) 335-9259
Graduate Assistant:	Melissa Schomers

### Media Information

Rowing SID:	Nick Hegland
Office Phone:	(319) 335-9411
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E-Mail Address:	nicholas-hegland@uiowa.edu
Sports Information Director:	Phil Haddy
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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 6:00-8:30 a.m. in the spring.

All student-athlete interviews will be coordinated through the Sports Information Department. Please contact Nick Hegland at (319-335-9411) so that he 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 Assistant Jordin Hatcher. 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 Chuck Rodosky. 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.

The University of Iowa rowing team and Head Coach Mandi Kowal have great expectations for the 2008-09 season. The return of experienced veterans, including eight seniors, and the addition of fresh faces will enhance the team's goal of great success.

Coach Kowal's 15th season will see the return of Novice Coach and Recruiting Coordinator Chuck Rodosky. Rodosky looks forward to his third season at Iowa as a continuation of his previous success. The Hawkeye coaching staff also has the return of Assistant Coach Carrie Callen. After two seasons of successful competition, Callen will continue to work with the Varsity four boats.

"As we finished up last year, we already had thoughts of the coming season," said Kowal. "I sent our team a list of questions to get an idea of what the team wanted to achieve in the upcoming year. From that survey, we established two things: the team arrives to the first day of practice fit and to get to the NCAA championships."

Coach Kowal came across the quote, "When you want something you've never had, you must do something you have never done." She has chosen the quote as a catalyst to help accomplish the team's mission.

"I have been thinking about living up to this quote," said Kowal. "I have a couple of personal goals that I have been formulating for this season. They entail recruiting, retention and preparations for the championship racing season."

The senior class is prepared to continue its leadership role. They have maintained the Hawkeye spirit and have been leaders for the past three years. Kowal wants the seniors to take the driver's seat in leading this team toward their goals.

"This means they provide leadership through their own actions," Kowal said. "They must embrace the idea of using the year to improve their leadership each day. It will be up to the coaching staff to provide information and direction during this learning process. It will be up to them to follow through with that they have learned."

The underclassmen are just as prepared to take on the upcoming season. They have followed the example set by the seniors, and are excited to make a name for themselves and launch this team to the next level of competition.

"In the sport of rowing it is important that our upperclassmen inform, encourage and shed light on many aspects of the sport at the varsity level," said Kowal. "On the flip side, it is important for the underclassmen to seek out and listen to these words of wisdom. This will ensure success and a feeling of competence during a year of transition."

With the beginning of a new season and the groundbreaking of a new boathouse, the Hawkeyes are suspended in an energetic and refreshing atmosphere that many of the student-athletes have not experienced. The team has taken new steps to ensure a successful year.

"The biggest difference is that on July 1, everyone knew our goals for the upcoming season," said Kowal. "They used these goals as a catalyst for their summer work. Once we all got together we worked to fine tune our goals to make sure we can say mission accomplished as the end of the year."

During the fall season, Iowa competed in three regattas. The Head of the Rock on October 12, the Southland Regatta in Chicago, IL on November 2 and the Rivanna Romp in Charlottesville, VA on November 9.

The spring season will open at the Longhorn Invitational on March 20 in Austin, TX.

The solo home competition in the spring will be at Lack McBride against Minnesota and Creighton on March 28. Following the home contest, the Hawkeyes will make their way to the sunshine state to compete in the San Diego Crew Classic on April 4.

"It will be important to remind ourselves that we must be patient as we build our new team this year. It takes time, commitment and patience when we bring a new group together, but I have incredible faith in this group and our staff," said Kowal.





## Rowing Roster

Name	Yr.	Hometown
Annette Allard	Jr.	Pass Christian, Mississippi
Christine Allingham	Fr.	Athens, Ontario, Canada
Jennifer Andersen	So.	Franksville, Wisconsin
Meghan Clancy	So.	Elmhurst, Illinois
Madeline Conklin	So.	Davenport, Iowa
Katelyn Davy-Traynor	Sr.	Chemainus, British Columbia
Darcy DeLong	So.	Marion, Iowa
Stacy Dettmann	Sr.	Monona, Iowa
Megan Erickson	Jr.	Ankeny, Iowa
Allison Faris	So.	Dike, Iowa
Clara Francois	So.	Gent, Belgium
Dani Harris	Jr.	Marshalltown, Iowa
Sarah Jaffee	So.	Chicago, Illinois
Laura Kanaris	Sr.	Brisbane, Queensland, Australia
Emily Katalinich	Jr.	Springfield, Illinois
Kristin Kelly	Sr.	Brockville, Ontario, Canada
Anna Kolden	So.	Madison, Wisconsin

Name	Yr.	Hometown
Caitlin Kuempel	So.	Cedar Rapids, Iowa
Molly Lynch	Jr.	Wheaton, Illinois
Brin McAnally	So.	Downers Grove, Illinois
Emily Melvold	So.	Maquoketa, Iowa
Hannah Miller	Sr.	Leaf River, Illinois
Haylie Miller	So.	Leaf River, Illinois
Heidie Miller	So.	Leaf River, Illinois
Jessica Novack	So.	Newnan, Georgia
Katie Ouellette	Jr.	Duluth, Minnesota
Romy Post	Sr.	Burke, Virginia
Katie Radasevich	So.	Naperville, Illinois
Shelia Rinozzi	Jr.	Chicago, Illinois
Allison Robinson	So.	Bettendorf, Iowa
Madison Romano	Jr.	Waukee, Iowa
Sheila Shedden	Sr.	Lowbanks, Ontario, Canada
Amy Smith	Sr.	Iowa City, Iowa
Emily Vinson	Jr.	Boulder, Colorado
Melissa Wordelman	Sr.	Grand Rapids, Michigan

**Head Coach** - Mandi Kowal (15th Season)  
**Assistant Coach** - Chuck Rodosky (3rd Season)  
**Assistant Coach** - Carrie Callen (3rd Season)  
**Graduate Assistant Coach** - Melissa Schomers (1st Season)  
**Volunteer Assistant Coach** - Emily Lewis (1st Season)





## Mandi Kowal

Head Coach  
15th 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. Since the summer of 2003, Kowal has competed in over 22 triathlons, winning numerous events and consistently placing in the top three of her age group.

### 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 was a 2006 Long Distance World Championship qualifier. In 2007, she was a USTA Triathlon all-American, and qualified to compete in the Ford Ironman World Championships.

## Kowal's Achievements and Honors

- World Champion - Lightweight 4- 1986, '87
- USOC & US Rowing Athlete of the Year 1987
- Rowing Hall of Fame 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



"Coach Kowal is such an experienced rower that there are very few situations she hasn't been in. She understands what it's like to be an athlete, and can relate to the challenges her athletes face as rowers, students and women. She taught us how far the sport has come and made sure we realized we should never take the opportunities we have for granted."

"All of my close college friends were members of the rowing team, and after going through that experience together we formed a bond that will last forever. Coach Kowal was our first coach, but beyond that she was also a friend, mother, and sister to all of us. She was so involved in our lives, in our rowing, and wanted to help us succeed in any way she could."

**-Evyonne Butikofer**  
2003 Graduate

"She challenged me to continually better myself on the water, and I now transfer that mentality to my life off the water."

**-Brittany Keyes**  
2008 Graduate

"Mandi Kowal was an important part of my development as an athlete and person, and though she is no longer my coach, she continues to be present in my life as a valued and trusted friend."

"She understands the demands of Big Ten athletics, the rigorous schedule that rowing requires, as well as how the body handles the stresses of the sport. I felt that Coach Kowal could physically do everything that she was asking of us. I have a great amount of respect for Coach Kowal's athleticism and her commitment to the sport."

**-Marni Levinson**  
1998 Graduate



**Chuck Rodosky**  
**Assistant Coach**  
**Third Year**

Chuck Rodosky returns to the Hawkeyes for a third year as the novice coach and recruiting coordinator. In his first two years he has led his novices to the medal stand at the Big Ten Championships and strong finishes at the Central/South Region Championship. Five of his novices have earned

a spot on the Top 10 4K record list at Iowa and one on the Top 10 2K list. Several of his novices have also made the dean's list and earned academic honors.

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. He led the second varsity four to a Regional title and silver medal 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 his masters in Architecture.



**Carrie Callen**  
**Assistant Coach**  
**Third Year**

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

team travel and overseeing the budget.

Callen worked specifically with the varsity fours for the past two seasons. In 2008, Callen helped lead a varsity four team to win and the other a close fourth 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 the 2005-06 season assisting with the novice squad at the University of Kansas. Before coaching, Callen was a member of the rowing team at the University of Kansas. She also obtained her bachelor's degree in Business Administration from the University of Kansas 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



**Melissa Schomers**  
 Graduate Assistant



**Emily Lewis**  
 Volunteer  
 Assistant



## Katelyn Davy-Traynor

Senior

Chemainus, British Columbia  
Brentwood College School

**2007-2008...** Competed in two days of competition at the Head of the Charles during the fall season... member of the V8+ that earned Big Ten Boat of the Week April 15 during the spring season... stroked in the four seat of every race... helped Iowa to

wins over UCF, Duke and Kansas State at the Longhorn Invitational... contributed to the Hawkeyes first place team finish at the George Washington Invitational with wins over George Washington, Navy and St. Josephs... posted a win against Indiana at the Big Ten Challenge... placed second in the Petite Finals at the Big Ten Championships... earned a fourth place finish in the Petite Finals at the South-Central Regionals... academic all-Big Ten selection.

**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

Senior

Monona, Iowa  
MFL Mar Mac

**2007-2008...** Competed in the women's club eights that placed sixth at the Head of the Charles... raced with the varsity four in the four seat in all three races of the Longhorn Invitational... sat in the three seat for the 2V8+ in the George Washington Invitational and had a win against George Washington... stroked in the three seat for the Big Ten Challenge and at the Big Ten Championships... placed third in the Petite Final for the 2V8+ at the Big Ten Championships.

**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.





## Laura Kanaris

Senior

Brisbane, Queensland, Australia  
Brisbane State High School

**2007-2008...** Competed in the championships eights at the Head of the Charles... member of the V8+ that earned Big Ten Boat of the Week April 15 during the spring season... stroked in the eight seat of every race... helped Iowa to wins over UCF,

Duke and Kansas State at the Longhorn Invitational... contributed to the Hawkeyes' first place team finish at the George Washington Invitational with wins over George Washington, Navy and St. Josephs... posted a win against Indiana at the Big Ten Challenge... placed second in the Petite Finals at the Big Ten Championships... earned a fourth place finish in the Petite Finals at the South-Central Regionals.

**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.



## Kristin Kelly

Senior

Brockville, Ontario  
Brockville Collegiate Institute

**2007-2008...** Placed second in the collegiate pairs at the Head of the Rock... competed in the championship eights at the Head of the Charles... member of the V8+ that earned Big Ten Boat of the Week April 15 during the spring season... stroked

in the seven seat of every race... helped Iowa to wins over UCF, Duke and Kansas State at the Longhorn Invitational... contributed to the Hawkeyes' first place team finish at the George Washington Invitational with wins over George Washington, Navy and St. Josephs... posted a win against Indiana at the Big Ten Challenge... placed second in the Petite Finals at the Big Ten Championships... earned a fourth place finish in the Petite Finals at the South-Central Regionals.

**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.







## Hannah Miller

Senior

Leaf River, Illinois

Byron High School

**2007-2008...** Competed in the championship eights at the Head of the Charles... raced in the championship eights at the Head of the Charles... member of the V8+ that earned Big Ten Boat of the Week April 15 during the spring season... stroked

in the six seat of every race... helped Iowa to wins over UCF, Duke and Kansas State at the Longhorn Invitational... contributed to the Hawkeyes' first place team finish at the George Washington Invitational with wins over George Washington, Navy and St. Josephs... posted a win against Indiana at the Big Ten Challenge... placed second in the Petite Finals at the Big Ten Championships... earned a fourth place finish in the Petite Finals at the South-Central Regionals... academic all-Big Ten selection.

**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... sisters Haylie and Heidie are sophomores on the rowing team... speech pathology major.



## Romy Post

Senior

Burke, Virginia

Robinson Secondary

**2007-2008...** Competed in the championship eights at the Head of the Charles... member of the V8+ that earned Big Ten Boat of the Week April 15 during the spring season... stroked in the five seat of every race... helped Iowa to wins over UCF,

Duke and Kansas State at the Longhorn Invitational... contributed to the Hawkeyes' first place team finish at the George Washington Invitational with wins over George Washington, Navy and St. Josephs... posted a win against Indiana at the Big Ten Challenge... placed second in the Petite Finals at the Big Ten Championships... earned a fourth place finish in the Petite Finals at the South-Central Regionals.

**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.



## Sheila Shedden

Senior

Lowbanks, Ontario, Canada  
E.L. Crossley Secondary

**2007-2008...** Competed in the championship eights at the Head of the Charles... member of the V8+ that earned Big Ten Boat of the Week April 15 during the spring season... coxed every race... helped Iowa to wins over UCF, Duke and Kansas State

at the Longhorn Invitational... contributed to the Hawkeyes' first place team finish at the George Washington Invitational with wins over George Washington, Navy and St. Josephs... posted a win against Indiana at the Big Ten Challenge... placed second in the Petite Finals at the Big Ten Championships... earned a fourth place finish in the Petite Finals at the South-Central Regionals.

**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 Coxwain of the Year.

**Personal...** Born July 8, 1987... daughter of Lewis and Jackie Shedden... English major with a focus on elementary education.



## Melissa Wordelman

Senior

Grand Rapids, Michigan  
Forest Hills, Northern

**2007-2008...** Competed in the club eights at the Head of the Charles... member of the 2V8+ for each race in the spring season... stroked at the five seat and posted a win over Kansas State at the Longhorn Invitational... contributed to the Hawkeyes' first place team

finish with a win over George Washington sitting at the seven seat in the George Washington Invitational... placed third in the Petite Finals at the Big Ten Championships... earned a first place finish in Final C at the South-Central Regionals.

**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

Junior

Pass Christian, Mississippi  
Our Lady Academy

**2007-2008...** Competed in the championship eights at the Head of the Charles... member of the 2V8+ for each race in the spring season... posted a win over Kansas State at the Longhorn Invitational at the four seat... contributed to the Hawkeyes' first place team finish with a

win over George Washington in the George Washington Invitational... placed third in the Petite Finals at the Big Ten Championships... earned a first place finish in Final C at the South-Central Regionals... sat at the five seat for the final three regattas.

**2006-2007...** 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.



## Megan Erickson

Junior

Ankeny, Iowa  
Ankeny High School

**2007-2008...** Competed in the club eights at the Head of the Charles... member of the V8+ that earned Big Ten Boat of the Week April 15 during the spring season... stroked in the three seat of every race... helped Iowa to wins over UCF, Duke and

Kansas State at the Longhorn Invitational... contributed to the Hawkeyes' first place team finish at the George Washington Invitational with wins over George Washington, Navy and St. Josephs... posted a win against Indiana at the Big Ten Challenge... placed second in the Petite Finals at the Big Ten Championships... earned a fourth place finish in the Petite Finals at the South-Central Regionals.

**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

Junior

Marshalltown, Iowa  
Marshalltown High School

**2007-2008...** Member of the V4+ for the spring season... coxed for every race... posted a win over Duke at the Longhorn Invitational... placed first over Indiana at the Big Ten Challenge... placed third in the Petite Finals at the Big Ten Championships...

Posted a first place finish in Final C at the South-Central Regionals.

**2006-2007...** 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

Junior  
Springfield, Illinois  
Springfield High School

**2007-2008...** Placed second in the collegiate pairs at the Head of the Rock... competed in the championship eights at the Head of the Charles... member of the 2V8+ for each race in the spring season... posted a win over Kansas State at the Longhorn Invitational at

the four seat... contributed to the Hawkeyes' first place team finish with a win over George Washington in the George Washington Invitational... placed third in the Petite Finals at the Big Ten Championships... earned a first place finish in Final C at the South-Central Regionals... sat in the seven seat for the final three regattas.

**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... communications major.



## Molly Lynch

Junior  
Wheaton, Illinois  
Wheaton Warrenville South HS

**2007-2008...** Competed in the club eights at the Head of the Charles... member of the V4+ for eight races during the spring season... in the V4+ posted a win over Duke at the Longhorn Invitational and a win over Indiana in the Big Ten Challenge... placed third in the Petite

Finals in the V4+ at the Big Ten Championships... stroked for the Big Ten Championship and South-Central Regionals... earned a first place finish in the Final C for V4+ of the South-Central Regionals... raced in the 2V8+ at the George Washington Invitational, posting a win over George Washington.

**2006-2007...** 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

Junior  
Duluth, Minnesota  
Duluth East High School

**2007-2008...** Competed in the club eights at the Head of the Charles... member of the 2V8+ for nine races in the spring season... posted a win over Kansas State at the Longhorn Invitational at the four seat... placed third in the Petite Finals at the Big Ten Champion-

ships... earned a first place finish in Final C at the South-Central Regionals... sat bow for each race.

**2006-2007...** 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.



## Sheila Rinozzi

Junior  
Chicago, Illinois  
Loyola Academy

**2007-2008...** Competed in the 2V8+ at the South-Central Regionals... placed first in the Final C as coxswain in the South-Central Regionals.

**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.



## Madison Romano

Junior  
Waukee, Iowa  
Waukee High School

**2007-2008...** Competed in the club eights in the Head of the Charles... member of the 2V8+ for each race in the spring season... posted a win over Kansas State at the Longhorn Invitational at the four seat... contributed to the Hawkeyes' first place team finish with a

win over George Washington in the George Washington Invitational... placed third in the Petite Finals at the Big Ten Championships... earned a first place finish in Final C at the South-Central Regionals... sat in the two seat for each race in spring season.

**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.



## Emily Vinson

Junior  
Boulder, Colorado  
Fairview High School

**2007-2008...** Member of the 2V8+ for each race in the spring season... posted a win over Kansas State at the Longhorn Invitational at the four seat... contributed to the Hawkeyes' first place team finish with a win over George Washington in the George Washington In-

tational... placed third in the Petite Finals at the Big Ten Championships... earned a first place finish in Final C at the South-Central Regionals... sat in the four seat for the final four regattas.

**2006-2007...** 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.



**Jennifer Andersen**  
Sophomore  
Franksville, Wisconsin  
J.I. Case High School

**2007-2008...** Novice member... competed in every 2N8+ race in the spring season... sat in the eight seat at the Longhorn Invitational contributing to a win over Kansas State... placed second in both races at the Big Ten Challenge... member of 2N8+ boat

that placed third in the Grand Final at the Big Ten Championships winning the bronze medal... stroked in each race this season for the 2N8+... sat in the four seat for the Open 4+ race in South-Central Regionals placing fourth in the C final.

**Before Iowa...** Lettered four years in tennis and soccer... two-year tennis team captain... qualified for state in tennis... National Honor Society member.

**Personal...** Born February 2, 1989... daughter of Dennis and Colleen Andersen... psychology major.



**Madeline Conklin**  
Sophomore  
Davenport, Iowa  
Assumption High School

**2007-2008...** Novice member... competed in every 2N8+ race in the spring season... sat in the six seat at the Longhorn Invitational contributing to a win over Kansas State... placed second in both races at the Big Ten Challenge... member of 2N8+ boat

that placed third in the Grand Final at the Big Ten Championships winning the bronze medal... sat in the six seat each race this season for the 2N8+... sat in the two seat for the Open 4+ race in South-Central Regionals placing fourth in the C final.

**Before Iowa...** Three-year letterwinner in golf... won conference championship in golf as a senior... district and regional champions... state qualifier.

**Personal...** Born August 18, 1989... daughter of Susan and Douglas Conklin... open major.



**Meghan Clancy**  
Sophomore  
Elmhurst, Illinois  
York Community High School

**2007-2008...** Novice member... member of the N8+ for each race in the spring season... posted a win over Kansas State in the Longhorn Invitational... contributed to the Hawkeyes' first place team finish at the George Washington Invitational with two

wins against Navy... posted first place finishes against Indiana and Ohio State in the Big Ten Challenge... earned a first place finish in the Petite Final at the Big Ten Championships... placed fourth in the Petite Finals at the South-Central Regionals...sat in the bow seat for each race this season.

**Before Iowa...** Four-year letterwinner in basketball, volleyball, and track... earned sportsmanship award in all three sports in 2005... National Honor Society member.

**Personal...** Born May 10, 1989... daughter of Barb and Tom Clancy... communications major.



**Darcy DeLong**  
Sophomore  
Marion, Iowa  
Marion High School

**Before Iowa...** Varsity letterwinner in track and cheerleading... cheerleading team captain... dance team captain... student government treasurer

**Personal...** Born March 24, 1989... daughter of Jeffrey DeLong and Christine Huer... dance and pre-business major.



## Allison Faris

**Sophomore**  
**Dike, Iowa**  
**Dike- New Hartford High School**

**2007-2008...** Novice member... member of the N8+ for each race in the spring season... posted a win over Kansas State in the Longhorn Invitational... contributed to the Hawkeyes' first place team finish at the George Washington Invitational with two

wins against Navy... posted first place finishes against Indiana and Ohio State in the Big Ten Challenge... earned a first place finish in the Petite Final at the Big Ten Championships... placed fourth in the Petite Finals at the South-Central Regionals... sat in the three seat each race this season.

**Before Iowa...** Four-year letterwinner in volleyball... letterwinner in track... four-year letterwinner in softball... two-year captain... drum majorette... National Honor Society member.

**Personal...** Born August 29, 1989... daughter of Anne and Darrell Sloth and Dave Faris... pre-medical, biology, and Spanish majors.



## Clara Francois

**Sophomore**  
**Gent, Belgium**  
**St. Lievenscollege**

**2007-2008...** Member of the V8+ that earned Big Ten Boat of the Week April 15 during the spring season... stroked in the two seat of every race... helped Iowa to wins over UCF, Duke and Kansas State at the Longhorn Invitational... contributed to

the Hawkeyes' first place team finish at the George Washington Invitational with wins over George Washington, Navy and St. Josephs... posted a win against Indiana at the Big Ten Challenge... placed second in the Petite Finals at the Big Ten Championships... earned a fourth place finish in the Petite Finals at the South-Central Regionals.

**Before Iowa...** Member of the Royal Rowing Federation Club Gent since 2000... member of the Belgian National Team since 2005... placed second at the Coupe De La Jeunesse (European Junior Championships) in the single scull... competed in the Belgian Championships ten times... placed 10th at the Junior World Championships in 2006 in the single scull... placed third in C final at the Junior World Championships in 2007 in the double scull.

**Personal...** Born March 2, 1989... daughter of Bart Francois and Marijke Mortier... pre-medicine major.



## Sarah Jaffee

**Sophomore**  
**Chicago, Illinois**  
**Lincoln Park High School**

**2007-2008...** Novice member... competed in every 2N8+ race in the spring season... sat in the three seat in the V4+ at South-Central Regionals, placing fourth in the Final C... posted a win over Kansas State in the 2N8+ at the Longhorn Invitational in

days two and three... placed second in both races at the Big Ten Challenge in 2N8+... earned a bronze medal, placing third in the Grand Final at the Big Ten Championships in the 2N8+... sat in the seven seat in each 2N8+ race.

**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.



## Anna Kolden

**Sophomore**  
**Madison, Wisconsin**  
**West High School**

**2007-2008...** Novice member... named Iowa novice of the year... member of the N8+ for each race in the spring season... posted a win over Kansas State in the Longhorn Invitational... contributed to the Hawkeyes first place team finish at the George Washington

Invitational with two wins against Navy... posted first place finishes against Indiana and Ohio State in the Big Ten Challenge... earned a first place finish in the Petite Final at the Big Ten Championships... placed fourth in the Petite Finals at the South-Central Regionals... coxed each race this season.

**Before Iowa...** Member of Camp Randall Rowing Club from 2003-07... voted most inspirational varsity member in 2005... team captain 2006-07... National Honor Society member.

**Personal...** Born November 3, 1988... daughter of Greg and Laura Kolden... elementary education major.



## Caitlin Kuempel

Sophomore  
Cedar Rapids, Iowa  
Linn-Mar High School

**2007-2008...** Novice member... member of the N8+ for each race in the spring season... posted a win over Kansas State in the Longhorn Invitational... contributed to the Hawkeyes' first place team finish at the George Washington Invitational with two

wins against Navy... posted first place finishes against Indiana and Ohio State in the Big Ten Challenge... earned a first place finish in the Petite Final at the Big Ten Championships... placed fourth in the Petite Finals at the South-Central Regionals...stroked in the two seat each race this season.

**Before Iowa...** Varsity letterwinner in swimming and basketball... three-time swimming state qualifier... state basketball champs junior year... member of student council... National Honor Society member.

**Personal...** Born November 18, 1988... daughter of Dan and Deena Kuempel... pre-medicine major.



## Emily Melvold

Sophomore  
Maquoketa, Iowa  
Maquoketa High School

**2007-2008...** Novice member... competed in every 2N8+ race in the spring season... coxed at the Longhorn Invitational contributing to a win over Kansas State... placed second in both races at the Big Ten Challenge... member of 2N8+ boat that placed

third in the Grand Final at the Big Ten Championships winning the bronze medal... sat in the six seat each race this season for the 2N8+... coxed for the Open 4+ race in South-Central Regionals placing fourth in the C final.

**Before Iowa...** Member of cheerleading squad.

**Personal...** Born October 6, 1988, daughter of Robert and Beth Melvold... journalism and Spanish majors.



## Brin McAnally

Sophomore  
Downers Grove, Illinois  
Downers Grove North High School

**2007-2008...** Novice member... member of the N8+ for each race in the spring season... posted a win over Kansas State in the Longhorn Invitational... contributed to the Hawkeyes first place team finish at the George Washington Invitational with two

wins against Navy... posted first place finishes against Indiana and Ohio State in the Big Ten Challenge... earned a first place finish in the Petite Final at the Big Ten Championships... placed fourth in the Petite Finals at the South-Central Regionals...stroked in the five seat each race this season.

**Before Iowa...** Four-year letterwinner in cross country... team captain as a senior... two-time letterwinner in track and soccer... National Honor Society member.

**Personal...** Born April 2, 1989... daughter of John and Abby McAnally... nursing major.



## Haylie Miller

Sophomore  
Leaf River, Illinois  
Byron High School

**2007-2008...** Member of the V4+ for the spring season... posted a win over Duke at the Longhorn Invitational... placed first over Indiana at the Big Ten Challenge... placed third in the Petite Finals at the Big Ten Championships...posted a first place finish

in Final C at the South-Central Regionals.

**Before Iowa...** Four-year letterwinner in softball... all-conference team member and captain... two-time letterwinner in volleyball and basketball... student council member... National Honor Society member.

**Personal...** Born November 18, 1988... daughter of Brad and Carla Miller... sisters Hannah and Heidie are teammates on the rowing team... psychology major.





## Heidie Miller

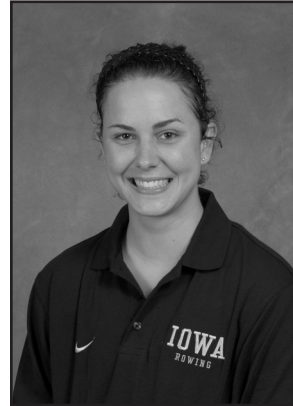
Sophomore  
Leaf River, Illinois  
Byron High School

**2007-2008...** Member of the 2V8+ boat at the Longhorn Invitational that posted a win against Kansas State... member of the V4+ in the Big Ten Challenge that posted a win over Indiana... stroked in seat three for the V4+ in the Big Ten Championships that

placed third in the petite final... sat in seat one for the V4+ in South-Central Regionals.

**Before Iowa...** Four-year letterwinner in softball... all-conference member... three-year volleyball letterwinner... two-time letterwinner in basketball... letterwinner in golf... student council secretary... National Honor Society member.

**Personal...** Born November 18, 1988... daughter of Brad and Carla Miller... sisters Hannah and Haylie are teammates on the rowing team... open major.



## Katie Radasevich

Sophomore  
Naperville, Illinois  
Benet Academy

**2007-2008...** Member of the N8+ for each race in the spring season... posted a win over Kansas State in the Longhorn Invitational... contributed to the Hawkeyes first place team finish at the George Washington Invitational with two wins against

Navy... posted first place finishes against Indiana and Ohio State in the Big Ten Challenge... earned a first place finish in the Petite Final at the Big Ten Championships... placed fourth in the Petite Finals at the South-Central Regionals.

**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 Eileen and Robert Radasevich... speech and hearing sciences major.



## Jess Novack

Sophomore  
Fort Wayne, IN  
Carroll High School

**2007-2008...** Novice member... member of the N8+ for each race in the spring season... posted a win over Kansas State in the Longhorn Invitational... contributed to the Hawkeyes first place team finish at the George Washington Invitational with two

wins against Navy... posted first place finishes against Indiana and Ohio State in the Big Ten Challenge... earned a first place finish in the Petite Final at the Big Ten Championships... placed fourth in the Petite Finals at the South-Central Regionals... sat in the seven seat in each race.

**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.



## Allison Robinson

Sophomore  
Bettendorf, Iowa  
Bettendorf High School

**2007-2008...** Member of the N8+ for each race in the spring season... posted a win over Kansas State in the Longhorn Invitational... contributed to the Hawkeyes' first place team finish at the George Washington Invitational with two wins against

Navy... posted first place finishes against Indiana and Ohio State in the Big Ten Challenge... earned a first place finish in the Petite Final at the Big Ten Championships... placed fourth in the Petite Finals at the South-Central Regionals.

**Before Iowa...** Three-year letterwinner and co-captain in swimming... member of highest honor roll.

**Personal...** Born November 9, 1988... daughter of Ron and Kris Robinson... chemical engineering major.



**Amy Smith**  
**Senior**  
 Iowa City, Iowa  
 Lone Tree High School

**2007-2008...** Novice member... competed in every 2N8+ race in the spring season... coxed at the Longhorn Invitational contributing to a win over Kansas State... placed second in both races at the Big Ten Challenge... member of 2N8+ boat that placed

third in the Grand Final at the Big Ten Championships winning the bronze medal... sat in the six seat each race this season for the 2N8+... stroked in the three seat for the V4+ race in South-Central Regionals placing fourth in the C final.

**Personal...** Born September 25 1986... daughter of Mary and Dean Smith... communication studies major.



**Christine Allingham**  
**Freshman**  
 Athens, Ontario, Canada  
 Brockville CI High School

**Before Iowa...** Member of the Brockville Rowing Club for four years... member of the senior women 4+ Gold Canadian Schoolboy in 2006 and 2008... participated in the Gold CANAMEX 2006 women's 8+... participated in the Silver Senior Women 8+ in

2006... member of women's hockey team... Ontario Scholar.

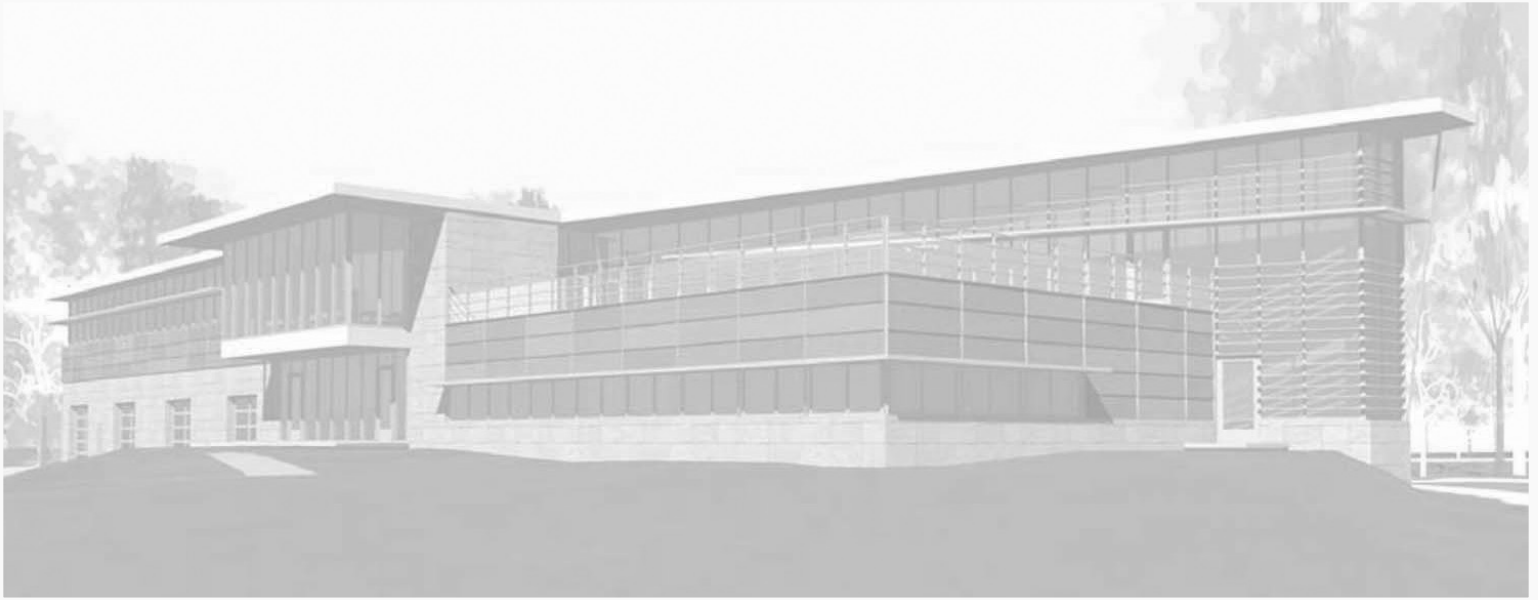
**Personal...** Born July 24, 1990... daughter of Michelle and Robert Allingham... open major.





## University of Iowa Boathouse

### The Future Home of Iowa Rowing

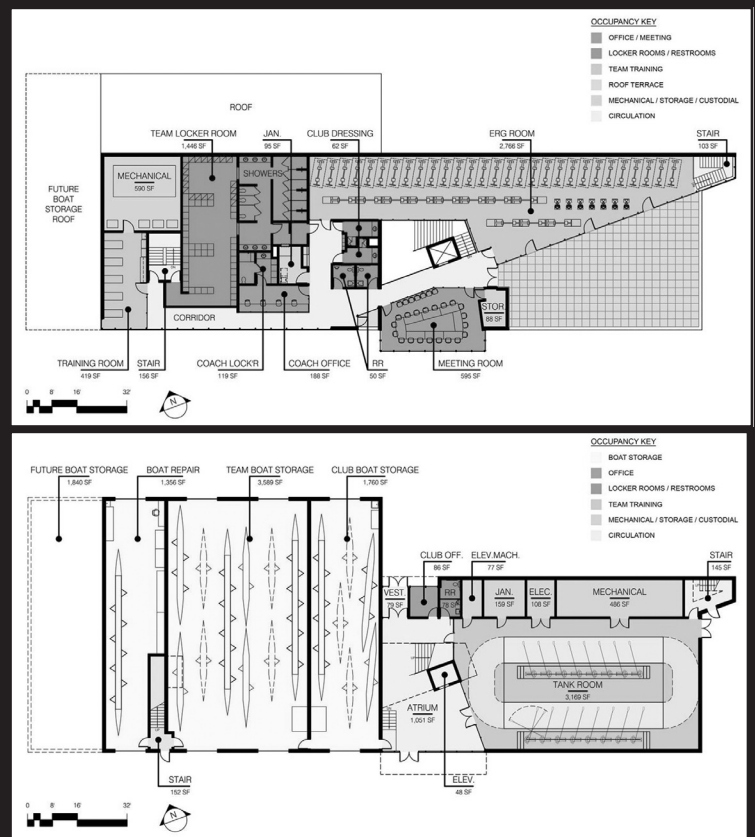


### P. Sue Beckwith, M.D., Boathouse

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 took place on March 12, 2008.



### The Longhorn Invitational Austin, TX - March 21-23, 2008

The Hawkeyes traveled to Austin, TX, for the annual Longhorn Invitational. Over the three days of competition, Iowa faced Texas, Central Florida, Kansas State, Wisconsin and Duke in both Novice and Varsity action and took first place in eight different races. During the first day of competition, the Hawkeyes came close in the opening 2N8+ race, finishing just behind Texas with a time of 7:52.8. The V4+ and V8+ proved to be the other close races of the day for Iowa. Showing improvement in day two, The Hawkeyes ended the first session very strong, placing first over a strong Central Florida crew in the V8+ race, with a time of 6:41.0. The Hawkeyes stayed focused for the afternoon session, posting wins against Duke in the V4+ and the V8+, and Kansas State in the 2N8+. Day three held four races against Kansas State for Iowa in the morning session, including the 2N8+, N8+, 2V8+, and V8+. The Hawkeyes dominated the 2N8+ race, winning with a final score of 7:32.2 to 8:20.4.

<u>Day One</u>	<u>Session Two</u>
<b>V8+</b>	<b>2N8+</b>
1. Texas ..... 7:02.0	1. IOWA ..... 7:21.3
2. IOWA ..... 7:07.0	2. Kansas St. .... 8:02.7
<b>2V8+</b>	1VLW8/1N8+
1. Texas ..... 7:25.2	1. Wisconsin ..... 7:19.1
2. IOWA ..... 7:37.0	2. IOWA ..... 7:33.5
<b>V4+</b>	<b>1V4+</b>
1. Texas ..... 8:13.0	1. IOWA ..... 8:19.0
2. IOWA ..... 8:18.1	2. Duke ..... 8:26.7
<b>N8+</b>	<b>2V8+</b>
1. Texas ..... 7:36.8	1. Duke ..... 7:21.9
2. IOWA ..... 7:48.7	2. IOWA ..... 7:24.7
<b>2N8+</b>	<b>1V8+</b>
1. Texas ..... 7:50.0	1. IOWA ..... 7:05.1
2. IOWA ..... 7:52.8	2. Duke ..... 7:18.0

<u>Day Two</u>	<u>Day Three</u>
<b>1N8+</b>	<b>2N8+</b>
1. Central Florida ..... 7:08.0	1. IOWA ..... 7:32.2
2. IOWA ..... 7:13.0	2. Kansas State ..... 8:20.4
<b>1V4+</b>	<b>1N8+</b>
1. Central Florida ..... 7:54.0	1. IOWA ..... 7:21.3
2. IOWA ..... 8:04.0	2. Kansas State ..... 7:39.6
<b>2V8+</b>	<b>2V8+</b>
1. Central Florida ..... 6:54.0	1. IOWA ..... 7:05.9
2. IOWA ..... 7:11.0	2. Kansas State ..... 7:07.6
<b>1V8+</b>	<b>1V8+</b>
1. IOWA ..... 6:41.0	1. IOWA ..... 6:45.8
2. Central Florida ..... 6:45.0	2. Kansas State ..... 7:04.4

### George Washington Invitational Washington D.C. -- April 11-12, 2008

The University of Iowa women's rowing team won the 2008 Howard W. Wilkins Bowl for having the highest women's point total with 108 in the 41st annual George Washington Invitational. The Hawkeyes posted two wins, against Navy and George Washington, during the first day of competition. Iowa placed first in the N8+ with a final time of 6:58.8 over Navy. Varsity came out strong again, posting a big victory against George Washington in the V8+, with a time of 6:43.9. Iowa came close in the 2V8+, falling to Navy with a time of 7:02.6. Iowa finished day two of competition strong, with both the N8+ and V8+ going undefeated overall. Overall the team had seven victories out of nine races.

<u>Day One</u>	<u>Day Two</u>
<b>N8+</b>	<b>N8+</b>
1. IOWA ..... 6:58.8	1. IOWA ..... 6:52.5
2. Navy ..... 7:06.4	2. GW ..... 7:18.4
<b>2V8+</b>	<b>2V8+</b>
1. Navy ..... 6:57.1	1. IOWA ..... 6:40.0
2. IOWA ..... 7:02.6	2. GW ..... 7:02.4
<b>V8+</b>	<b>V8+</b>
1. IOWA ..... 6:43.9	1. IOWA ..... 6:19.1
2. GW ..... 7:04.4	2. Navy ..... 6:21.7
	3. St. Josephs ..... 6:36.4



2008 Hawkeyes holding Howard W. Wilkins Bowl.



Coaches holding 2008 Howard W. Wilkins Bowl.



### Big Ten Challenge

Columbus, OH -- April 19, 2008

The Hawkeyes traveled to Columbus, OH to compete in the 2008 Big Ten Challenge against conference rivals Ohio State, Wisconsin and Indiana. Iowa took home four first place finishes in Saturday's action. In the morning session, Iowa started off strong in the V8+, placing first over Indiana (6:59.0) in a time of 6:54.9. Iowa finished on top two more times over Indiana, in the V4+ and the N8+. Harsh winds and rains picked up in the afternoon session, but the Hawkeyes persevered in the N8+ once again finishing over Ohio State 7:49.5 to 7:53.2.

#### A.M. Session

<b>1V8+</b>	
1. IOWA.....	6:54.9
2. Indiana.....	6:59.0
<b>2V8+</b>	
1. Indiana.....	7:12.2
2. IOWA.....	7:16.8
<b>1V4+</b>	
1. IOWA.....	8:19.2
2. Indiana.....	8:22.3
<b>1N8+</b>	
1. IOWA.....	7:18.1
2. Indiana.....	7:26.6
<b>2N8+</b>	
1. Wisconsin.....	7:11.4
2. IOWA.....	7:17.9
3. Ohio State.....	7:27.9

#### P.M. Session

<b>1V8+</b>	
1. Ohio State.....	6:54.9
2. IOWA.....	7:05.4
<b>2V8+</b>	
1. Ohio State.....	7:06.5
2. IOWA.....	7:28.7
<b>1V4+</b>	
1. Ohio State.....	8:05.3
2. IOWA.....	8:33.5
<b>1N8+</b>	
1. IOWA.....	7:49.5
2. Ohio State.....	7:53.2
<b>2N8+</b>	
1. Wisconsin.....	7:39.0
2. IOWA.....	7:46.4
3. Ohio State.....	8:02.6



### Big Ten Championships

Ann Arbor, MI -- May 3, 2008

Iowa placed sixth in team scoring at the Big Ten Championships on Belleville Lake. The Hawkeyes qualified in one of the six grand finals, while the other five qualified for the petite finals. Iowa won the N8+ petite final finishing over Ohio State after Ohio State posted a faster time than Iowa in the morning sessions. Hawkeye boats placed second in the V8+ petite final, just behind Wisconsin. Iowa placed third in the 2V8+ (7:04.87), V4+ (8:18.01) and 2V4+ (9:16.51) petite finals. The lone Hawkeye medalist came in the 2N8+ grand final. Iowa beat out Michigan State for the bronze medal in the final second, finishing behind Wisconsin and Minnesota with a time of 7:21.32. Michigan State finished the Big Ten Championships with 150 total points, earning the Big Ten Championship title. Iowa placed sixth, ahead of Indiana, with a total point tally of 40.

#### V8+ Petite Final

1. Wisconsin ..... 6:40.52
2. **IOWA** ..... **6:46.43**
3. Indiana ..... 6:54.18

#### 2V8+ Petite Final

1. Michigan ..... 6:58.00
2. Indiana ..... 7:02.54
3. **IOWA** ..... **7:04.87**

#### V4+ Petite Final

1. Michigan ..... 7:58.88
2. Indiana ..... 8:11.13
3. **IOWA** ..... **8:18.01**

#### 2V4+ Petite Final

1. Ohio State ..... 8:14.20
2. Indiana ..... 8:33.90
3. **IOWA** ..... **9:16.51**

#### N8+ Petite Final

1. **IOWA** ..... **7:17.39**
2. Ohio State ..... 7:21.06

#### 2N8+ Grand Final

1. Wisconsin ..... 7:13.90
2. Minnesota ..... 7:14.55
3. **IOWA** ..... **7:21.32**
4. Michigan State ..... 7:21.59

#### Team Scoring

1. Michigan State ..... 150
2. Wisconsin ..... 114
3. Ohio State ..... 112
4. Minnesota ..... 104
5. Michigan ..... 90
6. **IOWA** ..... **40**
7. Indiana ..... 31

### Aramark South/Central Sprints

Oarkridge, TN -- May 17-18, 2008

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. The Hawkeyes placed 11th overall in the team standings and seventh in the Central Region standings with 202 points. Iowa placed first in both the 2V8+ and V4+ C Finals. The Hawkeyes beat out Kansas State (7:08.06) for the win in the 2V8+ with a final time of 7:06.60. During the V4+ race, Iowa placed first over Kansas (8:04.61) with a winning time of 8:00.40. In the V8+ Petite Finals, the Hawkeyes took home fourth place, with a final time of 6:55.30. Iowa also placed fourth in the N8+ and open 4+ races, with final times of 7:24.90 and 8:21.60 respectively.

#### Day One

##### Open 4+

##### Heat 3

1. Wisconsin ..... 7:38.80
2. Notre Dame "A" ..... 7:44.90
3. Clemson ..... 7:56.28
4. UCF ..... 8:10.23
5. Kansas ..... 8:14.80
6. **IOWA** ..... **8:19.900**

##### N8+

##### Heat 2

1. Wisconsin ..... 6:48.70
2. Ohio State ..... 7:04.71
3. Notre Dame ..... 7:05.32
4. **IOWA** ..... **7:11.37**
5. Michigan State ..... 7:11.83
6. North Carolina "B" ..... 7:23.99
7. Texas ..... 7:27.70

##### Semifinals

1. Clemson ..... 7:12.90
2. Ohio State ..... 7:13.98
3. **IOWA** ..... **7:22.47**
4. Michigan ..... 7:23.01
5. Kansas State ..... 7:31.68
6. North Carolina "B" ..... 7:36.69

##### V4+

##### Heat 1

1. Michigan State ..... 7:26.00
2. Michigan ..... 7:31.19
3. Tennessee ..... 7:37.52
4. **IOWA** ..... **7:44.52**
5. North Carolina ..... 8:02.83

##### 2V8+

##### Heat 3

1. Michigan State ..... 6:49.50
2. Notre Dame ..... 6:51.56

3. UCF ..... 6:54.83

4. **IOWA** ..... **6:59.64**

5. Miami ..... 7:13.31

##### Semifinals

1. **IOWA** ..... **7:16.00**
2. Kansas ..... 7:17.54
3. Duke ..... 7:18.37
4. SMU ..... 7:25.73
5. Eastern Michigan ..... 7:54.91

##### V8+

##### Heat 3

1. Tennessee ..... 6:38.10
2. Notre Dame ..... 6:43.32
3. **IOWA** ..... **6:47.31**
4. Duke ..... 6:53.59
5. North Carolina ..... 7:06.21
6. Eastern Michigan ..... 7:11.44

##### Semifinals

1. Michigan ..... 6:36.10
2. Michigan State ..... 6:36.65
3. Wisconsin ..... 6:38.05
4. Notre Dame ..... 6:40.65
5. Louisville ..... 6:51.35
6. **IOWA** ..... **7:01.95**

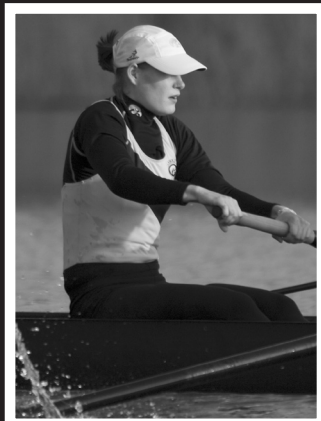
##### Day Two

##### V8+

##### Petite Final

1. Ohio State ..... 6:46.90
2. Notre Dame ..... 6:47.70
3. Minnesota ..... 6:52.30
4. **IOWA** ..... **6:54.80**
5. Louisville ..... 6:56.50
6. Texas ..... 7:04.10





### Head of the Rock Rockford, IL -- October 12, 2008

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 ten in each event. In the women's collegiate Championships Eights, Iowa's first Varsity Eight placed second with a time of 16:16.40 behind Big Ten foe Wisconsin with the highest placing for the Hawkeyes. The second Varsity Eight finished 13th with a time of 17:13.42. Iowa's first Varsity Four (18:23.65) and second Varsity Four (18:32.59) placed ninth and eleventh, respectively, in the collegiate championship fours. Iowa's top open pairs boat placed seventh with a time of 18:25.35.

#### Women's Collegiate Championship Eights (Top 5 + Iowa)

1. Wisconsin.....	15:51.43
2. <b>IOWA-A</b> .....	<b>16:16.40</b>
3. Wisconsin.....	16:19.07
4. Minnesota .....	16:24.17
5. Notre Dame.....	16:37.47
13. <b>IOWA-B</b> .....	<b>17:13.42</b>
15. <b>IOWA-C</b> .....	<b>17:49.81</b>

#### Women's Collegiate Championship Fours (Top 3 + Iowa)

1. Minnesota .....	17:20.65
2. Wisconsin.....	17:26.60
3. Wisconsin.....	17:38.06
9. <b>IOWA-D</b> .....	<b>18:23.65</b>
11. <b>IOWA-A</b> .....	<b>18:27.34</b>
12. <b>IOWA-B</b> .....	<b>18:32.59</b>
13. <b>IOWA-C</b> .....	<b>18:37.09</b>

#### Women's Collegiate Pairs (Top 3 + Iowa)

1. Wisconsin.....	17:53.59
2. Wisconsin.....	18:04.31
3. Wisconsin.....	18:04.44
7. <b>IOWA-A</b> .....	<b>18:25.35</b>
9. <b>IOWA-E</b> .....	<b>18:39.42</b>
11. <b>IOWA-C</b> .....	<b>18:49.74</b>
15. <b>IOWA-F</b> .....	<b>19:02.21</b>
18. <b>IOWA-D</b> .....	<b>19:04.97</b>
20. <b>IOWA-B</b> .....	<b>19:11.29</b>

<b>2V8+</b>	
<b>C Final</b>	
1. <b>IOWA</b> .....	<b>7:06.60</b>
2. Kansas State .....	7:08.80
3. Indiana .....	7:12.40
4. Kansas .....	7:14.00
5. Miami .....	7:14.40
6. Duke .....	7:20.20
<b>V4+</b>	
<b>C Final</b>	
1. <b>IOWA</b> .....	<b>8:00.40</b>
2. Kansas .....	8:04.40
3. Indiana .....	8:07.70
4. North Carolina .....	8:15.00
5. Kansas .....	8:04.40
6. SMU .....	8:30.60
7. Eastern Michigan .....	8:49.40

<b>N8+</b>	
<b>Petite Final</b>	
1. Michigan State .....	7:18.60
2. Michigan .....	7:19.70
3. North Carolina `A` .....	7:19.90
4. <b>IOWA</b> .....	<b>7:24.90</b>
5. Kansas .....	7:26.60
6. Kansas State .....	7:37.50
<b>Open 4+</b>	
<b>C Final</b>	
1. Tennessee `A` .....	8:06.20
2. Louisville .....	8:12.30
3. Miami .....	8:19.20
4. <b>IOWA</b> .....	<b>8:21.60</b>
5. Kansas .....	8:23.00
6. Tennessee `B` .....	9:18.00



# IOWA ROWING

## 2008 Fall Season Review & Results

### Southland Regatta

Calumet Park, IL -- November 2, 2008

Iowa's V8+ qualified with an impressive seventh place and a time of 16:52.64. The most notable finish for the Hawkeyes came from 2V8+. In a time of 17:11.54, their 10th place finish improved on last year's by 14 spots and qualified them for the finals as well. In their first outing of the year, both novice boats finished in the top 15.

#### Women's Varsity Eights Qualifier (4k)

(Top 3 + Iowa)

1. Virginia.....	16:16.72
2. Michigan State.....	16:18.64
3. Wisconsin.....	16:24.64
7. IOWA-A.....	16:52.64
10. IOWA-B.....	17:11.54
21. IOWA-C.....	18:00.43

#### Women's Varsity Eights Final (2k)

(Top 3 + Iowa)

1. Michigan State.....	6:46.50
2. Virginia.....	6:48.60
3. Wisconsin.....	6:49.40
6. IOWA-A.....	6:58.10
10. IOWA-B.....	7:08.80

#### Women's Novice Eights

(Top 3 + Iowa)

1. Wisconsin.....	17:33.48
2. Michigan State.....	18:14.19
3. Wisconsin.....	18:31.38
7. IOWA-A.....	19:09.12
14. IOWA-B.....	20:13.55



### Rivanna Romp

Charlottesville, VA -- November 16, 2008

Iowa placed three boats in the top-20 for their last fall competition for the Varsity Eights. V8+ placed eighth in a time of 13:53.30, while 2V8+ finished 15th in a time of 14:20.15. Competition continued with Varsity Fours, with Iowa placing two boats in the top-15. V4+ (15:51.83) and 2V4+ (15:55.45) finished 14th and 15th respectively. V2 finished fourth, in a time of 17:13.18. Boat-B finished in an impressive fifth place in a time of 17:24.86.

#### Women's Varsity Eights

(Top 3 + Iowa)

1. Virginia-A.....	13:06.55
2. Ohio State-A.....	13:10.39
3. Virginia-B.....	13:30.07
8. IOWA-A.....	13:53.30
15. IOWA-B.....	14:20.15
17. IOWA-C.....	14:28.90

#### Women's Varsity Fours

(Top 3 + Iowa)

1. Virginia-A.....	14:48.46
2. Ohio State-A.....	15:10.67
3. Miami-A.....	15:15.47
14. IOWA-A.....	15:51.83
15. IOWA-B.....	15:55.45

#### Women's Varsity Pairs

(Top 3 + Iowa)

1. Tennessee-A.....	16:49.06
2. Duke-A.....	16:51.68
3. Virginia-A.....	16:52.76
4. IOWA-A.....	17:13.18
5. IOWA-B.....	17:24.86
8. IOWA-E.....	17:51.46
9. IOWA-C.....	18:17.12
11. IOWA-D.....	18:35.61





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	2005	Marije Van Amersfoort
2000	Evonne Butikofer	2006	Lydia McGee
2001	Katie Garrels	2007	Kristin Kelly
2002	Melissa Schink		Janelle Cross
2003	Michelle Trannel	2008	Megan Erickson
2004	Kate Ramundt		



Megan Erickson

### Heart

1999	Meghan Martin	2004	Michelle Trannel
2000	Meghan Martin	2005	Michelle Trannel
2001	Meghan Martin	2006	Lydia McGee
2002	Katy Kass	2007	Megan Conner
2003	Katy Kass	2008	Sheila Rinozzi



Sheila Rinozzi

### Attitude

1999	Alissa Burmeister	2004	Allison Frederick
2000	Annie Obrecht	2005	Alyssa Langerud
2001	Rachel Conybeare	2006	Janelle Cross
2002	Rachael Sztelle	2007	Janelle Cross
2003	Emily Vail	2008	Hannah Miller



Hannah Miller

### Maturity

1999	Kristen Krahulik	2004	Kathleen Lehman
2000	Laurie Geers	2005	Nikki Stob
2001	Evonne Butikofer	2006	Lydia McGee
2002	Julia Kirkham	2007	Jessie Reid
2003	Natalie Moretz	2008	Brittany Keyes
			Melissa Wordelman



Brittany Keyes



Melissa Wordelman





### Perserverance

1999	Amy Stout	2004	Emily Wagstrom
2000	Leah Bontrager	2005	Emily Wagstrom
2001	Danelle Loebaka	2006	Sophie Nelson
	Leah Bontrager	2007	Emily Lewis
2002	Katie Hauck	2008	Amelia Lammers
2003	Katie Hauck		



Amelia Lammers

### Integrity

1999	Lisa Deimerly	2005	Nikki Strob
2000	Amy Stout	2006	Megan Conner
2001	Sheila Shippy		Brittany Keyes
2002	Evonne Butikofer	2007	Brittany Keyes
2003	Evonne Butikofer	2008	Melissa Wordelman
2004	Kathleen Lehman		



Melissa Wordelman

### Optimism

1999	Erika Twedt	2004	Sheena Williams
2000	Sheila Shippy	2005	Carly Krug
2001	Alissa Burmeister	2006	Alyssa Langerud
2002	Sheena Williams	2007	Hannah Miller
2003	Dorian Piehl	2008	Katie Ouellette



Katie Ouellette

### Nobility

1999	Erika Twedt	2004	Sophia Neilsen
2000	Carinne Hamant	2005	Michelle Trannel
2001	Evonne Butikofer	2006	Carolyn O'Meara
2002	Natalie Moretz	2007	Melissa Wordelman
2003	Natalie Moretz	2008	Dani Harris
	Evonne Butikofer		



Dani Harris

### Squads

1999	Carolyn Bremer	2004	Katie Moe
2000	Rachel Conybeare		Emily Wagstrom
2001	Rachel Conybeare	2005	Emily Wagstrom
2002	Tiffany Tiberi	2006	Carolyn O'Meara
2003	Tiffany Tiberi	2007	Carolyn O'Meara
		2008	Brittany Keyes



Brittany Keyes

# 2009 Senior Class

Over the past four years, these student-athletes have pushed themselves and the Iowa rowing team into the next level in both the athletic and academic spheres. They helped make Iowa rowing an aggressive competitor among the nations top collegiate rowing programs. This senior class is looking forward to the memories of their last season as Hawkeyes, and hope to bring even more success to the University of Iowa.

## Katelyn Davy-Traynor



*"I'll miss the synchronicity and close knit group that we are. I'll miss that special feeling you get when you're in a really amazing boat, when there's perfect balance and harmony...even if it is only for one stroke. I'll miss the all-expense paid trips we go on. I'll miss everything that is rowing."*

### TOP ACHIEVEMENTS

- Getting better grades in college than in high school
- Going to Iowa for rowing
- Learning who I am and how to deal with tough situations
- Learning how to be independent
- Having great friends!

## Romy Post



*"I remember my freshman year coming to the team and being so overwhelmed by the amount of work and intensity this team required and demanded of me. Now looking back, I see how much I, as well as the other recruited seniors, went through and how those experiences have changed us and made us grow into smart and adult young people. I am so glad that I decided to take on this challenge and that the other people in my class have as well, because rowing would not have been this much fun and amazing without them!"*

### TOP ACHIEVEMENTS

- Learning how to study and do well in high school and graduating
- Making the decision to be a Division I athlete
- Finding a major I enjoy rather than one that will make me money after college
- Improving as a rower and growing into a well balanced person as a result

## Hannah Miller

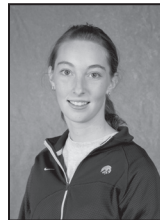


*"I have learned so much about time management! I never thought I would be waking up at 5 a.m. going to practice, then going to school and studying. I will also have so many memories and experiences to share with my family and friends. I am a better person for it."*

### TOP ACHIEVEMENTS

- Making the Dean's List
- Beating UCF in Texas
- Getting the Athletic-Academic Award, and being honored at Carver
- Getting on the 2K Top Ten List!
- Making the V8 my sophomore and junior years

## Sheila Shedden



*"Rowing has definitely given me skills that I will be able to use in the future. It is a sport where being diligent to your work and time management is important. To be successful in rowing, you need to go down to the course everyday and stay positive. Also you definitely need to be able to manage your time."*

### TOP ACHIEVEMENTS

- Becoming a Hawkeye
- Being accepted to the U23 women's world rowing training camp
- Racing for Canada in the 2005 CanAmMex competition
- Winning the Triple Crown of rowing with my high school team



### Kristin Kelly



"I'll miss all of the great friends and teammates I've made here. They have been such a big part of my life for four years. We are always together and are always there for each other. It's wierd to think that come graduation, I won't see them everyday, but I have no doubt that we will stay in touch. It's great to have met people from all over different parts of the U.S., but also Australia, Belgium and parts of my own country (Canada) who I never would have met without having come to Iowa and been apart of this experience."

#### TOP ACHIEVEMENTS

- Representing Canada at the 2005 Junior National Rowing Championships
- Getting the opportunity to be a part of collegiate rowing at Iowa on scholarship

### Stacy Dettmann



"Rowing has taught me a lot about teamwork and going for goals. You have to have determination to succeed in a sport, as well as in life."

#### TOP ACHIEVEMENTS

- Graduating high school
- Getting into college
- Having friends and my family's support in what I do
- Being an Iowa Hawkeye!
- Getting to spend my college experience as a Division I athlete

### Melissa Wordelman

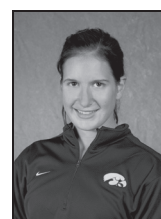


"When I think about going to grad school or even getting a job in the future, I have no doubt that I can get through it all. While my non-rowing friends seem worried about the challenges of getting another degree or working full-time, I feel that I've already faced those types of challenges through rowing. It's a very empowering feeling."

#### TOP ACHIEVEMENTS

- Getting into college
- Improving my grades from high school to college
- Deciding to row in college and sticking with it
- Teaching myself and others to dance at a professional level

### Laura Kanaris



"I will definetly miss my teammates. The friendships you build from rowing are like none other. You win and lose with them in rowing, and you go through both the good and bad times in your personal life with them. Without sounding cliché, they really do become your family."

#### TOP ACHIEVEMENTS

- Placing sixth in Australia in the Jr. women's single scull in 2005
- Being a member of the Iowa women's Varsity 8+ for the past two years
- (It hasn't happened yet, but graduating college will be one of them!)





### 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

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

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

### Verizon Academic All-District VII

Katie Garrels.....2001

### 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  
 Brittany Keyes.....2008

### All-Big Ten Second Team

Michelle Trannel.....2003-04  
 Nikki Stob.....2005  
 Kristen Kelly.....2006  
 Janelle Cross.....2007  
**Kristin Kelly.....2008**

\*Current athletes bolded



## Academic All-Big Ten

<b>Annette Allard</b> .....	<b>2008</b>
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
<b>Katelyn Davy-Traynor</b> .....	<b>2008</b>
<b>Stacy Dettman</b> .....	<b>2007</b>
Anneke Diem.....	2002-03
Allison Edwards.....	2003
Erin Effmann.....	2001
Natalie Embach.....	2007
<b>Megan Erickson</b> .....	<b>2008</b>
Allison Frederick.....	2003-04
Michelle Ganske.....	2003
Katie Garrels.....	2001
Jessica Goetz.....	2001-03
<b>Danielle Harris</b> .....	<b>2008</b>
Katie Hauck.....	2001-03
Karen Jendrzejewski.....	2002
Emily Joynt.....	2006
<b>Emily Katalinich</b> .....	<b>2008</b>
<b>Kristin Kelly</b> .....	<b>2007-08</b>
Rachel Kelly.....	2001
Brittany Keyes.....	2006-08
Julia Kirkham.....	2003
Alyssa Langerud.....	2006
Kathleen Lehman.....	2003-04
Emily Lewis.....	2005-07
Jennifer Lewis.....	2003
<b>Molly Lynch</b> .....	<b>2008</b>
Megan Manijak.....	2002-04
Meghan Martin.....	2001
<b>Hannah Miller</b> .....	<b>2008</b>
Katie Moe.....	2003-04
Natalie Moretz.....	2001, 2003
Kateri Nelis.....	2004
Sophie Nielsen.....	2005-07
Carolyn O'Meara.....	2005-07
<b>Katie Ouellette</b> .....	<b>2008</b>
Dorian Piehl.....	2001-03
<b>Romy Post</b> .....	<b>2007</b>
Jessica Reid.....	2005-07
<b>Sheila Rinozzi</b> .....	<b>2008</b>
Vanessa Sheehan.....	2003-05
Sheila Shippy.....	2001

Jamie Siers.....	2006
<b>Courtney Spears</b> .....	<b>2008</b>
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
<b>Emily Vinson</b> .....	<b>2008</b>
Emily Wagstrom.....	2003-05
<b>Melissa Wordelman</b> .....	<b>2007-08</b>

## 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
<b>Kristin Kelly</b> .....	<b>2007</b>
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
<b>Shelia Rinozzi</b> .....	<b>2007</b>
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
<b>Katelyn Davy-Traynor</b> .....	<b>2006-07</b>
Amanda Uthe.....	2003
Emily Vail.....	2002-05
Emily Wagstrom.....	2002-05
Anne West.....	1995-98
<b>Melissa Wordelman</b> .....	<b>2005-07</b>
Marije Van Amersfoort.....	2005

\*Current athletes bolded





# Big Ten Boat of the Week



**Varsity Eight - April 6, 2000**

Angela Leone  
 Erin Strang  
 Erin Martin  
 Amy Stout  
 Kathryn Garrels  
 Laurie Geers  
 Katie Hurlbut  
 Rachel Conybeare  
 Lisa Deimerly

**Varsity Eight - March 25, 2002**

Carinne Hamant  
 Julia Kirkham  
 Megan Manijak  
 Jen Lewis  
 Leslie Stach  
 Katy Kass  
 Melissa Schink  
 Katie Moe  
 Katherine Hauck

**Varsity Eight - March 24, 2003**

Natalie Moretz  
 Rachael Sztelle  
 Michelle Trannel  
 Jessica Goetz  
 Katie Moe  
 Megan Manijak  
 Katy Kass  
 Sarah Zulewski  
 Julia Kirkham

**Varsity Eight - April 10, 2007**

Lori Rehel  
 Jessica Reid  
 Megan Conner  
 Brittany Keyes  
 Hannah Miller  
 Janelle Cross  
 Melissa Wordelman  
 Laura Kanaris  
 Kristin Kelly

**Varsity Eight - April 4, 2001**

Carinne Hamant  
 Meghan Martin  
 Erin Strang  
 Katie Hurlbut  
 Jen Lewis  
 Kristen Krahulk  
 Katy Kass  
 Katie Garrels  
 Sarah Zulewski

**Varsity Four - March 22, 2004**

Sheena Williams  
 Allison Frederick  
 Sophie Nielsen  
 Kathleen Lehman  
 Katie Moe

**Varsity Eight- March 31, 2003**

Natalie Moretz  
 Rachael Sztelle  
 Michelle Trannel  
 Jessica Goetz  
 Katie Moe  
 Megan Manijak  
 Katy Kass  
 Sarah Zulewski  
 Julia Kirkham

**Varsity Eight- April 15, 2008**

Sheila Shedden  
 Laura Kanaris  
 Kristin Kelly  
 Hannah Miller  
 Romy Post  
 Katelyn Davy-Traynor  
 Megan Erickson  
 Clara Francios  
 Brittany Keyes



"I came to Iowa because it offered a lot of options, not to mention many strong educational programs. 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 Ten's. It's so much better than waking up to nothing."

**Annette Allard**  
Junior  
Pass Christian, MS



"I chose Iowa because when I came for my recruiting visit, the team, coaches and academic support were all very friendly and welcoming. I liked that Iowa City is small and made me feel like I was at home. I found campus very attractive and being able to row right on campus is awesome. I am also excited about the new boathouse. All of these things lead me to believe Iowa was for me and I am looking forward to being a part of Iowa Rowing.- Go HAWKS!"

**Christine Allingham**  
Freshman  
Athens, Ontario, Canada



"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**  
Senior  
Grand Rapids, MI



# IOWA ROWING GRADUATES



**Brittany Keyes**  
Stillman Valley, Illinois  
Stillman Valley High School

- ~ Named to first team all-Big Ten in 2008
- ~ Big Ten Sportsmanship Award in 2008
- ~ Squads and Maturity awards recipient in 2008
- ~ Two-time Integrity award (2006 & 2007)

**2008 Achievements...** Member of the V8+ that earned Big Ten Boat of the Week April 15 during the spring season... stroked in the eight seat of every race... helped Iowa to wins over UCF, Duke and Kansas State at the Longhorn Invitational... contributed to the Hawkeyes' first place team finish at the George Washington Invitational, with wins over George Washington, Navy and St. Josephs... posted a win against Indiana at the Big Ten Challenge... placed second in the Petite Finals at the Big Ten Championships... earned a fourth place finish in the Petite Finals at the South-Central Regionals

"Brittany put her heart and soul into being a Hawkeye both in rowing and in the classroom. She has great attributes; things you desire for your seniors and leaders to have. She was competitive, mature, passionate, and a very hard worker."

**-Coach Callen**

"Keyes has every characteristic and quality a coach would want to have on their team. She is a hard worker, honest, has great integrity, shows respect and concern for her teammates while able to still hold them accountable, communicates well with the coaching staff, is tough as nails and loves being a Hawkeye. I enjoyed not only working with Keyes, but seeing her develop during her four years as a Hawkeye. I will miss her presence, as well as her family's presence, on and around our team, yet am lucky knowing we will remain connected."

**-Coach Kowal**

## 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 Trannel 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.

Trannel 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 in his third year as the 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 two years 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 national Coach of the Year. Basketball experts from around the country are touting this as an outstanding hire.

During the past year Iowa's wrestling team returned to national prominence winning the NCAA title for the 21st time in school history. The Hawkeyes also won the Big Ten title in convincing fashion. The Iowa women's basketball team won a share of the Big Ten championship and qualified for the NCAA tourney. And, the Hawkeye field hockey unit won the Big Ten's tournament championship.

Several other initiatives have been set in motion during Barta's first two years at Iowa. An Athletic Department Strategic Plan has been launched, mapping out the vision and goals for the future. Ground has been broken for a new \$7 million boathouse for the rowing program. Construction is well underway on a new Campus Wellness and Recreation Center, which includes a first-class aquatic center. It will serve as the new home for the Hawkeye men and women's swimming teams. Carver-Hawkeye Arena is slated to undergo a \$47 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.

Barta earned his Bachelor of Science degree in Mass Communication and Broadcast Journalism from North Dakota State University in 1987. He was an option quarterback for Bison football squads that won the Division II NCAA national championship in 1983, 1985 and 1986.

Barta, and his wife, Connie, have a son, Luke (10) and a daughter, Madison (8). He was born September 4, 1963, in Minneapolis, MN.

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, the Russell and Ann Gerdin Athletic Learning Center and the Hawkeye Tennis and Recreation Center. Construction on the new Campus Recreation and Wellness Center has also begun and is scheduled for a summer, 2010 completion. Ground has also been broken on Iowa's \$7 million rowing boathouse.

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 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 76 academic All-America honors since 1992. The 2007-08 school year saw the University of Iowa produce 148 academic all-Big Ten athletes.

Iowa athletes have been recognized as all-



*The 2008 Iowa Hawkeye wrestling team won its 21st NCAA championship along with its 32nd Big Ten title. Iowa crowned two individual NCAA champions and six all-Americans.*

Americans in their sport on 238 occasions during the past 16 years.

During the 2007-08 athletic year, the Hawkeyes continued their trend of success on the playing fields and in academic pursuits.

The Hawkeye wrestling team claimed its 21st NCAA national championship and its 32nd Big Ten

title. Brent Metcalf won his first NCAA and Big Ten individual title at 149 pounds while senior Mark Perry also won his second-consecutive NCAA individual championship at 165 pounds. Metcalf won numerous individual awards, including the Hodge Trophy, given annually to the nation's most dominate wrestler. The Hawkeyes had six all-Americans while



*The 2007 Iowa field hockey team won its second-consecutive Big Ten Tournament championship and earned an automatic berth into the NCAA Tournament.*



**The 2007-08 Iowa women's basketball team won a share of the Big Ten regular season championship and received an at-large bid to the NCAA Tournament.**

head coach Tom Brands was named both Big Ten and national Coach of the Year.

The women's basketball team won a share of the Big Ten regular season championship. Iowa now has nine Big Ten regular season titles, the second-most among Big Ten schools. The

Hawkeyes received an at-large bid to its 17th NCAA Tournament and has advanced to post-season play seven of the eight years under Head Coach Lisa Bluder, who was named Big Ten and WBCA Region 6 Coach of the Year for the second time in eight years at Iowa. Kristi Smith was named second

team all-Big Ten and was honorable mention all-America. Johanna Solverson was third team all-Big Ten, Wendy Ausdemore was honorable mention and Megan Skouby was named Sixth Player of the Year.

Iowa's field hockey team won its second-consecutive Big Ten Tournament championship, earning an automatic bid into the NCAA Tournament. The Hawkeyes were ranked in the top 10 nationally during the entire season and had three players named all-America. Four players were named first team all-Big Ten, marking the most first team picks since 1996.

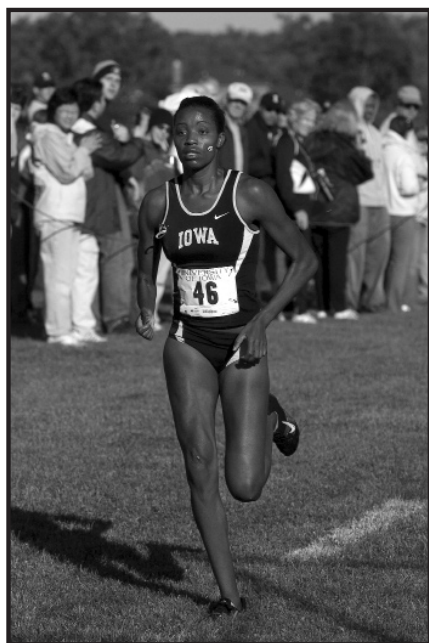
Head women's gymnastics coach Larissa Libby was named co-Big Ten Coach of the Year while Jenifer Simbhudas was a first team all-Big Ten selection. Assistant coaches Jeff Richards and Tayla Vexler were also named North Central Region Assistant Coaches of the Year.

The Hawkeye women's cross country team placed 10th at the NCAA Championships, highlighted by two strong individual performances. Both Diane Nukuri and Meghan Armstrong earned all-America status after placing fourth and 13th, respectively. Nukuri shattered the Big Ten championship record en route to a first place finish and was named the Big Ten Cross Country Athlete of the Year. Nukuri also won the Midwest Regional meet.

Head Coach Gayle Blevins and the Iowa softball team enjoyed trips to both the Big Ten Tournament and NCAA Regional championship game. The Hawkeyes hosted an NCAA Regional for the eighth time in school history and also had two first team all-Mideast Region selections. Colleen McGlaughlin was also one of 11 student-athletes in the nation to be named first team *ESPN the Magazine* Academic all-America.

In just the second year under Head Coach Ron Rainey, the Iowa women's soccer team qualified for the Big Ten Tournament for the first time since 2001. Iowa also had a six-match winning streak and an eight-match unbeaten streak, which are the longest in school history.

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



**Diane Nukuri was named the Big Ten Cross Country Athlete of the Year and also finished fourth at the NCAA Championships.**



**Colleen McGlaughlin was one of 11 softball student-athletes in the country to be named first team *ESPN the Magazine* Academic all-America.**

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.

The Learning Center features an auditorium that converts into two classrooms, separate study rooms for under and upper-class student-athletes with 28 study carrels, a computer lab, 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, 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.





*Located near Hillcrest residence hall, the Russell A. and Ann Gerdin Athletics Learning Center is easily assessable to Hawkeye athletes.*



*The Russell A. and Ann Gerdin Athletic Learning Center has plenty of places for Hawkeyes to study.*



*The Russell A. and Ann Gerdin Athletics Learning Center has large meeting rooms to accomodate student-athletes.*



*Hawkeye student-athltes can take advantage of a large computer lab in the Russell A. and Ann Gerdin Athletics Learning Center.*

***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.***

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

### Business

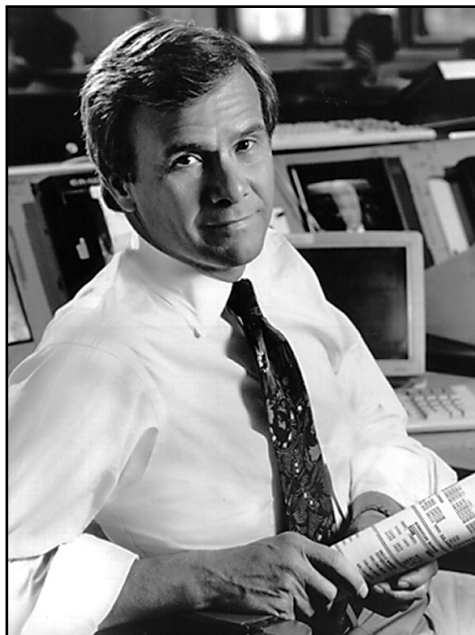
- Leland C. Adams**, Former president, Amoco Production Co.
- John J. Balles**, former president, Federal Reserve Bank of San Francisco
- Arthur A. Collins**, Founder, Collins Radio (Rockwell Collins)
- Kathleen A. Dore**, Executive vice president and general manager, Bravo Television Network & the Independent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

### 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

### Entertainment

- Diablo Cody**, Oscar Award winning writer of "Juno"
- Simon Estes**, International opera star
- John Falsey**, Executive producer of television's "Northern Exposure" & "I'll Fly Away"
- Al Jarreau**, Grammy Award-winning singer
- Mark Johnson**, Film producer and Oscar Award winner for *Rainman*
- Alex Karras**, former NFL All-Pro, Detroit Lions; actor, *Victor*, *Victoria*; *Blazing Saddles*; "Webster"
- Barry Kemp**, television producer, creator of the hit series "Coach"
- Dave Keuning**, guitarist, The Killers
- Shirley Rich Krohn**, Casting director for *Kramer vs Kramer*, *Three Days of the Condor*, *Taps*, *Saturday Night Fever*



Tom Brokaw, NBC News



Mark Shapiro, Former ESPN Vice-President

**Richard Maibaum**, Writer of James Bond motion picture scripts

**Brandon Routh**, Actor, *Superman Returns*

**Gene Wilder**, Actor, *Silver Streak*, *Young Frankenstein*, *Stir Crazy*

### Government

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

**Terry Branstad**, former Governor of Iowa

**General Charles A. Horner**, Architect of the US air war against Iraq during the Persian Gulf War/Desert Storm

**Mary Louise Smith**, noted political party leader and civil rights proponent

**Juanita Kidd Stout**, First black woman elected to a state Supreme Court

### Literature

**Mildred Wirt Benson**, Author of 23 Nancy Drew mysteries and first woman to receive master's degree in journalism at Iowa

**John Irving**, Writer, *The World According to Garp*, *The Cider House Rules*

**W.P. Kinsella**, Writer, *Shoeless Joe*

**Margaret Walker**, Writer, *Jubilee*

### Media

**Alan Abelson**, Editor, *Barron's*

**Tom Brokaw**, Former Anchorman, NBC News

**John Cochran**, Correspondent, ABC News

**Paul Conrad**, Political cartoonist and three-time winner of the Pulitzer Prize

Wayne Drehs, General Assignment Writer, ESPN.com

**George Gallup**, Founder, The Gallup Poll

**Charles Guggenheim**, Documentary filmmaker, Peabody and Oscar award winner

**Bob Miller**, Broadcaster, Los Angeles Kings

**Herbert Nipson**, Executive Editor, *Ebony*

**Brian Ross**, Correspondent, ABC News, NBC News; Peabody and Emmy award winner

**Carole Simpson**, Anchor, ABC News

### 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*; *New and Selected Poems*

**J. Tracy Kidder**, 1982, *The Soul of a New Machine*

**James A. McPherson**, 1978, *Elbow Room*

**Jane Smiley**, 1992, *A Thousand Acres*

**Tennessee Williams**, 1948, *A Streetcar Named Desire*; 1955, *Cat on a Hot Tin Roof*



### 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 11 full-time licensed athletic trainers and seven graduate assistant licensed athletic trainers provide health care services within five athletic training rooms, injury rehabilitation programs and prevention programs. With physical conditioning as a major component of a prevention programs, the certified 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.

Certified 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 Athletic Training Room

The Field House athletic training room is used by the Hawkeye swimming and diving, gymnastics and rowing teams, along with the spirit squad. It supports care with ultrasound, whirlpools, hot and cold packs, high-voltage galvanic stimulation, electrical stimulation and T.E.N.S. Unique optional equipment like the CYBEX 6000 (isokinetic exercise and testing device) is also available.



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

### The Hawkeye Strength Training Program

The 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 Philosophy

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



*The Carver-Hawkeye Arena weight room give student-athletes a top-notch place to train.*

## 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.

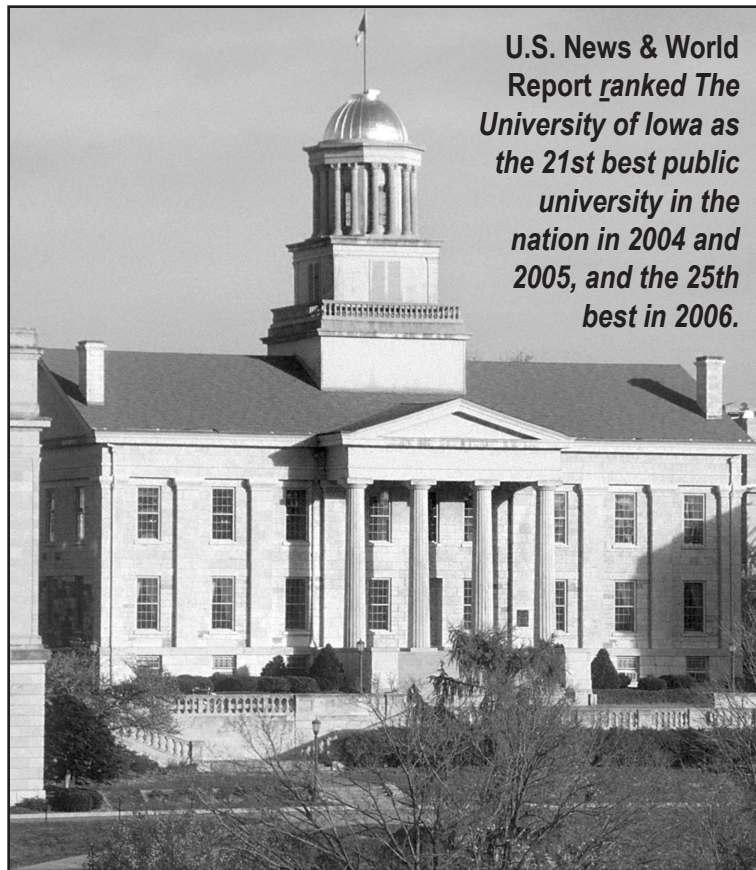
**Excellence.** The faculty is stellar. Students are amazed not only at how much they know but at how enthused they are about sharing that knowledge and getting students excited about their subject.

## 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.



## 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.



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**

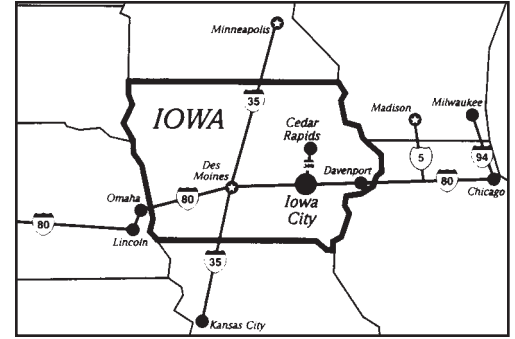
Just north of Iowa City is Coralville Lake, an outdoor recreational area that offers a variety of opportunities for the public. Coralville Lake offers picnic shelters, biking, hiking, fishing, boating, swimming, hunting, camping, snowmobiling, cross country skiing, golf and disc golf.

### **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 Dillards, JC Penney, Sears, Target and Youngers. Coral Ridge also offers entertainment features such as an NHL-regulation-sized indoor ice arena, state-of-the-art 10-screen movie theatre and a large carousel along with a 1,000-seat food court with sit-down restaurants. Specialty stores include Abercrombie & Fitch, Barnes & Noble, Gap, Old Navy, Scheels All Sports and Pier 1 Imports.



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

***For More Information Contact:  
Iowa City/Coralville  
Convention & Visitors Bureau  
900 First Avenue, Coralville 52241;  
319/337-6592 or 800/283-6592  
[www.iowacitycoralville.org](http://www.iowacitycoralville.org)***





## 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.*