

IOWA WOMEN'S GYMNASTICS

Quick Facts, Table of Contents



University of Iowa Information

Location:..... Iowa City, Iowa
Founded: 1847
Enrollment:..... 30,561
School Colors:..... Black and Gold
Nickname: Hawkeyes
Home Facility:..... Carver-Hawkeye Arena
Conference: Big Ten
President: Sally Mason
Director of Athletics: Gary Barta
Gymnastics Administrator: Mary Curtis

Coaching Information

Head Coach: Larissa Libby
Alma Mater/Year: Louisiana State/1996
Record at Iowa/Years:..... 30-46-1/4
Overall Record/Years: 30-46-1/4
E-Mail Address:..... larissa-libby@uiowa.edu
Assistant Coach: Caleb Phillips
Alma Mater/Year: Southern Utah University, 2008
E-Mail Address:..... caleb-phillips@uiowa.edu
Assistant Coach: Talya Vexler
Alma Mater/Year: University of Georgia, 2003
E-Mail Address: talya-vexler@uiowa.edu
Gymnastics Secretary: Irene Pearson
Gymnastics Office Phone:..... (319) 335-9741

Team Information

2008 Record: 10-4-1
2008 Conference Record/Finish: 4-1-1/5th
Letterwinners Returning/Lost: 12/5
Newcomers: 9

Sports Information

Women's Gymnastics SID: Brad Rudner
SID Phone: (319) 335-9411
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Credits

The 2009 Hawkeye women's gymnastics guide is a publication of the University of Iowa. The guide was written, designed and edited by Sports Information Student Assistant Brad Rudner with editorial assistance provided by Sports Information Assistant Directors Traci Wagner, Matt Weitzel and Aaron Blau. Photographs provided by David Bress and University of Iowa Center for Media Production Photo Services. Cover artwork designed by Mindy Heidgerken. Printing done by University of Iowa Printing Services in Iowa City, IA.

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Athlete Interviews

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

University of Iowa Athletic Department Mission Statement

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

University of Iowa Affirmative Action Statement

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IOWA WOMEN'S GYMNASTICS

Roster

Name	Event	Height	Year	Hometown (Previous School)
Becky Blahyj	All-Around	4-11	So.	Webster, NY (Auburn University)
Amy Center	All-Around	5-2	Fr.	Mason, OH (William Mason)
Rachel Corcoran	Vault, Floor, Beam	5-4	Fr.	Palatine, IL (Palatine)
Jenny Donar	Floor	5-3	Jr.	Cuba City, WI (Cuba City)
Jordan Eszlinger	Bars, Beam	5-5	Fr.	Sioux Falls, SD (Lincoln)
Heather Fomon	All-Around	5-4	Fr.	Iowa City, IA (West)
Kelly Galau	Vault, Floor	5-1	So.	Apple Valley, MN (Eastview)
Houry Gebeshian	All-Around	5-0	So.	Newton, MA (Newton North)
Jessa Hansen	All-Around	5-1	Fr.	Clive, IA (Waukee)
Andrea Hurlburt	Beam	4-10	Jr.	Waterloo, IA (West)
Brandi Loffer	All-Around	5-2	Sr.	Corona, CA (Santiago)
Brittany Logan	Bars	5-4	Sr.	Edmonton, Alberta (Strathcona Composite)
Melissa Miller	Bars, Beam	5-2	Fr.	Racine, WI (J.I. Case)
Rachel Nash	Bars, Beam	5-1	Fr.	West Chicago, IL (West Chicago Community)
Kara Pinjuv	All-Around	5-2	Sr.	Reno, NV (Bishop Manogue)
Jennie Schurman	All-Around	5-3	Fr.	Excelsior, MN (Minnetonka)
Jenifer Simbhudas	All-Around	5-1	Sr.	Markham, Ontario (Markville Secondary)
Rebecca Simbhudas	All-Around	5-2	So.	Markham, Ontario (Markville Secondary)
Arielle Sucich	All-Around	5-4	So.	Fort Salonga, NY (King's Park)
Annie Szatkowski	All-Around	5-3	Fr.	Reno, NV (Galena)
Kristen Ward	All-Around	5-7	So.	Fort Wayne, IN (Carroll)

Head Coach: Larissa Libby

Assistant Coaches: Caleb Phillips, Talya Vexler



IOWA WOMEN'S GYMNASTICS

Schedule



2009 University of Iowa Women's Gymnastics Schedule

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>
Fri.	Jan. 9	LSU, Southeast Missouri State	Iowa City, IA	7 P.M.
Sat.	Jan. 17	Michigan State, Illinois State, West Virginia*	East Lansing, MI	6:30 P.M.
Sat.	Jan. 24	Illinois	Champaign, IL	7 P.M.
Sat.	Jan. 31	Texas Woman's Univ., UW-Whitewater	Iowa City, IA	7 P.M.
Sat.	Feb. 7	Ohio State*	Columbus, OH	6 P.M.
Thurs.	Feb. 12	Iowa State	Ames, IA	7 P.M.
Mon.	Feb. 16	Iowa State (Pink Meet)	Iowa City, IA	7 P.M.
Fri.	Feb. 20	Southern Utah	Cedar City, UT	7 P.M.
Sat.	Feb. 28	Maryland	Iowa City, IA	7 P.M.
Fri.	March 6	Kentucky	Iowa City, IA	7 P.M.
Sat.	March 14	Minnesota*	Minneapolis, MN	6 P.M.
Sat.	March 21	Big Ten Championships*	Champaign, IL	2 P.M.
Sat.	April 4	NCAA Regionals	Iowa City, IA	TBA
Thu-Sun	April 16-19	NCAA Championships	Lincoln, NE	TBA

* = Match televised on Big Ten Network

All times listed are central time





IOWA WOMEN'S GYMNASTICS

Season Preview

Coming off of a strong showing in 2008, high expectations surround the University of Iowa women's gymnastics team for 2009. Last season, the GymHawks had a record of 10-4-1 and qualified for NCAA Regionals for the first time since 2005. Entering a strong regional competition with a team that had virtually no post-season experience left the GymHawks with a 6th place finish and a good look at what it would take in the future to be more successful at that level. Head Coach **Larissa Libby** returns 12 letterwinners from last year's squad, and believes that the team's Regional experience could very well be the one memory that will drive them to be more competitive.

"For this team, it was a goal just to qualify to Regional competition," Libby said of reaching Regionals last season. "However, we took ourselves out of it on the first event. We never gave ourselves the opportunity to see where we were in comparison to the other teams and we finished our season feeling dissatisfied."

If Iowa were to reach Regionals this year, they wouldn't have to travel very far, as the University of Iowa has been selected to host the North Central Region on April 4, 2009. Libby said the prospect of competing at home in front of Iowa fans is something the Hawkeyes would love to do.

"It would be a tremendous feeling to compete at Regionals in front of our own fans," said Libby. "However, post-season competition is not something to be taken lightly. It is a difficult task to qualify every year and we don't want to make the assumption that we will qualify."

Libby said that she and her staff have taken great effort to keep the team's minds on the "here and now" and not focus on Regional competition.

"To compete at home for the chance to qualify for NCAA Championships is simply astounding, but it's also important for us to take things one step at a time and make sure that the team is prepared for that moment so as not to repeat the mistakes made last season." Teaming up with Libby, last season's co-Big Ten Coach of the Year, and **Talya Vexler**, named NCAA North Central Region Assistant Coach of the Year, is the GymHawks' new assistant coach **Caleb Phillips**. Phillips comes to Iowa after four years as an assistant at Southern Utah University. The enthusiastic staff is ready to take Iowa to new heights.

Iowa will be led by their four seniors, anchored by reigning first team all-Big Ten selection **Jenifer Simbhudas** (Markham, Ontario). Simbhudas had a breakout season in 2008, winning numerous all-around titles, reaching several career highs and being a two-time recipient of the Big Ten Gymnast of the Week honor.

Joining Simbhudas are fellow seniors **Brandi Loffer** (Corona, CA), **Kara Pinjuv** (Reno, NV), and **Brittany Logan** (Edmonton, Alberta). Like Simbhudas, Loffer had her best season in 2008, showing great consistency competing on bars, beam and floor in every meet, making various appearances in the all-around, and posting career-highs across the board in the process. Adding to the strength of the senior class is Pinjuv who scored career-highs on vault and bars last season and was an academic all-Big Ten selection while Logan competed on bars four times. Libby feels the success of her team largely depends on what her seniors do.

"All four of our seniors have had a tremendous impact on our program," Libby said. "Athletically and academically they have set a precedent, and created a culture for our team that will continue to drive the program's success in the future. If our seniors can continue to mold our team and help to maintain focus on the 'process' we could be very good this season."

Two juniors, six sophomores and nine freshmen comprise the remainder of the roster. **Jenny Donar** (Cuba City, WI) and **Andrea Hurlburt** (Waterloo, IA) have made strides in the offseason and will look to be in the mix for meet line-ups. Donar competed on floor 11 times last season and was named academic

all-Big Ten. Hurlburt exhibited on beam at several competitions last season and gained valuable experience that should help her break into the beam line up this season.

There is promise and talent among Iowa's six-member sophomore class. **Houry Gebeshian** (Newton, MA) and **Rebecca Simbhudas** (Markham, Ontario) are among the freshmen who will be expected to compete at a high level as sophomores. Gebeshian finished sixth on bars at the Big Ten Championships and was Iowa's highest finisher on the beam at NCAA Regionals. Simbhudas, the younger sister of current Hawkeye **Jenifer Simbhudas**, finished eighth on beam at Big Ten Championships and was 11th at NCAA Regionals on bars.



IOWA WOMEN'S GYMNASTICS

Season Preview



"Houry is a true athlete," Libby said. "She trains at a higher level than anyone on our team. She is intrinsically motivated and pushes herself to be at her best everyday! It is hard to believe that she is only a sophomore but we are certainly thankful that we will have her for another two seasons after this one."

Libby believes that while Rebecca did an excellent job for the team last season that should contribute at a higher level this season.

"Becky came to us in January and was immediately thrown into competition," Libby said. "She had a great season but is capable of a much higher level of gymnastics. Having been with the Hawkeyes for an entire pre-season she should contribute on more events more consistently as she is certainly more prepared."

Also in the mix for competition will be **Becky Blahyj** (Webster, NY), **Kelly Galau** (Apple Valley, MN), **Arielle Sucich** (Fort Salonga, NY) and **Kristen Ward** (Fort Wayne, IN). Blahyj sat out last season after transferring from Auburn University, while Sucich, Ward and Galau were limited due to either illness or injury. Libby likes the depth she has in her sophomores.

"There is great potential among this class," Libby said. "Arielle has worked really hard throughout the summer and the entire pre-season. I believe people will be shocked to see how far her gymnastics has improved. I see both Becky and Kelly contributing largely to the vault lineup but also on floor. Both are capable of putting up huge scores, especially on vault. It is exciting to have both of them back in the line-up. Kristen is slowly working her way back to competitive form. She's an excellent athlete with a very distinct look and line to her gymnastics. We are hopeful that we will be able to get her back to her full potential and see her in the all-around."

Nine freshmen will get their first taste of collegiate gymnastics this winter, making it the largest recruiting class in Libby's five-year tenure. Iowa natives **Heather Fomon** (Iowa City, IA) and **Jessa Hansen** (Clive, IA) lead the group and neither of them are strangers to big

stage, as each were three-time Junior Olympic qualifiers. Hansen trained at Chow's Gymnastics in Des Moines under the tutelage of Liang Chow, the former Iowa assistant who coached Olympic gold medalist Shawn Johnson at the 2008 Games in Beijing.

"We couldn't be more proud to have them on our team," Libby said. "Everybody wants to see the 'hometown girl' perform well. For the first time in a long time, gymnasts in Iowa will have athletes that they can identify with. Both of these represent fantastic Midwestern values and strong work ethic. They are a large asset in terms of strengthening the culture of our program and we are very eager to watch their careers at Iowa unfold."

The remaining seven freshmen come to Iowa from all parts of the country. **Amy Center** (Mason, OH), **Jennie Schurman** (Excelsior, MN) and **Annie Szatkowski** (Reno, NV) bring tremendous experience as all-around competitors. Rounding out the 2008 squad are **Rachel Corcoran** (Palatine, IL), **Jordan Ezslinger** (Sioux Falls, SD), **Rachel Nash** (West Chicago, IL) and **Melissa Miller** (Racine, WI).

"It's an absolute pleasure to have the opportunity to work with this group of young women," Libby said of the freshmen. "They believe in the philosophy of our program; they love and respect their teammates and staff; they take pride in what their team has accomplished in the past and are excited to contribute to its

future success! They have really completed our team and I think that no matter what happens this season, the journey will be a great one."

With strong senior leadership, a resurging sophomore class and a deep focus and discipline from the remaining classes, Libby believes that all of her team's goals can be achieved this season.

"There is no question that we are a better team from top to bottom," Libby said. "But we will need to stay very focused on the process and moving one step at a time. We need to stay in control of the things we can control and not concern ourselves with anyone else. Success stems from preparation and we will be prepared."



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IOWA WOMEN'S GYMNASTICS

2008 Year In Review

2008 Conference Honors and Awards



First Team All-Big Ten

Jenifer Simbhudas

Coach of the Year

Larissa Libby (co)

Academic All-Big Ten Honorees

Katie Burke

Jenny Donar

Brittany Logan

Kara Pinjuv

Ally Zipse

Big Ten Gymnast of the Week

Jenifer Simbhudas (Twice)

2008 Results (10-4-1 Overall, 3-1-1 Big Ten)

Event	Result
Cancun Classic	2nd, 192.875
L.S.U.	L, 191.525-195.550
Central Michigan	W, 193.625-189.650
Illinois	L, 192.975-193.650
Southeast Missouri	W, 194.550-193.650
Ohio State	T, 195.400
Iowa State	L, 193.800-195.125
MSU/Illinois	1st, 195.575
Minnesota	W, 195.900-194.725
Texas Woman's	W, 195.075-193.475
Iowa State	W, 195.350-192.650
Southern Utah	W, 195.400-194.725

Big Ten Championships

Team	Points
1. Michigan	196.750
2. Illinois	195.750
3. Penn State	195.625
4. Michigan State	195.050
5. Iowa	194.775
6. Minnesota	194.425
7. Ohio State	194.075

NCAA Regionals

Team	Points
1. Utah	196.950
2. Arkansas	196.125
3. Minnesota	195.275
4. Arizona	194.275
5. Southern Utah	194.050
6. Iowa	193.875



Senior Jenifer Simbhudas

IOWA WOMEN'S GYMNASTICS

2008 Year In Review



Individual Season Bests

Name	V	UB	BB	FX	AA
Katie Burke	9.850	9.850	9.850	9.875	39.125
Jenny Donar	--	--	--	9.775	--
Houry Gebeshian	9.725	9.850	9.900	9.850	39.100
Brandi Loffer	9.775	9.775	9.775	9.800	38.975
Brittany Logan	--	9.750	--	--	--
Nikki Page	9.625	--	9.500	9.650	--
Kara Pinjuv	9.850	9.800	9.800	9.825	39.175
Amanda Rudolph	9.750	--	--	--	--
Jenifer Simbhudas	9.875	9.825	9.825	9.950	39.450
Rebecca Simbhudas	9.800	9.850	9.875	--	--
Arielle Sucich	--	9.700	--	--	--
Kristen Ward	--	--	--	9.700	--
Ally Zipse	--	9.750	--	--	--
Team	49.100	49.000	49.050	49.225	195.900



Sophomore Rebecca Simbhudas

Individual Team Leaders

Event	Athlete	Mark	Competition
Vault	Jenifer Simbhudas	9.875	vs. Minnesota
Uneven Bars	Katie Burke	9.850	vs. Michigan State & Illinois
	Houry Gebeshian	9.850	at Big Tens
	Rebecca Simbhudas	9.850	vs. Iowa State
Balance Beam	Houry Gebeshian	9.900	vs. Ohio State
Floor Exercise	Jenifer Simbhudas	9.950	vs. Minnesota
All-Around	Jenifer Simbhudas	39.450	vs. Minnesota

Team Season Bests

Event	Score	Date	Meet
Vault	49.100	Feb. 29	vs. Minnesota
Uneven Bars	49.000	March 7	vs. Iowa State
Balance Beam	49.050	Feb. 24	vs. Michigan State, Illinois
Floor	49.225	Feb. 29	vs. Minnesota
Team Total	195.900	Feb. 29	vs. Minnesota



Sophomore Houry Gebeshian

Event Season Bests

Event	Individual	Score	Date	Meet
Vault	Jenifer Simbhudas	9.875	2/29	vs. Minnesota
Uneven Bars	Katie Burke	9.850	Twice, last	vs. Iowa State (3/7)
	Houry Gebeshian		3/29	at Big Ten Championships
	Rebecca Simbhudas		3/7	vs. Iowa State
Balance Beam	Houry Gebeshian	9.900	Twice, last	vs. Minnesota (2/29)
Floor Exercise	Jenifer Simbhudas	9.950	2/29	vs. Minnesota
All-Around	Jenifer Simbhudas	39.450	2/29	vs. Minnesota



IOWA WOMEN'S GYMNASTICS

Head Coach Larissa Libby



Larissa Libby

Head Coach
Fifth Year

Entering her fifth year as head coach for the Hawkeyes, Larissa Libby is looking forward to building on the success that came out of the 2008 season. Last season, Libby coached the Gymhawks to a 10-4-1 record and was named co-Big Ten Coach of the Year. Under her guidance, the Gymhawks returned to their first NCAA Regional appearance since 2005 and a fifth place finish in the Big Ten Conference.

In addition to the multiple team and staff honors, Libby also saw several Gymhawks achieve standout seasons during the 2008 season. Jenifer Simbhudas was Big Ten Gymnast of the Week twice during the 2008 season and was named first team All Big-Ten. The accomplishments came off of the competitive floor as well with five Gymhawks receiving academic all-Big Ten selections and seven being named academic all-Americans.

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

In addition to their NCAA success, Burke earned first team all Big-Ten honors while Pinjuv, Turcotte, and Simbhudas all earned second team honors in 2007 under Libby.

Prior to the 2007 season, Libby played a role in the Hawkeyes' five consecutive seasons of Regional competition (2000-2005) and coached seniors Liz Grajewski and Kortny Williamson, as well as junior Danielle Legeai to individual regional competition in 2006.



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

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

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

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

Originally from Pickering, Canada, Libby was a collegiate gymnast at Louisiana State University. She was a four-year team captain and the Central Region bar champion in 1995. Libby graduated from LSU in 1996, with a Bachelor of Science degree in psychology and a minor in French. Her husband, Chad, is the program director of athletic training at Coe College. The couple has two daughters, Taylor 11, and Bailey 4.



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IOWA WOMEN'S GYMNASTICS

Assistant Coaches



Talya Vexler

Assistant Coach
Fourth Year

Talya Vexler is in her fourth season as a Hawkeye assistant coach. She was named North Central Region Assistant Coach of the Year last season.

Vexler's main focus is on floor this season. Last season, floor was Iowa's most productive event, scoring a season-high 49.225 against Minnesota. In 2007, she helped coach Katie Burke to a first-place finish in the Quad Meet on beam. In addition, Vexler helped coach Danielle Legeai to a season-best 9.925 against Iowa State in 2006. Vexler also assists as Iowa's recruiting coordinator.

Prior to joining the Hawkeye staff Vexler served as interim assistant coach for the University of Maryland (2004) where she coached athletes on the beam and floor and improved team hitting percentage on balance beam. Vexler also served as a gymnastics coach and counselor at the University of Georgia Gymnastics Camp each summer from 1999-2003. She worked on skill development of gymnasts through the elite level. Vexler was an assistant service manager and production floor supervisor for Cintas Corporation in Lawrenceville, Georgia from 2003-2004.

Vexler competed for the University of Georgia (1999-2002), earning NCAA all-American honors in 2000 and 2002, and was NCAA regional floor champion in 2000 and 2002. In addition, Vexler was a part of the SEC champion team at Georgia in 1999, 2001, and 2002, as well as 1999 NCAA team champion. Vexler earned a bachelor's degree in business administration. Vexler is a breast cancer survivor and helped raise \$100,000 for the Athens Regional Breast Health Center.



Caleb Phillips

Assistant Coach
First Year

Caleb Phillips is in his first season as a Hawkeye assistant coach after spending the last four years as an assistant at Southern Utah. He replaces Jeff Richards, who left to be Head Coach at Utah State.

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

Phillips has a Bachelor's degree in psychology from Southern Utah. He and his wife, Ashley, have two children -- Cable (3) and Beck (1).



IOWA WOMEN'S GYMNASTICS

Support Staff



Women's Gymnastics Support Staff



Jane Meyer
Senior Associate Director
of Athletics



Mary Curtis
Gymnastics
Adminrator



Irene Pearson
Gymnastics
Secretary



Jon Fravel
Head Gymnastics Trainer



Margaret Dann
Academic Advisor



The Basics

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

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

Judging

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

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

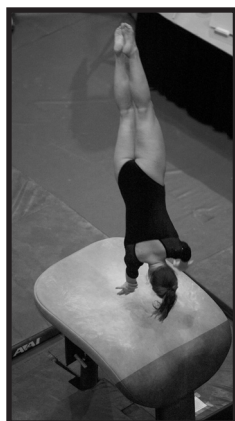
Routines require the following to start from a 9.5 value: 3 "A" elements, 3 "B" elements and two "C" elements.

Special Deductions:

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

Vault

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



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

Uneven Bars

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



Balance Beam

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

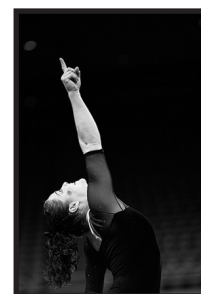


Composition Requirements:

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

Floor Exercise

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



Composition Requirements:

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



IOWA WOMEN'S GYMNASTICS

Meet The GymHawks



Jenifer Simbhudas

All-Around
Senior
Markham, Ontario

2008... First-team all-Big Ten selection... two-time Big Ten Gymnast of the Week honoree... tied for second on floor at NCAA Regionals (9.9)... placed first on floor at Minnesota with a career-best score of 9.95... won the all-around seven times and scored a career-high 39.45 against Minnesota... scored a 9.9 or higher on floor four times... placed first on vault four times and tied for first twice... holds Iowa's top individual scores last season on vault (9.875), floor (9.95), and in the all-around (39.45)... earned a top three placing on bars seven times, scoring a career-high 9.825 four times... tied for tenth on the floor at Big Ten Championships with a 9.8.

2007... Placed first on beam (9.7), floor (9.9), and in the all-around (38.7) at Alaska-Anchorage... scored a season-best 9.9 on floor three times... earned a season-best 39.0 in the all-around against LSU, finishing third... ranked as high as second in the Big Ten on floor.

2006... Tied for first on vault at Texas Woman's University with a 9.8... scored a season-best 9.825 on vault at West Virginia to tie for third... placed fifth on beam at fourth-ranked Iowa State with a season-best 9.875... competed on vault in every meet.

High School... Finished second on beam at 2005 Gymnix... placed second on beam and third on vault at 2005 Elite Canada competition... placed eighth all-around at 2004 Olympic Trials... placed fifth at 2004 Canadian National Championships... finished first all-around at Elite Canada competition in 2001... finished 49th all-around at 2001 World Championships... placed fifth at 2002 Canadian National.

Personal... Born 10/7/85... parents are Gean and Barrat Simbhudas... health and sports studies major.

Getting to Know Jenifer...

Favorite Restaurant in Coralville/Iowa City: HuHot

If I Could Be A Guest On Any TV Show: *The O.C.*

One Thing I Could Not Live Without: My phone

If I Could Be On The Cover Of Any Magazine: *Vogue*

The Cover Would Read: "Who Is This Incredible, Sizzling, Gymnast From Canada?"

Before Every Meet: I veg around, watch TV, get ready, and do my hair

My Goals For This Season Are: Compete consistently for the team

Being At Iowa Has Taught Me: Originality and creativity

The Best Thing About Our Team Is: We are all not afraid to show our true colors

If I Could Tell My Incoming Teammates One Thing, It Would Be: Get ready to join some great GymHawks. GO HAWKEYES!

Simbhudas' Bests

Vault.....	9.9	at Illinois (1/27/07)
Bars	9.825	4x, last vs. Minnesota (2/29/08)
Beam ...	9.875	at Iowa State (3/17/06)
Floor	9.95	vs. Minnesota (2.29/08)
AA.....	39.45	vs. Minnesota (2/29/08)





Kara Pinjuv

All-Around
Senior
Reno, NV

2008... Academic all-Big Ten selection... tied for 10th on beam at Big Ten Championships (9.8)... tied for 14th at NCAA Regionals on vault (9.8)... placed first on vault at Southeast Missouri State (9.8)... tied for second in the all-around against

Ohio State... placed in the top three on vault seven times... tied career-high scores on vault at Minnesota (9.85) and beam against Ohio State (9.8).

2007... Placed first on vault (9.8) and first in the all-around (39.175) in the Quad Meet... earned season highs of 9.85 on vault, 9.8 on bars, 9.8 on beam, 9.875 on floor and 39.2 in the all-around... tied for second on floor against LSU with a 9.875... tied for second on beam at Missouri with a 9.85... academic all-Big Ten.

2006... Did not compete due to injury.

High School... Finished third on bars and seventh on floor at 2004 Nationals competition... placed third all-around at 2004 Regionals... placed second all-around at 2004 state meet... competed for Flips USA... coaches were Neil and Patty Resnick.

Personal... Born 11/4/86... parents are Pam and Pat Pinjuv... integrative physiology major.

Pinjuv's Bests

Vault ... 9.85	2x, last vs. Minnesota (2/28/08)
Bars 9.8	2x, last vs. Ohio State (2/9/08)
Beam ... 9.8	3x, last at Iowa State (3/23/07)
Floor.... 9.875	vs. LSU (1/12/07)
AA..... 39.2	at Iowa State (3/23/07)

Getting to Know Kara...

My First Gymnastics Memory: When I learned a pull-over on bars and received a Care Bear.

Favorite Restaurant in Coralville/Iowa City: Z'Marik's

If I Could Be A Guest On Any TV Show: Oprah - she always gives good presents.

One Thing I Could Not Live Without: Chapstick

If I Could Be On The Cover Of Any Magazine: People

The Cover Would Read: "Yay-er: Our New Favorite Saying"

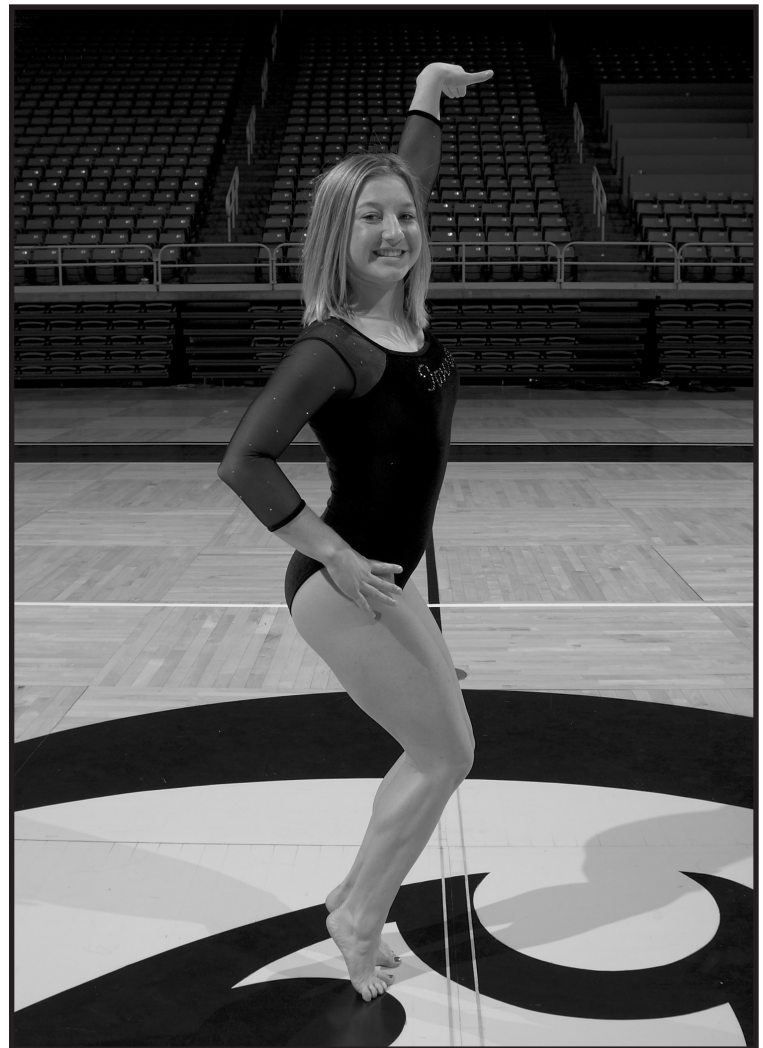
Before Every Meet: I pump myself up with my favorite jams!

My Goals For This Season Are: To be the most consistent person on the team.

Being At Iowa Has Taught Me: How cool the midwest is

The Best Thing About Our Team Is: The way we can all laugh about everything

If I Could Tell My Incoming Teammates One Thing, It Would Be: Get ready for some hard work and tons of fun.





IOWA WOMEN'S GYMNASTICS

Meet The GymHawks



Brandi Loffer

All-Around
Senior
Corona, CA

2008... Earned career-high scores on every event in 2008: 9.775 (bars, vault and beam), 9.800 (floor) and 38.975 (all-around)... tied for 11th on uneven bars at NCAA Regionals (9.775)... placed second in the all-around at Southeast Missouri

State (38.750) and third at Texas Woman's (38.125)... competed on bars, beam and floor in every meet.

2007... Scored a season-best 9.75 on beam twice... tied for third on beam at Alaska-Anchorage with a 9.6... earned a season-best 9.7 on bars and 9.8 on floor.

2006... Competed on beam in every meet... tied for second on beam at Texas Woman's University with a 9.8... placed fourth on floor with a 9.625 against Missouri... competed on floor in all but one of Iowa's meets.

High School... Placed 15th at the 2005 National Junior Olympics... team placed first at 2005 California state competition... placed third individually at California state competition... team placed first at 2004 California state competition... competed for Southern California Elite Gymnastics Academy... coaches were Meredith Paulicivic, Tim Garrison, and Kathy Strate.

Personal... Born 8/19/87... parents are John and Tracy Loffer... communications studies major.

Getting to Know Brandi...

My First Gymnastics Memory: When I was vaulting in level 5 and my coach put his briefcase under the board so I could reach the vault

Favorite Restaurant in Coralville/Iowa City: HuHot

If I Could Be A Guest On Any TV Show: *Charmed*

One Thing I Could Not Live Without: My family and friends

The Title Of My Autobiography Would Be: Living a Life of No Regrets

Before Every Meet: I listen to music and get myself pumped up!

My Goals For This Season Are: To win Big Tens as a team and to bring out the most in my gymnastics.

Being At Iowa Has Taught Me: To be myself

The Best Thing About Our Team Is: We are so close. Everyone is hilarious.

If I Could Tell My Incoming Teammates One Thing, It Would Be: Be prepared...for the most awesome time of your life. YEAH GYMNAWKS!!

Loffer's Bests

- Vault 9.775at Southern Utah (3/14/08)
- Bars 9.775 2x, last vs. MSU/Illinois (2/24/08)
- Beam ... 9.775 2x, last at Big Ten Championships (3/29/08)
- Floor.... 9.800 3x, last vs. Southern Utah (3/14/08)
- AA..... 38.975 vs. MSU/Illinois (2/24/08)



IOWA WOMEN'S GYMNASTICS

Meet The GymHawks



Brittany Logan

Bars
Senior
Edmonton, Alberta

2008... Academic all-Big Ten selection... posted a season-best 9.75 on bars against Iowa State... competed on bars four times during 2008 season.

2007... Did not compete.

High School... Placed second on bars in Go For It Classic in 2005... placed second on bars in Belgium Cup Sur Avenir in 2005... 2004 and 2005 member of Team Alberta for Western Championships... 2004 and 2005 member of Team Alberta for Canadian National Championships... 2003 participant of Western Canada Summer Games, placed first all-around... competed for Ortona Gymnastics Club... coaches were Isabelle Jadoul and Olivier Cremer.

Personal... Born 7/20/87... parents are Don and Jenny Logan... psychology major.



Logan's Bests

Bars..... 9.750 vs. Iowa State (2/7/08)

Getting to Know Brittany...

My First Gymnastics Memory: When I brought my parents to the gym and I was all over the place trying to show my parents everything at the same time.

I Knew I First Loved Gymnastics When: I couldn't wait for my class to start every weekend.

The Title Of My Autobiography Would Be: Bloopers

One Thing I Could Not Live Without: My family and friends

If I Could Be On The Cover Of Any Magazine: *International Gymnast*

One Item Of Clothing I Refuse To Part With: My pajamas.

My Most Prized Possession Is: A necklace my best friend gave me.

The Movie I've Watched The Most: *Ever After*

If I Could Take A Trip Anywhere In The World It Would Be: Africa

When I Was Little I Wanted To Be: It changed everyday

Before Every Meet: I listen to music, talk, and laugh with teammates.

My Goals For This Season Are: To stay healthy and to compete on bars at every meet, and help out my team in any way possible.

My Favorite Gymnastics Road Trip Was: Pikes Peak, Colorado Springs and Alaska

The Best Concert I've Ever Attended Was: Elton John and Cirque de Soleil

www.hawkeyesports.com

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IOWA WOMEN'S GYMNASTICS

Meet The GymHawks



Jenny Donar

All-Around

Junior

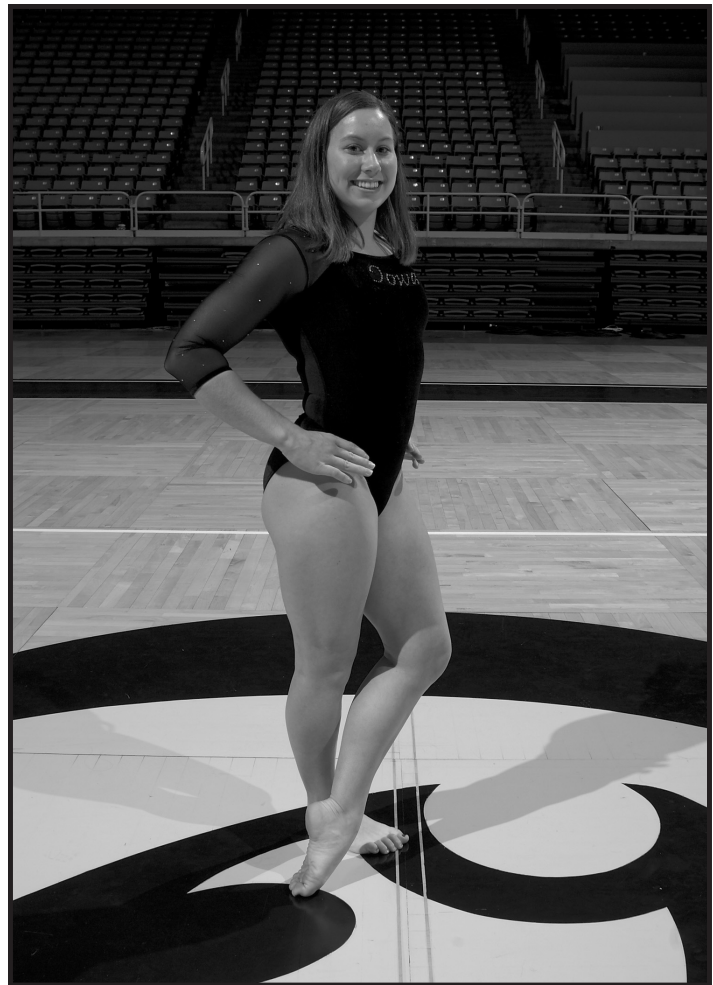
Cuba City, WI

2008... Academic all-Big Ten selection... season-best 9.775 on floor twice (Minnesota, Southern Utah)... finished fourth on floor against Illinois (9.7)... competed on floor 11 times.

2007... Placed first on vault at Alaska-Anchorage with a 9.9... held Iowa's top vault score at 9.9... competed on vault nine times.

High School... 2006 high school state champion on vault, bars, and beam... 2006 runner-up in the all-around... four-time all-conference and all-state honors during high-school career... two-time team captain and two-time team MVP... three-time all-American Elite on bars... all-American Elite on vault as a senior... holds school record for vault, bars, and all-around... earned Lisa Steger Spirit of Gymnastics Award senior year... placed fifth at the 2006 Junior Olympic-Western National on bars, and sixth on vault... placed fifth at the 2006 Senior Olympic-Western National on bars, and sixth in the all-around... competed for West Side Gymnastics coached by Deb Donar... high school coach was Karen Wiederholt... National Honor Society member for three years... played softball and ran track for Cuba City High.

Personal... Born 3/12/88... parents are Don and Deb Donar... father wrestled at UW-Platteville... pre-med major.



Donar's Bests

Vault 9.900at Alaska-Anchorage (2/09/07)
Bars 8.05 vs. LSU (1/12/07)
Floor 9.775 2x, last vs. Southern Utah (3/14/08)

Getting to Know Jenny...

The Best Meet I've Ever Attended Was: The Visa National Gymnastics Championships

My Most Prized Possession Is: My Apple computer

My Very First Gymnastics Memory Was When: I won a big pink ribbon at my first meet.

I Knew I First Loved Gymnastics When: I started going to the gym and followed my mom around.

My Favorite Gymnastics Road Trip Was: Going to Florida

If I Could Take A Trip Anywhere In The World It Would Be: Canada

My Goals For This Season Are: To compete in the all-around and for the team to win Big Ten's.

Before Every Meet I: Make sure I have everything

My Most Memorable Gymnastics Moment Was: When I won my first high school state gymnastics championship.

If I Could Be On The Cover Of Any Magazine It Would Be: *Inside Gymnastics*

And The Cover Would Read: Iowa - Big Ten Champions

IOWA WOMEN'S GYMNASTICS

Meet The GymHawks



Andrea Hurlburt

Beam
Junior
Waterloo, IA

2008... Did not compete.

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

Personal... Born 5/26/88... parents are Kent and Kim Hurlburt... biology major.

Getting to Know Andrea...

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

My Most Memorable Gymnastics Meet Was: When I won the all-around at my first level nine meet.

My Goals For This Season Are: To be as consistent as possible

My Favorite Restaurant In The Iowa City/Coralville Area Is: Boston's

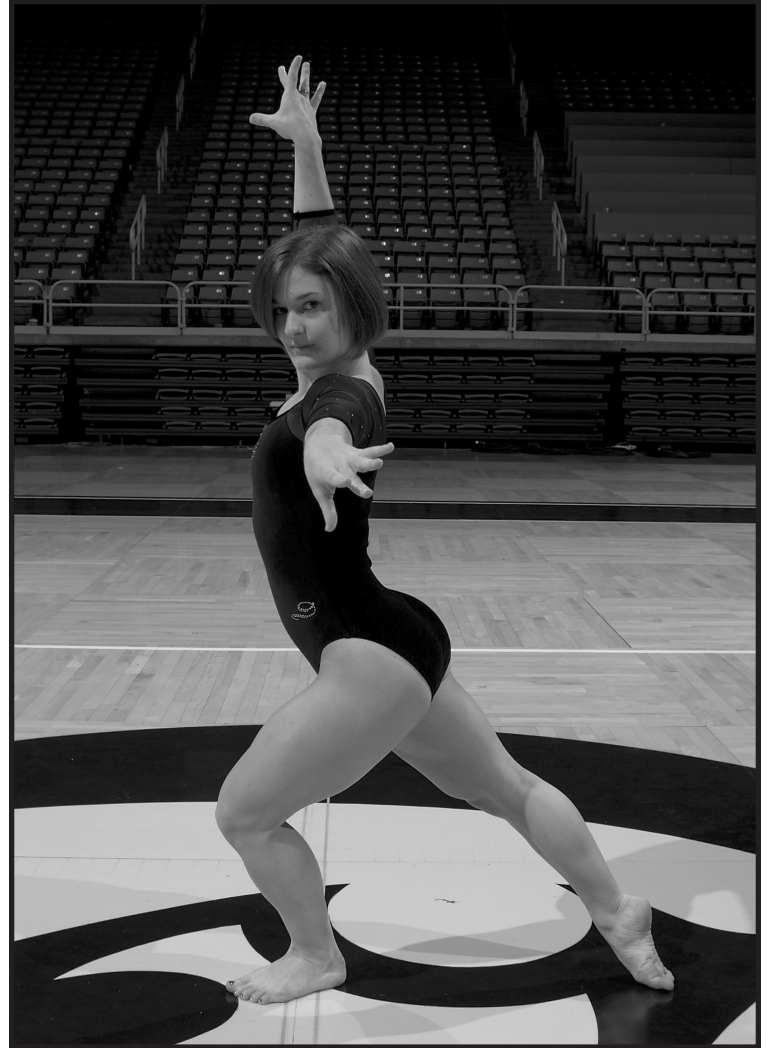
My Favorite Type Of Music Is: 90's music

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

The One Thing I Could Not Live Without Is: Gymnastics

My Most Prized Possession Is: My computer

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





IOWA WOMEN'S GYMNASTICS

Meet The GymHawks



Houry Gebeshian

All-Around
Sophomore
Newton, MA

2008... Scored a 9.9 on beam twice (vs. Ohio State, vs. Minnesota) and placed first... tied for 15th on beam at NCAA Regionals... placed in the top three on beam six times... earned season-high 39.1 in the all-around against Michigan State/Illinois...

posted a season-best 9.85 on bars at Big Ten Championships to tie for sixth... competed on bars and beam in every meet during the 2008 season.

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

Personal... Born 7/27/89... parents are Christine Abrahamian and Hagap Gebeshian... integrative physiology major.

Getting to Know Houry...

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

My Most Memorable Gymnastics Meet Was: When my team won third place at J.O. Nationals in 2006

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

Favorite Restaurant: Pita Pit

My Favorite Type Of Music Is: Heavy Metal

The One Thing I Could Not Live Without Is: Gymnastics

The Movie I've Watched The Most Is: *Finding Nemo*



Gebeshian's Bests

Vault 9.725 3x, last vs. Minnesota (2/29/08)
Bars 9.800 vs. Iowa State (2/7/08)
Beam	... 9.900 2x, last vs. Minnesota (2/29/08)
Floor 9.850 vs. Ohio State (2/9/08)
AA 39.100 vs. Michigan State/Illinois (2/24/08)

IOWA WOMEN'S GYMNASTICS

Meet The GymHawks



Rebecca Simbhudas

All-Around
Sophomore
Markham, Ontario

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

tied for eighth on beam at Big Ten Championships with a 9.825.

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

Personal... Born 4/25/89... parents are Barrat and Gean Simbhudas... sister of current Hawkeye Jenifer Simbhudas... open major.

Getting to Know Rebecca...

Nickname: Becky, Booty, Lil Simbooty

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

My Most Prized Possession: My stuffed animal "Stitch"

Favorite Restaurant: Three Samurai

Favorite Movie: *What Happens In Vegas, The Dark Knight*

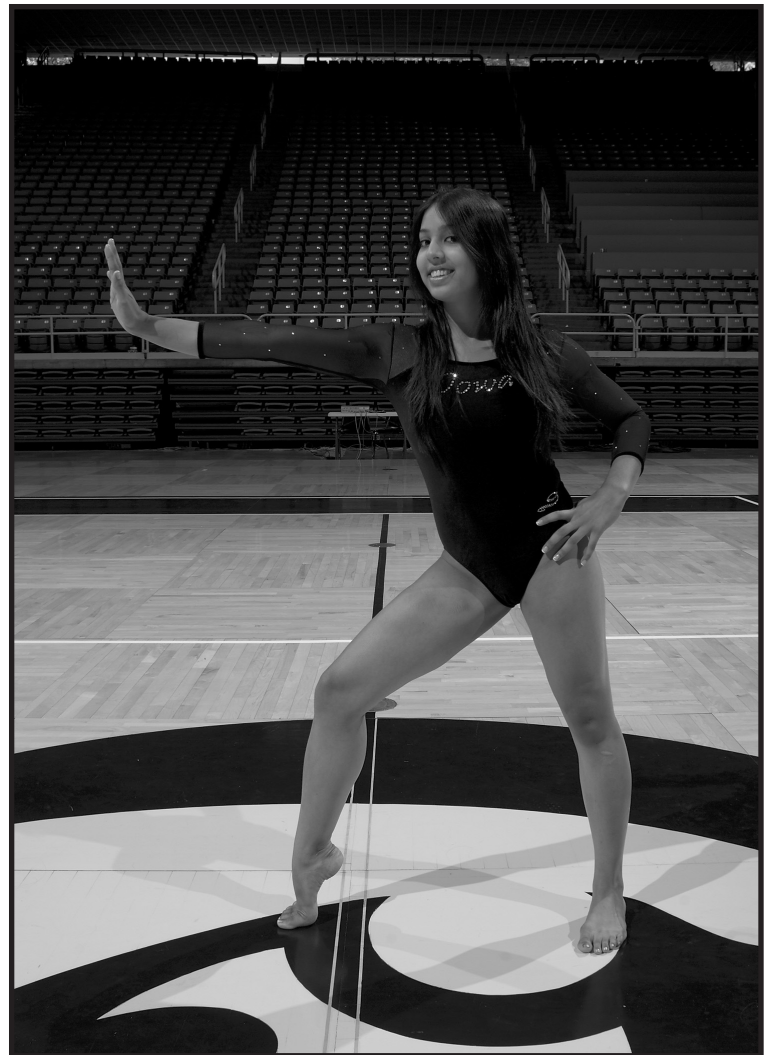
Favorite TV Show: *Gossip Girl, One Tree Hill*

Favorite Musical Artist: Bollywood music

I Want To Travel To: Australia

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

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



Simbhudas' Bests

Vault 9.800 at Southern Utah (3/14/08)

Bars 9.850 vs. Iowa State (3/7/08)

Beam ... 9.875 at Texas Woman's (2/2/08)



IOWA WOMEN'S GYMNASTICS

Meet The GymHawks



Kelly Galau

Vault/Floor

Sophomore

Apple Valley, MN

2008... Did not compete.

High School... Member of the Twin City Twisters... coaches were Sami Wozney, Mike Hunger and Patty Barrow.

Personal... Born 6/22/89... parents are Larry Galau and Sharon Sieren... open major.

Getting to Know Kelly...

I Knew I First Loved Gymnastics When: I competed in my first meet

My Most Memorable Gymnastics Meet Was: Winning vault at Westerns

My Goals For This Season Are: Getting healthy and being able to compete

My Favorite Restaurant In The Iowa City/Coralville Area Is: Falbo's Pizza

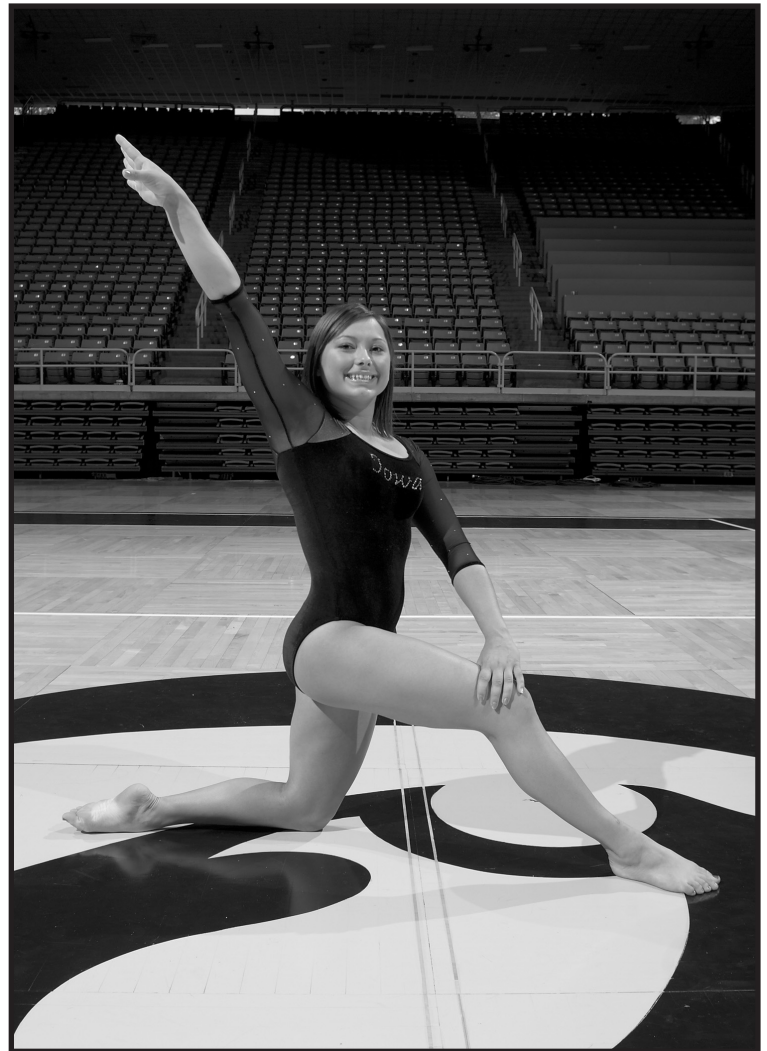
My Favorite Type Of Music Is: All types from country to rock

One Item Of Clothing I Refuse To Part With Is: Sweatpants

The One Thing I Could Not Live Without Is: My friends and family

My Most Prized Possession Is: My cell phone

The Movie I've Watched The Most Is: *Sweet Home Alabama*



IOWA WOMEN'S GYMNASTICS

Meet The GymHawks



Becky Blahyj

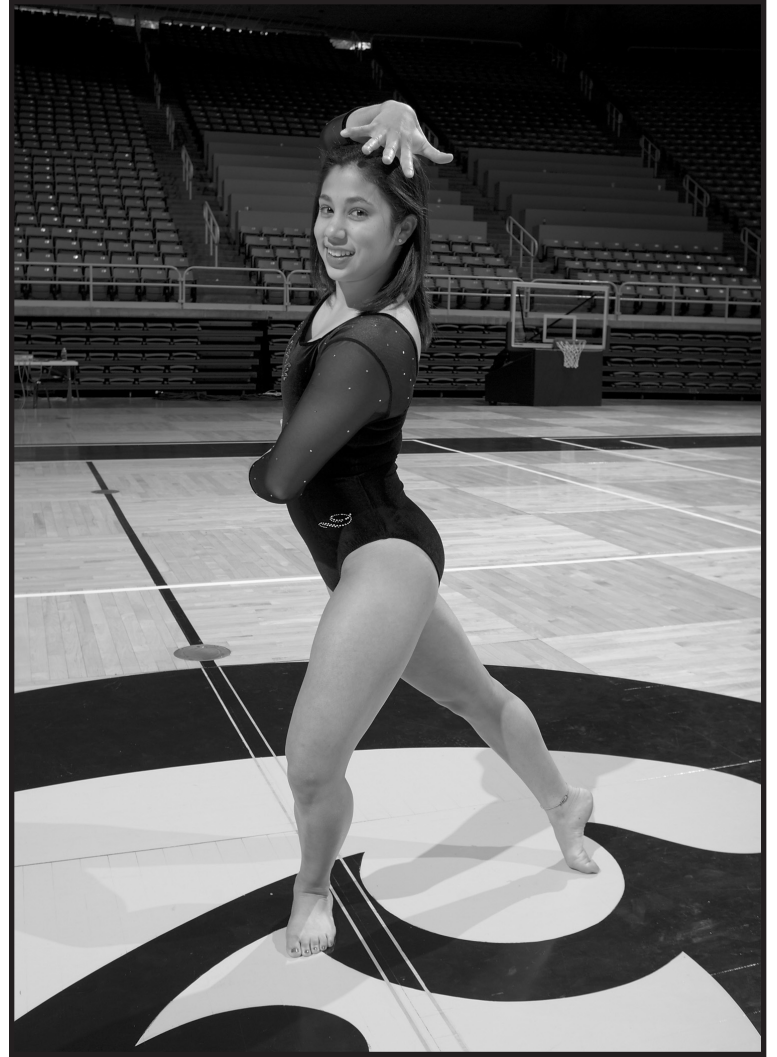
All-Around
Sophomore
Webster, NY

Hawk-Item... Transferred from Auburn University prior to the 2007 season.

2007... Missed 2007 season due to injury.

High School... Took first place on vault at 2005 and 2007 Regionals... first place finish at 2005 Regionals on floor (9.60) ... finished third at 2006 Regionals in vault (9.375) and floor (9.375)... competed at 2005 and 2007 J.O. Nationals on vault and in all-around... won first place on vault (9.725) at 2007 State Championships... club coaches were Marian and Youlia Penev.

Personal... Born 8/11/89... parents are Ihor and Linda Blahyj... integrative physiology major.



Getting to Know Becky...

Nickname: Blah or Blahyj

My First Gymnastics Memory: At my first Level 5 meet, I forgot my whole floor routine and my coach got on the floor alongside me and had to do the whole thing with me. I think I ended up getting a 5.0 but I didn't care because I had such a good time doing it!

My Most Prized Possession: My class ring

Favorite Restaurant: Romano's Macaroni Grill

Favorite Movie: *The Holiday*

Favorite TV Show: *ER*

Favorite Musical Artist: Mariah Carey

I Want To Visit...: A trip to Italy, France, and Spain

My Goals For The Season Are: To be ranked #1 in the Big Ten, score a 196.0, make line-up on at least floor and vault, and stay healthy.

Being At Iowa Has Taught Me: Manage my time, be grateful for everything I have, be independent, and trust my friends and coaches.



IOWA WOMEN'S GYMNASTICS

Meet The GymHawks



Arielle Sucich

All-Around
Sophomore
Fort Salonga, NY

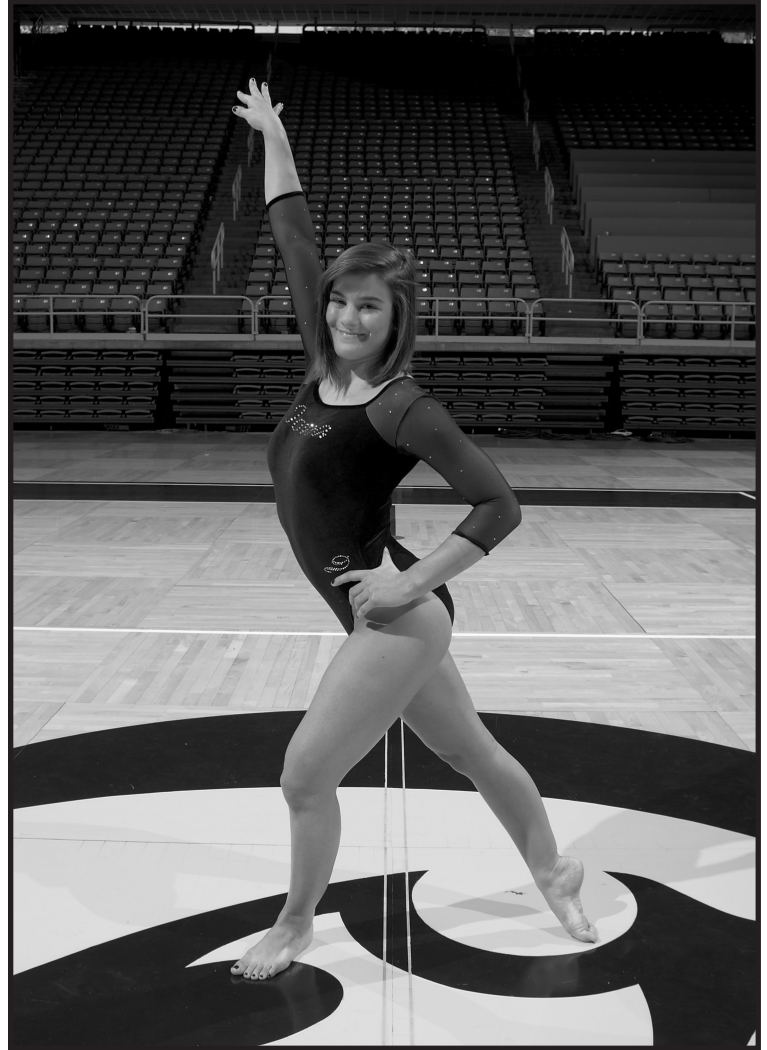
2008... Recorded score of 9.70 on bars twice (Cancun Classic, Minnesota)... finished ninth on bars at Minnesota.

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

Personal... Born 1/23/89... parents are George and Kathy Sucich... pre-business major.

Sucich's Bests

Bars 9.700 2x, last vs. Minnesota (2/29/08)



Getting to Know Arielle...

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

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

My Most Prized Possession Is: My cell phone

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

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

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

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

IOWA WOMEN'S GYMNASTICS

Meet The GymHawks



Kristen Ward

All-Around
Sophomore
Fort Wayne, IN

2008... Finished third on floor against Central Michigan (9.7)... finished 12th on floor against Illinois (8.9).

High School... Placed first on vault, bars and floor at the 2006 Buckeye Classic... was the 2006 Buckeye Classic all-around champion... placed sixth on floor and third on vault at 2006 regional competition... earned academic honors with distinction all four years... was 12th in graduating class... member of the National Honor Society and Fellowship of Christian Athletes... competed for Set-10 Gymnastics... coaches were Kristen Hines, Rhoda Springer, Barry Ruhl and Mike Comeau.

Personal... Born 1/13/89... parents are Karen and Greg Ward... integrative physiology major.

Ward's Bests

Floor9.700 vs. Central Michigan (1/18/08)



Getting to Know Kristen...

My Most Memorable Gymnastics Moment Was: When I won floor at state

Before Every Meet I: Listen to music and go to Subway

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

My Most Prized Possession Is: My computer and friends and family

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

My goals for this season are: To stay healthy, be a consistent competitor, and win the Big Ten Championship as a team

The One Thing That Has Impressed Me About The University Of Iowa Is: How much help is offered for those who ask for it



IOWA WOMEN'S GYMNASTICS

Meet The GymHawks



Heather Fomon

All-Around
Freshman
Iowa City, IA

High School... Three-time J.O. Championship qualifier... four-time Level 10 National Qualifier... finished first at Iowa State Meet in 2007 on all-around, vault and floor... graduated with honors from West H.S. in Iowa City... competed at Iowa Gym-Nest

and was coached by Jim Schlott and Paige Roth.

Personal... Born 1/4/90... parents are Christopher and Kay Fomon... both parents attended the University of Iowa... pre-business major.

Getting to Know Heather...

Nickname: Foms

My First Gymnastics Memory: I remember being so disappointed when I got moved up from my pre-school class to "TAGS". I thought all I would get to do was run around and play the game tag instead of doing gymnastics. I was extremely excited when I found out that I still got to flip and fly in my new class!

My Most Prized Possession: A bracelet that my Grandmother gave me for my first communion.

Favorite Restaurant: The Brown Bottle

Favorite Movie: *Miracle*

Favorite TV Show: *Grey's Anatomy*

Favorite Musical Artist: Nickelback

I Want To Visit...: Greece

My Goals For The Season Are: To be consistent and go all out. Also, I want to compete for a Big Ten team championship.

Being At Iowa Has Taught Me: There are so many opportunities both academically and athletically.



Jessa Hansen

All-Around
Freshman
Clive, IA

High School... Three-time J.O. Qualifier... took first on floor and second in all-around at 2008 Region IV Championships... took second on beam at 2007 Western Nationals... won all-around at Iowa State Meet in 2005 (37.925) and 2006 (36.250)... trained

at Chow's Gymnastics in Des Moines and club coach was Liang Chow.

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

Getting to Know Jessa...

Nickname: Jess, J, Jessa Girl

My First Gymnastics Memory: Doing cartwheels at Chow's Gym in my black leotard

My Most Prized Possession: All of my photos/scrapbooks

Favorite Restaurant: Centro

Favorite Movie: *Mean Girls*

Favorite TV Show: *The Office* and *Grey's Anatomy*

Favorite Musical Artists: The Fray, Kanye West, Goo Goo Dolls, Taylor Swift

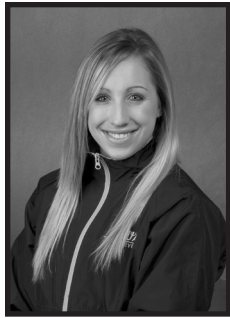
I Want To Visit: Europe

My Goals For The Season Are: To improve my consistency, contribute in every meet and help the team win the Big Ten Championship.

Being At Iowa Has Taught Me: It is possible to excel individually and be a team player at the same time.

IOWA WOMEN'S GYMNASTICS

Meet The GymHawks



Amy Center

All-Around
Freshman
Mason, OH

High School... Placed second at 2007 State Championships in all-around (37.7)... scored a 9.65 on floor... three-time recipient of CGA Team Spirit Award... coaches were Mary Lee Tracy, Enrique Trabanino and Kim Albrecht.

Personal... Born 4/3/90... parents are Keith and Darlene Center... has six siblings... open major.

Getting to Know Amy...

My First Gymnastics Memory: My very first competition ever, I was itching all over and then realized that I had chicken pox after the meet was over.

My Most Prized Possession: My memories

Favorite Restaurant: Benihana

Favorite Movie: *P.S. I Love You*

Favorite TV Show: *Hannah Montana*

Favorite Musical Artist: Toby Mac, Taylor Swift, Carrie Underwood and Miley Cyrus

I Want To Visit...: Melbourne, Australia

My Goals For The Season Are: Do whatever I can to help and support my team.

Being At Iowa Has Taught Me: Iowa has taught me so much about every aspect of my life. So far I have learned about responsibility, perseverance, hard work, determination, and many other important things.



Jennie Schurman

All-Around
Freshman
Excelsior, MN

High School... Two-time Junior Olympic qualifier... Western National qualifier... scored first place on bars and second place on beam at 2007 Minnesota State Championships... also ran track, competing in 4x400 meter-relay, triple jump, long jump

and pole vault... Honor Roll recipient... club coaches were Will and Kari Vaughn.

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

Getting to Know Jennie...

Nickname: Schurmanator

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

My Most Prized Possession: My scooter

Favorite Restaurant: HuHot

Favorite Movie: *The Shawshank Redemption*

Favorite TV Show: *The Office*

Favorite Musical Artist: Bob Marley

I Want To Visit...: Bora Bora

My Goals For The Season Are: Big Ten Champs!

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



IOWA WOMEN'S GYMNASTICS

Meet The GymHawks



Rachel Corcoran

Vault, Floor, Beam
Freshman
Palatine, IL

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

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

Getting to Know Rachel...

Nickname: Corky

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

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

Favorite Restaurant: Cheesecake Factory or HuHot

Favorite Movie: *Finding Nemo* or *The Holiday*

Favorite TV Show: *Grey's Anatomy*, *Iron Chef America*

I Want To Visit...: Italy

My Goals For The Season Are: Make the line up in at least three of the four events, to work on staying positive even in tough situations and always believing in myself, to always encourage others to do their best, and to work on perfecting my form and smiling!

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



Jordan Eszlinger

Bars, Beam
Freshman
Sioux Falls, SD

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

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

Getting to Know Jordan...

Nickname: CJ, JR

My First Gymnastics Memory: My first Level Five Meet - I did so bad!

My Most Prized Possession: Cell phone

Favorite Restaurant: HuHot

Favorite Movie: *27 Dresses*

Favorite TV Show: *Grey's Anatomy*

Favorite Musical Artist: Rhianna

I Want To Visit...: Barcelona, Spain

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

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

IOWA WOMEN'S GYMNASTICS

Meet The GymHawks



Melissa Miller

Bars, Beam
Freshman
Racine, WI

High School... All-county and all-state gymnast as a senior... team captain as a senior... first place finish in beam (9.733), bars (9.567) and all-around (38.220) at 2008 Wisconsin State Championships... holds personal-best 9.80 on floor and 9.733 on bars... National Honor Society member... also ran track for four years... competed at J.I. Case H.S. and was coached by Tom Auer, Sarah Cleba and Melanie Rigby... club program was Racine Gymnastics Center.

Personal... Born 11/27/89... parents are Mike and Judy Miller... integrated physiology major.



Rachel Nash

Bars, Beam
Freshman
West Chicago, IL

High School... Two-time team captain... personal best in all-around (37.625)... second place finish on beam at 2006 Illinois State Meet... graduated with Highest Honors and 4.0... four-time recipient of Excellence in Mathematics Award... competed at Palmer's Gymnastics... coaches were Neil and Debbie Palmer.

Personal... Born 4/2/90... parents are Patrick and Sari Nash... pre-medicine/integrative physiology major.



Annie Szatkowski

All-Around
Freshman
Reno, NV

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

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

Getting to Know Melissa...

Nickname: Joy

My First Gymnastics Memory: Winning beam at my first Level Four meet.

My Most Prized Possession: my bed

Favorite Restaurant: Cheese Cake Factory

Favorite Movie: *Anchorman*

Favorite TV Show: *Law And Order*

Favorite Musical Artist: Timbaland

I Want To Visit...: New Zealand

My Goals For The Season Are: To do my best everyday in practice, to support my teammates the best I can, to do whatever it takes to help my team become Big Ten Champions.

Being At Iowa Has Taught Me: Be a good teammate, to work hard, and to be thankful for this amazing opportunity.

Getting to Know Rachel...

Nickname: Nash

My First Gymnastics Memory: Learning a cartwheel on the beam, and my coach getting me a mini gumball machine

My Most Prized Possession: iPod

Favorite Restaurant: Romano's Macaroni Grill

Favorite Movie: *Definitely, Maybe, The Dark Knight*

Favorite TV Show: *One Tree Hill*

Favorite Musical Artist: The Fray

I Want To Visit...: Ireland or the Bahamas

My Goals For The Season Are: To make line-up on bars, beam, or floor, to be a good teammate, and to contribute to the team goal of being Big Ten Champs! Go Hawks!

Being At Iowa Has Taught Me: Dedication, teamwork, and how to work hard while having fun!

Getting to Know Annie...

Nickname: Skeeter, Annie Boo, Annaruth, Squashy

My First Gymnastics Memory: Playing in the trampoline castle at my first gymnastics club.

My Most Prized Possession: My iPhone

Favorite Restaurant: HuHot

Favorite Movie: *Billy Madison*

Favorite TV Show: *Grey's Anatomy* and *ER*

Favorite Musical Artist: Kanye West

I Want To Visit...: Italy

My Goals For The Season Are: To make positive contributions to the team in every event I compete, to be Big Ten Champs, and to be Regional Champs.

Being At Iowa Has Taught Me: To work my hardest in all aspects of gymnastics as well as school, to be myself, and to appreciate everything, everyone, and every opportunity that I have in life.



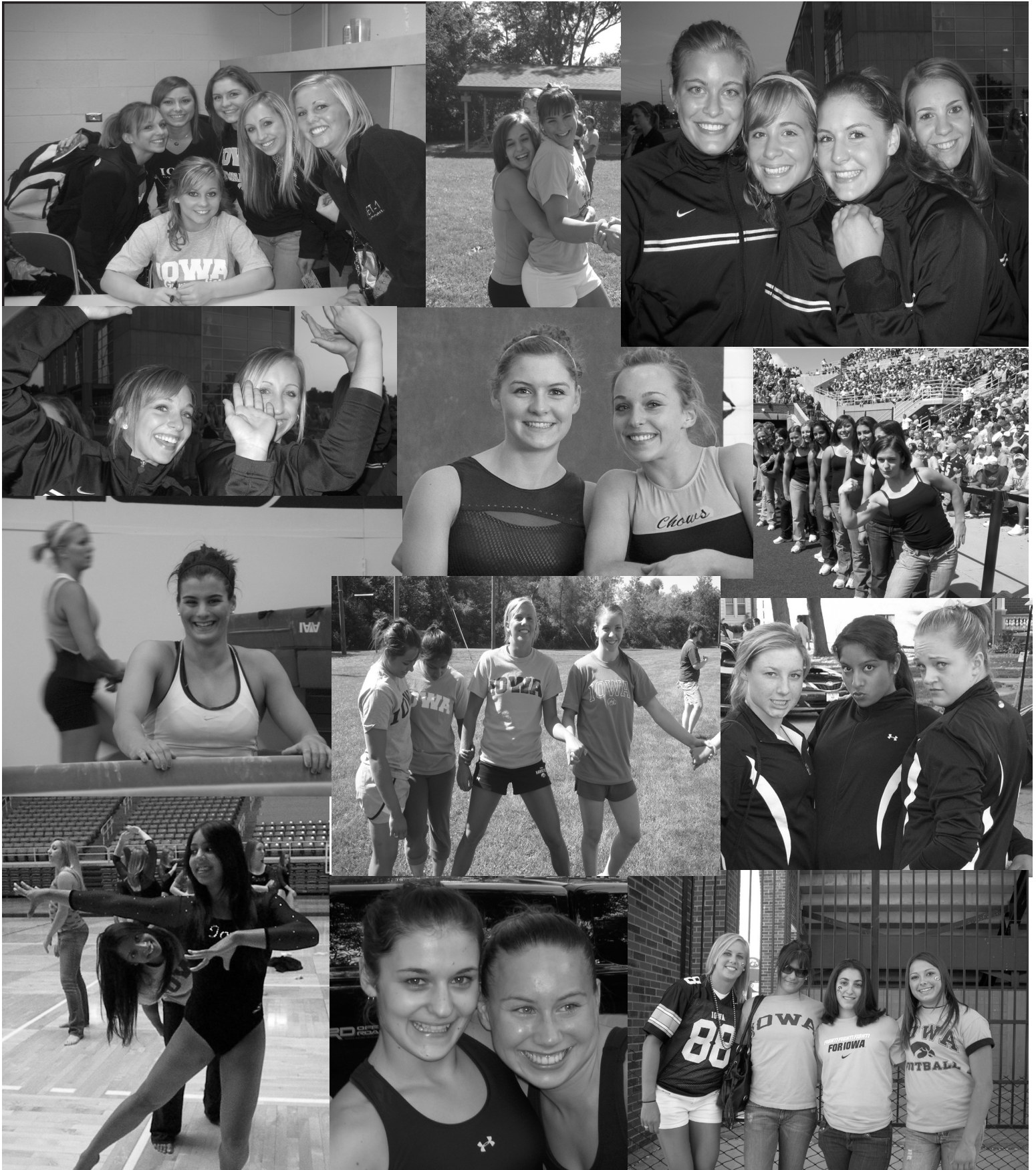
IOWA WOMEN'S GYMNASTICS

Photo Album



IOWA WOMEN'S GYMNASTICS

Photo Album



www.hawkeyesports.com

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IOWA WOMEN'S GYMNASTICS

Why Iowa?

*"I chose Iowa because of the gymnastics team. Iowa is also close to home for me, and there are a lot of opportunities within the medical field here. I have always wanted to go to a Division I school, and Iowa seemed to be the best fit." - **Jenny Donar***

*"Ever since I was a little girl, I always dreamed about going to Iowa. Once I met the amazing girls, coaches, and support staff, I knew Iowa was the best place for me. The team really is like a family, and I immediately felt welcomed into it. Also, I knew I wanted to pursue a career in the business field, and Iowa has great resources to help me succeed academically. In the end I always say, "Once a Hawk, ALWAYS a Hawk!" It's truly a fabulous place with an amazing atmosphere." - **Heather Fomon***

*"I decided to come to the University of Iowa because I had always dreamed of attending a college that was strong in both gymnastics and academics. When I first visited the school I instantly fell in love with the campus, the coaches and all of the girls. I loved the enthusiasm, motivation and determination I saw in the gym and soon knew that Iowa had exactly what I was looking for. I am very excited to be part of this team and can't wait to compete for the Hawkeyes!" - **Kelly Galau***

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

*"I chose Iowa because of the strong emphasis placed on academics with athletes that are dedicated to their athletic programs. From the moment I arrived on campus, the team and the coaches made me feel right at home. I wanted to be involved in a program where the athletes were motivated and unified as a team. I found that at Iowa. It's great to be a part of this amazing program. Go Hawks!" - **Kristen Ward***

*"Despite the misconception that people always think of Iowa, Iowa City is amazing. As an East Coast girl from New York, I love the laid-back attitude of the Midwest and knew that Iowa would treat me well. I knew Iowa was the right place for me because I knew I could grow as a student, athlete, and person. Being a GymHawk meant that I was going to adopt a new family where I could fit in and be myself. I absolutely love Iowa and would not ask to be anywhere else. Go Hawks!" - **Arielle Sucich***

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



Jenny Donar



Heather Fomon



Kelly Galau



Jordan Eszlinger



Kristen Ward



Arielle Sucich



Andrea Hurlburt

IOWA WOMEN'S GYMNASTICS

Why Iowa?



"I chose Iowa for so many reasons. First of all the team is so close and everyone gets along great with each other. The school has an amazing spirit, offers so many great programs, and has a beautiful campus. I also got that sense of belonging when I visited. There are so many warm and friendly people at Iowa. I wouldn't want to be anywhere else. I love Iowa so much and I look forward to spending many more years here." - **Becky Blahyj**

"I chose Iowa for a variety of reasons. Among the great academics and the amazing campus, I chose Iowa because of the awesome coaches and great team atmosphere. As soon as I visited Iowa I knew it was the perfect place for me. The team is extremely motivated and has very high goals set for this season. I know I am exactly where I am supposed to be." - **Amy Center**

"I chose Iowa for a number of reasons. When I first came to the university, I loved the overall atmosphere of the campus and how the community was intertwined with the university. I also loved how everything was so close together. When I first met the girls on the team, they were showing off these collages that they made about themselves and I got to know them very quickly. I liked the fun but serious atmosphere that Larissa and the girls had and I knew this was the type of place I would fit in with the most." - **Rachel Corcoran**

"I'm a family girl and moving away from home was an idea I initially did not give any consideration. However, at Iowa, I feel like the team and coaches ARE my family. At Iowa, I feel I can grow into the person I want to be with the help and support with those around me. The University of Iowa is more than just gymnastics." - **Brittany Logan**

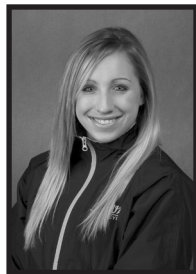
"I chose Iowa because I loved all the girls on the team and I just clicked with them immediately. I also wanted to go somewhere different from California and Iowa is a nice change." - **Brandi Loffer**

"I chose Iowa because the campus is great and everything is close and it is easy to get anywhere, but also because of the team. The team had an impact on my decision because it is so easy to be comfortable around so many girls and coaches here, and you are not afraid of what they think of you because you're accepted and loved anyways." - **Jenifer Simbhudas**

"I chose Iowa because of the amazing team atmosphere. The coaches and girls at Iowa form a family unlike any other place." - **Kara Pinjuv**



Becky Blahyj



Amy Center



Rachel Corcoran



Brittany Logan



Brandi Loffer



Jenifer Simbhudas



Kara Pinjuv



IOWA WOMEN'S GYMNASTICS

Why Iowa?

*"After I took my unofficial visit, I knew that Iowa was my first choice. When my mom and I arrived on campus, we got lost a couple of times, and the Iowa people were so friendly and helpful. I fell in love with the campus. Kinnick Stadium is unbelievable! I also knew that Iowa was a great school for academics. When I met the coaches, I could really tell that they were passionate about the team and really cared about their gymnasts. The girls on the team were really friendly, too. You could tell they were having fun and were really supportive of each other. I know that I could not have made a better choice for a college. I love Iowa!" - **Jennie Schurman***

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

*"After the first time I visited the university, I knew I was home. After going to two summer gymnastics camps, I fell in love with the coaches and believed in the gym atmosphere they value so much. When I took my official visit and met all my future teammates, I knew that they would be the friends I would have for life. I love my teammates, my coaches, and my school and without them my college experience would not be the amazing opportunity that I am living right now." - **Melissa Miller***

*"I chose Iowa because I love every one of the girls on the team, and it seemed like the perfect fit for me as a gymnast. I felt I could grow as a person and an athlete at Iowa. I also thought the atmosphere in the gym and the team dynamic was incredible. I also choose University of Iowa because academically it has one of the best pre-med programs in the country and the campus is the perfect mix of Big Ten energy with small city comfort. As soon as I stepped on campus it just fit. It is a blessing to have the opportunity to compete on such a great team. Go Hawks!" - **Rachel Nash***

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

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

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



Jennie Schurman Houry Gebeshian Melissa Miller Rachel Nash Rebecca Simbhudas Jessa Hansen Annie Szatkowski

IOWA WOMEN'S GYMNASTICS

Gymhawks In The Community



The University of Iowa women's gymnastics team takes great pride in being able to give back to the Iowa City community and participate in various community service activities. In conjunction with several activities, the team selects one major cause to be involved with. This season, the GymHawks have put their efforts behind flood relief and hope to provide some relief to those in Iowa City and across the Midwest who need it most. The GymHawks are always one of the first to jump at an opportunity to help others.



The GymHawks give an interview and sign autographs during Sports Night. The festivities take place during homecoming week and give the community an opportunity to get a look at Iowa Gymnastics.



The GymHawks "get creative" as they put together a haunted house for local children to come visit during Halloween.



The team prepares to head out on the 2008 Homecoming Parade route. Thousands of people line the streets for a chance to see the GymHawks along the route.



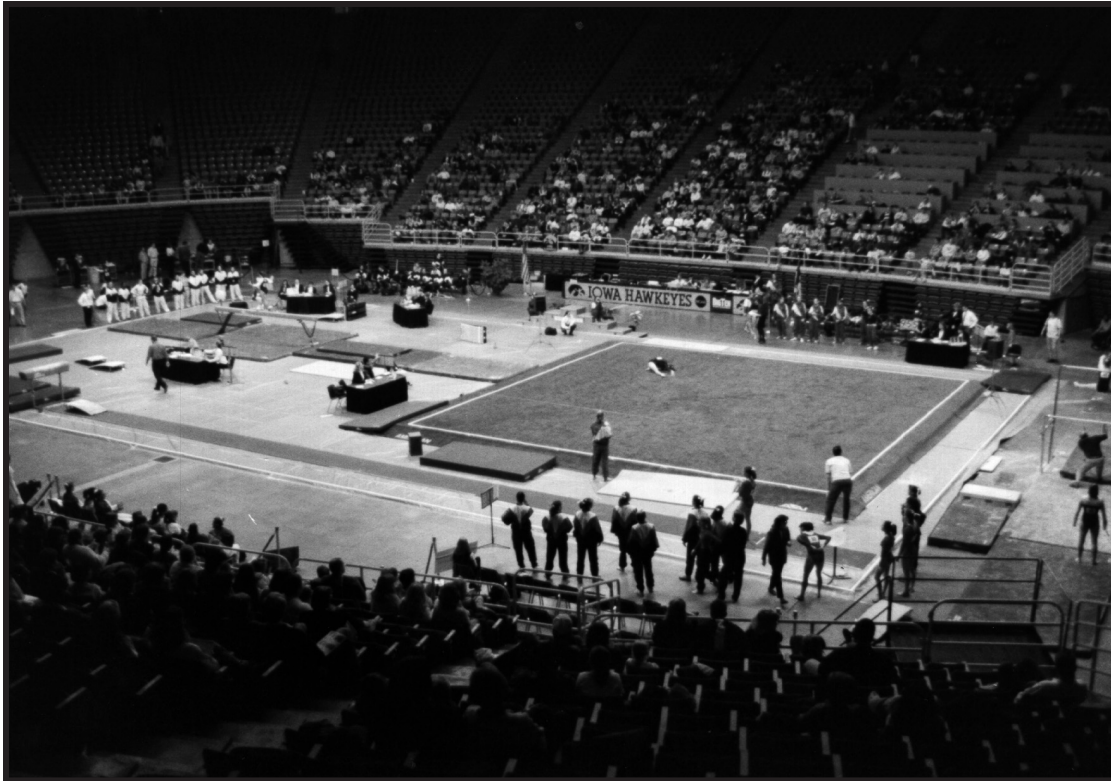
The Gymhawks helped raise money for Iowa flood victims prior to an Iowa home game this past September. All proceeds went to the 2008 Disaster Relief Fund.



IOWA WOMEN'S GYMNASTICS

Facilities

Carver-Hawkeye Arena



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

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

The GymHawks will host five home meets at Carver-Hawkeye Arena in 2009.

Field House Gymnastics Facility

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



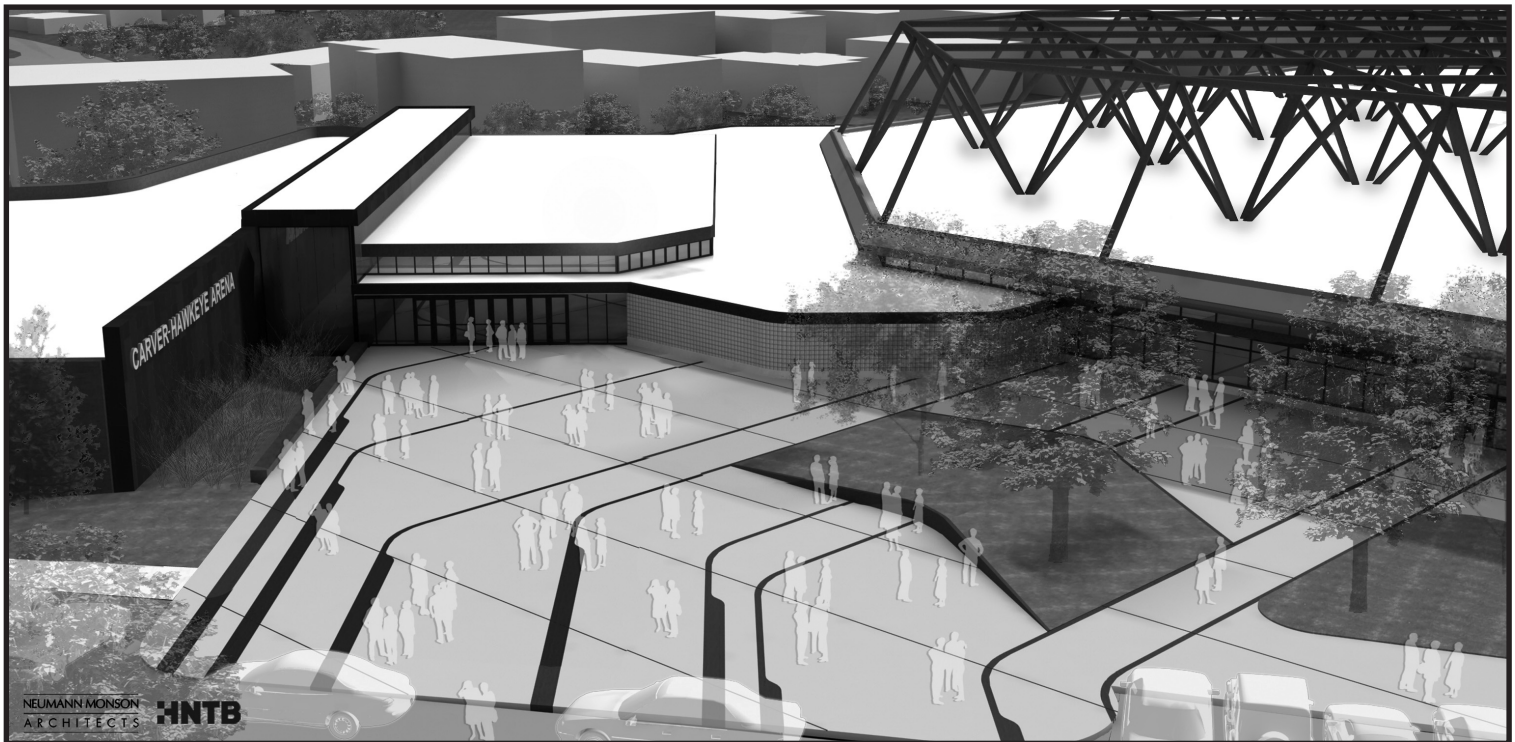
Gerdin Learning Center

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



IOWA WOMEN'S GYMNASTICS

Facilities



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

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

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

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

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

Approval by the Board of Regents allows the UI to move forward with the creation of architectural plans and the solicitation of bids for the project. The UI anticipates receiving bids in March 2009 and estimates completion of the full project in the fall of 2011.

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



IOWA WOMEN'S GYMNASTICS

Awards

National Award Winners

All-American Selections

Stephanie Gran 2004
 Alexis Maday 2002-04

Academic All-American Team

Kim Baker 1996
 Meredith Chang 1994
 Stephanie Gran 2002-03
 Annie Rue 2003
 Melissa Saliba 2003
 Sandy Stengel 1994
 Nicole Wong 2003

Big Ten Award Winners

Medal of Honor

Kim Baker 1996

Coach of the Year

Mike Lorenzen (co) 2001
 Mike Lorenzen (tri) 2004

Larissa Libby (co) 2008

Gymnast of the Year

Lori Cole 1991
 Alexis Maday 2004

Freshman of the Year

Kim Baker 1993
 Giselle Boniforti 1998
 Alexis Maday 2001

All-Big Ten Selections

Janna Alexandrova 2001
 Kim Baker 1994-96
 Katie Burke 2007
 Giselle Boniforti 1998-2000
 Lori Cole 1989-91
 Corynne Cooper 2002
 Liz Grajewski 2005-06
 Stephanie Gran 2001, 2003-04
 Wendy Hussar 1985
 Tracy Junker 1989
 Alexis Maday 2001-04
 Kris Meighan 1985
Kara Pinjuv 2007
 Annie Rue 2003
Jenifer Simbhudas 2007-08
 Sandy Stengel 1991
 Katie Turcotte 2007
 Kortny Williamson 2004
 Robyn Zussman 1989

Academic All-Big Ten Team

Janna Alexandrova 2002
 Kim Baker 1994-96
 Stephanie Benson 2001-02
 Carey Betcher 1990
 Misti Blackledge 1993, 1995
 Kim Burkard 1987-88
 Katie Burke 2005-08
 Stacy Burns 1990-92
 Meredith Chang 1992, 1994
 Tiffany Chapman 1997
 Corynne Cooper 2002
 Heather DeAtley 2001-02
 Beth Dilick 2005-07

Jenny Donar 2008

Jennifer DuBois 1987-88
 Michele Ford 2001-02
 Joni Goldwasser 1987
 Liz Grajewski 2004-06
 Stephanie Gran 2002-04
 Carie Hatch 1996-98
 Jamie Lynne Hedley 1990-92
 Angie Hungerford 1999-2002
 Tracy Junker 1989-91
 Kelley Kello 2002
 Brandy Killian 2002-04
 Tiffany Kwan 2004
 Jessica Kyanka 2002
 Betsy Lam 1998-2000
 Grace Lee 1996-98
 Danielle Legeai 2005-07
 Mindi Levitz 2002-05

Brittany Logan 2008

Alexis Maday 2002
 Stephani Martinsen 1992
 Jennifer Miermyk 1993
Kara Pinjuv 2007-08
 Tawna Rathe 1995
 Christine Roselli 1997-99
 Annie Rue 2002-05
 Melissa Saliba 2004
 Becky Sheldon 1992-93
 Sandy Stengel 1992-94
 Cathy Terrell 1993
 Linda Tremain 1984
 Lori Whitwer 1997-99
 Nicole Wong 2002-04
 Bobbie Zimmerman 2005-06
 Ally Zipse 2006-08

All-Academic Team

Jamie Lynne Headley 1992
 Kim Baker 1996
 Grace Lee 1998

Robert F. Ray Faculty Representative Award

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

Kim Baker 1996

Lou Ginsberg Humanitarian Award

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

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

Scholar Athlete of the Year

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

Jamie Lynne Headley 1992
 Kim Baker 1996

Dr. Patricia Hicks Award

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

Misti Blackledge 1994

IOWA WOMEN'S GYMNASTICS

Records



Individual Records

Vault

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

Uneven Bars

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

Balance Beam

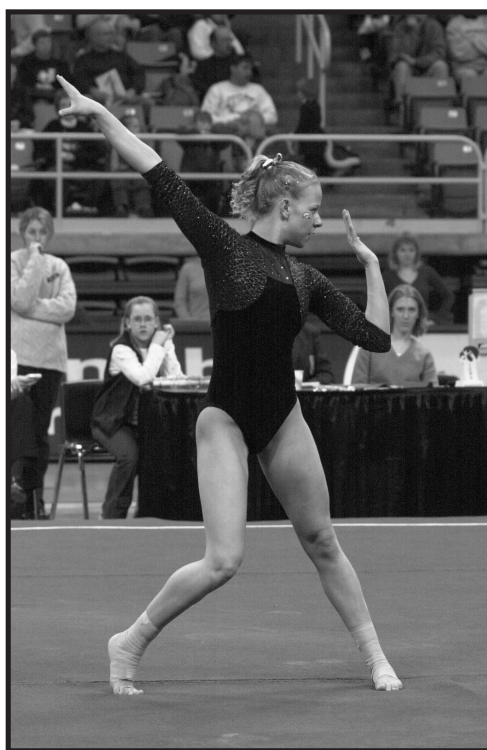
1. Janna Alexandrova . 9.975 (2x)..... 2001-02
2. Alexis Maday..... 9.950..... 2004
3. Janna Alexandrova . 9.925 (3x)..... 2001-03
Kelley Kello..... 9.925..... 2002
Stephanie Gran 9.925..... 2004
4. Robyn Gamble 9.900..... 1997
Janna Alexandrova . 9.900 (3x)..... 2001-03
Stephanie Gran 9.900 (4x).....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

Floor Exercise

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

All-Around

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



Alexis Maday holds three school records.

Team Records

Vault

1. 49.525 at Utah 2004
2. 49.450 at Maryland 2004
3. 49.400 at Illinois..... 2003
4. 49.375 vs. NC State 2004
5. 49.350 at Washington..... 2004

Uneven Bars

1. 49.425 vs. Illinois State 2001
2. 49.350 vs. Iowa State 2003
49.350 at Minnesota..... 2003
4. 49.300 at Maryland 2004
49.300 vs. NC State 2004
49.300 vs. Iowa State 2001

Vault

1. 49.525 at Utah 2004
2. 49.450 at Maryland 2004
3. 49.400 at Illinois..... 2003
4. 49.375 vs. NC State 2004
5. 49.350 at Washington..... 2004

Uneven Bars

1. 49.425 vs. Illinois State 2001
2. 49.350 vs. Iowa State 2003
49.350 at Minnesota..... 2003
4. 49.300 at Maryland 2004
49.300 vs. NC State 2004
49.300 vs. Iowa State 2001

Balance Beam

1. 49.425 at Illinois State 2004
2. 49.350 at Southern Utah 2003
49.350 at Illinois..... 2001
4. 49.300 vs. Michigan State ... 2003
5. 49.275 vs. Minnesota..... 2004

Floor Exercise

1. 49.550 vs. Iowa State 2004
2. 49.475 at Maryland 2004
49.475 vs. Michigan 2004
4. 49.450 vs. Minnesota..... 2004
49.450 at Washington..... 2004

Team

1. 197.150 at Maryland 2004
2. 196.900 at Washington..... 2004
3. 196.850 at Big Ten Champ's... 2003
4. 196.800 at Illinois..... 2003
5. 196.775 vs. NC State 2004



IOWA WOMEN'S GYMNASTICS

Opponents

Louisiana State

January 9 - 7 p.m.
Iowa City, IA

Location: _____ Baton Rouge, LA
Founded: _____ 1860
President: _____ Dr. John V. Lombardi
Athletic Director: _____ Joe Alleva
Colors: _____ Purple & Gold
Nickname: _____ Tigers
Venue: _____ Pete Maravich Assembly Center
Conference: _____ Southeastern Conference
2008 Record: _____ 26-12
2008 Conference Record/Finish: _____ 3-3/4th
Regional Finish: _____ 1st
NCAA Finish: _____ 5th
Head Coach: _____ Sara "D.D." Breau
Record at School/Years: _____ 540-327-7/32
Career Record/Years: _____ Same
Letterwinners Returning/Lost: _____ 10/3
Gymnastics SID: _____ Ashley Bourdier
Office Phone: _____ (225) 578-1867
E-mail Address: _____ abourd1@lsu.edu
Web Address: _____ www.LSUsports.net

Southeast Missouri State

January 9 - 7 p.m.
Iowa City, IA

Location: _____ Cape Girardeau, MO
Founded: _____ 1873
President: _____ Dr. Kenneth W. Dobbins
Athletic Director: _____ Cindy Gannon
Colors: _____ Red & Black
Nickname: _____ Redhawks
Venue: _____ Houck Fieldhouse
Conference: _____ Midwest Independent
2008 Record: _____ 9-7
2008 Conference Record/Finish: _____ 7-3, 2nd
Regional Finish: _____ 5th
NCAA Finish: _____ DNQ
Head Coach: _____ Tom Farden
Record at School/Years: _____ 56-43
Career Record/Years: _____ Same
Letterwinners Returning/Lost: _____ 15/1
Gymnastics SID: _____ Matthew C. Worthington
Office Phone: _____ (573) 651-2294
E-mail Address: _____ mcworthington1s@yahoo.com
Web Address: _____ www.gosoutheast.com

Michigan State

January 17 - 6:30 p.m.
East Lansing, MI

Location: _____ East Lansing, MI
Founded: _____ 1855
President: _____ Dr. Lou Anna K. Simon
Athletic Director: _____ Mark Hollis
Colors: _____ Green & White
Nickname: _____ Spartans
Venue: _____ Jenison Field House
Conference: _____ Big Ten Conference
2008 Record: _____ 17-11
2008 Conference Record/Finish: _____ N/A/4th
Regional Finish: _____ 3rd
NCAA Finish: _____ N/A
Head Coach: _____ Kathie Klages
Record at School/Years: _____ 295-155-3/18
Career Record/Years: _____ Same
Letterwinners Returning/Lost: _____ 11/1
Gymnastics SID: _____ Sarah Dull
Office Phone: _____ (517) 355-2271
E-mail Address: _____ sdull@ath.msu.edu
Web Address: _____ www.msuspartans.com

Illinois State

January 17 - 6:30 p.m.
East Lansing, MI

Location: _____ Normal, IL
Founded: _____ 1857
President: _____ Dr. Al Bowman
Athletic Director: _____ Dr. Sheahon Zenger
Colors: _____ Red & White
Nickname: _____ Redbirds
Venue: _____ Horton Field House
Conference: _____ Midwest Independent
2008 Record: _____ 8-11
2008 Conference Record/Finish: _____ 2-7/N/A
Regional Finish: _____ N/A
NCAA Finish: _____ N/A
Head Coach: _____ Bob Conkling
Record at School/Years: _____ 23-41/4
Career Record/Years: _____ Same
Letterwinners Returning/Lost: _____ 12/3
Gymnastics SID: _____ Kim Stoltz
Office Phone: _____ (309) 438-3262
E-mail Address: _____ kstoltz@ilstu.edu
Web Address: _____ www.GoRedbirds.com

West Virginia

January 17 - 6:30 p.m.
East Lansing, MI

Location: _____ Morgantown, WV
Founded: _____ 1867
President: _____ Dr. C. Peter Magrath
Athletic Director: _____ Ed Pastilong
Colors: _____ Old Gold & Blue
Nickname: _____ Mountaineers
Venue: _____ WVU Coliseum
Conference: _____ East Atlantic Gymnastics League
2008 Record: _____ 23-8
2008 Conference Record/Finish: _____ N/A/1st
Regional Finish: _____ 4th
NCAA Finish: _____ N/A
Head Coach: _____ Linda Burdette
Record at School/Years: _____ 597-236-4/34
Career Record/Years: _____ Same
Letterwinners Returning/Lost: _____ 14/5
Gymnastics SID: _____ Shannon McNamara
Office Phone: _____ (304) 293-2821
E-mail Address: _____ Shannon.McNamara@mail.wvu.edu
Web Address: _____ www.MSNsportsNet.com

Illinois

January 24 - 7 p.m.
Champaign, IL

Location: _____ Champaign, IL
Founded: _____ 1867
President: _____ B. Joseph White
Athletic Director: _____ Ron Guenther
Colors: _____ Orange & Blue
Nickname: _____ Fighting Illini
Venue: _____ Huff Hall
Conference: _____ Big Ten
2008 Record: _____ 6-10
2008 Conference Record/Finish: _____ 1-3/2nd
Regional Finish: _____ 3rd
NCAA Finish: _____ N/A
Head Coach: _____ Bob Starkell
Record at School/Years: _____ 75-85/9
Career Record/Years: _____ Same
Letterwinners Returning/Lost: _____ 11/2
Gymnastics SID: _____ Eric Giovanni
Office Phone: _____ (217) 333-1391
E-mail Address: _____ egiovan2@illinois.edu
Web Address: _____ www.fightingillini.com

Texas Woman's University

January 31 - 7 p.m.
Iowa City, IA

Location: _____ Denton, TX
Founded: _____ 1901
President: _____ Dr. Ann Stuart
Athletic Director: _____ Chalese Connors
Colors: _____ Maroon & White
Nickname: _____ Pioneers
Venue: _____ Kitty Magee Arena
Conference: _____ Midwest Independent Conference
2008 Record: _____ 10-14
2008 Conference Record/Finish: _____ N/A/4th
Regional Finish: _____ N/A
NCAA Finish: _____ N/A
Head Coach: _____ Frank Kudlac
Record at School/Years: _____ 423-458-1/30
Career Record/Years: _____ Same
Letterwinners Returning/Lost: _____ 15/3
Gymnastics SID: _____ Jeff Bowerman
Office Phone: _____ (940) 898-2373
E-mail Address: _____ jbowerman@twu.edu
Web Address: _____ www.twuathletics.com

IOWA WOMEN'S GYMNASTICS

Opponents



Wisconsin-Whitewater

January 31 - 7 p.m.
Iowa City, IA

Location: _____ Whitewater, WI
Founded: _____ 1868
President: _____ Dick Telfair
Athletic Director: _____ Paul Plinske
Colors: _____ Purple & White
Nickname: _____ Warhawks
Venue: _____ Williams Center
Conference: _____ WIAC
2008 Record: _____ 8-7
2008 Conference Record/Finish: _____ 4-0/1st
Regional Finish: _____ N/A
NCAA Finish: _____ N/A
Head Coach: _____ Jennifer White
Record at School/Years: _____ N/A/6
Career Record/Years: _____ N/A/11
Letterwinners Returning/Lost: _____ 7/6
Gymnastics SID: _____ Tom Fick
Office Phone: _____ (262) 472-1147
E-mail Address: _____ fickt@uww.edu
Web Address: _____ www.uwwsports.edu

Ohio State

February 7 - 6 p.m.
Columbus, OH

Location: _____ Columbus, OH
Founded: _____ 1870
President: _____ Gordon Gee
Athletic Director: _____ Gene Smith
Colors: _____ Scarlet & Gray
Nickname: _____ Buckeyes
Venue: _____ St. John Arena
Conference: _____ Big Ten Conference
2008 Record: _____ 7-6-1
2008 Conference Record/Finish: _____ 2-0-1/7th
Regional Finish: _____ 3rd
NCAA Finish: _____ N/A
Head Coach: _____ Carey Fagan
Record at School/Years: _____ 33-29-1/4
Career Record/Years: _____ Same
Letterwinners Returning/Lost: _____ 8/3
Gymnastics SID: _____ Alissa Clendenen
Office Phone: _____ (614) 292-0134
E-mail Address: _____ Clendenen.5@osu.edu
Web Address: _____ www.OhioStateBuckeyes.com

Iowa State

February 12, Ames, IA - 7 p.m.
February 16, Iowa City, IA - 7 p.m.

Location: _____ Ames, IA
Founded: _____ 1858
President: _____ Dr. Gregory L. Geoffroy
Athletic Director: _____ Jamie Pollard
Colors: _____ Cardinal & Gold
Nickname: _____ Cyclones
Venue: _____ Hilton Coliseum
Conference: _____ Big 12
2008 Record: _____ 3-15
2008 Conference Record/Finish: _____ 0-4/2nd
Regional Finish: _____ 6th
NCAA Finish: _____ N/A
Head Coach: _____ Jay Ronayne
Record at School/Years: _____ 18-24-1/2
Career Record/Years: _____ Same
Letterwinners Returning/Lost: _____ 13/1
Gymnastics SID: _____ Eric Bentzinger
Office Phone: _____ (515) 294-2008
E-mail Address: _____ ericb@iastate.edu
Web Address: _____ www.Cyclones.com

Southern Utah

February 20 - 7 p.m.
Cedar City, UT

Location: _____ Cedar City, UT
Founded: _____ 1897
President: _____ Dr. Michael T. Benson
Athletic Director: _____ Ken Beazer
Colors: _____ Scarlet & White
Nickname: _____ Thunderbirds
Venue: _____ Centrum Arena
Conference: _____ Western Athletic
2008 Record: _____ 14-11-1
2008 Conference Record/Finish: _____ 9-4/3rd
Regional Finish: _____ 5th
NCAA Finish: _____ N/A
Head Coach: _____ Scott Bauman
Record at School/Years: _____ 136-167-1/18
Career Record/Years: _____ Same
Letterwinners Returning/Lost: _____ 10/1
Gymnastics SID: _____ Kyle Cottam
Office Phone: _____ (435) 586-7752
E-mail Address: _____ cottam@suu.edu
Web Address: _____ www.suutbirds.com

Maryland

February 28 - 7 p.m.
Iowa City, IA

Location: _____ College Park, MD
Founded: _____ 1856
President: _____ Dr. C. D. Mote, Jr.
Athletic Director: _____ Deborah A. Yow
Colors: _____ Red, White, Black & Gold
Nickname: _____ Terps/Terrapins
Venue: _____ Comcast Center Pavilion
Conference: _____ East Atlantic Gymnastics League
2008 Record: _____ 11-18
2008 Conference Record/Finish: _____ 3-8/5th
Regional Finish: _____ N/A
NCAA Finish: _____ N/A
Head Coach: _____ Bob Nelligan
Record at School/Years: _____ 478-426-4/30
Career Record/Years: _____ Same
Letterwinners Returning/Lost: _____ 10/2
Gymnastics SID: _____ Matt Bixenstine
Office Phone: _____ (301) 314-7064
E-mail Address: _____ mbixen@umd.edu
Web Address: _____ www.umterps.com

Kentucky

March 6 - 7 p.m.
Iowa City, IA

Location: _____ Lexington, KY
Founded: _____ 1865
President: _____ Lee T. Todd, Jr.
Athletic Director: _____ Mitch Barnhart
Colors: _____ Blue & White
Nickname: _____ Wildcats
Venue: _____ Memorial Coliseum
Conference: _____ Southeastern Conference
2008 Record: _____ 10-17
2008 Conference Record/Finish: _____ 1-6/6th
Regional Finish: _____ 5th
NCAA Finish: _____ N/A
Head Coach: _____ Mo Mitchell
Record at School/Years: _____ 51-81/6
Career Record/Years: _____ Same
Letterwinners Returning/Lost: _____ N/A
Gymnastics SID: _____ Sara Reichbaum
Office Phone: _____ (859) 257-6846
E-mail Address: _____ sjreic@uky.edu
Web Address: _____ www.UKathletics.com

Minnesota

March 14 - 6 p.m.
Minneapolis, MN

Location: _____ Minneapolis, MN
Founded: _____ 1851
President: _____ Robert Bruininks
Athletic Director: _____ Joel Maturi
Colors: _____ Maroon & Gold
Nickname: _____ Golden Gophers
Venue: _____ Sports Pavilion
Conference: _____ Big Ten
2008 Record: _____ 15-14
2008 Conference Record/Finish: _____ N/A/6th
Regional Finish: _____ 3rd
NCAA Finish: _____ N/A
Co-Head Coaches: _____ Jim & Meg Stephenson
Record at School/Years: _____ 161-132-1/12
Career Record/Years: _____ 220-203-1 (Jim)/16
Letterwinners Returning/Lost: _____ 10/3
Gymnastics SID: _____ Sara Berhow
Office Phone: _____ (612) 625-5560
E-mail Address: _____ berho002@umn.edu
Web Address: _____ www.gophersports.com



IOWA WOMEN'S GYMNASTICS

Big Ten Network



About the Big Ten Network:

The Big Ten Network is dedicated to covering the Big Ten Conference and its 11 member institutions. The Big Ten Network provides unprecedented access to an extensive schedule of conference sports events and shows; original programs in academics, the arts and sciences; campus activities; and associated personalities. Sports programming includes live coverage of more events than ever before, along with news, highlights and analysis, all complemented by hours of university-produced campus programming. The Big Ten Network is a joint venture between subsidiaries of the Big Ten Conference and Fox Cable Networks. The Big Ten Network reaches a national audience through distribution arrangements with approximately 230 cable and satellite companies.

The Big Ten Women's Show:

Airing each week, the Big Ten Women's Show is dedicated to showcasing the best of Big Ten women's athletics. Viewers will see highlights, previews, analysis and features dedicated only to the female athletes and the coaches, administrators and university staffs comprising the world of Big Ten Women's athletics. The Big Ten Conference has been a pioneer in promoting and recognizing women's athletics, and the Big Ten Network continues that tradition, not just with this program but with the promise that the Big Ten Network will offer event equality on all its platforms within three years of its launch.

Big Ten Tonight:

Bringing the viewer Big Ten highlights, analysis, features, historical segments, interviews and breaking news, Big Ten Tonight has unprecedented access that sets it apart from all other sports highlight shows. No other show has a mini-studio at each campus, providing Big Ten Tonight with interviews with coaches and players every evening. With lively segments mixed with features honoring the conference's illustrious history, Big Ten Tonight delves into Big Ten athletics, making it the only destination for Big Ten fans.

Big Ten Short Stories

For every touchdown pass, goal, dunk, spike, kick-save, pin or home run, there is an untold story about the people who made these memorable plays happen. Going behind the scenes and beyond the highlight reels, Big Ten Short Stories turns the spotlight on the people and places that make the Big Ten so special. Whether it's a feature on an amazing student-athlete, an iconic retired coach, or a fabled football stadium, this is the show that tells the story. Check local listings for air dates and times.

BigTenNetwork.com

For video highlights of your Big Ten teams, human interest features on your favorite student-athletes and all the latest happenings in the Big Ten, log onto www.BigTenNetwork.com. The network's online home also contains statistics, schedules and more. Now, fans can get their Big Ten news and discussion to go with BigTenNetwork.com podcasts with conference insiders. Podcasts are available by sport and by school.



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.



IOWA WOMEN'S GYMNASTICS

Hawkeye Athletics

The University of Iowa Athletic Department is under the direction of Gary Barta and is regarded as one of the top intercollegiate programs in the nation. The men's and women's departments, operating separately for over 25 years, merged in 2001. It combined nationally recognized programs for both genders into one successful and progressive unit.

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

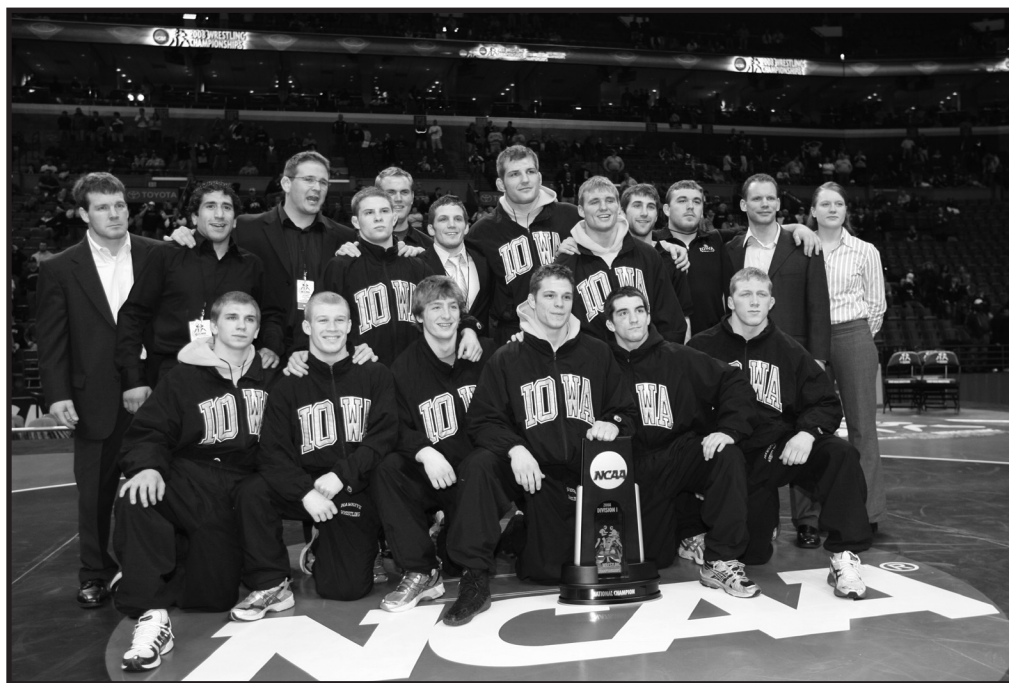
While the Hawkeyes compete with the best in the nation in a variety of sports, Iowa boasts some of the most impressive athletic facilities in the nation, operated by one of the most respected departments.

Several new projects are underway on the Iowa campus. Some of the latest additions to the UI campus are the Roy G. Karro Athletics Hall of Fame and Visitors Center, 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.



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.

Iowa athletes have been recognized as all-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 an-



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

IOWA WOMEN'S GYMNASTICS

Hawkeye Athletics



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.

nually to the nation's most dominate wrestler. The Hawkeyes had six all-Americans while 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.

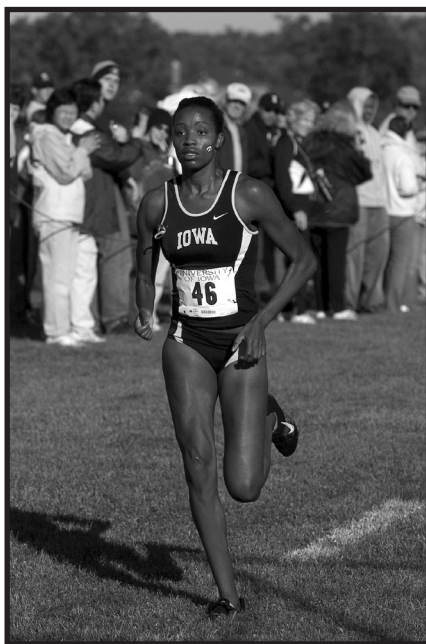
Head women's gymnastics coach Larissa Libby was named co-Big Ten Coach of the Year while Jenifer Simbhudas was a first team all-Big Ten selection. Assistant coaches Jeff Richards and Tayla Vexler were also named North Central Region Assistant Coaches of the Year.

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.

www.hawkeyesports.com

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IOWA WOMEN'S GYMNASTICS

Athletic Student Services

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.

IOWA WOMEN'S GYMNASTICS

Athletic Student Services



Located near Hillcrest residence hall, the Russell A. and Ann Gerdin Athletics Learning Center is easily accessible 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 accommodate student-athletes.



Hawkeye student-athletes 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.



IOWA WOMEN'S GYMNASTICS

Distinguished Alumni

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

Business

Leland C. Adams, Former president, Amoco Production Co.

John J. Balles, former president, Federal Reserve Bank of San Francisco

Arthur A. Collins, Founder, Collins Radio (Rockwell Collins)

Kathleen A. Dore, Executive vice president and general manager, Bravo Television Network & the Independent Film Channel

John W. English, former vice president and chief investment officer, Ford Foundation

H. John Hawkinson, former president and director of funds, Kemper Financial Services Inc.

Richard O. Jacobson, President, Jacobson Warehouse Co.

Bill Krause, President, Krause Gentle Corp.

Richard Levitt, Chairman & CEO, Nellis 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*

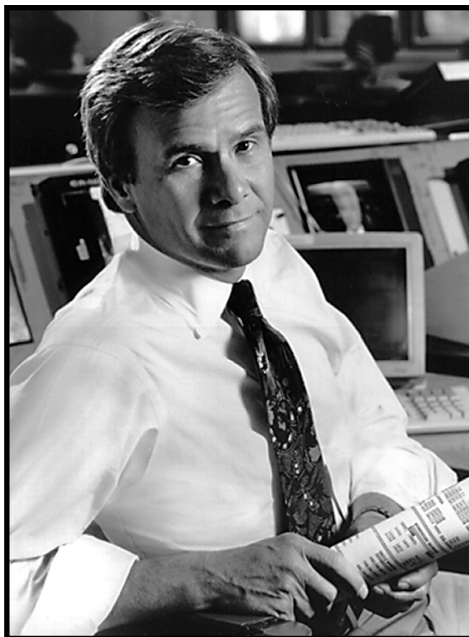
Alex Karras, former NFL All-Pro, Detroit Lions; actor, *Victor, Victoria*; *Blazing Saddles*; "Webster"

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*

Richard Maibaum, Writer of James Bond motion picture scripts



Tom Brokaw, NBC News



Mark Shapiro, Former ESPN Vice-President

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*

IOWA WOMEN'S GYMNASTICS

Strength Training and Sports Medicine



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.



IOWA WOMEN'S GYMNASTICS

The University of Iowa

An Exceptional Choice

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

Outstanding Academic Opportunities

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

A Fun Place to Call Home

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

Commanding Resources

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

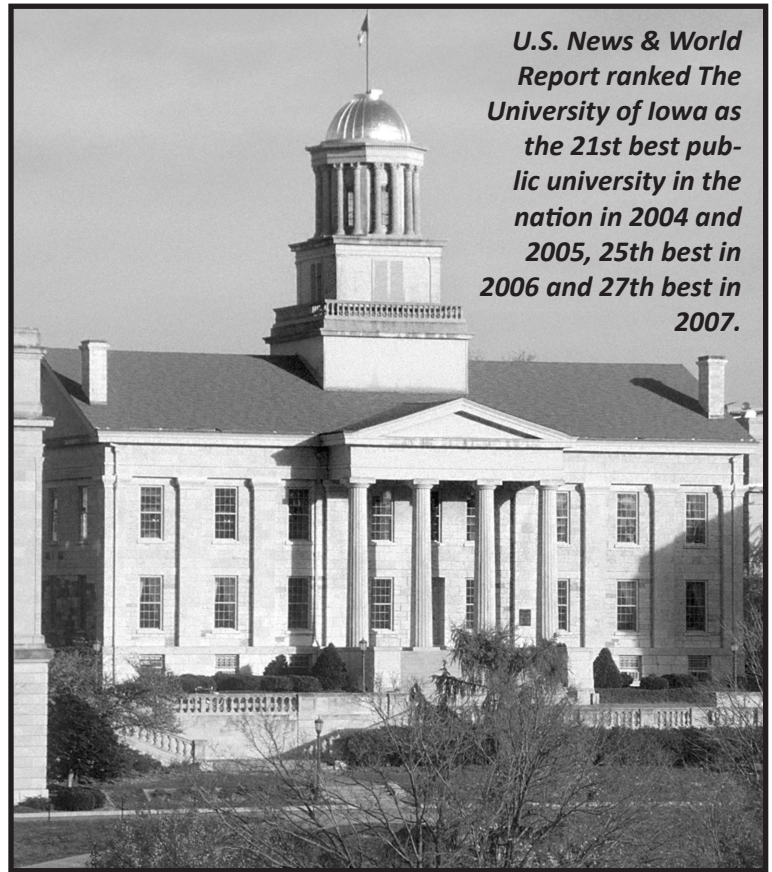
Success. Iowa's philosophy is that if students meet the entrance requirements, the University is going to do everything it can to help students to graduate. An Iowa degree spells success in the job market, giving students the skills to continue learning and growing throughout their careers.

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, 25th best in 2006 and 27th best in 2007.

Consider Iowa's Advantages

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

IOWA WOMEN'S GYMNASTICS

The University of Iowa



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/.

Education

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

Nursing

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





IOWA WOMEN'S GYMNASTICS

The University of Iowa

Housing

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

The residence halls have full-service dining rooms, study lounges, laundry facilities, recreational facilities, vending, and bank machines. Each room has high-speed computer connections for e-mail and Internet access, plus there are wireless networking hot spots in a variety of locations across campus. Iowa also offers wireless networking in 52 buildings and several outdoor areas, providing more than 265 access points across campus.

Safety

- 11:55 p.m. - 2:10 a.m.: Free SafeRide buses take students home Fridays and Saturdays during the fall and spring semesters.
- Special telephones with blue lights are stationed across campus with a direct link to the UI Department of Public Safety.
- University of Iowa Police personnel educate students on safety during summer orientation.
- The Rape Victim Advocacy Program cooperates with the UI Department of Public Safety and participates in Sexual Crime Awareness Week.

Cambus

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

Health Services

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

Libraries

The University of Iowa Libraries supports the academic achievement of all student-athletes with specialized courses, one-on-one consultations with librarians, 24/7 access to electronic resources through the web site (www.lib.uiowa.edu), 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 WOMEN'S GYMNASTICS

The University of Iowa



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

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

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

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

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

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

Old Capitol

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

Coralville Lake

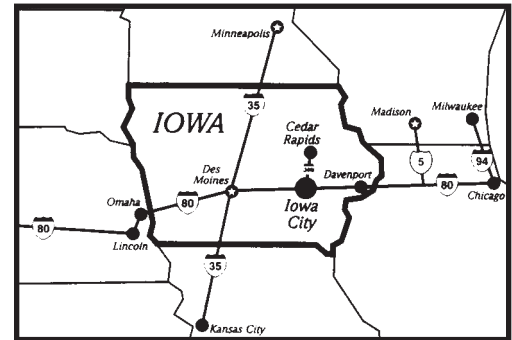
Just north of Iowa City is Coralville Lake, an outdoor recreational area that offers a variety of opportunities for the public. Coralville Lake offers picnic shelters, biking, hiking, fishing, boating, swimming, hunting, camping, snowmobiling, cross country skiing, golf and disc golf.

City Plaza

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

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 Younkers. 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:

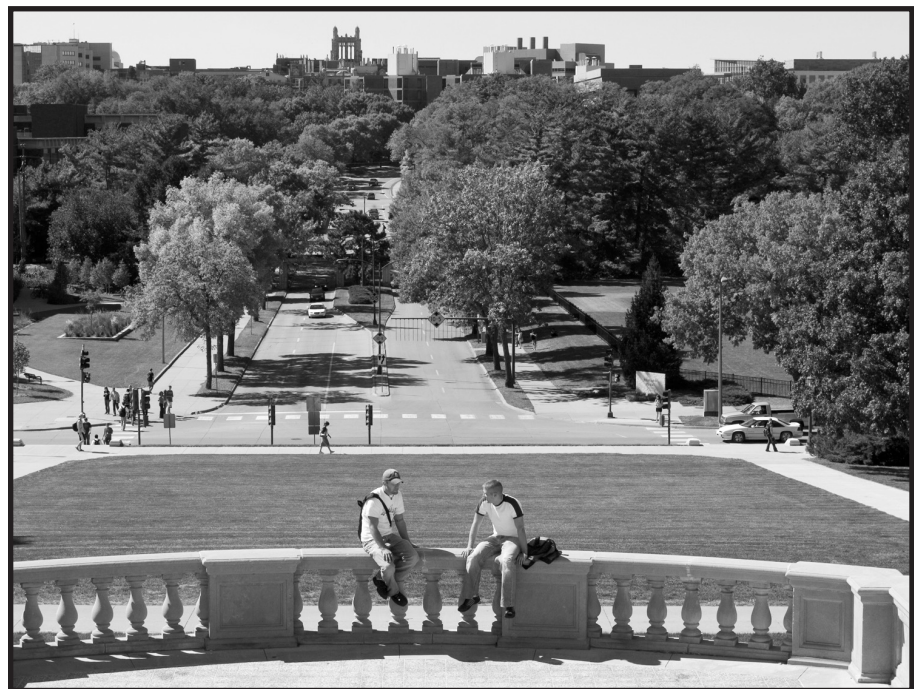
Iowa City/Coralville

Convention & Visitors Bureau

900 First Avenue, Coralville 52241;

319/337-6592 or 800/283-6592

www.iowacitycoralville.org



www.hawkeyesports.com

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IOWA WOMEN'S GYMNASTICS

Hawkeye Traditions

The Hawkeye Nickname

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

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

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

Herky The Hawkeye

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

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

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

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

School Colors

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



School Fight Song

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

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

