



IOWA ROWING

2011-12 Schedule

Sept. 24	at Head of the Des Moines	Des Moines, Iowa
Oct. 8-9	at Head of the Oklahoma	Oklahoma City, Okla.
Oct. 30	Head of the Iowa	Iowa City, Iowa
Mar. 16-18	at Longhorn Invitational	Austin, Texas
Mar. 24	Minnesota	Solon, Iowa
Mar. 31-April 1	at San Diego Crew Classic	San Diego, Calif.
April 7	Double Dual	Solon, Iowa
	Michigan, Michigan State & Louisville	
April 17 or 21	at Race TBD	TBD
April 28	at Coastal Race	TBA
May 13	at Big Ten Championships	Indianapolis, Ind.
May 24-27	at NCAA Championships	TBA

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General Information

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

Coaching Information

Head Coach (Yr. at Iowa):	Mandi Kowal (17th)
Alma Mater/Year:	Wisconsin/1987
E-Mail Address:	mandi-kowal@iowarowing.com
Assistant Coach (Yr. at Iowa):	Beth Redfearn (1st)
Alma Mater/Year:	Wisconsin/2005
E-Mail Address:	beth-redfearn@iowarowing.com
Assitant Coach (Yr. at Iowa):	Courtney Valerious
Alma Mater/Year:	Indiana/2007
E-Mail Address:	courtney-valerious@iowarowing.com
Rowing Office:	(319) 335-9259
Graduate Assistant:	Carrie Callen

Media Information

Rowing SID:	Ashley Carlson
Office Phone:	(319) 335-9411
Office Fax:	(319) 335-9417
E-Mail Address:	ascarlson@msn.com
Sports Information Director:	Steve Roe
Web Address:	hawkeyesports.com

Practice Attendance & Media Interviews

All practices are open to the media, and interviews may be conducted 15 minutes prior to or at the completion of practice. However, media must inform the Athletic Communications office of their intention to attend practice. The Hawkeye Varsity practices from 6:00-8:30 a.m. in the spring.

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

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

The University of Iowa prohibits discrimination in employment and in its educational programs and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. The University also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information on nondiscrimination policies, contact the Coordinator of Title IX, Section 504, and the ADA in the Office of Affirmative Action, 319/335-0705 (voice) or 319/335-0697 (text), The University of Iowa, 202 Jessup Hall, Iowa City, Iowa 52242-1316.



IOWA ROWING

NCAA Woman of the Year

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

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

National Scholar Athletes

Annette Allard	2009
Katie Garrels.....	2000, 2001
Jessica Goetz	2001-03
Katie Hauck	2001
Anna Kolden	2009
Emily Katalinich	2009-10
Julia Kirkham	2002-03
Anna Kolden	2010
Megan Manijak	2003-04
Meghan Martin.....	2001
Haylie Miller	2009-10
Heidie Miller	2009
Natalie Moretz	2003
Katie Ouellette	2009
Allison Robinson	2010
Nikki Stob	2004
Rachael Szelle.....	2003
Emily Vail	2004-05
Emily Vinson	2009-10
Emily Wagstrom	2005
Melissa Wordelman	2009
Chloe Zwiacher	2010

Collegiate Rowing Coaches Assoc. All-Region Team

Katie Garrels.....	2001
Kristen Kelly.....	2009
Katy Kroll	2010
Meghan Martin.....	2000-01
Megan Manijak	2004
Jessica Novak	2009-10
Michelle Trannel	2005
Sarah Zulewski	2002

Verizon Academic All-District VII

Katie Garrels.....	2001
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Central Region Academic Team

First Team

Jessica Goetz.....	2003
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Second Team

Natalie Moretz	2003
Michelle Trannel	2003

All-Big Ten First Team

Meghan Martin.....	2000-01
Melissa Schink.....	2002
Jessica Goetz	2003
Megan Manijak	2004
Michelle Trannel	2005
Lydia McGee	2006
Lori Rehel	2007
Sheila Rinozzi.....	2009-10
Brittany Keyes	2008
Jessica Novack.....	2011

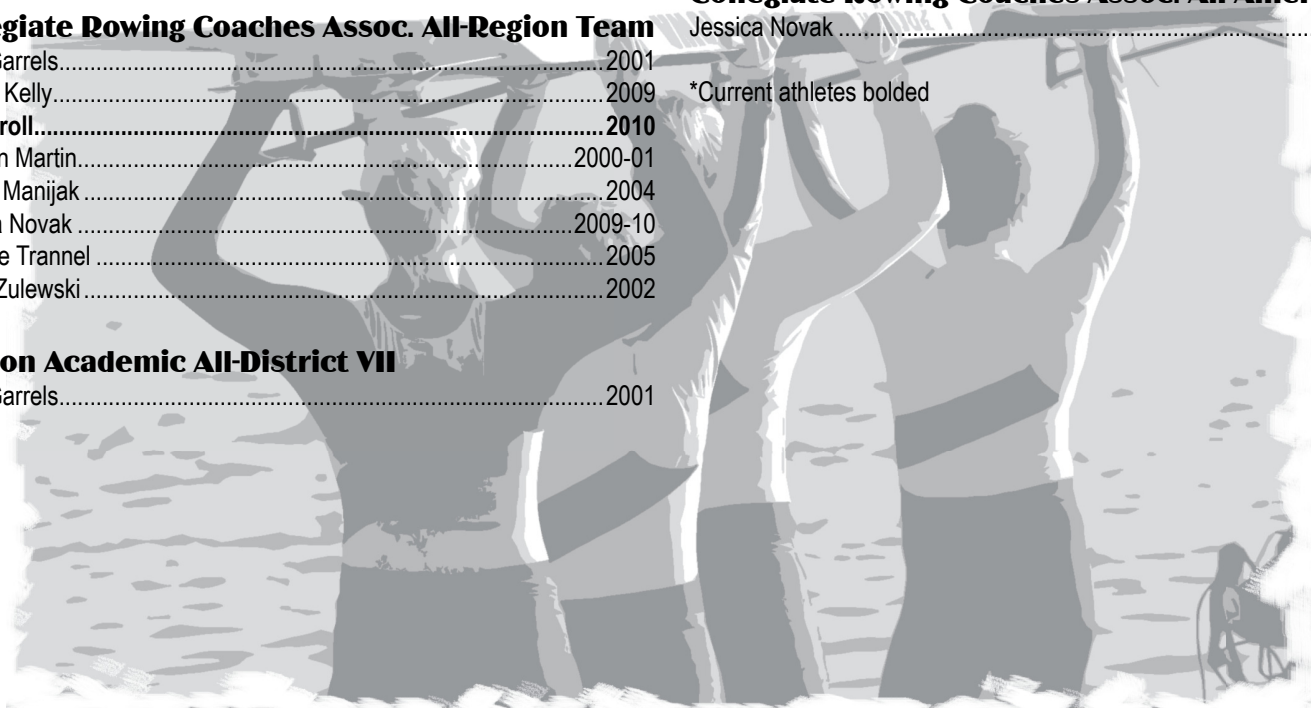
All-Big Ten Second Team

Janelle Cross.....	2007
Kristen Kelly.....	2006,2008
Nikki Stob	2005
Jessica Novak	2009-10
Michelle Trannel	2003-04
Molly Pollpeter	2011

Collegiate Rowing Coaches Assoc. All-American

Jessica Novak	2010
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*Current athletes bolded





IOWA ROWING

Academic All-Big Ten

Annette Allard	2008-10
Allison Baine	2002
Laura Balogh	2003-04
Stephanie Beeler	2004
Louise Benz	2011
Leah Bontrager	2001
Emily Burm	2003
Evonne Butikofer	2001-03
Megan Conner	2005
Janelle Cross	2006-07
Rachel Conybeare	2001
Katelyn Davy-Traynor	2008-09
Darcy Delong	2009-11
Stacy Dettman	2007
Anneke Diem	2002-03
Allison Edwards	2003
Erin Effmann	2001
Natalie Embach	2007
Megan Erickson	2008-10
Allison Frederick	2003-04
Clara Francios	2009
Michelle Ganske	2003
Katie Garrels	2001
Jessica Goetz	2001-03
Danielle Harris	2008
Katie Hauck	2001-03
Karen Jendrzewski	2002
Emily Joynt	2006
Laura Kanaris	2009
Emily Katalinich	2008-10
Kristin Kelly	2007-09
Rachel Kelly	2001
Brittany Keyes	2006-08
Julia Kirkham	2003
Kendra Klaczak	2011
Anna Kolden	2009-11
Caitlin Kuempel	2009-11
Alyssa Langerud	2006
Kathleen Lehman	2003-04
Emily Lewis	2005-07
Jennifer Lewis	2003
Zoe Lewis	2011
Allison Lofthouse	2009-11
Molly Lynch	2008
Megan Manijak	2002-04
Meghan Martin	2001
Emily Melvold	2009-11
Hannah Miller	2008-09
Haylie Miller	2009-11
Heidie Miller	2009, 2011
Katie Moe	2003-04
Natalie Moretz	2001, 2003
Kateri Nelis	2004
Sophie Nielsen	2005-07
Jessica Novack	2009-11
Carolyn O'Meara	2005-07
Katie Ouellette	2008-10
Dorian Piehl	2001-03
Molly Pollpeter	2010-11

Romy Post	2007
Christina Pozzan	2011
Katie Radasevich	2009-11
Sarah Radke	2011
Jessica Reid	2005-07
Sheila Rinozzi	2008-10
Allison Robinson	2009-11
Vanessa Sheehan	2003-05
Sheila Shippy	2001
Jamie Siers	2006
Amy Smith	2009
Erin Sodawasser	2010-11
Courtney Spears	2008
Leslie Stach	2002
Susie Stralina	2011
Jennifer Steilen	2002-04
Nikki Stob	2003-05
Rachael Sztelle	2001-03
Lisa Tauke	2001
Tiffany Tiberi	2001-03
Michelle Trannel	2003-05
Amanda Uthe	2001
Emily Vail	2003-05
Emily Vinson	2008-10
Emily Wagstrom	2003-05
Melissa Wordelman	2007-08
Chloe Zwiacher	2010-11

President's List

Evonne Butikofer	2000
Anneke Diem	2002-03
Jenna Hetland	2000
Anna Kolden	2009-10
Emily Vail	2002-03
Emily Vinson	2009

Dean's List

Annette Allard	2008-09
Kristin Barnette	1998-99
Laura Baogh	2004
Anna Battoe	2005
Stephanie Beeler	2003
Allison Blaine	2001
Leah Bontrager	1999, 2001-02
Martha Bossch	1995, 1997-98
Lynley Burrow	2010
Evonne Butikofer	2000-03
Janelle Cross	2007
Lisa Deimerly	1997-99
Darcy Delong	2008-10
Anneke Diem	2000-03
Sara Dolson	2005
Allison Edwards	2003
Megan Erickson	2009
Allison Frederick	2002
Katie Garrels	1998-99
Laurie Geers	1997, 1999
Whitney Gerlich	2006
Jessica Goetz	2000-03
Katie Hauck	1999-02

Jenna Hetland	1999-2000
Karla Hirokawa	1999-00
Gina Huss	2004
Sarah Jaffee	2008
Karen Jendrzewski	1999-00, 2002
Emily Joynt	2005
Emily Katalinich	2009
Kristin Kelly	2007-08
Brittany Keyes	2005-07
Julia Kirkham	2002-03
Kendra Klaczak	2010
Anna Kolden	2008-10
Margaret Krusing	2008
Caitlin Kuempel	2009
Kathleen Lehman	2003-04
Emily Lewis	2004-05, 2007
Jennifer Lewis	2003
Carly Linter	2009
Megan Manijak	2001-04
Ashley Martin	2006
Meghan Martin	1998-00
Michelle Maxwell	1999
Renee Meyer	2006
Haylie Miller	2008-09
Heidie Miller	2008-09
Natalie Moretz	2003
Margaret Muellee	2000-01
Kateri Nelis	2003
Sophie Nielsen	2004
Jessica Novack	2009
Carolyn O'Meara	2007
Tracy Ongena	1999
Katie Ouellette	2009
Jessica Petersen	2000-01
Dorian Piehl	2003
Dana Popish	1999
Lori Rehel	2007
Jessica Reid	2005-07
Shelia Rinozzi	2007, 2009
Allison Robinson	2008-09
Vanessa Sheehan	2005
Kelly Sherry	2004
Sheila Shippy	2000
Jamie Seirs	2005-06
Amy Soenksen	1998-00
Leslie Stach	2005
Nikki Stob	2003, 2005
Rachael Sztelle	1999-02
Samantha Terrill	2010
Tiffany Tiberi	2003
Michelle Trannel	2002, 2004
Katelyn Davy-Traynor	2006-08
Amanda Uthe	2003
Emily Vail	2002-05
Emily Vinson	2008-09
Emily Wagstrom	2002-05
Anne West	1995-98
Melissa Wordelman	2005-07
Marije Van Amersfoort	2005
Chloe Zwiacher	2009



IOWA ROWING

Letterwinners (since 2011)

Christine Allingham.....	2011
Louise Bensz.....	2011
Annmarie Bernard.....	2011
Madeline Conklin.....	2011
Darcy DeLong.....	2011
Laura Hallman.....	2011
Kendra Klaczak.....	2011
Anna Kolden.....	2011
Katy Kroll.....	2011
Caitlin Kuempel.....	2011
Zoe Lewis.....	2011
Allison Lofthouse.....	2011
Brin McAnally.....	2011
Emily Melvold.....	2011
Haylie Miller.....	2011
Heidie Miller.....	2011
Jessica Novack.....	2011
April Podbregar.....	2011
Molly Pollpeter.....	2011
Cristina Pozzan.....	2011
Katie Radasevich.....	2011
Sarah Radke.....	2011
Allison Robinson.....	2011
Erin Sodawasser.....	2011
Susie Stralina.....	2011
Chloe Zwiacher.....	2011

Novice of the Year

Laura Hallman.....	2011
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Most Improved Novice

Cheryl Smith.....	2011
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IOWA ROWING

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

Courage:

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

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

Heart:

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

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

Attitude:

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

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

Maturity:

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

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

Perseverance:

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

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

Integrity:

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

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

Optimism:

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

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

Nobility:

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

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

Squads:

Any small group of people working together.

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



IOWA ROWING

Courage

1999	Katie Garrels	2007	Kristin Kelly
2000	Evonne Butikofer		Janelle Cross
2001	Katie Garrels	2008	Megan Erickson
2002	Melissa Schink	2009	Haylie Miller
2003	Michelle Trannel	2010	Heidie Miller
2004	Kate Ramundt	2011	Zoe Lewis
2005	Marije Van Amersfoort		
2006	Lydia McGee		

Heart

1999	Meghan Martin	2005	Michelle Trannel
2000	Meghan Martin	2006	Lydia McGee
2001	Meghan Martin	2007	Megan Conner
2002	Katy Kass	2008	Sheila Rinozzi
2003	Katy Kass	2009	Shelia Rinozzi
2004	Michelle Trannel	2010	Shelia Rinozzi
		2011	Haylie Miller

Attitude

1999	Alissa Burmeister	2006	Janelle Cross
2000	Annie Obrecht	2007	Janelle Cross
2001	Rachel Conybeare	2008	Hannah Miller
2002	Rachael Sztelle	2009	Katie Ouellette
2003	Emily Vail	2010	Emily Melvold
2004	Allison Frederick	2011	Katie Radasevich
2005	Alyssa Langerud		

Maturity

1999	Kristen Krahulik	2006	Lydia McGee
2000	Laurie Geers	2007	Jessie Reid
2001	Evonne Butikofer	2008	Brittany Keyes
2002	Julia Kirkham		Melissa Wordelman
2003	Natalie Moretz	2009	Hannah Miller
2004	Kathleen Lehman	2010	Emily Vinson
2005	Nikki Stob	2011	Allison Lofthouse



Zoe Lewis



Haylie Miller



Katie Radasevich



Allison Lofthouse





IOWA ROWING

Perserverance

1999	Amy Stout	2005	Emily Wagstrom
2000	Leah Bontrager	2006	Sophie Nelson
2001	Danelle Loebaka	2007	Emily Lewis
	Leah Bontrager	2008	Amelia Lammers
2002	Katie Hauck	2009	Madeline Conklin
2003	Katie Hauck	2010	Danielle Harris
2004	Emily Wagstrom	2011	Allison Robinson

Integrity

1999	Lisa Deimerly	2006	Megan Conner
2000	Amy Stout		Brittany Keyes
2001	Sheila Shippy	2007	Brittany Keyes
2002	Evonne Butikofer	2008	Melissa Wordelman
2003	Evonne Butikofer	2009	Melissa Wordelman
2004	Kathleen Lehman	2010	Megan Erickson
2005	Nikki Strob	2011	Emily Melvold

Optimism

1999	Erika Twedt	2005	Carly Krug
2000	Sheila Shippy	2006	Alyssa Langerud
2001	Alissa Burmeister	2007	Hannah Miller
2002	Sheena Williams	2008	Katie Ouellette
2003	Dorian Piehl	2009	Katie Ouellette
2004	Sheena Williams	2010	Kaitlyn Caffrey
		2011	Emily Abbot

Nobility

1999	Erika Twedt	2005	Michelle Trannel
2000	Carinne Hamant	2006	Carolyn O'Meara
2001	Evonne Butikofer	2007	Melissa Wordelman
2002	Natalie Moretz	2008	Dani Harris
2003	Natalie Moretz	2009	Hannah Miller
	Evonne Butikofer	2010	Allison Lofthouse
2004	Sophia Neilsen	2011	Allison Lofthouse

Squads

1999	Carolyn Bremer	2005	Emily Wagstrom
2000	Rachel Conybeare	2006	Carolyn O'Meara
2001	Rachel Conybeare	2007	Carolyn O'Meara
2002	Tiffany Tiberi	2008	Brittany Keyes
2003	Tiffany Tiberi	2009	Laura Kanaris
2004	Katie Moe	2010	Emily Melvold
	Emily Wagstrom	2011	Katie Radsevich



Allison Robinson



Emily Melvold



Emily Abbot



Allison Lofthouse



Katie Radsevich