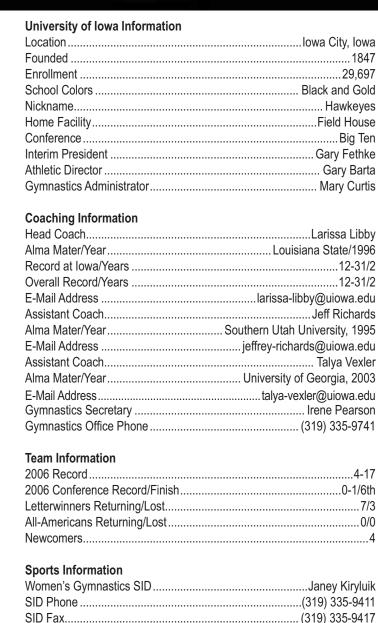
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ES - TOWN HAWKEYES + TOWN HAWKEN

### Credits

The 2007 Hawkeye women's gymnastics guide is a publication of the University of lowa. The guide was written, designed and edited by Sports Information Assistant Janey Kiryluik with editorial assistance provided by Sports Information Assistant Directors Traci Wagner, Matt Weitzel and Tony Wirt. Photographs provided by the University Relations Photo Unit and the UI Visual Center's Photographic Services. Cover artwork designed by Stefanie Mason. 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 Janey Kiryluik of the Sports Information Office. Please contact Kiryluik (319-335-9411) so that she may set a time for an interview which does not interfere with the student-athlete's academic or practice schedules. The Hawkeyes practice from 1:45-4:45 p.m. every day, but Wednesday, in the North Gym of the Field House. Iowa also practices from 10 a.m. - 1 p.m. on Saturdays.

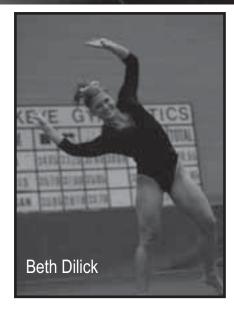
### **University of Iowa Athletic Department** Mission Statement

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

### University of Iowa Affirmative Action Statement

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.

# 2007 SEASON OUTLOOK



If there is one thing that Head Coach Larissa Libby has learned in her coaching career, it is that there will always be transitions to adjust to and adversity to fight, but it is how you deal with these things that ultimately determine the success of your team.

lowa faces the 2007 season having lost

two members of its senior class, Romina Mazzoni and Bobbie Zimmerman. Due to the loss of those two athletes, the leadership of the team will fall in the hands of seniors Danielle Legeai and Beth Dilick.

Legeai, working hard in the off season, has improved her strength in order to accomplish the goals she looks to achieve this season. She has always been a consistent beam worker, and Libby hopes she will be able to contribute on both floor and bars this year as a result of her diligence over the summer. Dilick, having fallen short of achieving her goals last season, has gained a new insight into what she wants to accomplish this year. If she can focus on making her performance count for the team, we are sure that she will be successful.

"We've been impressed with both Beth and Danielle since they've returned from the summer," said Libby. "Gymnastically, they've both been great, but the effort they have made to guide the team down a path of success has been remarkable. They have truly made an attempt to take control of the team, their attitudes, and the goals they want to accomplish this season. Both Beth and Danielle have shown a great deal of leadership already this year and we are hopeful that they will help the team stay settled and focused throughout the season."

Iowa's junior class - Katie Burke, Amanda Rudolph and Ally Zipse - gained a wealth of competitive experience last season. They will be providing the much needed depth and consistency that was missing from last year's team. Burke has upgraded her level of difficulty on all four events in the off-season and has returned this fall with a fierce desire to win.

We have not yet seen the true potential that lies within the sophomore class, making them the biggest question mark this season. With Kara Pinjuv sidelined for the entire season last year and Jenifer Simbhudas having only competed in a few meets, the team was missing two key competitors. Brandi Loffer, the sole competitor from this class last year, did an excellent job in her debut as an lowa gymnast. The coaches feel that with a year behind her she will raise her competitive



edge and really push to improve her consistency this season. The assumption, at this point, is that both Kara and Jen will be contributors in the all-around this year. Iowa will rely heavily on them to create the stability that is key to success in Division I athletics.

The freshmen will have huge shoes to fill this season in that they are replacing last

season's senior class and two great competitors for Iowa. Katie Turcotte and Nikki Page will be expected to compete in the all-around, and will be key competitors for Iowa on vault, beam, and floor. Both ladies have shown incredible difficulty in practice and a strong desire to be on the competitive floor.

In addition to Turcotte and Page, Iowa will add two walk-ons to the team this year, Rachel LaCasse and Jenny Donar, who have both worked very hard in the off season.

# 2007 SEASON OUTLOOK AND SCHEDULE

"Rachel has beautiful lines and should contribute on beam. floor, and possibly vault," Libby said. "Jenny, whom we are extremely excited about, is truly raw talent, and has the potential to eventually compete for us on two or three events."

In looking at the roster and analyzing the team at this point, Libby still feels that the team will face an uphill climb.

"I think that the potential is there for us to have a fantastic year. We have made some key changes to the program and we think the changes will help in the long run, but we are still very much lacking in depth. In order to be successful, it will take a total team effort and we simply don't have room for error.

"We have lofty goals for this team. Given our current situation, some may say unrealistic, but if we don't aim high we'll never know where our true potential lies. Lofty goals or not, we have to focus on ourselves as a team and the things we can control. In the end, only those things will matter. We know we have a lot of work to do and the staff and team are prepared to put in the time and energy to make these dreams a reality."

# 2007 University of Iowa Women's Gymnastics Schedule

ı	<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Location</u> <u>Time</u>	
	Fri.	Jan. 12	LSU	lowa City, IA	7 p.m.
	Sun.	Jan. 21	NC State	Raleigh, NC	1 p.m.
	Sat.	Jan. 27	Illinois	Champaign, IL	7 p.m.
	Sat.	Feb. 3	NIU, Winona, Whitewater	lowa City, IA	7 p.m.
	Fri.	Feb. 9	Alaska Anchorage	Anchorage, AK	7 p.m.
	Sun.	Feb. 11	Alaska Anchorage	Anchorage, AK	2 p.m.
	Sun.	Feb. 18	Oklahoma	lowa City, IA	2 p.m.
	Sat.	Feb. 24	Minnesota	Minneapolis, MN	6 p.m.
	Fri.	Mar. 2	Southern Utah	lowa City, IA	7 p.m.
	Sun.	Mar. 4	Iowa State	lowa City, IA	2 p.m.
	Fri.	Mar. 9	Missouri	Columbia, MO	7 p.m.
	Sat.	Mar. 17	Oklahoma	Norman, OK	7 p.m.
	Fri.	Mar. 23	lowa State w/ Denver	Ames, IA 7 p.m.	
	Sat.	Mar. 31	Big Ten Championships	University Park, PA	6 p.m.
	Sat.	Apr. 14	NCAA Regionals	TBA TBA	
	ThuSat.	Apr. 26-28	NCAA Championships	Salt Lake City, UT	TBA
-					

Times are local to site





# HEAD COACH LARISSA LIBBY



Larissa Libby **Head Coach** Third Year

Moving into her third year as the head coach for the Hawkeyes, Larissa Libby is excited about the progress her team is making. The team was pushed hard in the offseason, and the athletes have responded extremely well. There is a new willingness among the team to take responsibility for themselves and their goals, and everyone is excited to begin the new season.

lowa Gymnastics has done a complete overhaul of its program and everyone involved is hopeful that the new changes will bring about better results.

"As a coach, you always question whether you are doing the right thing, but the response from the team and the improvements that they have made through all of the modifications are proof enough that the GymHawks are headed back in the right direction," said Libby.

"We know that change is always difficult, especially for those athletes that have been with us for two or three years, but after having looked at the program and the student-athletes that we have, we felt that it was time to make adjustments."

Some of those adjustments have included a new strength and conditioning program and a complete focus on team. For the majority of our gymnasts' careers, they have competed as individuals, making it difficult to adjust to a team setting.

"We want our student-athletes to understand that it isn't just about them anymore; that the decisions they make on a daily basis, from gymnastics, to schoolwork, all the way down to how much sleep they get, affect twenty other people now," said Libby. "Everyone is counting on them to make the right choice and when they don't, the team suffers."

This year, lowa's program has been geared toward helping the athletes understand and adjust to this aspect of collegiate sports.

"Of course, you can make changes to the program all you want but you will only see results if your team believes in the reasoning behind the change," said Libby. "At this point in the season, enough of them have seen some pretty positive changes, so believing in our philosophy is not an issue."

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

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

Libby led the Hawkeyes to regional competition for five consecutive seasons (2000-2005) and coached seniors Liz Grajewski and Kortny Williamson to individual regional competition in 2006.

As the Hawkeyes' choreographer and beam coach, Libby made a lasting impact. The top 10 school beam performances 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.

Along with many outstanding beam performances throughout the last five seasons, Libby coached lowa gymnast Danielle Legeai to tie for second on beam at the Regional Championships in 2004. Libby also guided four gymnasts (Liz Grajewski, Stephanie Gran, Alexis Maday, Legeai) to score a 9.9 or higher on beam in 2004. In addition, Liz Grajewski earned second team all-Big Ten honors in 2005 and 2006 under Libby.

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

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

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

# HAWKEYE COACHING STAFF



**Jeff Richards Assistant Coach** Second Year

AWKEYES - TOWN HAW

Jeff Richards enters his second season as assistant coach for the GymHawks. Richards serves as Iowa's main bar coach and spotter for all four events. He also is in charge of

travel, equipment, and competitive season scheduling. In 2006, Richards coached Beth Dilick to a season high 9.85 on bars against Iowa State, and led the Hawkeyes to a top team performance on bars against Illinois (48.725).

Before coming to Iowa, Richards was the head gymnastics coach at Winona State University from 2004-2005, and the head gymnastics coach at University of Wisconsin-Stout from 1998-2004. He previously worked as a student assistant women's gymnastics coach and assistant women's gymnastics coach for Southern Utah University. Richards has over 16 years of gymnastics coaching experience.

Throughout his career, Richards has provided instruction for two NCGA division three nationals' competitors, seven NCGA All-American athletes. and eight All-Conference team members, and led the Wisconsin-Stout Blue Devils to their first Nationals appearance in 15 years. In each of his six years as Blue Devils head coach Richards led the team to record breaking seasons. In addition, Richards earned WIAC coach of the year honors for the 1999-2000, and 2000-2001 seasons, and NCGA Coach of the Year honors for the 1999-2000 seasons.

While assistant coach at Southern Utah, Richards increased the team score from 170 to 188 in his first year, had individual regional qualifiers each year and one national qualifier, and highly increased the recruiting caliber.





Talya Vexler **Assistant Coach** Second Year

HAWKEYES - LOWA HAWKEYES

Talva Vexler begins her second season as a Hawkeye assistant coach. Vexler's main focus is on beam, and in 2006 she led the Hawkeyes to a season-high 48.9 team score

against Iowa State. In addition, Vexler helped coach Danielle Legeai to a season-best 9.925 against Iowa State. Vexler also assists as Iowa's main recruiting coordinator.

Prior to joining the Hawkeye staff, Vexler served as interim assistant coach for the University of Maryland since November 2004. 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 where 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.

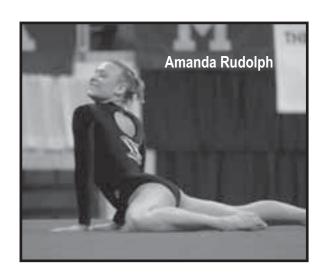
Vexler competed for the University of Georgia (1999-2002), earning NCAA all-American honors in 2000 and 2002, and was NCAA Regional Floor Champion in 2000 and 2002. In addition, Vexler was a part of the SEC Champion team at Georgia in 1999, 2001, and 2002, as well as 1999 NCAA Team Champion. Vexler earned 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.





# HAWKEYE SUPPORT STAFF





# **Women's Gymnastics Support Staff**



Jane Meyer Senior Associate Director of Athletics



Mary Curtis
Gymnastics
Adminstrator



Irene Pearson Gymnastics Secretary



**Romina Mazzoni** Volunteer Assistant Coach



**Bill Maxwell**Strength Coach



**Mike Lawler** Head Gymnastics Trainer



**Troy Wulf** Academic Advisor



Janey Kiryluik Gymnastics SID

# 2007 Roster/Pronunciation



Front Row (L to R): Katie Turcotte, Ally Zipse, Amanda Rudolph, Danielle Legeai, Jenifer Simbhu-

Middle Row (L to R): Nikki Page, Jenny Donar, Katie Burke, Brandi Loffer.

Back Row (L to R): Kara Pinjuv, Beth Dilick, Rachel LaCasse.

# 2007 University of Iowa Women's Gymnastics Team

Name	Height	Year	<u>Hometown</u>	neau Coacii
Katie Burke	5-3	Jr.	Palatine, IL	Larissa Libby
Beth Dilick	5-3	Sr.	King George, VA	Assistant Co
Jenny Donar	5-3	Fr.	Cuba City, WI	Jeff Richards
Rachel LaCasse	5-2	Fr.	St. Charles, IL	
Danielle Legeai	4-11	Sr.	New Orleans, LA	Talya Vexler
Brandi Loffer	5-2	So.	Corona, CA	Pronunciation
Brittany Logan	5-4	So.	Edmonton, Alberta, Canada	Danielle Leg
Nikki Page	4-11	Fr.	Euless, TX	Kara Pinjuv
Kara Pinjuv	5-2	So.	Reno, NV	Ally Zipse
Amanda Rudolph	5-4	Jr.	West Bend, WI	Ally Zipse
Jenifer Simbhudas	5-1	So.	Markham, Ontario, Canada	
Katie Turcotte	5-3	Fr.	Temecula, CA	
Ally Zipse	5-5	Jr.	Fort Wayne, IN	

# **Head Coach:**

by (Third Season)

# Coaches:

ds (Second Season) r (Second Season)

# tion Guide

Danielle Legeai	Luh-Zhay
Kara Pinjuv	Pin-yewve
Ally Zipse	Zip-see



# HAWKEYE FAMILIES

"Unlike the typical high school athlete's parents, we approached the college selection process differently. We left the decision entirely up to Kortny. We visited colleges as close as one and one half hours and as far away as ten hours during summer vacations; lowa did not make the list, but Kortny's club coach encouraged her to talk to the coach at the University of lowa. At that point she pulled out the atlas and said she would not go past lowa due to the distance from home. Af-



ter taking official visits to Alabama, Kentucky, and Michigan State, Kortny was dead set on going to Michigan State University and was going to call lowa and cancel her visit. With much persuasion she took her visit and once she stepped foot on

campus, Kortny knew she had to be there and couldn't wait to tell the coaches at lowa she wanted to be a Hawkeye.

"The first time we saw The University of Iowa was when we took Kortny for orientation. We were taken in and were just as excited about her choice as she was. One piece of advice we gave her when she was deciding where to attend was, 'make sure this is someplace you will be happy to be for four

years in the event something happens and you can no longer do gymnastics.' Keeping this in mind, she looked at the academics, community, and weather primarily, and the gymnastics and gymnastic facilities secondary. As expected, her



four years at lowa lived up to her and our expectations. The family atmosphere of not only the team and coaches but the community is unbelievable. Iowa may appear on the map as being in the middle of the U.S., but Hawkeye natives make you feel like you are one of them. The coaches are very supportive at arranging meets close to all the girls' home states. Members of the athletic training staff and athletic department



take time to introduce themselves and talk to parents at both home and away meets. One of the best things about being a Hawkeye parent is the other parents. Our girls were often up against some tough competition, but we parents were typically some of the loudest supporters at the meets. We were all from different parts of the U.S. covering the east and west coasts, the north and south, and Canada. It was always fun to meet up with some or all of the other parents once a month somewhere in the country. If you couldn't make a meet, you were assured that someone would be there to take your daughter under their wing."

- Neil and Lucy Williamson Parents of Kortny Williamson

### UNIVERSITY OF IOWA GYMNASTICS

# HAWKEYE FAMILIES

"Our daughter at the University of Iowa was not something we had ever considered. Her grandparents and extended family are all Ohio State Buckeyes and her parents were Penn State Nittany Lions, not to mention that Liz has grown up in Seattle with the University of Washington and Oregon State in her backyard. As the recruiting process was working its way down to those final few schools, lowa just kept moving further up the list. After Larissa Libby made a recruiting trip to our home and spent about four hours with our family, neighbors and anyone else who dropped in, we were all hooked! Liz took her recruiting visit to lowa and needless to say she fell in love with the school, team, and staff.

"The University of Iowa provided Liz and our entire family with an experience like no other. We felt like we were part of a family and the educational opportunities and support she had while there was outstanding. The opportunities she had are what have helped her change into the confident and caring young woman she is today. Liz had opportunities at lowa through her education, competition and community service to become a better person. She also was able to qualify for and complete two adrenaline internships at NIKE Headquarters in Beaverton, Oregon. At Iowa you are part of the Hawkeye family and you feel a sense of responsibility to the team and the school! Pressure is not put on the girls in negative ways, you are simply a family and you take care of each other.

"We are very glad that our daughter chose to be an lowa Hawkeye and the experiences she had at lowa were ones we will all cherish as a family. There is an Iowa Hawkeye flag hanging proudly on a front porch in Covington, Washington, and we all consider ourselves members of the Hawkeye family! GO HAWKS!"

- Tom and Jenny Grajewski Parents of Liz Grajewski







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# MEET THE HAWKEYES



Katie Burke
All-Around
Junior
Palatine, IL

**2006** – Scored career highs of 9.7 on vault and 9.75 on floor... placed third on bars against Illinois with a 9.775... scored a 9.7 on bars at LSU to tie for fourth and a 9.7 on

vault against Missouri to tie for fifth... competed on vault and bars in every meet... academic all-Big Ten.

**2005** – Scored career-highs of 9.6 on vault, 9.775 on bars and 9.825 on beam... tied for third on beam against Illinois-Chicago... competed on bars and beam in every meet... scored 9.825 on beam, 9.775 on bars and 9.6 on vault at Michigan... Voted Most Hawkeye Spirit for the 2005 season.

High School – Region V athlete of the year in 2002... finished seventh in the all-around and first on beam at 2002 Level 10 nationals... placed second in the all-around at 2003 regionals... finished second on floor at 2001 Level 10 nationals... 2004 high school national all-around champion... 2004 senior gymnast of the year... Fremd High School athlete of the year and most valuable gymnast... holds high school all-around record with a 39.3... 2004 Illinois state floor champion... floor and beam champion at 2003 state championship... took first in all-around, bars, beam and floor at 2002 state championship... 2001 state champion on vault and beam... Chicago-Tribune athlete of the month... all-Power Bar team... competed for American Academy of Gymnastics in Wheeling, IL and for William Fremd High School... coaches were Leonard Isaacs, Sam Blyumin, Judy Hardwood and Larry Petrillo... National Honor Society member and on honor roll all four years.

**Personal** – Born 4/27/86... parents are Tom and Regina Burke... aunt, Ann Burke Coughlin, was gymnast for University of Illinois-Chicago... aunt, Melissa Nowak, was four time all-American in softball for DePaul... uncle, Matt Nowak, played baseball for Southwest Missouri State and was drafted by the Baltimore Orioles... speech pathology major.

## **Burke's Bests**

Vault	9.700	vs. Missouri (3/11/06)
		twice, last at Michigan (3/4/05)
		at Michigan (3/4/05)
Floor		at Iowa State (3/17/06)



Getting to Know Katie...

Movie I Love to Watch: The Replacements

The Best Song of All Time: "Hit or Miss" by New Found Glory

Favorite Snack: Apples and Caramel
TV Show I Never Miss: Streetball on ESPN
Favorite Clothing Store: Aeropostale

My Best Non-Athletic Talent: I haven't found it yet.

Favorite Vacation Spot: Florida beaches

If I Could Meet Anyone, Past or Present, It Would Be:

Mark, Tom and Travis from Blink-182 and Grayson Boucer, AKA the Pro-

The Best Advice I've Ever Received Is: "No one can make you feel inferior without your consent" - Eleanor Roosevelt

**Few People Know That I:** Jumped out a second-story window and landed on a picnic table when I was younger (I was practicing a fire drill.) **In 10 Years I Want To Be:** As happy as I am now, if not happier.

Being At Iowa Has Taught Me: To be myself

The Best Thing About Our Team Is: WE ALL GET ALONG

If I Could Tell My Incoming Teammates One Thing, It Would Be: Work like you don't need the money, love like you've never been hurt, and dance like no one is watching.





Beth Dilick All-Around Senior King George, VA

EYES + LOWN HAWK

2006 - Scored a season-best 9.85 on bars against Iowa State for a first place finish... placed fourth on vault at LSU with a 9.8... scored 9.775 on vault against Illinois to tie for third, 9.8 on bars for a second place fin-

ish, and tied for third on floor with a 9.7... competed on bars in every meet... academic all-Big Ten.

2005 – Scored career highs of 9.8 on vault, 9.55 on beam against Auburn, scored 9.6 on vault, 9.725 on bars and 9.775 on beam... competed in all-around for first time at Big Ten Championships... tied for 14th on bars at Big Ten Championships.

2004 – Finished second on bars in three meets, including against Iowa State and Michigan... tied for fourth on vault against North Carolina State... posted career highs of 9.875 on vault and 9.925 on bars... competed in all but three meets.

High School – Placed first on bars, floor and vault at 2003 Region VII meet... finished fourth in all-around at U.S. Challenge... senior national elite gymnast for one year... competed for Paragon Gymnastics... coaches were Ken and Risë Wood, Terry Jackson, and Kristyn Kubisty.

Personal – Born 11/7/84... parents are Greg and Jackie Dilick... double major in studio art and sports studies...

## **Dilick's Bests**

Vault	9.875	vs. North Carolina State (1/31/04)
Bars	9.925	vs. Michigan (1/24/04)
Beam	9.550	at Big Ten Championships (3/26/05)
Floor	9.800	at Michigan (3/4/05)
A.A	37.900	at Big Ten Championships (3/26/05)



Getting to Know Beth...

Movie I Love to Watch: Zoolander

Favorite Snack: Popcorn

TV Show I Never Miss: Whose Line Is It Anyway?

My Best Non-Athletic Talent: I wouldn't call it a talent, but I love

photography.

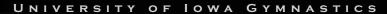
Favorite Vacation Spot: Pennsylvania, with my huge, crazy family The Best Advice I've Ever Received Is: Don't drink the water in Cancun.

Few People Know That I: Fly fish with my dad

In 10 Years I Want To Be: Married with kids and running my own web or graphic design business out of my home so I can spend time with them.

The Best Thing About Our Team Is: We have found a way to be successful without taking the fun out of the sport. We are always the loudest, silliest, most upbeat team on the competition floor.

If I Could Tell My Incoming Teammates One Thing, It Would Be: Enjoy yourself, but don't ever take your time here for granted.



# 1/20

# MEET THE HAWKEYES



Jenny Donar Vault Freshman Cuba City, WI

**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.





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. The One Thing That Has Impressed Me The Most About The University Of Iowa Is: The great coaches and team.

My Goals For This Season Are: To compete on one or more events.

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





Rachel LaCasse BB/V/F Freshman Corona, CA

KEYES + TOWN HAWK

High School – Won the all-around as a freshman and sophomore at the state championship... member of the

National Honor Society... competed for Spring Hill Gymnastics under Coach Mary Jo Roehrig.

Personal – Born 8/6/88... mother is Mari LaCasse... elementary education major.



Getting to Know Rachel...



My Most Prized Possession Is: My relationship with my mom. My Very First Gymnastics Memory Was When: I was doing cartwheels on the high school auditorium stage and everyone "ooed" and "ahhhd." I was four years old.

I Knew I First Loved Gymnastics When: I would pass out from the exhaustion of running around the gym, all day, every day.

My Favorite Gymnastics Road Trip Was: The nine hour bus ride to Lake Owen Gymnastics Camp when I was eight years old.

The One Thing That Has Impressed Me The Most About The University Of lowa Is: How everyone is so approachable and friendly, even complete strangers.

My Goals For This Season Are: To be confident in my skills and believe that my teammates are behind me 100%, no matter what happens. My Most Memorable Gymnastics Moment Was: When I first scored above 9.0. It was on beam at a level 6 meet and I scored a 9.1.

The Best Class I've Ever Taken At Iowa Is: College Transition, because it really puts the whole college experience into perspective. The One Article Of Clothing I Refuse To Part With Is: A pair of Khaki

pants that can be dressed up or down. The One Thing I Could Not Live Without Is: Diet Coke.



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# **MEET THE HAWKEYES**



Danielle Legeai UB/BB/FX Senior New Orleans, LA

**2006** – Won beam at West Virginia with a 9.85... tied for first on beam at fourthranked lowa State with a career-best

9.925... scored a third-place 9.7 on floor against Missouri... scored a 9.775 on beam at North Central Regionals... competed on beam in every meet... academic all-Big Ten.

**2005** – Won beam against Illinois-Chicago and Illinois... runner-up on beam at Minnesota with 9.825... tied for second on beam at Hearts Invitational with 9.875... held team season best on beam with 9.875.

**2004** – Tied for second on beam (9.9) at NCAA regionals... runner-up on floor at Illinois State with 9.825... competed on floor in every meet... tied for third on beam at Illinois State (9.875)... tied for fifth on beam at Iowa State...against North Carolina State, tied for fourth on floor... posted career highs on beam (9.9) and floor (9.875).

**High School** – National qualifier for Level 10 in 2002 and 2003... regional champion in 2000... placed second in all-around at Level 9 Nationals in 2000... received Jones Farell award at state championships in 2000... received Science Scholarship in 2002... competed for North Shore Gymnastics... coach was Bryan Neil.

**Personal** – Born 8/30/84... parents are Randy and Candy Legeai... health promotion major.

## Legeai's Bests

Beam	. 9.925		at	Iowa State	(3/17/06)
Floor	. 9.875	.twice.	last at Hearts	Invitational	(2/11/05)



# Getting to Know Danielle...

My Very First Gymnastics Memory Was When: I got my first competition leotard.

I Knew I First Loved Gymnastics When: An empty gym with the lights off could make my heart jump and my eyes fill with tears.

**My Most Memorable Gymnastics Moment Was:** Making my beam routine against lowa State.

**My Goals For This Season Are:** To compete with my heart and go into each meet knowing my team can beat anyone we are up against.

The One Thing That Has Impressed Me The Most About The University Of Iowa Is: The fact that administrators listen and work to help us meet our goals both in and out of the gym.

The One Thing I Could Not Live Without Is: My teammates.

If I Could Guest Star On Any Television Show It Would Be: X-Games

**The Best Thing About Our Team Is:** That we are just that - a team. In and out of the gymnastics world, we do things together and for everyone. We know how to have fun and wouldn't do it any other way!

If I Could Tell My Incoming Teammates One Thing, It Would Be: Get ready to have some fun, GymHawk style!



Brandi Loffer All-Around Sophomore Corona, CA

**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 lowa's meets.

**High School** – Placed 15th at the 2005 Junior Olympic Nationals...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.

### **Loffer's Bests**

 Vault
 9.55
 vs. Denver (2/10/06)

 Bars
 9.75
 vs. Minnesota (3/5/06)

 Beam
 9.80
 at Texas Woman's (2/25/06)

 Floor
 9.75
 twice, last at lowa State (3/17/06)



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: Friends

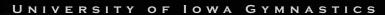
One Thing I Could Not Live Without: My family and friends
The Title Of My Autobiography Would Be: Livin' Life One Day
At A Time

**Before Every Meet:** I relax and listen to music while getting ready **My Goals For This Season Are:** To be consistent on every event I compete

Being At Iowa Has Taught Me: To be myself

**The Best Thing About Our Team Is:** We are so close and 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 GYMHAWKS!!







Brittany Logan UB/BB Sophomore Edmonton, Alberta

**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 Championshps... 2003 participant of Western Canada Summer Games, placed first in the 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.

# Getting to Know Brittany...

**My First Gymnastics Memory:** When I got my first gym suit. **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: My room.

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 earn a personal best on bars and compete on bars every meet. I also want to compete on beam and vault and I'd like to contribute on floor.

**My Favorite Gymnastics Road Trip Was:** Pikes Peak, Colorado Springs.

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





Nikki Page All-Around Freshman Euless, TX

**High School** – Placed fifth individually at state in 2006 and first with the team... competed in

regional competition from 2004-2006... competed in Junior Olympic Nationals twice during high-school career... placed first in the all-around at regionals in 2004... placed fifth in the all-around at regionals in 2006... competed for Texas Dreams at Everybody Fits.

**Personal** – Born 12/02/87... parents are Peggy and Robert Page... open major.





# Getting to Know Nikki...

My First Gymnastics Memory: When I competed in my first meet. I Knew I First Loved Gymnastics When: I learned my cartwheel.

If I Could Be A Guest On Any TV Show: Friends
One Thing I Could Not Live Without: Music

If I Could Be On The Cover Of Any Magazine: US Weekly

The Cover Would Read: Nikki Page - The Extraordinary Story of an Ex-

traordinary Young Lady.

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

My Most Prized Possession Is: A teddy bear I have had since I was seven.

The Best Class I've Taken At Iowa: Basic Acting

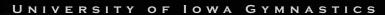
The Movie I've Watched The Most: The Emperor's New Groove If I Could Take A Trip Anywhere In The World It Would Be: Japan

When I Was Little I Wanted To Be: A comedian

Before Every Meet: I think about how I will perform my routines.

My Goals For This Season Are: To give it my all and leave it all on the

floor.





Kara Pinjuv All-Around Sophomore Reno, NV

ES + TOWN HAWK

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... open major.





# **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

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





Amanda Rudolph All-Around Junior West Bend, WI

2006 - Scored a season-best 9.725 on floor against Minnesota... scored 9.6 on vault twice, against Missouri

and at West Virginia... scored a season-best 9.5 on bars at West Virginia... placed sixth on beam against Denver with a 9.5.

**2005** – Scored career highs of 9.7 on vault, 9.775 on bars, 9.6 on beam and 9.8 on floor... competed in first all-around at Auburn, finishing with 38.65... tied for fourth on floor against IIlinois-Chicago... scored 9.7 on floor five times...Tied for Most Improved Gymnast of 2005.

**High School** – Competed for LaFleur's Gymnastics Academy... finished 10th on bars and floor at 2004 Level 10 nationals... placed fourth on vault at 2003 Level 10 Regional IV Championships... member of National Honor Society... graduated with honors... coaches were Greg LaFleur and Tammy Donohue.

Personal – Born 5/28/86... parents are Glenn and Elisabeth Rudolph... environmental science major.

## Rudolph's Bests

Vault	9.7	at Auburn (3/12/05)
Bars	9.775	vs. lowa State (2/19/05)
Beam.	9.6	at Auburn (3/12/05)
Floor	9.8at	North Central Regionals (4/9/05)
A.A	38.65	at Auburn (3/12/05)



# **Getting to Know Amanda...**

I Knew I First Loved Gymnastics When: I watched my sisters in their recreational class and I wanted to do what they were doing.

My Most Memorable Gymnastics Meet Was: Nationals.

My Goals For This Season Are: To be confident.

My Favorite Restaurant In The Iowa City/Coralville Area Is: Pita Pit

My Favorite Type Of Music Is: Anything I can dance to. One Item Of Clothing I Refuse To Part With Is: Shoes

The One Thing I Could Not Live Without Is: Chapstick

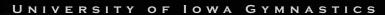
The Best Advice I've Ever Received Is: Don't waste your time on someone who won't waste their time on you.

My Most Prized Possession Is: My moped - TJ.

The Movie I've Watched The Most Times Is: Dane Cook's Harmful If

Swallowed, and Retaliation.

The Best Thing About Our Team Is: We work well together.



# 1/20

# **MEET THE HAWKEYES**



Jenifer Simbhudas All-Around Sophomore Markham, Ontario

**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 lowa 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... placed fifth at 2002 Canadian National... finished first all-around at Elite Canada competition in 2001... finished 49th all-around at 2001 World Championships.

**Personal** – Born 10/7/85... parents are Gean and Barrat Simbhudas... open major.

### Simbhudas' Bests

**Vault** 9.825 at West Virginia (2/5/06) **Beam** 9.875 at Iowa State (3/17/06)

**Floor** 9.8 at Big Ten Championships (3/25/06)



# **Getting to Know Jen...**

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!





Katie Turcotte All-Around Freshman Temecula, CA

High School - Placed seventh all-around at Junior Olympic Na-

tional Championships in 2003... placed second on vault at Junior Olympic Nationals in 2003... competed for SCEGA gymnastics club... coaches were Meredith Paulicivic, Tim Garrison, and Kathy Strate.

Personal – Born 3/24/88... parents are Don and Terry Turcotte... pre-business major.





# Getting to Know Katie...

I Knew I First Loved Gymnastics When: I did cartwheels everywhere. Before Every Meet: Listen to music.

My Goals For This Season Are: To be the Big Ten Vault Champion and earn a Big Ten Team Championship as well.

My Favorite Restaurant In The Iowa City/Coralville Area Is: Three Samurai

My Favorite Type Of Music Is: Everything

The Best Concert I've Ever Attended Was: O.A.R.

The Movie I've Watched The Most Amount Of Times Is: To Wong Foo

The One Thing I Could Not Live Without: My dad

If I Could Guest Star On Any Television Show It Would Be: That 70's

If I Could Take A Trip Anywhere In The World It Would Be: The Bahama's





Ally Zipse All-Around Junior Fort Wayne, IN

**2006** – Scored a career-high 9.8 on beam at Texas Woman's University to tie for second place... competed on beam and bars in all but one of lowa's meets... competed on floor

in every meet... academic all-Big Ten.

**2005** – Scored career highs of 9.6 on vault, 9.775 on bars and 9.825 on beam... tied for third on floor at Illinois (9.775)... suffered season ending injury against lowa State.

**High School** – 2002 and 2004 National qualifier... won vault, floor, bars and all-around at 2004 state... won vault and placed second in all-around at 2004 regionals... finished eighth on bars at 2004 Nationals... finished fourth on vault, floor and bars at 2002 regionals... high school team won state championship in 2000... competed for Set-10 More Than Gymnastics and Homestead High School... coaches were Natalia and Yuri Tokareva, Barry Ruhl and Anna Dizengof... member of National Honor Society... graduated in the top three percent of class.

**Personal** – Born 7/21/85... parents are Mike and Kay Zipse... exercise science major.

### **Zipse's Bests**

Vault	9.725	at Denver (1/15/05)
		at Hearts Invitational (2/11/05)
		at Texas Woman's (2/25/06)
		at Illinois (2/5/05)
A.A	37.775	at Super Six Challenge (1/8/05)



# Getting to Know Ally...

**My Most Memorable Gymnastics Moment Was:** At Regionals in 2003, when I fought back from a rough start on beam and made it to Nationals for the first time.

My Favorite Restaurant In The Iowa City/Coralville Area Is: HuHot Before Every Meet I: Eat a Special K cereal bar and listen to my iPod while visualizing my routines in my head.

When I Was Little I Wanted To Grow Up To Be: I wanted to work at Sea World and swim with the dolphins.

**My Most Prized Possession Is:** My scrapbook because it contains all of my highschool and college memories.

If I Could Guest Star On Any Television Show It Would Be: Friends or American Idol.

The Movie I've Watched The Most Amount Of Times Is: How to Lose A Guy In 10 Days.

The Television Or Movie Character That Best Describes Me Is: Winnie Cooper on Wonder Years because she is naive and studious.

The One Thing That Has Impressed Me About The University Of Iowa Is: How friendly and willing all the people are to help someone.

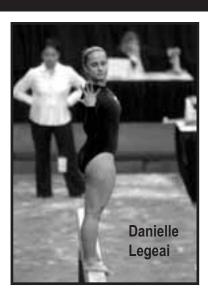
If I Could Tell My Incoming Teammates One Thing, It Would Be: To give yourself time to adjust to college life because everything will be completely different at first.





"Scores, rules, judges - they all are essential parts of Division I gymnastics, but they are not the most important parts for the GymHawks. What makes Iowa Gymnastics so amazing, and athletics in general at lowa, are the steadfast fans! Through thick and thin, snow and rain, they are always there to support us. Our fans help to remind us each time we step into the arena exactly why we are here. Bringing children of all ages and valued alumni together for the moments of exciting competition are memories that no Hawkeye, fan or athlete, will easily forget. Our fans help us to remember that we are part of a family - a family that no GymHawk would ever trade for all of the recognition in the world! On lowa, and Go Hawks!!"

- Danielle Legeai





The GymHawks have some of the best fans in the nation. From children that are aspiring GymHawks to University of Iowa alumni, Hawkeyes love their gymnastics. The GymHawks consistently have large crowds at the Field House and attract audiences when traveling to other schools.

After every home meet, the GymHawks meet with fans, sign autographs and give out team posters. The GymHawks appreciate the support of their fans and enjoy being able to show their appreciation.

The women's gymnastics Big Ten Championships have been televised on College Sports Television. The GymHawks also have live stats during all home meets on their website, hawkeyesports.com, to keep all Hawkeye fans up-to-date.



# WHERE THE HAWKEYES LIVE AND PLAY

# Hillcrest Residence Hall

Hillcrest residence hall provides a full dining area, recreational facilities, laundry facilities, computer labs, and



study lounges. In addition, residents of Hillcrest hall have access to vending and bank machines, and high-speed internet access in each room.

The view from Hillcrest (above), an outside view of Hillcrest (right), and the Hillcrest workout room (below right).







The Hillcrest dining area

# **Field House Gymnastics Facility**



tice 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.



# Carver Hawkeye

**Arena** 

The GymHawks use the Carver Hawkeye weight room for their strength training sessions.



# 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. The GymHawks are always one of the first to jump at an opportunity to help out others.

The GymHawks are involved in numerous community service activities, including:

- \* Light the Night
- \* Habitat for Humanity
- \* Leukemia Society
- \* Meals on Wheels
- \* Breast Cancer Awareness

The GymHawks have also held car wash fundraisers and donated the money earned to various charities in the lowa City area. Additionally, the GymHawks visit local elementary schools to speak about gymnastics. In 2005, the GymHawks contributed to the Hurricane Katrina Relief effort by collecting donations at one of the Hawkeye football games. Last fall, the GymHawks volunteered at a Chili Dog Fair in Iowa City to help raise awareness for Kidneeds, a foundation to help young people with kidney disease.





The GymHawks participated during the Hawkeye Day of Caring (above), and the annual Hawkeye Sports Night (left).



The GymHawks on set with the crew from Extreme Home Makeover.



lowa gymnastics participated in Light the Night, an event to raise awareness for leukemia and lymphoma.



The GymHawks participated in the ZTA 5K Breast Cancer Awareness Walk.



The Hawkeyes helped raise awareness for kids with kidney disease at the annual "Kidneeds" Chili Dog Fair.



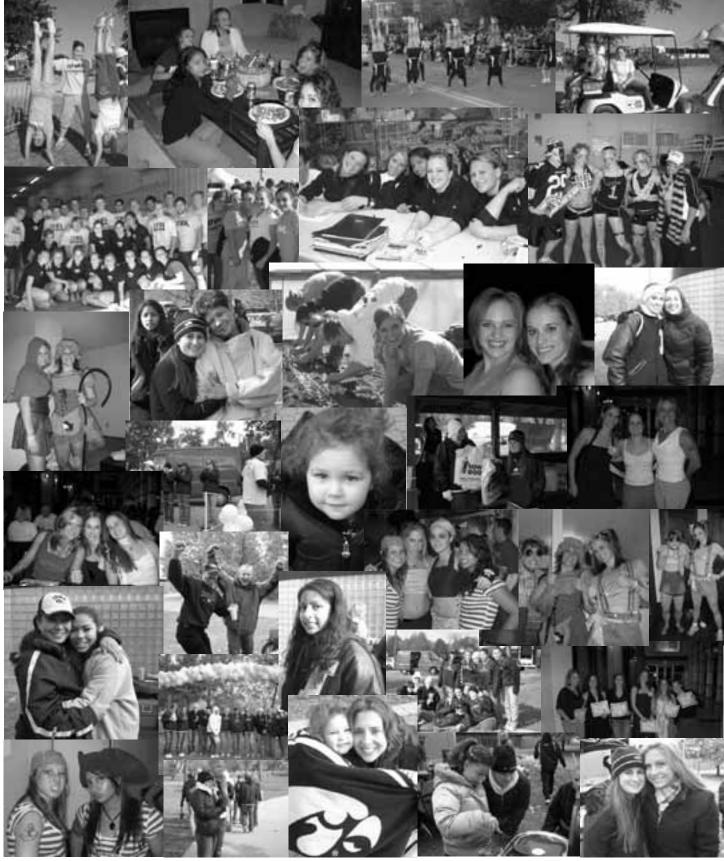
UNIVERSITY OF IOWA GYMNASTICS

# **GYMHAWKS PHOTO ALBUM**



# **GYMHAWKS PHOTO ALBUM**





# UNIVERSITY OF IOWA GYMNASTICS

# WHY IOWA?



"I chose lowa because it is such a wonderful place for so many reasons. The academics are great, the campus is beautiful and the team is truly something special. As a student, I have the ability to excel and prepare for the rest of my life. As a gymnast, I get to be part of a talented group of gymnasts and coaches who are ready to take lowa's team to the next level and have tons of fun in the process. I'm looking forward to a great year. Go GymHawks!!!" -Beth Dilick



"I chose lowa because I felt so at home with the amazing girls on the team as well as the coaching staff. It is a great school academically and a big switch from my hometown of New Orleans, which was what I was looking for. Our team has made substantial improvements very quickly in the last couple of years, and I hope and believe that trend will continue."

-Danielle Legeai

"As soon as I discovered lowa gymnastics, I knew that it was the best place for me. Everyone was so nice and accepting, and I knew that I would have no trouble fitting in. My teammates and coaches are the most incredible people I have ever met, and I am blessed to be on such an amazing team. I am so happy that I made the decision to come to lowa, and I am excited to grow as an individual and as a gymnast. I am having so much fun here, and I think I speak for all of us when I say, 'It's great to be an lowa Hawkeye!" - Katie Burke



"I chose lowa because I really enjoyed the people that I would see and talk to everyday, the team, the coaches, and the faculty. Everyone is so willing to help and make sure that you have all the correct resources that are needed. It made me feel comfortable and made me want to come to lowa."

-Amanda Rudolph





"I chose lowa because it is a school full of amazing opportunities. Iowa is strong academically, the campus is beautiful, and the girls on the team are so friendly. The way I saw the girls treat and encourage each other made my decision quite easy. I wanted to be part of a team that not only worked hard and followed their dreams, but also had tons of fun along the way. I love how everyone on the team made me feel very welcome as soon as I set foot on campus. Iowa definitely has a fun atmo-

sphere, and I feel fortunate to be part of it." -Ally Zipse



"I chose lowa 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 lowa is a nice change."

-Brandi Loffer

# WHY IOWA?



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



"I chose lowa 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. "

-Jen Simbhudas

"I chose Iowa because of the gymnastics team. lowa 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 lowa seemed to be the best fit." -Jenny Donar



"I came to lowa because I fell in love with the beautiful campus. I thought it would be somewhere I would want to live for four years. I also think the girls on the team are all great people and easy to get along with." -Katie Turcotte





"I chose lowa even before I came to visit. The team members and staff alike made me feel welcome and at home." -Nikki Page



"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 the University of Iowa because first of all, it is a good liberal arts school. Secondly, I wanted to be close to home and with a team that has a strong team atmosphere. The campus is beautiful and the students have every opportunity to succeed." -Rachel LaCasse



# **OPPONENTS**

# LSU Jan. 12 - Field House Iowa City, IA - 7 p.m.

Baton Rouge, LA
1860
r. William L. Jenkins
Stanley Bertman
Purple & Gold
Tigers
ich Assembly Center
Southeastern
19-16
2-4/4th
2nd
8th
Sara "D-D" Breaux
LSU/1976
495-302-7/30
Same
Bob Moore
Philip Ogletree
st: 7/6
Laurie Cannon
(225) 578-7947
(225) 578-1861
. lcannon1@lsu.edu
LSUsports.net

# NIU, Winona, UW-Whitewater Feb. 3 - Fieldhouse Iowa City, IA - 7 p.m.







# NC State, Georgia, Ohio State Jan. 21 - Reynolds Coliseum Raleigh, NC - 1 p.m.



# Alaska-Anchorage Feb. 9 & 11 - Wells Fargo Sports Complex Anchorage, AK - 7 p.m.

Location:	1977
Chancellor:	
Colors:	
Nickname:	
Venue: Wells	
Conference: Mountain Pa	cific Sports Federation
2006 Record:	
2006 Conference Finish:	
Regional Finish:	
NCAA Finish:	N/A
Head Coach:	Paul Stoklos
Alma Mater/Year	Arizona/1981
Record at School/Years:	23rd season
Career Record/Years:	
Assistant Coach:	
Letterwinners Returning/	Lost: 8/2
Gymnastics SID:	
Office Phone:	
Fax Phone:	(907) 563-4565
Email Address:	_
Web Address:	GoSeawolves.com

# Illinois Jan. 27 - Huff Hall Champaign, IL-7 p.m.

Location:	Champaign, IL
Founded:	1867
President:	B. Joseph White
Athletic Director:	Ron Guenther
Colors:	Orange & Blue
Nickname:	Fighting Illini
Venue:	
Conference:	Big Ten
2006 Record:	10-4
2006 Conference Finish:	7th
Regional Finish:	4th
NCAA Finish:	N/A
Head Coach:	Bob Starkell
Alma Mater/Year:	
Record at School/Years:	
Career Record/Years:	Same
Assistant Coaches:	
Letterwinners Returning/	Lost: 9/2
Gymnastics SID:	
Office Phone:	` '
Fax Phone:	` /
Email Address:	$\overline{\mathbf{c}}$
Web Address:	FightingIllini.com

# Oklahoma Feb. 18 - Iowa City, IA - 2 p.m.

Mar. 17- Norman, OK - 7 p.m.

Location:	Norman, OK
Founded:	1890
President:	David L. Boren
Athletic Director:	Joe Castiglione
Colors:	
Nickname:	
Venue:Howard	McCasland Field House
Conference:	Big 12
2006 Record:	17-17
2006 Conference Finish:	
Regional Finish:	N/A
NCAA Finish:	
Head Coach:	K.J. Kindler
Alma Mater/Year	Iowa State/1992
Record at School/Years:	0-0/1st
Career Record/Years:	83-41-1
Assistant Coaches:	
	Tom Haley
Letterwinners Returning/	
Gymnastics SID:	Brian Dude
Office Phone:	(405) 325-8413
Fax Phone:	(405) 325-7623
Email Address:	
Web Address:	SoonerSports.com

# **OPPONENTS**

# Minnesota Feb. 24 - Sports Pavilion Minneapolis, MN - 7 p.m.

Location:	Minneapolis, MN
Founded:	1851
President:	Robert Bruininks
Athletic Director:	Joel Maturi
Colors:	Maroon and Gold
Nickname:	Golden Gophers
Venue:	Sports Pavilion
Conference:	Big <b>Ten</b>
2006 Record:	17-8
2006 Conference Finish:	1st
Regional Finish:	5th
NCAA Finish:	N/A
Co-Head Coach:	
Alma Mater/Year	Iowa State/1973
Co-Head Coach	Meg Stephenson
Alma Mater/Year:	
Record at School/Years:	
Career Record/Years:	Same
Assistant Coach:	
Letterwinners Returning/I	ost:11/3
Gymnastics SID:	
Office Phone:	(612) 625-5560
Fax Phone:	
Email Address:	
Web Address:	gophersports.com

# Missouri Mar. 9 - Hearnes Center Columbia, MO - 7 p.m.

Location:	Columbia, MC
Founded:	
Chancellor:	Dr. Brady J. Deaton
Athletic Director:	
Colors:	
Nickname:	Tigers
Venue:	
Conference:	Big Twelve
2006 Record:	
2006 Conference Finish:	4th
Regional Finish:	
NCAA Finish:	
Head Coach:	Rob Drass
Alma Mater/Year	Penn State/1990
Record at School/Years:	71-54/7
Career Record/Years:	Same
Assistant Coaches:	Paul Scardina
Letterwinners Returning/	Lost:10/3
Gymnastics SID:	Kate Lakin
Office Phone:	(573) 882-2531
Fax Phone:	(573) 882-4720
Email Address:	lakinke@missouri.edu
Web Address:	mutigers.com

# Southern Utah Mar. 2 - Fieldhouse Iowa City, IA - 7 p.m.

Location:	Cedar City, UT
Founded:	1897
Interim President:	Dr. Gregory Stauffer
Athletic Director:	Ken Beazer
Colors:	
Nickname:	Thunderbirds
Venue:	
Conference:	Western Athletic
2006 Record:	
2006 Conference Finish:	
Regional Finish:	N/A
NCAA Finish:	N/A
Head Coach:	
Alma Mater/Year	Utah State/1991
Record at School/Years:	112-144/NA
Career Record/Years:	Same
Assistant Coaches:	Kari Lords
	Caleb Phillips
Letterwinners Returning/Letterwinners	ost: 6/5
Gymnastics SID:	Neil Gardner
Office Phone:	(435) 586-7753
Fax Phone:	
Email Address:	
Web Address:	
suu.edu/	athletics/gymnastics

# Big Ten Championships March 31 - Rec Hall University Park, PA - 6 p.m.

Teams Competing:	Iowa
	Penn State (host)
	Michigan State
	Michigan
	Illinois
•••••	Minnesota
	Ohio State



# Iowa State Mar. 4 - Iowa City, IA - 2 p.m. Mar. 23 - Ames, IA - 7 p.m.

	Ames, IA
	1858
	Dr. Gregory L. Geoffroy
	Jamie Pollard
	Cardinal and Gold
Nickname:	Cyclones
<b>Ve</b> nue:	Hilton Coliseum
Conference:	Big 12
	24-10
2006 Conference Finish:	1st
Regional Finish:	2nd
NCAA Finish:	6th
Head Coach:	Jay Ronayne
	UMass/1989
	0-0/1st
Career Record/Years:	Same
Assistant Coaches:	TeShawne Jackson
••••	Jay Santos
Letterwinners Returning	g/Lost: 5/5
Gymnastics SID:	Kristin Muench
Office Phone:	(515) 294-3372
Fax Phone:	(515) 294-0558
Email Address:	kmuench@iastate.edu
	cyclones.com

# NCAA Regional Championships April 14 Various Locations

Central:	Tuscaloosa, AL
	University of Alabama
North Central: .	Denver, CO
	University of Denver
Northeast:	Ann Arbor, MI
	University of Michigan
South Central: .	Tuscon, AZ
•••••	University of Arizona
Southeast:	Morgantown, WV
Un	iversity of West Virginia
West:	Berkeley, CA
	UC-Berkeley

# NCAA National Championships April 26-28 Salt Lake City, UT

April	20:	Team Preliminaries
April	21:	Super Six Team Finals
April	22:	Individual Event Finals



# SPECTATOR'S GUIDE

### 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

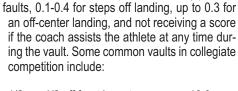
Routines require the following to start from a 9.5 value: 3 "A" elements, 3 "B" elements and two "C" elements.

# **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









### **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

# HAWKEYE ADMINISTRATION





**Gary Fethke** Interim President

HAWKEYES + TOWN HAWK

Interim President Gary Fethke is the former dean of The University of Iowa Henry B. Tippie College of Business and the Leonard A. Hadley Professor of Leadership. A professor of management sciences and economics, he received both his B.A. and Ph.D. degrees in economics from The University of Iowa.

He was appointed dean in 1994 after serving one year as interim dean. From 1988 to 1993 Dean Fethke served as the senior associate dean of academic affairs in the Tippie College of Business, and before that he served as chairman of the department of management sciences.

In the years between receiving his Ph.D. at lowa and returning to the College as a faculty member, he served on the faculty at Bradley University (1968-74). In addition, he taught at the London School of Economics for one year (1981-82) and several summers (1984, '86, '88 and '90). He has published numerous articles in the areas of industrial organization, macroeconomics, and labor economics. His recent research interest focuses on the economics of public higher education.

Dean Fethke spearheaded the expansion of the Evening and Executive MBA Programs. The Evening MBA is currently being offered in Cedar Rapids, Newton, Des Moines, and the Quad Cities. The Executive MBA Program is now available both on campus and in other lowa cities, as needed, and internationally, in Hong Kong and Beijing, China. A dual degree (MBA-Master's in Systems Engineering) EMBA Program has been taught in Cedar Rapids. During his tenure as dean, the undergraduate program of the College raised the academic profile of entering students and began an early admissions program to admit outstanding high school students directly into the Tippie College in their first year on campus.

Fethke headed the planning and coordination of construction for the John Pappajohn Business Building and the Pomerantz Center on The University of Iowa campus, the UI-Cedar Rapids Area Conference and Education Center in Cedar Rapids, and the MBA facilities at the Des Moines W. A. Krause Center and the Newton Polytechnic Campus.

In his role as dean, Fethke was responsible for coordinating the fundraising endeavors of the College with UI Foundation staff. These efforts led to the development of the John Pappajohn Entrepreneurial Center in 1996, the Hawkinson Institute of Business Finance in 1998, the naming of the Henry B. Tippie College of Business in 1999, and a major commitment from Jerre and Mary Joy Stead in 2003. The Tippie College of Business raised \$125 million in the recent University campaign.

His wife, Carol, is a faculty member of the economics and marketing departments at The University of Iowa. They have two grown sons.



# **Gary Barta Director of Athletics**

Gary Barta became the University of Iowa's 11th Director of Intercollegiate Athletics on August 1. 2006. His selection was announced on June 23, 2006.

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, IA.

Barta has 19 years of university and athletic administration experience. Before accepting the Iowa position he had been the Wyoming AD 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 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 responsible for fund raising for athletics, the colleges of business and engineering, and the University's annual fund.

Wyoming received the NCAA Division I-A Program of Excellence Award earlier this year, which honors athletics programs that are superior athletically, academically, and in student-athlete life skill preparation.

The Barta led program at Wyoming was credited with a number of significant accomplishments. The Cowboys played in the 2004 Las Vegas Bowl and posted a victory over UCLA. The women's basketball team won 21 games during the 2005-06 season, a top 20 placing by the women's track team in the NCAA championships in 2005; and a top 25 finish in men's NCAA swimming in 2004. During his three-year tenure, seven Wyoming coaches won Mountain West Conference Coach of the Year awards.

The new Iowa Athletics Director has been a successful fund raiser, having helped secure more than \$150 million in private contributions and corporate sponsorships over the past 10 years.

Prior to taking over at Wyoming, he served as Washington's Senior Associate Athletics Director for External Relations and Sports Programs. He was responsible for generating revenue to fund Washington's \$40 million annual intercollegiate athletics budget. While at Washington, Barta was directly involved in a variety of duties including: hiring of coaches and administrative staff; coordinating the schedule for men's basketball; initiating and managing sponsorship relationships and negotiating radio network contracts.

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 Championships in 1983, 1985 and 1986. He returned to NDSU to begin his career in 1988 as an associate director of development and later director of development.

Barta, and his wife, Connie, have a son, Luke (8) and a daughter, Madison (6). He was born Sept. 4, 1963 in Minneapolis, MN.

# HAWKETES + TOWN HAWS

# HAWKEYE ATHLETICS

The University of Iowa Athletic Department, under the direction of Athletic Director Bob Bowlsby for the past 14 years, 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 under Bowlsby's direction. It combined nationally recognized programs for both genders into one successful and progressive athletic unit.

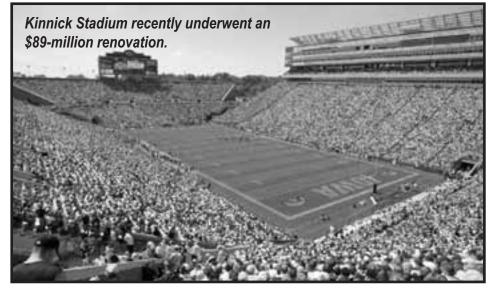
Combining their successes on the playing fields with continued success and recognition in the classroom, UI student-athletes practice and perform in some of the best facilities in the nation, while knowing the support of their efforts and attendance by Hawkeye fans ranks among the best in the country.

While the Hawkeyes continue to compete with the best in the nation in a variety of sports, lowa continues to boast 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 lowa campus. Some of the latest additions to the UI campus are the Roy G. Karro Athletics Hall of Fame and Visitors Center and the Russell and Ann Gerdin Athletic Learning Center.

Kinnick Stadium received a major up-grading and renovation that will be completed just prior to the 2006 season. The \$89 million project includes the replacing of the south end zone stands and building a four-level press box that will house 47 guest suites, along with new scoreboards, video walls, cocession stands and restrooms.

Additional priorities for the Iowa program include the establishment and development of endowments for all sports programs, the continued enhancement of graduation rates, and the implementation of a long-range plan to ensure lowa's financial, academic and competitive future. As an example, all of lowa's 13 scholarships for men's basketball are fully endowed.



The graduation rate of Iowa's studentathletes has improved in each of the past 10 vears and has consistently ranked above the graduation rate of all UI students. Hawkeye athletes have garnered more than 70 academic All-America honors since 1992. The 2005-06 school-year saw the University of Iowa produce 138 academic all-Big Ten athletes.

lowa athletes have been recognized as all-Americans in their sport on 207 occasions during the past 15 years.

lowa's athletic teams during the 2005-06 athletic year continued its trend of success, on the playing fields and in academic pursuits.

The Hawkeye football team enjoyed another good year on the gridiron, going 7-5 and making it's fourth-consecutive January bowl game when it was selected to play the Florida Gators in the Outback Bowl.

lowa followed its 11-2 mark of 2002 with a 10-3 record in 2003 and a 10-2 mark in 2004, finishing each of those seasons ranked eighth nationally.

> lowa's men's and women's basketball teams have advanced to post-season play in each of the last six seasons. The men's squad finished with a 25-9 record and won the Big Ten Tournament. They earned a No. 3 seed in the 2006 NCAA tournament.

The women's team advanced to the NCAA tournament for the 16th time.

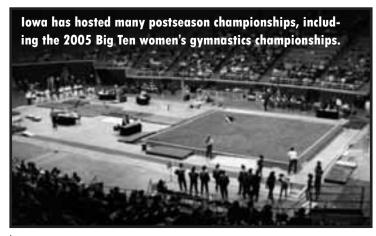
The lowa wrestling squad will be under new leadership this season as former Hawkeye three-time NCAA Champion and Olympic Gold Medalist Tom Brands returns to his alma mater as head coach. He will be joined on his staff by the legendary Dan Gable, who led Iowa to 15 NCAA titles and 21 Big Ten Championships in his 21 seasons as head coach.

lowa's men's and women's and gymnastics teams continue to rank among the best in the nation. The men's team again advanced to the NCAA Championships and the women's gymnastics squad has been in the NCAA meet two of the last four years.

The Hawkeye men's cross country team advanced to the NCAA Championships for the second-consecutive year in the fall of 2004, while sophomore Kineke Alexander won the NCAA Championship in the women's indoor 400-me-

lowa's women's softball team advanced to NCAA regional action for the 11th time in 13 seasons. Iowa has advanced to the softball World Series on four occasions over the past 12 seasons and Coach Gayle Blevins is one of three coaches to reach 1,000 career victories.

From the rankings on the courts and playing fields, to the rankings in the classroom, to the rankings in fan and community support, to the ranking as a program that boasts some of the best athletic facilities in the nation, it's easy to understand why lowa fans everywhere truly believe, "It's great to be a Hawkeye."



# 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 assist student athletes to become tomorrow's leaders by offering academic and personal support services to assist them in making timely and satisfactory progress toward their degrees.

TOWA HAWKEYES + TOWN HAWE

Athletic 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 to studentathletes in those areas.

### Athletics Learnina Center

The \$4.6 million Russell A. and Ann Gerdin Athletics Learning Center opened in August of 2003 and gives all lowa 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 will provide a computer center. study areas, classes and meeting places for all Hawkeye student-athletes.

The Learning Center will feature an auditorium that converts into two classrooms, separate study rooms for under and upper-class

student-athletes that feature 28 study carrels, a tutoring, study groups, mainstreaming 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 lowa's student-athletes.

### **Academic Counseling and** Monitorina

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.

### **Tutorina**

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.

### Retention

A full-time staff member directs the retention program, which identifies student-athletes who may need tailored academic assistance and structure, and

## **CHAMPS/Life Skills**

HAWKEYES - LOWA HAW

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.

## **Career Guidance and** 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.

# 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

coordi-

nate programs such as quest 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.

into on-campus services like the writing

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.

implements individual-

ized learning plans to

help them succeed.

Such plans may in-

clude daily and weekly

planning sessions with

athletics coordinators

and retention staff,

center, math labs and services for students with learn-



**Transition Seminar** 

ing disabilities.

# **Compare the Numbers**

lowa'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.



# **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**

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* 



Former NBC News Anchorman Tom Brokaw

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

**Brandon Routh**, Actor, *Superman Returns* **Gene Wilder**, Actor, *Silver Streak*, *Young Frankenstein*, *Stir Crazy* 

# Government

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

Terry Branstad, former Governor of Iowa General Charles A. Horner, Architect of the US air war against Iraq during the Persian Gulf War/Desert Storm

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

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

### l iterature

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
George Gallup, Founder, The Gallup Poll



Juanita Kidd Stout

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, *Th*e 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

### CARVER HAWKEYE ARENA

### Strength and Conditioning

TOWA HAWKEYES + TOWN HAW

The University of Iowa has two 2,000-square-foot facilities for strength and conditioning training of Olympic sport athletes. One facility is located in Carver-Hawkeye Arena and the other is located in the Recreation Building. Each facility has eight squat racks, eight Olympic platforms, multiple physio- and medicine balls, padded plyometric boxes and over 10,000 pounds of free weights. Iowa Strength and Conditioning staff Bill Maxwell, David Marmon and Damon Davis oversee the programs.

The major goals of the University of Iowa strength and conditioning program are the enhancement of athletic performance while reducing the risk of injury through a progression of free weight, multi-joint exercises. Those goals are achieved through Olympic lifts, squats, plyometrics, medicine ball and physioball exercises. These multi-joint movements improve synchronization of movement, intramuscular coordination and stabilizer muscle groups.



**Carver-Hawkeye Arena Training Room** 

### Carver-Hawkeye Arena Training Room

The recently remodeled Carver-Hawkeye Arena (CHA) training room is one of the most modern, respected facilities in the nation. Traditional therapies include whirlpools, hot and cold units, rehabilitation weights, pulleys, and machines. Other therapeutic equipment available for athletes include ultrasound, electrical stimulation, traction, and external compression units. Also available are such unique optional equipment as the CYBEX 6000 (isokinetic exercise and testing device). Preparation activities, medical care and rehabilitation are provided for the basketball, softball, field hockey, volleyball, golf, and wrestling teams.

### **Jacobson Training Room**

Jacobson training room is used primarily by the football team for rehabilitation, treatment and team preparation. The facility features a lap pool, treadmill, CYBEX weight equipment, Biodex isokinetic machine, Fastex, slide board, surface floors, two stairmasters, five bikes and six whirlpools.

### The Field House Training Room

The Field House training room is used by the Hawkeye swimming and diving, gymnastics and rowing teams, along with the cheer squad. It supports medical care with ultrasound, whirlpools, hot and cold packs, high-voltage galvanic stimulation, electrical stimulation, and T.E.N.S.



Carver-Hawkeye Arena Weight Room

### **Athletic Training**

Continuing to set the standard in Sports Medicine Service, The University of lowa provides the student-athlete with the most up-to-date and highest-quality medical care available.

Services from the UI Hospitals and Clinics, among the world's largest university-owned teaching hospitals, support the efforts of a dedicated sports medicine staff. Located next to Kinnick Stadium, the hospital creates a cuttingedge environment where staff physicians, interns, and residents can care for student-athletes with successful outcomes. Dedicated research and education result in outstanding care.

Athletic Training Services connect student-athletes to the various resources and specialty areas. lowa's staff of 10 full-time athletic trainers are committed to providing quality health care, injury rehabilitation programs, and prevention programs. With physical conditioning as one of the major components of a prevention program, the athletic trainers work closely with strength coaches to pave the way for safe and effective participation.



The Jacobson Training Room

### **Recreation Building Training Room**

The Recreation Building training room is used by the Hawkeye baseball, cross country, track, tennis and soccer teams. It supports medical care with ultrasound, whirlpools, hot and cold packs, high-voltage galvanic stimulation, electrical stimulation, and T.E.N.S.



## 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**

lowa 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

lowa 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 lowa 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 <a href="https://www.uiowa.edu">www.uiowa.edu</a> 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 lowa'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,



U.S. News & World Report ranked UI as the 21st best public university in the nation in 2004 and 2005.

ski trails, golf courses, and canoe and sailboat rentals to relax and enjoy leisure time.

### What Distinguishes an Iowa Education?

**Success.** lowa'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 lowa 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:

mat-year courses.	
Rhetoric	22 in class
Biology	600 in lecture
	24 in lab
Western Civilization	260 in lecture
	.22 in discussion group
Calculus	25 in class
German	15 in class
First-year seminar	13 in class

### 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.
- ◆ lowa'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.
- lowa'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.
- lowa City holds a cosmopolitan charm all its own as a gathering place for the world's writers, for world-renowned artists, and for noted visiting lecturers.
- ◆ The University's 400+ student organizations include fraternities, sororities, and many professional and cultural societies.
- The University's career and placement services match students with companies for internships and other professional experiences throughout their education.
- The University's graduates excel in their careers, often holding leadership positions within their professions and communities.

### THE 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 lowa, students are required to take electives, major courses, and general education course work.

ES - TOWN HAWKEYES + TOWN HAWKE

### **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.



The state-of-the-art Pappajohn Business Building



The University Museum of Art houses 12,000 permanent works of art.

The University of Iowa Dental **Science Program** is one of the oldest in the nation.





The University of Iowa College of Law is one of the best and most respected law schools in the country.



### THE UNIVERSITY OF IOWA

### **RESIDENCE**

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. lowa 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.

#### **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.

### **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.

### **CAREER PLANNING**

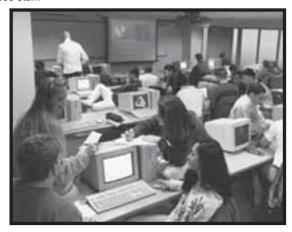
Finding and pursuing a career takes careful planning. The Pomerantz Career Center is extremely valuable for student-athletes and can help identify stills that transfer from athletics to the workplace. The program suggests a timeline each student-athlete may follow throughout his or her stay at lowa. The components of the program include:

#### **SKILLS LABS**

Many academic departments offer skills labs to help students improve

- \*Individualized career advising
- \*Career education programs
- \*Summer job/internship opportunities
- \*Resume and cover-letter development
- \*Preparing for life after college athletics

skills necessary to succeed at lowa, 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.



### **HEALTH SERVICES**

The University of Iowa provides the student-athlete with the most up-to-date and highest-quality medical care available. Students at lowar 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).

#### **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.

### **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.



### THE IOWA CITY COMMUNITY

lowa City is a diverse, highly cosmopolitan community of 60,000 set in the natural scenic beauty of lowa'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.

TOWA HAWKEYES + TOWN HAW

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

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

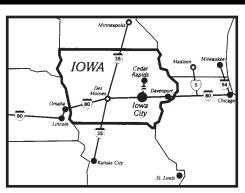
Culturally, Iowa City is alive with concerts, art exhibits, readings, plays and art events of all kinds. Located on the University of Iowa campus, Hancher Auditorium is a nationally-known performance center that brings in the best of Broadway, classical and jazz music, dance and other performances. The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

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

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

### **OLD CAPITOL**

One of the most recognizable sites in Iowa City is the gold dome of the Old Capitol which



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.



The "Ped Mall" is a relaxed, no-cars-allowed outdoor plaza in the heart of downtown Iowa City which has cafes, boutiques, outdoor food vendors and street performers.



The Coral Ridge Mall is the largest shopping mall in Eastern Iowa.

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 lowa, becoming the first building owned by the University.

### **CORALVILLE LAKE**

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

### PEDESTRIAN MALL

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

### **CORAL RIDGE MALL**

The Coral Ridge Mall is a 1.2-million-squarefoot shopping center located just minutes from the UI 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.

Information:

Iowa City/Coralville Convention & Visitors Bureau, 408 First Ave, Riverview Square, Coralville 52241; 319/337-6592 or 800/283-6592



### 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 lowa 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 lowa.

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 lowa 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 lowa mascot. Since that time, Herky has been a familiar figure at lowa athletics events.



### **SCHOOL COLORS**

For 40 years lowa 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 lowa'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 lowan 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 for IOWA
Until the game is won.

### 2006 REVIEW





All-Big Ten Selections

Liz Grajewski (second team)

### Academic All-Big Ten Honorees Katie Burke

Katie Burke
Beth Dilick
Liz Grajewski
Danielle Legeai
Bobbie Zimmerman
Ally Zipse



Event Season Bests						
Event	Individual	Score	Date	Meet		
Vault	Kortny Williamson	9.875	Feb. 10	vs. Denver		
	Kortny Williamson	9.875	Mar. 17	at Iowa State		
Uneven Bars	Beth Dilick	9.85	Jan. 28	vs. Iowa State		
Balance Beam	Danielle Legeai	9.925	Mar. 17	at Iowa State		
Floor Exercise	Liz Grajewski	9.900	Mar. 17	at Iowa State		
All-Around	Liz Grajewski	38.925	Feb. 5	at West Virginia		
	Liz Grajewski	38.925	Feb. 18	vs. Illinois		

### **Team Season Bests**

Event	Score	Date	Meet
Vault	48.750	Mar. 5	vs. Minnesota
Uneven Bars	48.725	Feb. 18	vs. Illinois
Balance Beam	48.900	Mar. 17	at Iowa State
Floor	48.950	Mar. 17	at Iowa State
Team Total	194.275	Feb. 25	at Texas Woman's

Gymnast	V	UB	ВВ	F	AA
Katie Burke	9.700	9.775	9.525	9.750	
Beth Dilick	9.800	9.800		9.700	
Liz Grajewski	9.775	9.800	9.750	9.900	38.925
Danielle Legeai			9.925	9.750	
Brandi Loffer	9.550	9.750	9.800	9.750	36.900
Natalie Padilla	9.700	9.775			
Amanda Rudolph	9.600	9.500	9.500	9.725	
Jennifer Simbhudas	9.825		9.875	9.800	
Kortny Williamson	9.875		9.900	9.825	
Ally Zipse		9.725	9.800	9.775	
Team	48.750	48.725	48.900	48.950	194.275

### 2006 REVIEW

Oregon State, BYU, Florida January 14, 2006 -- Corvallis, OR

The Iowa GymHawks placed fourth with a team score of 188.050. Senior **Kortny Williamson** had the best vault and beam scores, posting 9.75 and 9.675, respectively. Senior **Liz Grajewski** recorded a 9.725 on floor and 9.65 on bars.

Gymnast	V	UB	BB	F	AA
Burke	9.500	9.200	9.300		
Dilick	9.475	8.050		9.450	
Grajewski	9.550	9.650	9.450	9.725	38.375
Legeai			8.725		
Loffer	8.900	8.800	9.400	9.400	36.500
Padilla		9.550			
Rudolph	8.675			9.475	
Williamson	9.750		9.675	9.625	
Zipse		8.825	9.350	9.050	
Team	47.175	46.025	47.175	47.675	188.050

Team Results - 1. Florida (193.575) 2. Oregon State (192.200) 3. BYU (190.075) 4. Iowa (188.050)

Iowa State University January 28, 2006 -- Iowa City, IA

The GymHawks hosted Iowa State in the Breast Cancer Awareness Meet. Iowa State defeated the Hawkeyes 195.700-193.375. Senior **Liz Grajewski** led the Hawkeyes in the all-around with a 38.600 for a third place finish. **Beth Dilick** tied for first on bars with Katie Lasher and Erin Dethloff of Iowa State, while **Danielle Legeai** scored a 9.8 on beam to tie for second.

Gymnast	V	UB	BB	F	AA
Burke	9.575	9.725			
Dilick	9.725			9.625	
Grajewski	9.425	9.750	9.650	9.775	38.600
Legeai			9.800		
Loffer			9.425	9.700	
Padilla		9.525			
Rudolph	9.500	8.925		9.675	
Simbhudas	9.625		9.600		
Williamson	9.825		9.600	9.725	
Zipse		9.600	8.700	9.750	
Team	48.225	48.450	48.075	48.625	193.375

Team Results: 1. Iowa State (195.700) 2. Iowa (193.375)

Denver

February 10, 2006 – Iowa City, IA

The #35 Iowa women's gymnastics team hosted #15 Denver, resulting in a win by Denver, 192.575-191.625. Senior **Liz Grajewski** placed first on floor exercise with a 9.875, while senior **Kortny Williamson** placed third in the event with a 9.775. **Williamson** scored a second-place 9.875 on vault, and **Jennifer Simbhudas** placed fourth in the event with a 9.8.

Gymnast	V	UB	BB	F	AA
Burke					
Dilick	9.750	9.600		9.650	
Grajewski	9.750	9.550	9.575	9.875	38.750
Legeai					
Loffer	9.550	9.150	8.500	9.700	36.900
Padilla		9.575			
Rudolph	9.525	7.100	9.500	9.575	35.700
Simbhudas	9.800		9.625		
Williamson	9.875		9.050	9.775	
Zipse		9.100	9.475	9.700	
Toom	/O 72E	/ 6 O 7 E	/7 22E	/0.700	101 625

Team Results: 1. Denver (192.575) 2. Iowa (191.625)

LSU

January 22, 2006 - Baton Rouge, LA

Although Iowa's score of 191.150 was not enough to overcome LSU's 195.025, the GymHawks improved three points from their last score at Oregon State. **Liz Grajewski** posted an all-around score of 38.525 for a thrid place finish, and a 9.7 on floor to tie for fifth place. **Danielle Legeai** tied for second place on beam with a 9.725, while **Kortny Williamson** tied for fifth on the event, scoring 9.65.

Gymnast	V	UB	BB	F	AA
Burke	9.575	9.700	9.075		
Dilick		9.400			
Grajewski	9.650	9.575	9.600	9.700	38.500
Legeai			9.725		
Loffer		8.700	9.525	9.300	
Padilla		9.500			
Rudolph	9.275			9.575	
Simbhudas	9.675				
Williamson	9.775		9.650	9.350	
Zipse		8.650	9.375	9.675	
Team	48.475	46.875	47.875	47.925	191.150

Team Results: 1. LSU (195.025) 2. Iowa (191.150)

West Virginia

February 5, 2006 - Morgantown, WV

The GymHawks competed at West Virginia, placing third of four teams with a score of 192.250. **Jennifer Simbhudas** and **Kortny Williamson** tied for third on vault with a 9.825. **Danielle Legeai** placed first on beam, scoring 9.850. In the all-around, **Liz Grajewski** placed third with a 38.925.

I	Gymnast	V	UB	BB	F	AA
I	Burke	9.575	9.125	9.525		
I	Dilick	9.200	8.100			
I	Grajewski	9.725	9.800	9.575	9.825	38.925
I	Legeai			9.850	9.725	
I	Loffer			9.150	9.575	
I	Padilla		9.700			
I	Rudolph	9.600	9.500		9.650	
I	Simbhudas	9.825		9.675		
I	Williamson	9.825		9.275	9.825	
I	Zipse		8.950		9.700	
ı	Team					

Team Results: 1. WVU (195.100) 2. Ohio State (194.500) 3. Iowa (192.250) 4. George Washington (190.975).

Illinois

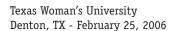
February 18, 2006 - Iowa City, IA

Iowa competed against Illinois, falling, 193.850-193.025. On vault, senior **Kortny Williamson** tied for first with a 9.825. **Beth Dilick, Liz Grajewski**, and **Jennifer Simbhudas** all tied for third on vault with 9.775. **Dilick** posted a 9.8 for a second place finish while **Katie Burke** placed third with a 9.775. **Grajewski** placed first on floor exercise with a 9.775, and first in the all-around, scoring 38.925.

Gymnast	V	UB	BB	F	AA
Burke	9.475	9.775			
Dilick	9.775	9.800		9.700	
Grajewski	9.775	9.750	9.625	9.775	38.925
Legeai			8.750		
Loffer			9.550	9.150	
Padilla		9.725			
Rudolph	9.550			9.650	
Simbhudas	9.775	9.675	9.050		
Williamson	9.825		9.625	9.700	
Zipse		8.825	9.250	9.675	
Team	48.700	48.725	47.100	48.500	193.025

Team Results: 1. Illinois (193.850) 2. Iowa (193.025)

### 2005 REVIEW



The Iowa women's gymnastics team placed first out of four teams posting a score of 194.275. On vault, Kortny Williamson and Jennifer Simbhudas tied for first with a 9.8, and Beth Dilick placed fifth, scoring 9.725. On bars, Liz Grajewski and Natalie Padilla tied for second with a 9.775, and on beam, Williamson scored a 9.9 for first place. Grajewski placed second in the all-around, posting a score of 38.550.

Gymnast	V	UB	BB	F	AA
Burke	9.650	9.700	9.150		
Dilick	9.725	8.825		9.675	
Grajewski	9.700	9.775	9.275	9.800	38.550
Legeai			9.725		
Loffer		9.600	9.800	9.600	
Padilla		9.775			
Rudolph	9.575			9.575	
Simbhudas	9.800				
Williamson	9.800		9.900	9.800	
Zipse		9.725	9.800	9.650	
Team	48.675	48.575	48.500	48.525	194.275

ES - TOWN HAWKEYES + TOWN HAWKE

Team Results: 1. Iowa (194.275) 2. SEMS (193.050) 3. TWU (191.225) 4. Wisconsin-La-Crosse (183.500)

#### Missouri

March 11, 2006 - Iowa City, IA

The Hawkeyes hosted Missouri in their final regular season home meet. Iowa lost to Missouri, 192.600-190.800. Senior Kortny Williamson placed first on vault with a 9.825 while Jennifer Simbhudas placed fourth, scoring 9.725. Liz Grajewski placed second on floor, with a score of 9.8 while Danielle Legeai scored a third=place 9.7.

V	UB	BB	F	AA
9.700	9.675			
9.200	8.975			
9.450	9.525	9.450	9.800	38.225
		9.050	9.700	
	9.550	9.675	9.625	
	9.625			
9.600	8.050		9.050	
9.725		9.125		
9.825		9.625	9.575	
		9.525	9.000	
48.300	47.350	47.400	47-750	190.800
	9.700 9.200 9.450   9.600 9.725 9.825	9.700 9.675 9.200 8.975 9.450 9.525 9.550 9.625 9.600 8.050 9.725 9.825	9.700 9.675 9.200 8.975 9.450 9.525 9.450 9.550 9.675 9.625 9.600 8.050 9.725 9.125 9.825 9.625 9.525	9.700 9.675 9.200 8.975 9.450 9.525 9.450 9.800 9.550 9.675 9.625 9.625 9.625 9.625 9.625 9.625 9.625 9.625 9.625 9.625 9.625 9.625 9.625 9.625 9.575 9.525 9.000

Team Results: 1. Missouri (192.600) 2. Iowa (190.800)

### Biq Ten Championships March 25, 2006 - East Lansing, MI

Iowa placed sixth at the Big Ten Championships with a total score of 193.425. Kortny Williamson had the best showing for lowa on any event, tying for ninth place with a 9.775 on beam. **Beth Dilick** tied for tenth place on bars with a 9.75, and **Liz Grajewski** placed sixth in the all-around with a 3.8.7.

Gymnast	V	UB	BB	F	AA
Burke	9.625	9.700		9.700	
Dilick	9.275	9.750			
Grajewski	9.650	9.675	9.725	9.650	38.700
Legeai			9.700	9.750	
Loffer		9.325	9.675		
Padilla	9.600	9.500			
Rudolph					
Simbhudas	9.725		9.500	9.800	
Williamson	9.700		9.775	9.825	
Zipse		8.800	9.550	9.675	
Team	48.300	47.950	48.425	48.750	193.425

Team Results: 1. Minnesota (195.150) 2. Michigan State (194.975) 3. Penn State (194.925)

4. Michigan (194.475) 5. Ohio State (193.525) 6. Iowa (193.425) 7. Illinois (192.500)

#### Minnesota

March 5, 2006 - Iowa City, IA

Iowa competed well against Minnesota, but the GymHawks' final score was not enough to come out with the win. Minnesota defeated Iowa, 195.875-193.075. Senior Kortny Wil**liamson** placed second on vault with a 9.85, and second on beam with a 9.775. On bars, Natalie Padilla and Liz Grajewski tied for third, scoring 9.775. Grajewski placed second in the all-around with a 38.9

Gymnast	V	UB	BB	F	AA
Burke	9.625	9.350	8.900		
Dilick	9.750	9.725		9.700	
Grajewski	9.725	9.775	9.625	9.775	38.900
Legeai			9.475		
Loffer		9.750	9.475	9.750	
Padilla		9.775			
Rudolph	9.575			9.725	
Simbhudas	9.800				
Williamson	9.850				
Zipse		9.000	8.575	9.750	
Team	48.750	48.375	47.250	48.700	193.075

Team Results: 1. Minnesota (195.875) 2. Iowa (193.075)

#### Towa State

March 17, 2006 - Ames, IA

Iowa traveled to Ames for its final season meet. Although Iowa had many season best performances, the final score was not enough to top Iowa State. The Cyclones defeated  $\,$ the Hawkeyes, 197.275-194.225. On vault, senior Kortny Williamson scored a third place 9.875, while Danielle Legeai tied for first on beam with a 9.925. Senior Liz Grajewski placed second on floor, scoring 9.9, and finished fourth in the all-around with a 38.800.

Gymnast	V	UB	BB	F	AA
Burke	9.550	9.675		9.750	
Dilick		8.925			
Grajewski	9.425	9.725	9.750	9.900	38.800
Legeai			9.925	9.125	
Loffer		9.700	9.525	9.750	
Padilla	9.700	9.250			
Rudolph	9.575				
Simbhudas	9.775		9.875		
Williamson	9.875		9.825	9.775	
Zipse		9.550	8.850	9.775	
Team	48.475	47.900	48.900	48.950	194.225

Team Results: 1. Iowa State (197.275) 2. Iowa (194.225)

### North Central Regionals April 8, 2006 - Ames, IA

Seniors Liz Grajewski and Kortny Williamson, and junior Danielle Legeai competed at North Central Regionals in Ames, Iowa. **Grajewski** competed in the all-around, scoring 38.3 for 11th place while **Legeai** tied for 23rd on beam with a 9.775. Williamson competed on vault and floor, scoring 9.8 on vault, tying for 16th place, and tying for 30th place on floor with a 9.675.

Gymnast	V	UB	BB	F	AA
Grajewski	9.200	9.700	9.750	9.650	38.300
Legeai			9.750		
Williamson	9.800			9.675	



### **National Award Winners**

### **All-American Selections** Alexis Maday ...... 2002, 2003, 2004 **Academic All-American Team** Kim Baker ...... 1996 Stephanie Gran ...... 2002, 2003 Annie Rue ...... 2003 **Big Ten Award Winners Medal of Honor** Kim Baker ...... 1996 **Coach of the Year** Mike Lorenzen (co) .......2001 Mike Lorenzen (tri) .......2004 **Gymnast of the Year** Freshman of the Year Alexis Maday ...... 2001 **All-Big Ten Selections** Janna Alexandrova ...... 2001 Kim Baker ...... 1994,1995, 1996 Giselle Boniforti...... 1998,1999, 2000 Corynne Cooper......2002 Liz Grajewski ...... 2005, 2006 Stephanie Gran ...... 2001,2003,2004 Alexis Maday ...... 2001,2002, Kris Meighan ...... 1985 Kortny Williamson......2004

## Academic All-Big Ten Team

Janna Alexandrova	
Kim Baker	1994, 1995, 1996
Stephanie Benson	2001, 2002
Carey Betcher	
Misti Blackledge	
Kim Burkard	
Katie Burke	
Stacy Burns	
Meredith Chang	
Tiffany Chapman	
Corynne Cooper	
Heather DeAtley	
Beth Dilick	
Jennifer DuBois	1987, 1988
Michele Ford	
Joni Goldwasser	
Liz Grajewski	
Stephanie Gran	
Carie Hatch	
Jamie Lynne Hedley	1990, 1991, 1992
Angie Hungerford	
Tracy Junker	
Kelley Kello	2002
Brandy Killian	
Tiffany Kwan	
Jessica Kyanka	2002
Betsy Lam	
Grace Lee	
Danielle Legeai	2005, 2006
Mindi Levitz	2002,2003,2004,2005
Alexis Maday	2002
Stephani Martinsen	
Jennifer Miermyk	
Tawna Rathe	
Christine Roselli	
Annie Rue	
Melissa Saliba	
Becky Sheldon	1992, 1993
Sandy Stengel	
Cathy Terrell Linda Tremain	
Lori Whitwer	
Nicole Wong	
Bobbie Zimmerman	
Ally Zipse	
• •	
ΔII-Δcademic Team	

Jamie Lynne Headley......1992

### University & Community Award Winners

2002

Each spring several Iowa student-athletes are recognized for their accomplishments in academic, athletic, humanitarian and community service arenas. Listed below are the various awards and winners through the years.

### **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 Blackledge1	1994
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1. Kim Baker 10.0 (twice) 1996 Stephanie Gran 10.0 (three times) 2001-03 2. Alexis Maday 9.975 (twice) 2004 Stephanie Gran 9.975 2004 3. Stephanie Gran 9.950 (four times) 2001-04 Alexis Maday 9.950 (four times) 2002-04 Kortny Williamson 9.950 (twice) 2004 4. Kim Baker 9.925 1995 Alexis Maday 9.925 2001 Stephanie Gran 9.925 (three times) 2004 Kortny Williamson 9.925 (three times) 2004 Kortny Williamson 9.925 (three times) 2004 Kortny Williamson 9.925 (twice) 2004  Uneven Bars 1. Alexis Maday 9.975 (twice) 2004 2. Giselle Boniforti 9.950 (twice) 1998, 2000 Annie Rue 9.950 (nine times) 2002-04 3. Giselle Boniforti 9.950 (nine times) 2002-04 3. Giselle Boniforti 9.925 (four times) 1998-2001 Alexis Maday 9.950 (nine times) 2001-04 Annie Rue 9.925 (six times) 2001-04 Annie Rue 9.925 (six times) 2001-04 Annie Rue 9.900 (eight times) 1998-2001 Alexis Maday 9.900 (eight times) 2001-04 Brandy Killian 9.900 2001 Nicole Wong 9.900 (twice) 2003-04 Annie Rue 9.900 2003  Balance Beam 1. Janna Alexandrova 9.975 (twice) 2001-02 2. Alexis Maday 9.950 2004 3. Janna Alexandrova 9.955 2002 4. Robyn Gamble 9.900 2001 Stephanie Gran 9.900 (four times) 2001-03 Kelley Kello 9.925 2002 Stephanie Gran 9.900 (four times) 2001-04 Alexis Maday 9.900 (four time	Va	nult
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1. Janna Alexandrova       9.975 (twice)       2001-02         2. Alexis Maday       9.950       2004         3. Janna Alexandrova       9.925 (three times)       2001-03         Kelley Kello       9.925       2002         Stephanie Gran       9.925       2004         4. Robyn Gamble       9.900       1997         Janna Alexandrova       9.900 (three times)       2001-03         Stephanie Gran       9.900 (four times)       2001-04         Alexis Maday       9.900 (six times)       2003-04         Annie Rue       9.900       2003		Annie Rue
1. Janna Alexandrova       9.975 (twice)       2001-02         2. Alexis Maday       9.950       2004         3. Janna Alexandrova       9.925 (three times)       2001-03         Kelley Kello       9.925       2002         Stephanie Gran       9.925       2004         4. Robyn Gamble       9.900       1997         Janna Alexandrova       9.900 (three times)       2001-03         Stephanie Gran       9.900 (four times)       2001-04         Alexis Maday       9.900 (six times)       2003-04         Annie Rue       9.900       2003	Ra	lance Ream
2. Alexis Maday       9.950       2004         3. Janna Alexandrova       9.925 (three times)       2001-03         Kelley Kello       9.925       2002         Stephanie Gran       9.925       2004         4. Robyn Gamble       9.900       1997         Janna Alexandrova       9.900 (three times)       2001-03         Stephanie Gran       9.900 (four times)       2001-04         Alexis Maday       9.900 (six times)       2003-04         Annie Rue       9.900       2003		
3. Janna Alexandrova       9.925 (three times)       2001-03         Kelley Kello       9.925       2002         Stephanie Gran       9.925       2004         4. Robyn Gamble       9.900       1997         Janna Alexandrova       9.900 (three times)       2001-03         Stephanie Gran       9.900 (four times)       2001-04         Alexis Maday       9.900 (six times)       2003-04         Annie Rue       9.900       2003		
Kelley Kello       9.925       2002         Stephanie Gran       9.925       2004         4. Robyn Gamble       9.900       1997         Janna Alexandrova       9.900 (three times)       2001-03         Stephanie Gran       9.900 (four times)       2001-04         Alexis Maday       9.900 (six times)       2003-04         Annie Rue       9.900       2003		
Stephanie Gran       9.925       2004         4. Robyn Gamble       9.900       1997         Janna Alexandrova       9.900 (three times)       2001-03         Stephanie Gran       9.900 (four times)       2001-04         Alexis Maday       9.900 (six times)       2003-04         Annie Rue       9.900       2003	٠.	
4. Robyn Gamble       9.900       1997         Janna Alexandrova       9.900 (three times)       2001-03         Stephanie Gran       9.900 (four times)       2001-04         Alexis Maday       9.900 (six times)       2003-04         Annie Rue       9.900       2003		
Janna Alexandrova       9.900 (three times)       2001-03         Stephanie Gran       9.900 (four times)       2001-04         Alexis Maday       9.900 (six times)       2003-04         Annie Rue       9.900       2003	4.	
Stephanie Gran       9.900 (four times)       2001-04         Alexis Maday       9.900 (six times)       2003-04         Annie Rue       9.900       2003		
Alexis Maday9.900 (six times)2003-04 Annie Rue9.9002003		
Annie Rue		

# **Floor Exercise**

1.	Alexis Maday	9.975 (twice)	2001, 04
	Stephanie Gran	9.975	2004
2.	Kim Baker	9.950	1996
	Alexis Maday	9.950 (eight times)	2001-04
	Stephanie Gran	9.950 (five times)	2003-04
	Liz Grajewski	9.950	2004
3.	Alexis Maday	9.925 (nine times)	2001-04
	Stephanie Gran	9.925 (three times)	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 (five times)	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.		39.575	
7.		39.550 (twice)	
	Stephanie Gran	39.550	2004
8.	Kim Baker	39.525	1996
	Giselle Boniforti.	39.525	1998
		39.525 (twice)	
	Alexis Maday	39.525	2003
9.	•	39.500	
		39.500	
	Stephanie Gran	39.500	2003





# HAWKEYE RECORD BOOK

# Hawkeye Gymnastics All-Time Events and Team Scores

Vault		
1.	49.525 at Utah	2004
2.	49.450 at Maryland	2004
3.	49.400at Illinois	2003
4.	49.375vs. NC State	2004
5.	49.350at Washington	2004
6.	49.275at Oklahoma	2003
7.	49.250at NCAA Championships	2003
8.	49.225vs. Iowa State	2003
	49.225at Minnesota	2003
	49.225vs. Minnesota	2002
linev	on Rare	
	en Bars	2001
1.	49.425vs. Illinois State	
	49.425vs. Illinois State 49.350vs. Iowa State	2003
1.	49.425vs. Illinois State	2003
1.	49.425vs. Illinois State	2003 2003 2004
1.	49.425vs. Illinois State	2003 2003 2004 2004
1. 2. 4.	49.425vs. Illinois State	2003 2003 2004 2004
1. 2. 4.	49.425	2003 2004 2004 2001 2004
1. 2. 4.	49.425vs. Illinois State	2003 2004 2004 2001 2004 2003
1. 2. 4.	49.425vs. Illinois State	
1. 2. 4.	49.425vs. Illinois State	



Dolor	noo Doom	
Balal	<b>ICE Beam</b> 49.425at Illinois State	2007
	49.350 at Southern Utah	
2.		
,	49.350at Illinois	
4.	49.300vs. Michigan State	
5.	49.275vs. Minnesota	
6.	49.250 at Iowa State	
0		
8.	49.150 vs. Michigan	
9. 10.		
10.	49.100 at Illinois	
	49.100vs. Ohio State	2001
Floor	Exercise	
1.	49.550vs. Iowa State	2004
2.	49.475 at Maryland	2004
	49.475vs. Michigan	2004
4.	49.450vs. Minnesota	2004
	49.450 at Washington	2004
6.	49.375vs. Minnesota	
7.	49.300 at Big Ten Championships	2003
8.	49.275 at South Central Regionals	2003
	49.275 at Illinois	2003
	49.275vs. Illinois State	2001
	49.275vs. Ohio State	2001
Team		
16an	197.150at Maryland	2007
2.	196.900at Washington	
3.	196.850 at Big Ten Championships	
3. 4.	196.800 at Illinois	
4. 5.	196.775 vs. NC State	
6.	196.775 vs. No State	
7.	196.725vs. Iowa State	
7. 8.	196.675 vs. Iowa State	
0.	196.675 at Illinois	
10.	196.650 at Minnesota	
10.	196.575 vs. Ohio State	
12.	196.550 vs. Michigan State	
13.	196.500 at Big Ten Championships	
13. 14.	196.425vs. Illinois State	
14.	170.467 VS. IIIIIIUIS SIAIE	