



Iowa Swimming and Diving

Head Coach Marc Long



Marc Long Head Coach Fourth Season

Marc Long is in his fourth season as head coach for the University of Iowa swimming team. He served two seasons at the Iowa women's assistant coach (2003-04) before taking over the helm for the 2004-05 season. He also served at the Hawkeye men's assistant coach from 1998-2001.

In Long's second season at the helm of the Hawkeyes, two school records were broken and nine student-athletes qualified for the NCAA Championships. Dragos Agache led the Hawkeyes by competing at the NCAA Championships in both the 100 and 200 breast – the two events in which he set new school records. Agache posted Iowa's highest Big Ten finishes with third in the 100 and sixth in the 200.

In his first season with the combined program, four student-athletes qualified for the NCAA Championships and four school records were broken. Four-time all-American diver Nancilea Underwood completed her Hawkeye career by leading the women's team to a 27th-place finish at the NCAA meet. Dragos Agache led the men's squad, competing in the 100 and 200-yard breaststroke at the NCAA meet, setting the school 100-yard breaststroke record and posting Iowa's highest individual finishes at the Big Ten Championships.

In 2004-05, the women's team recorded their second-highest finish at the NCAA Championships (23rd) in school history. The Hawkeyes were led by all-American diver Nancilea Underwood and four-year NCAA qualifier and all-American Jennifer Skolaski at the meet. The Hawkeyes set five school and two Fieldhouse pool records, posting a 5-4 overall dual mark.

While great individual and team performances are crucial, Coach Long also places a high priority on academic success. During Long's tenure, Iowa has crowned 11 academic all-Americans and 26 academic all-Big Ten selections, and the team has earned academic all-America honors three times.

As an assistant coach, Long helped Iowa to its highest placing and point total in school history (20th, 41 points) at the 2003 NCAA Championships. The Hawkeyes also posted an 8-4 overall season record, which was the first winning season for the program since 1999-2000.

Before his assistant coaching stints, Long served as head coach of the Iowa City Eels Swim Club (ICE) and the COHO Swim Club

Long's Swimming Accomplishments

- Six-time NCAA all-American
- Two-time Big Ten 100 fly champion
- Swam second-fastest (at the time) 100 fly time in Big Ten history
- Big Ten 400 free relay champion
- Multiple NCAA Championships finalist and all-Big Ten
- Set NCAA and Big Ten records in 200 free relay
- U.S. National 400 free relay champion (San Jose Aquatics, 1987)
- Participated in 1988 Olympic Trials

(Deerfield, IL). During his tenure, Long has helped produce numerous state champions, record holders, and NCAA and USS national qualifiers.

Long swam at the University of Northern Iowa for one year (1986), winning a conference title and setting the 100 fly school record before joining the University of Iowa men's squad. As a Hawkeye swimmer (1987-89), Long was a six-time all-American and three-time Big Ten Champion, winning two conference titles in the 100 fly and one as part of the 400 free relay. During his career, the Hawkeyes were Big Ten runners-up and recorded their highest placing (eighth) in modern day history at the 1989 NCAA Championships. Long also swam on Iowa's 200 free relay that set Big Ten and NCAA records in that event.

An Iowa team co-captain in 1989, Long was a member of the 1987 U.S. National Champion 400-meter freestyle relay team from San Jose (CA) Aquatics. He participated in the 1988 U.S. Olympic Trials.

A native of Cedar Falls, IA, Long earned his B.S. in recreation education from Iowa in 1991. He and his wife, Beth, have two children, Ethan and Rhys.



2007-08 Hawkeye Coaching Staff (l-r): Head Coach Marc Long, Assistant Coach Frannie DeBord, Assistant Coach Kirk Hampleman, Assistant Coach Robert Pinter. Not Pictured: Diving Coach Bob Rydze.



Iowa Swimming and Diving

Hawkeye Coaching Staff



Bob Rydze Diving Coach 33rd Season

Bob Rydze is in his 33rd year as diving coach of the men and women's teams at the University of Iowa, and is dean of Big Ten diving coaches.

Rydze will serve as Team Leader for USA Diving at the 2008 Olympics in Beijing, China. He was named chairman of U.S. Diving's Competition Committee

for Excellence (CCE) in 2006. Rydze has also served as Vice President of U.S. Diving and joined its Board of Directors.

During his tenure at Iowa, Rydze has coached 31 all-Americans, nine Big Ten Champions and one NCAA Champion. He has been named Big Ten Diving Coach of the Year three times (1985, 1986 and 1995). He and his wife, Elaine, have three children, Bo, Robin and Veronica. Veronica is a freshman diver on the Hawkeye team.



Frannie DeBord Assistant Coach Fourth Season

Frances DeBord is in her fourth season as assistant coach with the University of Iowa swimming team. DeBord was a backstroker and student assistant coach for the Hawkeyes from 1996-2000.

DeBord's second season on the Hawkeye staff saw

two school records broken and nine-student-athletes qualify for the NCAA Championships. Dragos Agache led the Hawkeyes by competing at the NCAA Championships in both the 100 and 200 breast – the two events in which he set new school records. Agache posted Iowa's highest Big Ten finishes with third in the 100 and sixth in the 200.

In her first season with the combined program, four student-athletes qualified for the NCAA Championships and four school records were broken. Four-time all-American diver Nancilea Underwood completed her Hawkeye career by leading the women's team to a 27th-place finish at the NCAA meet. Sophomore Dragos Agache led the men's squad, competing in the 100 and 200-yard breaststroke at the NCAA meet, setting the school 100-yard breaststroke record and posting Iowa's highest individual finishes at the Big Ten Championships.

In 2004-05, the women's team recorded their second-highest finish at the NCAA Championships (23rd) in school history. The Hawkeyes were led by two-time all-American diver Nancilea Underwood and four-year NCAA qualifier Jennifer Skolaski at the meet. The Hawkeyes set five school and two Fieldhouse pool records, posting a 5-4 overall dual mark.

Before returning to Iowa, DeBord served as an assistant women's swimming coach at Tulane (2003) and Fresno State (2002). At Tulane, she helped field the first Green Wave swimming team since 1989-90, recruiting a class of 15 student-athletes. The fledgling team posted a 13-3 dual record, won three Conference USA individual titles and recorded 20 top eight finishes at the conference meet. Linda McEachrane won two conference titles to earn Conference USA Freshman of the Year accolades and posted NCAA performances in the 50 and 100 free. At Fresno State, DeBord helped the Bulldogs to a 6-6 record and a fourth-place finish in the Western Athletic Conference with a team comprised of one senior and 18 freshmen.

DeBord served as a graduate assistant coach at Ohio University (2001) and student assistant coach at the University of Iowa (1998-2000). Her club coaching experience includes leading the Willow Knolls Country Club and Ohio Master's Swimming Program, and serving as an assistant with the Central Illinois Aquatics Program.

DeBord is a Dimension I and II graduate of the NCAA Women's Coaches Academy. She is a USA Swimming Registered Coach, and a member of the American Swimming Coaches Association and the College Swimming Coaches Association of America.

A native of Peoria, IL, DeBord earned her bachelor's degree from Iowa in 2000 and her master's degree in physical education and sports science from Ohio University in 2004.





Iowa Swimming and Diving

Hawkeye Coaching Staff



Kirk Hampleman Assistant Coach Second Season

Kirk Hampleman is in his second season as the assistant coach for the Iowa swimming team.

In his first season at Iowa, two school records were broken and four student-athletes received NCAA Championship provisional time standards. Kirk and Assistant Coach Frannie DeBord worked

closely with the stroke group which included Dragos Agache who led the Hawkeyes by competing at the NCAA Championships in both the 100 and 200 breaststroke – the two events in which he set new school records. Agache posted Iowa's highest Big Ten finishes with third in the 100 and sixth in the 200.

Hampleman completed a two-year stint as graduate assistant coach for Florida State University before joining Iowa's staff in 2006. Hampleman's specialties include training the stroke and sprint freestyle groups. In 2006, Florida State won its first ever women's ACC team championship. His other experience includes an assistant position at Tanoan Country Club in Albuquerque, NM, in 2002.

Hampleman was a nine-time all-American swimmer for Auburn University from 1998-2002. He helped the Tigers to a 1999 NCAA team title, and received the Auburn Swimming Award in 2002 which recognizes superior scholarship, leadership and performance. Kirk was third in the 200 backstroke and eighth in the 200 individual medley at the 2002 NCAA Championships and was also an SEC Champion.

Hampleman earned his B.A. in mass communication from Auburn in 2002. He received a M.S. in physical education-sport administration from Florida State in 2006.

Kirk and his wife Kendra were recently married in Amelia Island, FL. They have a French Bulldog named "Beaux".



Robert Pinter Assistant Coach Fourth Season

Robert Pinter is in his fourth season as the assistant coach for the Iowa swimming team. He joined the Hawkeye men's staff as an assistant coach for the 2004-05 season.

During the second season of the combined program, Pinter helped coach nine NCAA qualifiers and saw two school

records broken. Dragos Agache led the Hawkeyes by competing at the NCAA Championships in both the 100 and 200 breast – the two events in which he set new school records. Agache posted Iowa's highest Big Ten finishes with third in the 100 and sixth in the 200.

In his first season with the combined program, four Hawkeyes qualified for the NCAA meet and four school records were broken. Four-time all-American diver Nancilea Underwood completed her Hawkeye career by leading the women's team to a 27th-place finish at the NCAA meet. Sophomore Dragos Agache led the men's squad, competing in the 100 and 200 breast at NAAs, setting the school 100 breast record and posting Iowa's highest individual finishes at the Big Ten meet.

A native of Romania, Pinter graduated in 1994 from the University of Wisconsin with a degree in political science. While a Badger he earned all-America accolades in the 200 fly and 500 free in 1991 and 1992.

Internationally, Pinter is an accomplished swimmer. He began swimming at age seven and was the 1984 Junior European 200 fly champion. From 1990-92 he was ranked in the top 20 World Rankings. Pinter was also a finalist in the 1992 Barcelona Olympics where he placed seventh in the 200 fly.

Pinter was voted the Wisconsin Senior Coach of the Year in 2004, and coached club swimming for eight years (1997-2004). He and his wife, Christie, have a son, Lukacs.



Iowa Swimming and Diving

Hawkeye Support Staff



Jane Meyer
Senior Associate
Athletics Director



Fred Mims
Assoc. A.D. - Student
Services & Compliance



Irene Pearson
Secretary



Melissa Dawson
Academic Advisor



Troy Wulf
Academic Advisor



Dr. Ned Amendola
Sports Medicine
Center Director



Dr. Brian Wolf
Head Team Physician



Mike Lawler
Athletic Training



Jon Fravel
Athletic Training



Misty Hackney
Manager



Jeff Funke
Manager



Mike Brockway
Athletic Training



Brittany Keyes
Athletic Training



Iowa Swimming and Diving

Strength & Conditioning

The Hawkeye Strength Training Program

The program is designed to develop strength, explosiveness, speed, coordination, balance and flexibility. All qualities are developed through progression of exercises in four phases of training:

1. **work capacity** - ability to perform work for a prolonged time and recover quickly
2. **strength** - ability to exert force
3. **power** - ability to exert strength quickly
4. **speed** - ability to move the body in shortest time possible

The highest level of performance is achieved by training under close supervision, in a year-round program. Improvement is monitored closely through the newest and best technology. Electronic timing devices are used to measure sprints, while a microcomputer device is used to monitor peak velocity and power outputs in weight training movements. With this technological support, the athletes are constantly receiving immediate feedback on their development.

The 2,000-square foot strength training facility in Carver-Hawkeye Arena (pictured below) was completely remodeled over the last three years. The facility is equipped with eight Olympic platforms, squat racks, medicine balls, physio balls and over 10,000 pounds of free weights. The swimming team uses this facility, as well as the one in the Fieldhouse for strength training and conditioning.

