



Iowa Swimming and Diving

2007-08 Schedule & Information

2007-08 University of Iowa Swimming & Diving Schedule

<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>
Oct. 6	Black & Gold Intrasquad*	Iowa City, IA	10 a.m.
Oct. 11	Wisconsin*	Madison, WI	5 p.m.
Oct. 19	Minnesota*	Iowa City, IA	4 p.m.
Oct. 26	Michigan State*	Iowa City, IA	5 p.m.
Nov. 3	at Nebraska with Nevada-Reno#	Lincoln, NE	11 a.m.
Nov. 9	Purdue^	Iowa City, IA	5 p.m.
Nov. 16	at Truman State*	Kirkville, MO	6 p.m.
Nov. 30-Dec. 2	at Ohio State Invite*	Columbus, OH	Prelim/Final
Dec. 7	at Iowa State#	Ames, IA	6 p.m.
Jan. 2-12	Winter Training Trip* - Florida International Invite	Miami, FL	
Jan. 18	Western Illinois*	Iowa City, IA	5 p.m.
Jan. 19	Illinois#	Iowa City, IA	11 a.m.
Jan. 26	at Missouri* with Kansas#	Columbia, MO	11 a.m.
Feb. 1	Northern Iowa#	Iowa City, IA	6 p.m.
Feb. 21-23	at Big Ten Championships#	Columbus, OH	Prelim/Final
Feb. 28 - Mar. 1	at Big Ten Championships^	Ann Arbor, MI	Prelim/Final
March 13-15	at NCAA Diving Qualifier*	TBA	TBA
March 20-22	at NCAA Championships#	Columbus, OH	Prelim/Final
March 27-29	at NCAA Championships^	Federal Way, WA	Prelim/Final
April 5	Alumni Meet*	Iowa City, IA	TBA

All times are local to site. * -- co-ed meet, # -- women's only meet, ^ -- men's only meet

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Credits

The University of Iowa swimming and diving media guide was written and designed by Sports Information Student Assistant Marcus Dittmer. Editorial assistance provided by Assistant Sports Information Directors Traci Wagner, Matt Weitzel and Aaron Blau. Photographs provided by the University Relations Photo Unit, RDG Planning and Design, and the University of Iowa Visual Center's Photographic Services.

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Athletics 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 the integrity of the program will be paramount in all that we do.



Iowa Swimming and Diving

2007-08 Team Rosters

Men's Team Roster

Name	Yr.	Event(s)	Hometown (High School)
Rob Adams	Fr.	Fly/Free	Torpoint, England (Devonport)
Dragos Agache	Sr.	Breast	Constanta, Romania (Sport)
Chuck Christensen	Fr.	Free/Fly	Waterloo, IA (West)
Drew DeLashmutt	Jr.	Diving	Omaha, NE (Central)
Max Dittmer	Fr.	Back/IM	Muscatine, IA (Muscatine)
Nick Divan	Jr.	Free/IM	San Juan Capistrano, CA (Mission Viejo)
Alex Dragon	Fr.	Breast/IM	Muscatine, IA (Muscatine)
James Dragon	Jr.	Fly/IM	Muscatine, IA (Muscatine)
Conor Dwyer	Fr.	Free	Winnetka, IL (Loyola Academy)
Ryan Evans	Fr.	Free	Reno, NV (Bishop Manogue)
Brian Farris	So.	Free	Normal, IL (Normal)
Michael Gilligan	So.	Diving	Hamilton Township, NJ (West)
Sean Hagan	Fr.	Breast/Free/IM	Boone, IA (Boone)
Bryan Hill	Fr.	Back	Des Moines, IA (Valley)
Zane Hugo	Fr.	Breast	Mason City, IA (Mason City)
Brad Jones	So.	Free	Knoxville, TN (Farragut)
Nathan Keeling	Sr.	Fly/Free	Baraboo, WI (Baraboo)
Andrej Lenert	Sr.	Back/IM	Nepean, Ontario (McCrae SS)
Cameron Lennon	Fr.	Fly/Free	Urbandale, IA (Valley)
Andy Miner	Jr.	Free/IM	Rockford, IL (Rockford-Guilford)
Jake Moore	So.	Free	Belvidere, IL (Belvidere)
Josh Peterson	Fr.	Breast/Fly/Free	Ames, IA (Ames)
Matt Ryan	So.	Breast/IM	Dunlap, IL (Dunlap)
Richard Salhus	Fr.	Fly/Free	Plymouth, United Kingdom (Northcliff)
Josh Schubert	So.	Fly/Free	Coralville, IA (Iowa City West)
Kyle Siefers	Fr.	Free	Iowa City, IA (West)
Damjan Strbac	Fr.	Fly/Free	Zagreb, Croatia (XIII Gimnazija)
Frank Van Dijkhuizen	So.	Diving	Amsterdam, Netherlands (Willem Blaeu College)
Tyler Verink	So.	Free	Cedar Falls, IA (Cedar Falls)
Seth Wessels	So.	Fly/Free/IM	Cedar Falls, IA (Cedar Falls)
Wil Whaley	So.	Back/Free	Homeland, CA (Nuvview Bridge College HS)

Women's Team Roster

Name	Yr.	Event(s)	Hometown (High School)
Caitlin Carlyle	Fr.	Free	Denison, IA (Denison)
Margie Chamberlin	So.	Fly/Free	Land O'Lakes, FL (Wharton)
Julie deBruin	So.	Free	Naperville, IL (North)
Ashley Dell	Jr.	Free	Lake Forest, IL (Lake Forest)
Julie Feingold	So.	Breast/Fly/IM	Munster, IN (Munster)
Deidre Freeman	So.	Diving	Grinnell, IA (Grinnell)
Alison Gschwend	Jr.	Back/Fly/Free/IM	Champaign, IL (Centennial)
Molly Houlton	Fr.	Back/Fly/Free/IM	Tucson, AZ (Catalina Foothills)
Stacia Johns	So.	Breast/IM	Williamsburg, IA (Williamsburg)
Amanda Johnson	Fr.	Back/Breast	Ankeny, IA (Ankeny)
Christine Kuczek	So.	Free	Deerfield, IL (Deerfield)
Ashley Lawler	So.	Free	Iowa City, IA (West/Florida State)
Rachel Lee	Fr.	Breast/IM	Corvallis, OR (Crescent Valley)
Hilary Leigh	So.	Back/Free	Lake Forest, IL (Lake Forest)
Katie Michelau	So.	Fly/Free	Mundelein, IL (Stevenson)
Aimee Moylan	Sr.	Diving	Davenport, IA (Assumption)
Laura Mozdzen	So.	Fly/Free	Gilbert, AZ (Chandler)
Kelsie Neubauer	Fr.	Breast/IM	Libertyville, IL (Libertyville)
Caitie Polz	Fr.	Free	Elk Grove Village, IL (St. Viator)
Veronica Rydze	Fr.	Diving	Iowa City, IA (City)
Mindy Schulte	Sr.	Fly/Free	Clive, IA (Valley)
Leah Schwartz	Jr.	Back/Fly	Middleton, WI (Middleton)
Meghan Sievertsen	Jr.	Diving	Cedar Rapids, IA (Kennedy)
Katarina Tour	Fr.	Back/Breast/Fly/IM	Stockholm, Sweden (Fryshuset Kunskapscentrum)
Nicki Wex	So.	Back/IM	Nashotah, WI (Arrowhead)

Head Coach: Marc Long (4th season)

Diving Coach: Bob Rydze (33rd season)

Assistant Coaches: Frannie DeBord (4th season), Kirk Hampleman (2nd season), Robert Pinter (4th season)

Pronunciation Guide

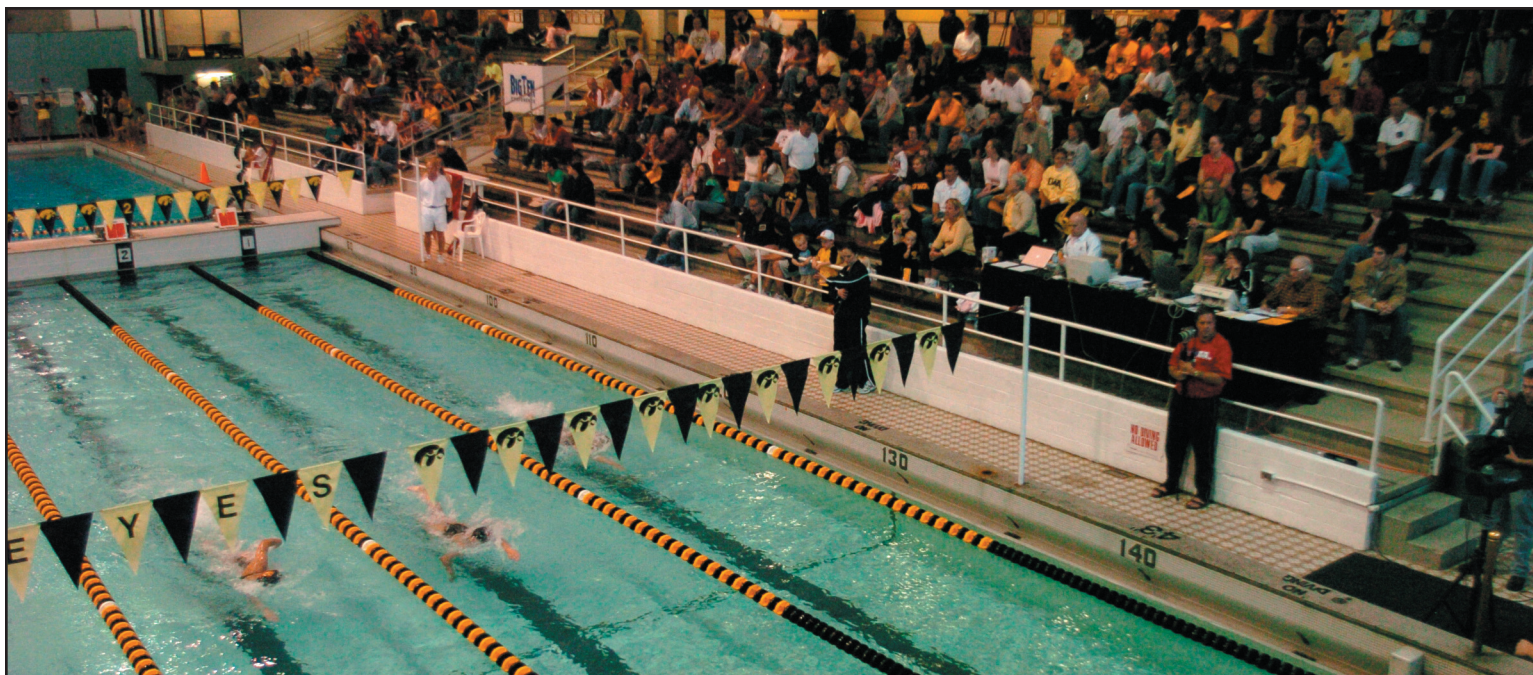
Name	Pronunciation
Dragos Agache	DRAG-gosh uh-GOC-a
Drew DeLashmutt	duh-LESH-mutt
Nick Divan	dee-VON
Andrej Lenert	ahn-DRAY LEN-irt
Diving Coach Bob Rydze	RIDZ
Richard Salhus	SAL-us
Damjan Strbac	dahm-YAHN STRAW-beck
Frank Van Dijkhuizen	
Tyler Verink	VER-ink

Name	Pronunciation
Julie deBruin	duh-BRI-an
Alison Gschwend	guh-SCHWEND
Stacia Johns	STAY-shuh
Christine Kuczek	CUE-zak
Katie Michelau	MEEK-lau
Laura Mozdzen	MOZ-den
Kelsey Neubauer	NEW-bower
Caitie Polz	POLES
Veronica Rydze	RIDZ
Mindy Schulte	SHUL-tee
Meghan Sievertsen	see-VIRT-son



Iowa Swimming and Diving

2007-08 Quick Facts



General Information

Location: Iowa City, IA
 Founded/Enrollment: 1847/29,979
 Nickname/School Colors: Hawkeyes/Black and Gold
 Home Facility (Capacity): Fieldhouse Pool (1,800)
 Conference: Big Ten
 President: Sally Mason
 Director of Athletics: Gary Barta
 Swimming Administrator: Jane Meyer
 Swimming Secretary: Irene Pearson
 Administrative Phone: (319) 335-8874
 Administrative Fax: (319) 335-9333
 Academic Services Phone: (319) 335-9384
 Athletic Training Phone: (319) 335-9482

Media Information

Swimming SID: Carson Tigges
 Sports Information Phone: (319) 335-9411
 Sports Information Fax: (319) 335-9417
 E-Mail Address: carson-tigges@uiowa.edu
 Office Address: 157 Carver-Hawkeye Arena, Iowa City, IA 52242
 Web Site: www.hawkeyesports.com

Team Information

2006-07 Men's Overall/Big Ten Record: 5-6/1-3
 2007 Men's Big Ten Championships Finish (Points): 9th (118)
 Men's Letterwinners Returning/Lost: 16/1
 Men's NCAA Qualifiers Returning/Lost: 1/0
 2007-08 Women's Overall/Big Ten Record: 6-6/0-4
 2007 Women's Big Ten Championships Finish (Points): 10th (108)
 Women's Letterwinners Returning/Lost: 16/6

Coaching Information

Head Coach: Marc Long
 Alma Mater, Year: University of Iowa, 1991
 Women's School/Career Record (Year): 19-16 (4th)
 Men's School/Career Record (Year): 8-12 (3rd)
 E-mail Address: marc-long@uiowa.edu
 Assistant Coach (Year at Iowa): Frannie DeBord (4th)
 Alma Mater, Year: University of Iowa, 2000
 E-mail Address: frannie-debord@uiowa.edu
 Assistant Coach (Year at Iowa): Kirk Hampleman (2nd)
 Alma Mater, Year: Auburn University, 2002
 E-mail Address: kirk-hampleman@uiowa.edu
 Assistant Coach (Year at Iowa): Robert Pinter (4th)
 Alma Mater, Year: University of Wisconsin, 1994
 E-mail Address: robert-pinter@uiowa.edu
 Diving Coach: Bob Rydze (33rd)
 Alma Mater, Year: University of Maryland, 1970
 E-mail Address: RRIDZ@aol.com
 Office Address: E202 Field House, Iowa City, IA 52242
 Office Phone: (319) 335-9432
 Office Fax: (319) 335-9480

Practice Attendance & Interviews

All practices are open to the media, and interviews may be conducted 15 minutes prior to or at the completion of practice. The swimming team practices daily in groups from 6-8 a.m. and 1:45-5 p.m. Both practices are held at the University of Iowa Fieldhouse Pool. All interviews should be coordinated by Carson Tigges in the sports information office. Please contact Tigges so that he may set up an interview time that does not interfere with the student-athlete's academic or practice schedules.



Iowa Swimming and Diving

2007-08 Season Preview

As Head Coach **Marc Long** enters his third season leading the men and women's combined swimming program, he looks for continued progress.

"We set a lot of career bests this year, and we want to continue to build on that and take our program to the next level. We are excited about the direction the program is headed and the commitment that has been made with the Campus Recreation and Wellness Center."

Long led the men to their first Big Ten win since 2003 and their first Big Ten road win since 2000 when they defeated Michigan State in East Lansing. The men finished the season at 5-6 (1-3 Big Ten), while the women finished with a 6-6 record (0-4 Big Ten).

Long is assisted by fourth year coaches **Frannie DeBord**, **Robert Pinter** and second year coach, **Kirk Hampleman**.

Here is an event-by-event look at the 2007-08 Hawkeyes.

Butterfly

As the birthplace of the butterfly, the University of Iowa is looking to several returnees and newcomers to make this a strong event.

The women's butterfly will be anchored by sophomores **Margie Chamberlin** and **Laura Mozdzen**, and freshman **Molly Houlton**. Chamberlin led the team in the 100 (55.96) and 200 (2:02.24), with those respective times ranking fourth and third in school history. She recorded her best time in the 200 fly at the Big Ten Championships, which was good for 15th and an NCAA 'B' time. She recorded three victories in the 100 and four in the 200, along with 17 top-five finishes last season. Mozdzen was second on the team in both the 100 (56.30) and 200 (2:02.90), which rank seventh and fourth in school history, respectively. Houlton's best time in the 100 fly is 56.23. Sophomore **Katie Michelau** will add depth.

Nate Keeling returns for his senior season after leading the team in both the 100 (48.89) and 200 (1:48.74), and placing 13th in the 200 at the Big Ten Championships. His time of 1:48.74 in the 200 ranks ninth on Iowa's all-time list. Junior **James Dragon** and sophomore **Seth Wessels** will provide significant depth. Dragon is second on the team in both the 100 (49.48) and 200 (1:52.67) and Wessels follows at third in the 100 (50.62) and 200 (1:53.95). Incoming freshmen will



Alison Gschwend

have the opportunity to make an impact right from the start. **Richard Salhus** boast a converted 49.62 in the 100 fly and Iowa state champion **Cameron Lennon** swam a 50.5.

Backstroke

Houlton will make an immediate impact as her best times of 55.62 (converted) in the 100 and 1:58.35 in the 200 lead the team.

Junior **Alison Gschwend** led Iowa both events last season. Her best 200 time (2:02.23) ranks fourth in school history and her best 100 time (56.53) ranks third. She was named Big Ten Swimmer of the Week after sweeping the 100 and 200 against Iowa State. She won the 100 three times and the 200 twice last season.

"Alison scored points for us at Big Tens and I think she's ready to take her swims to the next level," said Long.

Another major contributor will be freshman **Katarina Tour**, who possesses a fast 50 back. Junior **Leah Schwartz**, sophomores **Hilary Leigh** and **Nicki Wex** and freshman **Amanda Johnson** will add depth.

Sophomore **Wil Whaley** will lead the men in the backstroke. As a freshman, Whaley led the team in the 100 (50.30) and 200 (1:47.66),



Nate Keeling



Margie Chamberlin



Iowa Swimming and Diving

2007-08 Season Preview



Dragos Agache

with his 200 time ranking fourth on Iowa's all-time list. He won the 200 at Michigan State and recorded eight runners-up. He enters his sophomore year with U.S. Olympic Trials cuts. Senior **Andrej Lenert** was second on the team in the 100 (51.72) and 200 (1:50.30) and notched 11 top-five finishes. Incoming freshman **Max Dittmer** will add strength to the lineup, after recording times of 23.6 seconds in the 50 and 50.86 in the 100 back during his senior year of high school.

Breaststroke

Leading the Hawkeyes will be NCAA qualifier **Dragos Agache**, who set collegiate bests and school records while recording 'B' times in the 100 (53.77) and 200 (1:58.40). Agache hit these marks at the Big Ten Championships, where he placed third in the 100 and sixth in the 200. He won the 100 four times, the 200 three times and recorded 19 top-five finishes.

Sophomore **Matt Ryan** will play an important role behind Agache. Ryan was third on the team in both the 100 (57.47) and 200 (2:07.12), while recording eight top-five finishes in 2006-07.



Christine Kuczek

"We had some good time drops from Matt and I look for him to be a big contributor next year," Long said.

Freshman **Alex Dragon** will add solid depth to the 100 (57.86) and 200 (2:06.20), along with **Sean Hagen** and **Josh Peterson** adding speed.

Tour will add speed for the women in the 100 (1:02.86). Sophomore **Julie Feingold** led the team in the 100 (1:05.23) and the 200 (2:22.03) last season. Her time in the 100 ranks ninth on Iowa's all-time list. Feingold recorded seven runners-up and 22 top-five finishes on the season. Fellow sophomore **Stacia Johns** will provide some depth behind Feingold. Johns was third on the team in the 100 (1:07.77) and 200 (2:27.37), and notched eight top-five finishes. Freshman **Rachel Lee** joins the team with times of 1:07.97 in the 100 and 2:24.69 in the 200.

Freestyle

Sophomore **Christine Kuczek** had a major impact as a freshman, leading the team in the 50 (23.35), 100 (50.74) and 200 (1:50.98). She placed 12th in the 100 and 16th in the 50 at the Big Ten meet. Kuczek recorded NCAA 'B' times in the 50 and 100 free, and cracked Iowa's all-time list in the 50 (fifth), 100 (second) and 200 (eighth).

"Christine was a big contributor for us, scoring in two Big Ten individual events. We look for her to improve and contribute at the NCAA Championships this season," said Long.

Adding depth to the Hawkeye sprints will be sophomore **Julie DeBruin** and senior **Mindy Schulte**. DeBruin's best 50 (23.59) ranks ninth on Iowa's all-time list, while Schulte swam a 23.62 in that event. Freshman **Caitlin Carlyle** will also be an impact swimmer for the Hawkeyes in the 50 (24.6) and 100 (52.6).

Junior **Ashley Dell** will lead Iowa's distance freestyle, after leading the team last year in the 500 (4:59.59), 1,000 (10:16.48) and 1,650 (17:12.87). Her time in the 500 is a collegiate best and ranks 10th on Iowa's all time list. She won the 1,000 four times and the 500 twice.

Sophomore **Ashley Lawler** will add depth to the Hawkeye distance freestyle.

Freshmen Salhus and **Conor Dwyer** will make an immediate impact in the sprint freestyle events for Iowa. Salhus boasts converted times of



James Dragon



Iowa Swimming and Diving

2007-08 Season Preview



Julie Feingold



Diedre Freeman

Michael Gilligan

20.73 in the 50, 45.45 in the 100 and 1:38.64 in the 200, while Dwyer posted converted times of 45.41 in the 100 and 1:37.90 in the 200.

Sophomores **Brad Jones**, **Jake Moore** and **Brian Farris** will also contribute in the sprint freestyle. Jones led Iowa in the 50 and was third in the 100 last season. He won the 50 against Truman State and Western Illinois, and was runner-up against Ohio State, along with 10 top-five finishes. Farris led the Hawkeyes in the 200, and will add significant depth in the distance events. He finished his freshman campaign second on the team in the 500, 1,000 and 1,650.

Junior **Nick Divan** is the top returning distance swimmer for the Iowa men. Divan led the team in the 500 (4:29.30), 1,000 (9:27.84) and 1,650 (15:42.67), and his time in the 1,650 ranks ninth on Iowa's all-time top performers list. Sophomore **Tyler Verink**, who specializes in the distance events, plans to build off the success of his freshman year.

Individual Medley

Newcomers Houlton and Tour bring ample talent to the women's IM corps. Houlton's best swims are 2:02.57 in the 200 IM and 4:12.43 in the 400, while Tour boasts a converted 2:04.14 in the 200.

Feingold is the top returning Hawkeye in the IM, after leading the team in the 200 (2:07.50) and 400 (4:29.39) last year. Her 400 time tied her for ninth in school history. She won the 400 vs. Truman State, and was runner-up in the 200 at Minnesota and the 400 vs. Louisville.

Mozdzen, Gschwend, Dell and newcomer **Kelsey Neubauer** will strengthen the Hawkeye IM. Mozdzen was second on the team in the 200 (2:08.59), with Gschwend shortly behind her (2:08.71), and Dell was third on the team in the 400 (4:41.50).

The Hawkeye men return their top two IM swimmers in **James Dragon** and Divan. Dragon led Iowa in the 200 (1:51.87) and Divan had the season best in the 400 (3:59.12), with Dragon second in the 400. Both Dragon and Divan set collegiate bests in both the 200 and 400. Wessels was second on the team in the 200 (1:52.47) and third in the 400, and was runner-up in the 200 at Minnesota and the 400 vs.

Truman State. Rookie **Alex Dragon** will compete on a high level for the Hawkeyes in the IM events. Dragon was the Iowa state champion in the 200 and is skilled in the 400 as well.

Diving

Leading the Hawkeye divers will be sophomores **Deidre Freeman** and **Michael Gilligan**. Freeman led the women's squad in both the one- and three-meter boards. She scored a 245.17 against Iowa State on the one-meter and a 276.45 at home against Western Illinois. Gilligan led the men's team on the platform where he set a school-record 327.60 at the Big Ten Championships. Fellow sophomore **Frank Van Dijkhuizen** will return to action after missing the spring semester. Van Dijkhuizen led the Hawkeyes on the one-meter with 312.68 and the three-meter with 337.95. He was also named Big Ten Diver of the Week after winning both the one-meter (283.00) and the three-meter (322.90) in the season opening meet against Wisconsin and Wisconsin-Milwaukee. Freshman **Veronica Rydze** will make a big impact on the boards this year. She was the Iowa state champion during her senior year, and is an outstanding addition to the Hawkeyes after just barely missing the state record on the one-meter board.



Nick Divan