

UNIVERSITY OF IOWA LIFE SKILLS PROGRAM

The University of Iowa Athletic Department is committed to provide educational experiences and services to develop well-balanced lifestyles for student-athletes. The Athletic Student Services staff is committed to help the student-athlete derive maximum benefits from their athletics and college experience. Learning about who you are, acquiring self-understanding, a positive self-image, learning decision-making and coping skills to deal with the pressures and stresses of growing up all lead to a high quality of life as a student and an athlete at Iowa.

TRANSITION SEMINAR

The Transition Seminar runs for 12 weeks (90 minutes per week) at the beginning of the fall semester. This seminar, which is attended by all new students, explores personal and academic issues stemming from the transition from high school to college and adjustment issues that are unique to student-athletes. Its purpose is to help student-athletes improve their performance and persistence at Iowa.

These are highly interactive sessions with emphasis on group discussion in order for the student-athletes to learn from each other. Some of the topics are: introduction to the University library, personal and academic goal-setting, time management, personal responsibility and accountability, substance abuse, relating to professors, study skills, diversity and ethics.

EDUCATIONAL PROGRAMS

Throughout the year, Athletic Student Services sponsors and conducts educational programs. These are seminars, speakers, workshops and short courses on issues of personal growth and life skills, with a primary focus on alcohol and other drugs. These programs, which are often topics suggested by student-athletes, appeal to a variety of audiences, including specific teams or age groups (i.e., freshmen, fourth-year seniors).

Subjects that have been addressed in the past include alcohol and self-esteem, healthy intimacy, sexual assault, personal responsibility and accountability, communicating with coaches, stress management, racial diversity, time management, learning strategies and transitions from college to professional life.

CAREER GUIDANCE AND DEVELOPMENT

Planning a meaningful career and a fulfilling life is an ongoing process of expanding and narrowing choices, beginning when the student-athlete arrives on campus and continuing throughout their college career and lifetime. This process includes learning about who you are (e.g., your values, abilities and interests) and using that information to choose courses leading eventually to an academic major by the end of the second year.

The process continues with "building a resume" and exploring other college and community activities (e.g., campus organizations, student government, community service, church involvement). An important step is to learn about the world of work, growing industries, employment forecasts and how the student-athlete interests and abilities fit. Summer internships, fieldwork and volunteering are all valuable experiences that lead to reasonable decisions about a career.

As the student-athlete approaches their senior year, they need to explore their options for life after graduation (i.e., full time work, graduate or professional school or professional sports). Those decisions will require further planning, whether it is to develop a job strategy and resume, or to apply to graduate schools and take entrance exams.

Athletic Student Services offers individual consultation, career development seminars and workshops, referrals to other campus offices and special events, such as the Polk County Senior Recognition Banquet for graduating student-athletes. This event is an opportunity for graduating seniors to be recognized by the governor for their contributions to the people of Iowa and to meet and network with professional and business executives across the state of Iowa.

Athletic counselors and staff members from Athletic Student Services help student-athletes identify their choices, clarify their plans and refer them for further assistance to other student service offices on campus.

CAREER PLANNING TIMETABLE

All the activity in career planning boils down to the tasks of expanding and narrowing . . . and of exploring and choosing.

FIRST YEAR: EXPLORING

- Get to know who you are: interests, skills, work values through inventories and assessments
- Get introduced to the Discover Software Program
- Take a variety of introductory courses to learn about academic programs
- Explore college majors with athletics counselor, academic adviser, faculty, family and friends
- Investigate the academic departments, their admission requirements and required courses/prerequisites
- Take 7C:081, Making a Vocational Educational Choice for two credits
- Attend a career exploration workshop
- Visit Career Development Services, 315 Calvin Hall, to find out sources of career information
- Volunteer on campus or in the community

SECOND YEAR: NARROWING

- Get involved in a campus activity; join a campus organization
- Take 7C:081, Making a Vocational Educational Choice for two credits
- Work with academic advisors/athletics counselors to identify academic majors that fit your academic performance, interests and skills
- Begin to define the things that are important to you in a job
- Learn as much as you can about available careers, occupations, employment outlook
- Talk to professionals in the field you are considering
- Research in the Career Development Services
- Attend a workshop on choosing a major
- Attend Careers Day in September
- Investigate internships and seek out summer jobs and volunteer work related to your career interest
- Draft a resume
- Choose a major; apply to an academic department
- Attend the Summer Jobs Fair in February
- Volunteer on campus or in the community

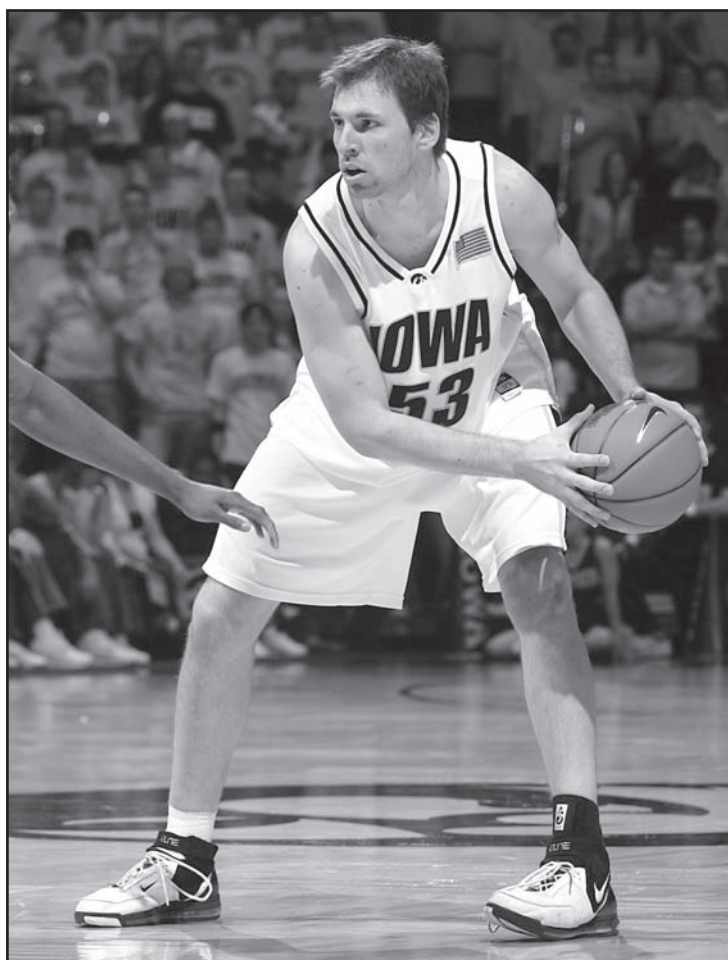
THIRD YEAR: FOCUS

- Determine a graduation plan with advisor; tentative graduation date, degree requirements, required internships, field experiences, student teaching
- Begin to Network: Get to know faculty, professionals, former teammates in interest areas
- Explore graduate or professional school possibilities after graduation
- Identify career goals based on skills, interests, work values
- Update/add to your resume
- Seek out a summer internship, quality work experience related to interest area
- Attend Careers Day in September. Distribute resume and meet employers
- Take leadership role in campus activity/organization
- Attend the Summer Jobs Fair in February
- Volunteer on campus or in the community

UNIVERSITY OF IOWA MAJORS

FOURTH YEAR: TAKE ACTION

- Request and get a graduation analysis. Are you ready to graduate?
- Develop a job search strategy
- Take an inventory of skills and abilities you have developed and make sure you can speak to what you can do
- Refine, finalize resume
- Attend workshops on writing resumes, interviews, job search process
- Register at Business and Liberal Arts, Engineering or Education Placement Office for on-campus interviews
- Research employers, companies to interview
- Attend Career Day in September. Distribute final resume and meet employers
- Attend Polk County Senior Recognition Banquet and continue to network
- Step-up Networking activities and talk to faculty, employers, friends and former teammates
- Complete all graduate/professional school applications; register and take graduate entrance exams
- Attend senior transition workshops



"The academic assistance that is provided is the best. Once we have met with advisors to select our class schedule, Troy Wolf and the Student Services staff members are very helpful in providing input about the course selections and what different courses might cover.

Along with that guidance, we have the best facility available in the Gerdin Athletic Learning Center. It's easy to go there to study, to meet with a tutor, or to meet with other student-athletes in a group setting. The staff is always more than willing to help. It's very easy to get a lot done there, to make really good use of your time and be productive in what you are doing."

SETH GORNEY | SENIOR CENTER
Vandalia, Ohio

UNIVERSITY OF IOWA OFFERS MORE THAN 100 PROGRAMS

University of Iowa students have more than 100 programs to choose from when deciding on a field of study. And, they can take their time in selecting a course of study or career. One out of four students begin their college career as an open major prior to selecting a major once their college career is underway.

COLLEGE OF LIBERAL ARTS AND SCIENCES

Actuarial Science
African American World Studies
American Studies
Ancient Civilization
Anthropology
Applied Physics
Art
Art History
Asian Languages and Literature
Astronomy
Athletic Training
Biochemistry
Biology
Chemistry
Cinema
Classics
Communication Studies
Comparative Literature
Computer Science
Dance
Economics
Elementary Education
English
Environmental Sciences
Exercise Science
French
Geography
Geoscience
German
Greek
Health and Sport Studies
History
Interdepartmental Studies
International Studies
Italian
Journalism and Mass Communication
Latin
Leisure Studies
Linguistics
Literature, Science, and the Arts
Mathematics
Microbiology
Music
Performing Arts Entrepreneurship
Philosophy
Physics
Political Science
Portuguese
Psychology
Religious Studies

Russian
Science Education
Social Work
Sociology
Spanish
Speech and Hearing Science
Statistics
Theatre Arts
Women's Studies

COLLEGE OF BUSINESS

Accounting
Economics
Finance
Management
Management Information Systems
Marketing

COLLEGE OF DENTISTRY

Oral Health Sciences

COLLEGE OF EDUCATION

Elementary Education
Secondary Education

COLLEGE OF ENGINEERING

Biomedical
Chemical and Biochemical
Civil and Environmental
Electrical and Computer
Industrial
Mechanical

COLLEGE OF MEDICINE

Clinical Laboratory Science
Nuclear Medicine Technology
Radiation Sciences

COLLEGE OF NURSING

B.S. in Nursing (B.S.N.)

COLLEGE OF PHARMACY

Doctor of Pharmacy six-year program
(Pharm.D.)

The University of Iowa also offers preparatory programs for persons who will major in the following at another institution: Chiropractic, Mortuary Science, Optometry, Podiatric Medicine, and Veterinary Medicine.

ACADEMIC SERVICES



FRED MIMS
Associate Athletic Director
Director, Office of Student Services



DR. PETER GRAY
Associate Director
Office of Student Services



NANCY PARKER
Associate Director
Office of Student Services
and Director of Educational Programming and
Life Skills



TROY WULF
Academic Coordinator
Office of Student Services

To many, the members of the University of Iowa basketball team are simply campus celebrities who play before fans packed into arenas across the country.

However, to the staff in Iowa's Office of Athletic Student Services, these young men are individuals confronted with the same routine problems of the ordinary college student. Instead of talking jump shots and slam dunks, the Student Services staff works alongside the student-athletes in dealing with their "off-the-court" problems.

The staff works with faculty advisors scheduling classes for each student-athlete, making certain each course is geared toward the educational and professional goals of that specific student-athlete. The office also provides tutors for student-athletes as well as assistance in finding summer and permanent employment opportunities in the area of their career ambitions.

Once on campus, every first-year student-athlete attends a series of lectures that investigate the academic sphere at the University of Iowa. These discussion sessions help prepare the student-athlete on subjects as diverse as relaxing prior to an exam to the most effective way to study for an essay test.

First-year student-athletes are also involved in special study sessions. The Student Services staff oversees the program, but the entire coaching staff is actively involved in its day-to-day operation.

The Office of Student Services has proven most beneficial to student-athletes at the University of Iowa. For the student-athlete, the staff is a group of men and women who look beyond the immediate interests of college and athletics, concentrating instead on the long-term interests of the student-athlete.

"Athletic Student Services assist student-athletes in handling academic and social problems they may face. We want the student-athlete to feel comfortable with our staff to the extent that they can come to us and talk about anything."

"We also push the student-athlete to excel, and on many occasions after a student-athlete leaves the University of Iowa, he'll call back and say how he appreciated the help and support we gave him when he was here."

FRED MIMS
Associate Athletic Director
Director, Office of Athletic Student Services

ACADEMIC SERVICES



Troy Wulf (left), Iowa's academic coordinator for men's basketball, works with Jarryd Cole (right) and Jeff Peterson (center) at the UI's Gerdin Athletic Learning Center.

"The Gerdin Academic Learning Center is a great place to get your work done. It's easy to keep your focus on doing your work. As a team, I don't know that we could be where we are with academics without the support system we have here. Everyone involved with the basketball program makes it clear that academic success is important. With that commitment, along with the resources we have, everyone on the team takes pride in our academic success as a team."

Troy Wulf works with us every week, checking on our progress and our assignments, making sure we are getting things done. All the resources are there for us, you just have to take advantage and stay on top of things. It's our responsibility to do the work, but at the same time, you know you have people there for support."

CYRUS TATE
Junior Forward
Chicago, Illinois



STUDENT SERVICES HELPS PREPARE FOR THE FUTURE

Getting the most out of your educational experience means preparing for the life that follows after basketball and graduation. At the University of Iowa, student-athletes have access to support services which will assist them in securing employment in the career field that matches their interests, skills and education.

Working with the staff of the Iowa Athletic Department's Office of Student Services and the University's Career Development Services office, student-athletes identify their true interests and career options, select a program of appropriate academic study and explore the world of work through internships and the many resources available.

The Iowa Athletic Department assists student-athletes in making the transition from college to full-time employment by introducing them to business and professional leaders during the annual Polk County Senior recognition banquet. This "networking" often results in job interviews and, for many student-athletes, permanent employment in their preferred career.

University of Iowa student-athletes are also encouraged to participate in a variety of workshops relating to job search skills, resume writing, interviewing, relocation, employment and industry trends, conducted by staff from Business and Liberal Arts Placement, Career Development Services and Athletic Student Services.

ACADEMIC SERVICES



"I feel more comfortable in the routine now that I'm in my third year, but at the same time, I know I have to study more as I get into more of the required classes for business school. You have to manage your time and do the work every day; I know I can't afford to get behind."

"Staying on top of the class work is an on-going process, and it gets tougher as you go. I know I had to develop the mental toughness and make myself do the work when I have the time. Time management and discipline are required to be successful."

TONY FREEMAN
Junior Guard
Maywood, Illinois

IOWA'S STUDENT RETENTION PROGRAM

The graduation rate of student-athletes at the University of Iowa has been higher than the national average and exceeds that of the student body as a whole.

However, the Iowa Hawkeyes aren't known for resting on their laurels. That's why the Iowa Athletic Department continues to seek ways to enhance existing academic support programs to increase the chance that all student athletes at the University will reach their academic goals.



SUE WALKER
Office of Student Services

Essential to Iowa's approach to this complex problem is a pro-active retention program. The program is founded on a strong principle: the longer a student-athlete attacks his academic challenges as hard as he attacks his daily practices and competition, the more likely that student-athlete will achieve academic success.

The goal of the retention program is to move a student-athlete from a passive to a pro-active position in the retention process; from observer to participant.

There are several reasons why the UI's retention program has been successful. First, the program is under the direction of one full-time staff member.

Mrs. Susan Walker, who joined the Iowa staff in 1982, earned both her bachelor's and master's degrees from the University of Iowa. Prior to heading the retention program Walker served 14 years as a counselor for Iowa's football athletes.

Walker spearheads a support team which works directly with students, faculty and other academic staff members. Iowa's student-athletes benefit from the ongoing efforts that one full-time specialist can put toward the program and their needs.

The UI program includes an "early warning system" which helps identify potential difficulties for the student-athletes. This process begins upon receipt of the college entrance exams and high school transcripts, and continues throughout the student-athletes' entire academic experience at the University of Iowa.

The Office of Student Services looks to other offices for assistance in providing a fully-integrated approach to student retention. Staff members encourage student-athletes to also take full advantage of the expertise available from faculty member and the numerous excellent campus-wide academic support systems.

"The Iowa Retention Program has been broadened each year as we have developed new initiatives in addressing the academic needs of our student-athletes. We spend a large amount of time in one on one meetings and developing individual educational plans."

SUE WALKER
Iowa Athletic Department
Office of Student Services

ACADEMIC SERVICES



The Russell and Ann Gerdin Athletic Learning Center for all University of Iowa student-athletes opened in 2003.



UNIVERSITY OF IOWA PRODUCES LEADERS



Nolden Gentry
Attorney



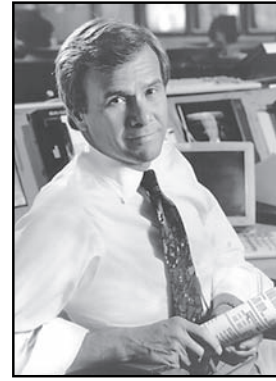
John Pappajohn
entrepreneur



Barry Kemp
television producer



Juanita Kidd Stout
First African-American woman Elected to a state Supreme Court



Tom Brokaw
Former Anchorman, NBC News



Don Nelson
Head Coach, Golden State Warriors



Mark Shapiro
Former Executive Vice-President, ESPN

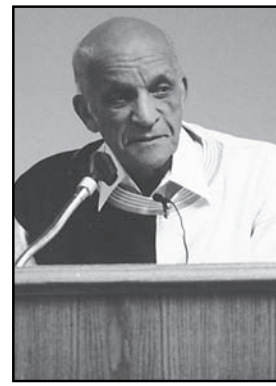


Dennis Green
Head Football Coach
Arizona Cardinals



Two legendary coaches who have ties to the University of Iowa are the late John B. McLendon (right) and Eddie Robinson (left). McLendon, who helped integrate the game of basketball on a national level, was the first African-American college coach inducted into the Basketball Hall of Fame when he was enshrined in 1978. He compiled a 523-165 record in 25 years of college coaching and also coached professionally in the ABL and ABA.

Robinson, the legendary Grambling State University coach who is the winningest coach in college football, earned his master's degree at the University of Iowa.



When a student-athlete considers his future, he should consider prospects beyond basketball. He should consider where he wants to be five, ten, fifteen years from today, and the best course of action for getting there. Also, he should decide early on to commit to excellence in every challenge undertaken.

Without a doubt, the men and women listed here took time to consider their future and the ways to get there. These former University of Iowa undergraduates have gone on to become leaders in their chosen fields. They also pursued their academic studies as strongly as the Iowa Hawkeyes go after a loose ball or rebound.

BUSINESS

LELAND C. ADAMS

Former president, Amoco Production Co.

JOHN J. BALLE

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

NOLDEN GENTRY

Iowa Letterman, '58, '59, '60
Attorney, Brick, Gentry, Bowers, Swartz, Stoltze, Scheling and Levis
Des Moines, IA

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

FRANK N. MAGID

President, Frank N. Magid Associates, Inc.,
Pioneer in market research and media consultation

JOHN PAPPAJOHN

Venture capitalist, entrepreneur;
President, Equity Dynamics, Inc.

GARY SEAMANS

Chairman and CEO,
Westell Technologies, Aurora, IL

LUTHER SMITH

Aerospace Engineer, pilot
Member, Tuskegee Airmen, 1942
World War II Purple Heart and Prisoner of War Medal

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

Innovator, Writer, Coach
First African-American coach inducted into The Basketball Hall of Fame

EDDIE ROBINSON

Legendary football coach, Grambling State University

UNIVERSITY OF IOWA PRODUCES LEADERS

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

MICHELE M. CRIDER

Recognized worldwide as a leading soprano Has performed in all of Europe's major opera houses

SIMON ESTES

International opera star

JOHN FALSEY

Executive producer of television's "Northern Exposure" & "I'll Fly Away"

JIM FOSTER

Track and Cross Country Letterman
Founder and Innovator, Arena Football

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"

SHIRLEY RICH KROHN

Casting director for Kramer vs Kramer, Three Days of the Condor, Taps, Saturday Night Fever

ASHTON KUTCHER

Actor, "That 70s Show" and other productions

RICHARD MAIBAUM

Writer of James Bond motion picture scripts

DAVID MILCH

Creator, Hill Street Blues, NYPD Blue and other television series
Three-time Emmy Award recipient
Founder, Redboard Productions

MARIAN REES

Producer of television films
Owner, Marian Rees and Associates

BRANDON ROUTH

Actor, Superman

GENE WILDER

Actor, Silver Streak, Young Frankenstein, Stir Crazy

GOVERNMENT

DAVID BONIOR

U.S. House of Representatives, Mt. Clemons, MI

TERRY BRANSTAD

Former Governor, state of Iowa

GENERAL CHARLES A. HORNER

Architect of the US air war against Iraq during the Persian Gulf War/Desert Storm

ALAN LARSON

Assistant to Secretary of State for Economic, Business, and Agricultural Affairs

RUTH VAN ROECKEL MCGREGOR

Chief Justice of the Arizona Supreme Court
2005 recipient, American Judicature Society's Dwight D. Opperman Award for Judicial Excellence

MARY LOUISE SMITH

Noted political party leader and civil rights proponent

JUANITA KIDD STOUT

First black woman elected to a state Supreme Court

LITERATURE

MARVIN BELL

Iowa Poet Laureate
UI Writers Workshop faculty member and mentor from 1965 until retirement in 2005

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, A Son of the Circus, Hotel New Hampshire, A Prayer for Owen Meany

W.P. KINSELLA

Writer, Shoeless Joe

MARGARET WALKER

Writer, Jubilee

MEDIA

ALAN ABELSON

Editor, Barron's

TOM BROKAW

Former Anchorman, NBC News

PAUL BURMEISTER

Quarterback, 1992, 1993
Sports Anchor/Reporter
The NFL Network

JOHN COCHRAN

Correspondent, ABC News

PAUL CONRAD

Political cartoonist and three-time winner of the Pulitzer Prize

BRETT DOLAN

Broadcaster, Houston Astros

GEORGE GALLUP

Founder, The Gallup Poll

CHARLES GUGGENHEIM

Documentary filmmaker, Peabody and Oscar award winner

HARRY KALAS

Hall of Fame Broadcaster, Philadelphia Phillies

BOB MILLER

Broadcaster, Los Angeles Kings

HERBERT NIPSON

Executive Editor, Ebony

BRIAN ROSS

Correspondent, NBC News; Peabody and Emmy award winner

MARK SHAPIRO

Former Executive Vice-President, ESPN
UI Distinguished Alumni Award, 2003-04

CAROLE SIMPSON

Anchor, ABC News

MEDICINE

DR. NANCY ANDREASEN

Psychiatrist renowned for her research on schizophrenia, as well as creativity

JAMES BRAMSON

Executive Director, American Dental Association

DR. JOHANN L. EHREHAFT

Pioneer in field of open heart surgery

DR. ROBERT C. HARDIN

Developed blood bank protocols during WW II based on seminal work on blood preservation

DR. DON H. O'DONOGHUE

Sports medicine pioneer

DR. EMORY D. WARNER

World recognized pathologist

PULITZER PRIZE WINNERS

MARQUIS CHILDS

1970, St. Louis Post Dispatch

RITA DOVE

1987, Thomas and Beulah
U.S. Poet Laureate

JORIE GRAHAM

1996, The Dream of the Unified Field; New and Selected Poems

J. TRACY KIDDER

1982, The Soul of a New Machine

JAMES A. MCPHERSON

1978, Elbow Room

MARILYNNE ROBINSON

2005, Gilead

JANE SMILEY

1992, A Thousand Acres

TENNESSEE WILLIAMS

1948, A Streetcar Named Desire
1955, Cat on a Hot Tin Roof

FIRST ADVANCED DEGREES IN THE UNITED STATES

African-Americans who received advanced degrees from the University of Iowa who were also the first in the United States to receive that particular degree:

ALEXANDER CLARK, JR.

1879, law degree

ELIZABETH CATLETT

1940, master's in art

LULU JOHNSON

1941, Ph.D. in history

OSCAR ANDERSON FULLER

1942, Ph.D. in music

LILIA ANN ABRON

1972, Ph.D. in chemical engineering

LISA PORTIS

1989, Ph.D. in pharmacology

CONSIDER THE COMMUNITY



With a seating capacity of over 15,000, Iowa's Carver-Hawkeye Arena hosts some of the top concerts in the Midwest.

Some universities offer the large city atmosphere. Others offer the college town experience. The University of Iowa is uniquely situated to offer student-athletes the very best of both of these different worlds.

Iowa City's downtown area is alive and thriving. Restaurants and shops face onto pedestrian malls full of people watchers, street entertainers, and vendors selling popcorn, bagels, sandwiches and soft drinks.

Once the state capital, Iowa City today is considered one of the truly great college towns in America. The city swells with excitement on game day when nearly 16,000 Hawkeye fans from across the state and Midwest converge on Carver-Hawkeye Arena to cheer the Hawkeyes to another victory.

Carver-Hawkeye Arena is also the site of performances and concerts by some of the more popular entertainers and musicians. Stars to pass through Iowa City in recent years include the following:

Brooks & Dunn	Bob Dylan
Red Hot Chili Peppers	Elton John
The Backstreet Boys	Billy Joel
Goo Goo Dolls	Foo Fighters
Tina Turner	Metallica
Bill Cosby	Whitney Houston
Paul Simon	Garth Brooks
James Taylor	U2
Kansas	

"I think most people around the country would be really surprised, if they haven't been to Iowa City, to come here and see how cosmopolitan it is, how many things there are to do here in Iowa City. The people here could not be nicer."

TERRY GANNON AND TIM BRANT
ABC-TV Sports



CONSIDER THE COMMUNITY

IOWA CITY: THE BEST PLACE TO LIVE

"If Iowa City were a student, it would be class valedictorian. This heartland university town consistently scores top scores on countless lists: Forbes' Best Small Places for Business and Careers; Men's Journal's list of sexy, healthy and safe places to live; USA Today's Best Educated Cities; Utne Reader's Most Enlightened Towns; AARP's best college towns in which to retire; and the Milken Institute's best small metro economy. And the town's pride, the University of Iowa, scored tops on Kaplan's best value for your tuition dollar, noting its outstanding medical programs."

RICH KARLGAARD | Columnist
Forbes Magazine

Each year, The University of Iowa boasts a student population that includes young men and women from all 50 states and more than 100 foreign countries among its 30,000 students.

Diversity is also true among the student-athletes who come to Iowa City to play basketball. At Iowa, high school all-Americans from some of the nation's biggest metropolitan areas work side-by-side with all-state picks from states in "America's Heartland" and elsewhere to help keep the Hawkeyes among the nation's best.

The record shows that Hawkeyes don't just grow up in Iowa -- they come from virtually all parts of the country.

"Iowa City is unlike any other place in the state, both because of its regional beauty and because of its independent, serendipitous spirit."

There's nothing like feeling the crisp air as one tours the Big Ten campus, just as there's no other feeling like walking the shores along Lake MacBride, north of town. This is an ideal location for a weekend trip filled with sights, sounds, shopping and plenty of activities on any given weekend.

If there is a star in Iowa, Iowa City is it."

DES MOINES SUNDAY REGISTER



With the Iowa campus situated very near downtown Iowa City, Iowa students are provided with many entertainment options. Homecoming activities on the University of Iowa campus have included a Friday night concert on the Iowa Pentacrest.

The State of Iowa ranks as the fifth best state to raise a family, according to a recent study released by the Children's Rights Council, a Washington, D.C. based organization.

According to a recent study by Forbes Magazine, Iowa City ranks third among small cities on a national list of best places to do business and advance careers.

HERE'S A SAMPLING OF HOW THE UNIVERSITY OF IOWA AND THE IOWA CITY COMMUNITY RANK:

No. 1 for small metropolitan cities by Best Places for Business and Careers

No. 3 nationally for Most Educated Metropolitan Area

No. 3 Best Educated City in the nation, by USA Today

No. 4 for Best Overall Metro School District, regardless of size, by Expansion Management magazine

Ranked No. 5 in Best Smaller Metros by Forbes Magazine, April, 2007

No. 6 most sexy, healthy and safe place to live, by Men's Journal

No. 9 nationally for "Up and Coming Set" for a Metro Area, by American Demographics

One of 10 Most Affordable Places to Live and Work, by Sperling's Best Places, March, 2007

Top Town in the Midwest, by Outside Magazine, August, 2007

No. 10 Coolest College Town, by Outside Magazine

No. 11 metro area for companies to relocate or expand, by Expansion Management magazine

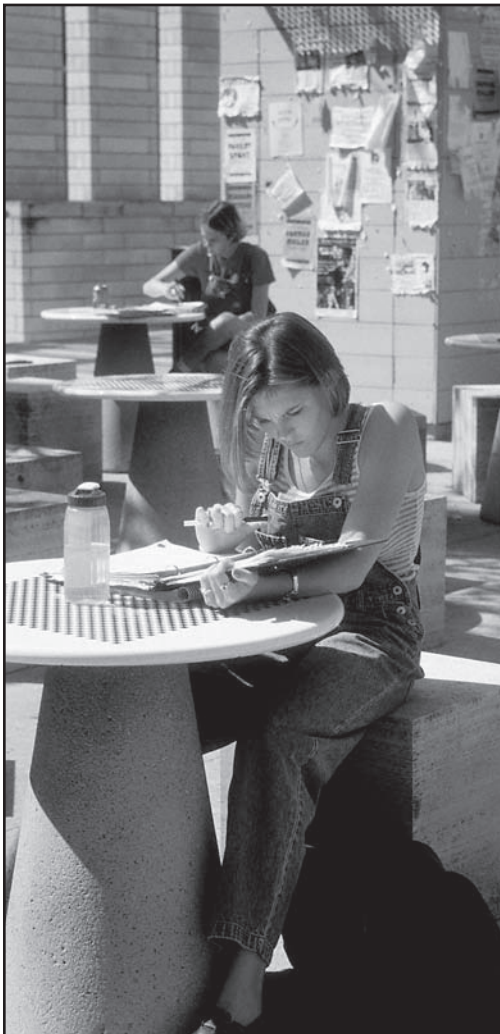
No. 12 best Place to Retire by AARP

Listed as one of "50 Best Places to Live and Play", by National Geographic Adventure Magazine, September, 2007

America's Healthiest City: No. 1 in Midwest region and No. 25 nationally

Actor and director Tom Arnold is an Iowa native and an avid Hawkeye fan. Arnold often visits Iowa City to attend Hawkeye football and basketball games.

CONSIDER THE COMMUNITY



SPORTING NEWS RANKS IOWA AMONG TOP DIVISION I PROGRAMS

The University of Iowa annually earns high ratings in a major survey by The Sporting News, in which all U.S. colleges who participate in NCAA Division I sports in both football and men's basketball, are graded according to various standards, ranging from on-field to academic performance.

The magazine ranks over 100 universities, based on number of sports each school sponsors, their success rates, graduation rates for students in all sports and Title IX compliance. The ratings cover the last four years of graduating classes, and include GPAs and SAT scores for incoming freshmen.

The Sporting News recently ranked Iowa City as the best college football city in America. Iowa City is ranked among the top 50 cities overall among "Best Sport Cities" and ranked as the top sports community in the state.

Schools are also rated on such factors as fan support, attendance, merchandise sold and size of athletic budget. Graduation rates are used and points awarded for winning regular season and post-season championships.

"ESPN GameDay" the popular pre-game show which airs each Saturday during the college football season, made a stop in Iowa City last season, airing from the Iowa campus prior to Iowa's prime time football game with Ohio State.

OUTSIDE MAGAZINE RANKS UNIVERSITY OF IOWA AND IOWA CITY AMONG THE BEST IN THE NATION

Outside Magazine ranks the top 40 "Best College Towns" in the nation. Among those rankings, the University of Iowa and the Iowa City area earned a No. 10 ranking.

"Iowa City is one of the 10 most literate and enlightened towns in the nation. This city, set on the winding Iowa River, is a pocket of sophistication with the feel of small-town America. Locally run bookstores, ethnic restaurants, cafe's with gallery space, and organic grocers line the brick streets, and summers are a whirl of jazz musicians, artists and food vendors.

... move to Iowa City. Some of the happiest people in the world live in Iowa City"

OUTSIDE MAGAZINE

CONSIDER THE COMMUNITY



A CAMPUS ON THE MOVE

The University of Iowa campus caters to pedestrians and bicyclists; it's compact enough to cross in a 20-minute walk. A free ride on a campus bus can cut that time in half. Entertainment on campus and in Iowa City is geared toward student budgets, with many events offered at no charge.

Iowa City has more book shops, coffee shops, restaurants, record shops, and movie theaters in its downtown area -- right next to campus -- than you'll find in cities many times its size.

Hancher Auditorium brings the world's finest musicians, dancers, actors, and entertainers to the University. It is part of the Iowa Center for the Arts, which includes the Museum of Art and cultural/educational programs in music, theatre, art and art history, dance, and literary arts.

Iowa City is alive with festivals and ethnic celebrations. Music, drama, and dance can be found on stage or on street corners. Sculptures adorn campus green spaces and plazas, and work by local artists and craftspeople entice visitors to outdoor markets.

The University of Iowa offers more than 350 student organizations, extensive recreation facilities, 50 fraternities and sororities, and a broad schedule of arts performances, lectures, cultural celebrations and club sports and intramural athletic contests to go along with the intercollegiate competition within the Big Ten Conference.

The University of Iowa can help put enthusiasts on board a hot air balloon or a sailboat. Weight lifting, tennis, fencing, the martial arts, handball, soccer, rugby, football, spelunking, horseback riding, gymnastics, or golf -- Iowa students do them all.

The University's MacBride Nature Recreation Area, located 15 miles from campus, offers hiking, cross-country skiing, sailing, and canoeing.

STUDENT-ORIENTED NIGHT LIFE

Iowa's campus is set right in the city's downtown area, where you'll find dance clubs, movies, coffeehouses, and restaurants to suit every taste. Live music can be found any night of the week in clubs and restaurants, even outside on warm evenings on the downtown pedestrian mall. Iowa City businesses are convenient and geared toward student tastes and needs.

In a recent release by a New York-based Internet company, Iowa City ranked ninth among college towns its size, based on cultural and economic vitality. The survey compared communities with four-year colleges that have a ratio of students to the general public that was 3-to-4 or lower.



Iowa fans are known for their support of the Hawkeyes. Iowa annually ranks among the top 25 in the nation in home attendance in both football and basketball. Sellout crowds of over 70,000 in Kinnick Stadium for football in the fall, and 15,500 for basketball in Carver-Hawkeye Arena are expected when the Hawkeyes are in action.

THE HAWKEYE SPIRIT

The Hawkeyes established a record by winning all 17 home games in 2005-06, compiling the first perfect season in Carver-Hawkeye Arena. Iowa was nearly as impressive a year ago, posting a 14-2 home record. Iowa's 31-2 record over the past two seasons includes a sparkling 15-1 mark in Big Ten Conference action.

Great fans help produce great programs and that's true at Iowa. Hawkeye fans are legendary.

Sometimes you can look at attendance figures and determine whether a basketball program has the support of the community. And sometimes you have to experience the atmosphere, color and pageantry in person. Rest assured, there's no lack of support or interest in the basketball program at The University of Iowa.

You've heard the phrase "standing room only." Well, there isn't even standing room when the Hawkeyes take the floor in Carver-Hawkeye Arena. Fans travel to Iowa City from all over the state to fill Carver-Hawkeye Arena and be a part of "Hawkeye Hysteria."

Iowa is one of the few basketball programs in America where a 15,500-seat arena has often been sold out on a season ticket basis. In addition, Iowa is one of very few universities where basketball and football have often sold out on a season ticket basis. And there probably isn't another campus in the country where the fans have greater love and enthusiasm for their university and basketball team than Iowa.

The love affair between the Hawkeyes and their fans never fails to amaze people unfamiliar with the Iowa basketball program and the loyalty of the people of Iowa.

Along with attracting over 70,000 fans for football games in Kinnick Stadium and over 15,000 for home basketball games, Iowa wrestling also ranks among the national leaders in home attendance. Just last season, Iowa wrestling led the nation in dual meet attendance (6,740), including a crowd of 13,732 for a dual match. That figure ranks as the 11th largest dual meet crowd ever.

Iowa has sold out the Black and Gold Blowout, a pre-season intra-squad game. Iowa also has drawn sellout crowds when playing exhibition and regular season games in the Quad Cities and Des Moines.

Featuring a senior dominated team in 2005-06, the Hawkeyes were bolstered at home games by a student section that more than doubled from the previous season and grew as the unbeaten home season gained momentum throughout Big Ten Conference play. That student support continued last season as the Hawkeyes won 14 of 16 home games.

"The Hawks Nest can really influence the game by bringing volume to Carver-Hawkeye Arena. Carver-Hawkeye is a mad house. It is one of the toughest places to play in the Big Ten."

DAVE BARNETT
ESPN Commentator



Carver-Hawkeye Arena is recognized as one of the best basketball venues in the Big Ten and the nation in regards to sold out crowds and support for Iowa basketball. Iowa recently held a string of 41 consecutive sellouts (15,500) in Carver-Hawkeye Arena. Iowa and Indiana are the only Big Ten teams to rank among the top 30 in the nation in average home attendance every year since 1979.



THE HAWKEYE SPIRIT



Every Iowa basketball game at Carver-Hawkeye Arena offers a great night of excitement and entertainment. The 15,500 Hawkeye fans, led by the "Hawks Nest" student section, the Iowa pep band, cheerleaders and dance squad, provide a great home court advantage for the Hawkeyes.

HAWKEYES ARE CROWD FAVORITES

"The basketball fans in Iowa were among the very best that I ever had a team play in front of. They were tremendous in their encouragement of the Iowa team and players, and at the same time maintained a respect for the opponent."

"There was no school in that league where I thought the fans were better than at Iowa."

BOB KNIGHT

Head Coach, Texas Tech
Former Head Coach, Indiana

Each season, a large number of home games in Carver-Hawkeye Arena are sold out, including a streak of 41 consecutive games within the past seven years. Iowa annually ranks among the top 25 programs in the nation in home attendance.

"You can argue all day about who has the most fanatic basketball fans: Indiana, Kentucky, North Carolina, Utah and Illinois might each make their claim to being THE basketball hotbed. All love the sport. And so do Iowa fans. That's the way it is at Iowa. They love their basketball and they love their hero's."

JOHN FEINSTEIN

Columnist, "Basketball Times"
Author, "A Season on the Brink"



HAWKS NEST

"HAWKS NEST" SUPPORTS IOWA BASKETBALL

When Sports Illustrated magazine polled the people of Iowa as part of its 50th anniversary, 58% of the fans named the Iowa Hawkeyes as their favorite team.

Since the beginning of the 1999-00 basketball season, Iowa's student cheering section has been known as "The Hawk's Nest" and has occupied eight sections around the south and west areas of Carver-Hawkeye Arena, with student seating beginning at floor level in all eight sections. In addition, approximately 50 seats have been placed on the floor of the Arena in front of the student sections to be used by student season ticket holders.

The "Hawks Nest" in 2007-08 once again consists of all University of Iowa students who purchase season tickets. The development of the student support group has been fostered by the UI athletic department and the UI Student Alumni Ambassadors.

Iowa students have shown their loyalty over the past two seasons, as the size of the "Hawks Nest" has more than doubled. Over 1,000 Iowa students were members of the group as the Hawkeyes have posted a 31-2 home record over the last two seasons, including the first ever undefeated season in Carver-Hawkeye Arena (17-0) in 2005-06.



"I know we have a loyal and dedicated fan base that has a true passion for basketball and all our teams. Iowa fans support our team, they understand sportsmanship and they understand the game of basketball. They can anticipate and not only cheer great plays, they can help with momentum.

We have loyal fans that support our team, but at the same time present our program, our University and our state, in a good light. I think we have the best of both worlds here."

TODD LICKLITER
Head Basketball Coach
The University of Iowa



Iowa's "Hawks Nest" student cheering section gives Iowa student the opportunity to fill some of the very best seats in Carver-Hawkeye Arena. The pep band, the cheerleaders and the dance squad combine to create a great atmosphere for Hawkeye home games.

FAN SUPPORT



HAWKEYE PLAYERS APPRECIATE SUPPORT

Iowa fans are known for their loyal support, and Hawkeye basketball players appreciate the fans. The Black and Gold Blowout, a pre-season scrimmage that follows a home football game each fall, is a special event that allows the fans a close-up view of the Iowa players prior to the start of the season. The Black and Gold Blowout has featured sell-out crowds of over 15,000.



Former Hawkeye football all-Americans, including TE Dallas Clark (left), PK Nate Kaeding (center) and OL Robert Gallery (right) returned to Carver-Hawkeye Arena to cheer on the Hawkeyes last season.

“Everyone in the community supports the Hawkeyes. I just feel like it is my home away from home. In my three years here, I have seen the fans and the great support they show for basketball and the other sports. At Carver-Hawkeye Arena, the student section creates a great atmosphere. They can change the momentum of a game and are very supportive. We appreciate how much support we have every time we play a home game.”

KURT LOOBY
Senior Center
St. John's, Antigua

IOWA TRADITION



IOWA BASKETBALL: A WINNING TRADITION

From the first five-player basketball game ever played on the Iowa campus in 1896, to Iowa's winning Big Ten Tournament championships in 2001 and 2006, Iowa basketball has maintained a winning tradition and ranking among the top programs in the nation.

Iowa's basketball success has included the following accomplishments over the past 106 years:

A 17-14 overall record a year ago as the Hawkeyes posted a seventh straight winning season. Iowa tied for fourth place in the Big Ten Conference with a 9-7 league record. The Hawkeyes have advanced to post-season play in six of the past seven years.

A record of 25-9 in 2006 as Iowa posted the second-most victories in school history. That record included an 11-5 record in Big Ten play and the championship of the 2006 Big Ten Conference Tournament.

Seventy-three winning seasons in 106 years, including 23 seasons of at least 20 victories

Participation in both the 2006 and 2005 NCAA Tournaments as Iowa posted back-to-back seasons of 20 or more wins, earning 46 victories over the two year period

The championship of the Big Ten Conference post-season tournament in 2001 and a total of 23 wins, a total that ties the fourth highest victory total in school history

A league-record winning streak of seven straight games in the Big Ten Tournament in 2001 and 2002 as Iowa played in the championship game in consecutive seasons

Nine regular season Big Ten Conference championships, including back-to-back titles in 1955 and 1956

Three appearances in the NCAA Final Four, including back-to-back appearances in 1955 and 1956

An undefeated Big Ten title in 1970 with a perfect 14-0 conference record. That team averaged 102.9 points per game in Big Ten games, a league scoring record that still stands

A Big Ten championship team in 1980 that saw Iowa fight through injuries and make its third appearance in the NCAA Final Four

A 30-win season in 1987 that saw the Iowa Hawkeyes reach the No. 1 ranking in the national polls while advancing to the regional finals and just missing a fourth trip to the Final Four

In the 1980's Iowa basketball teams won at least 20 games in nine different seasons

In the 1990's Iowa basketball teams won at least 20 games in seven different seasons, including five straight seasons from 1995-99



HERKY | IOWA FANS



HERKY AND THE HAWKEYES

The University of Iowa borrowed its athletic nickname from the state of Iowa many years ago.

The name Hawkeye was originally applied to a hero in a fictional novel, *The Last of the Mohicans*, written by James Fenimore Cooper. Author Cooper had the Delaware Indians bestow the name on a white scout who lived with them.

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

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

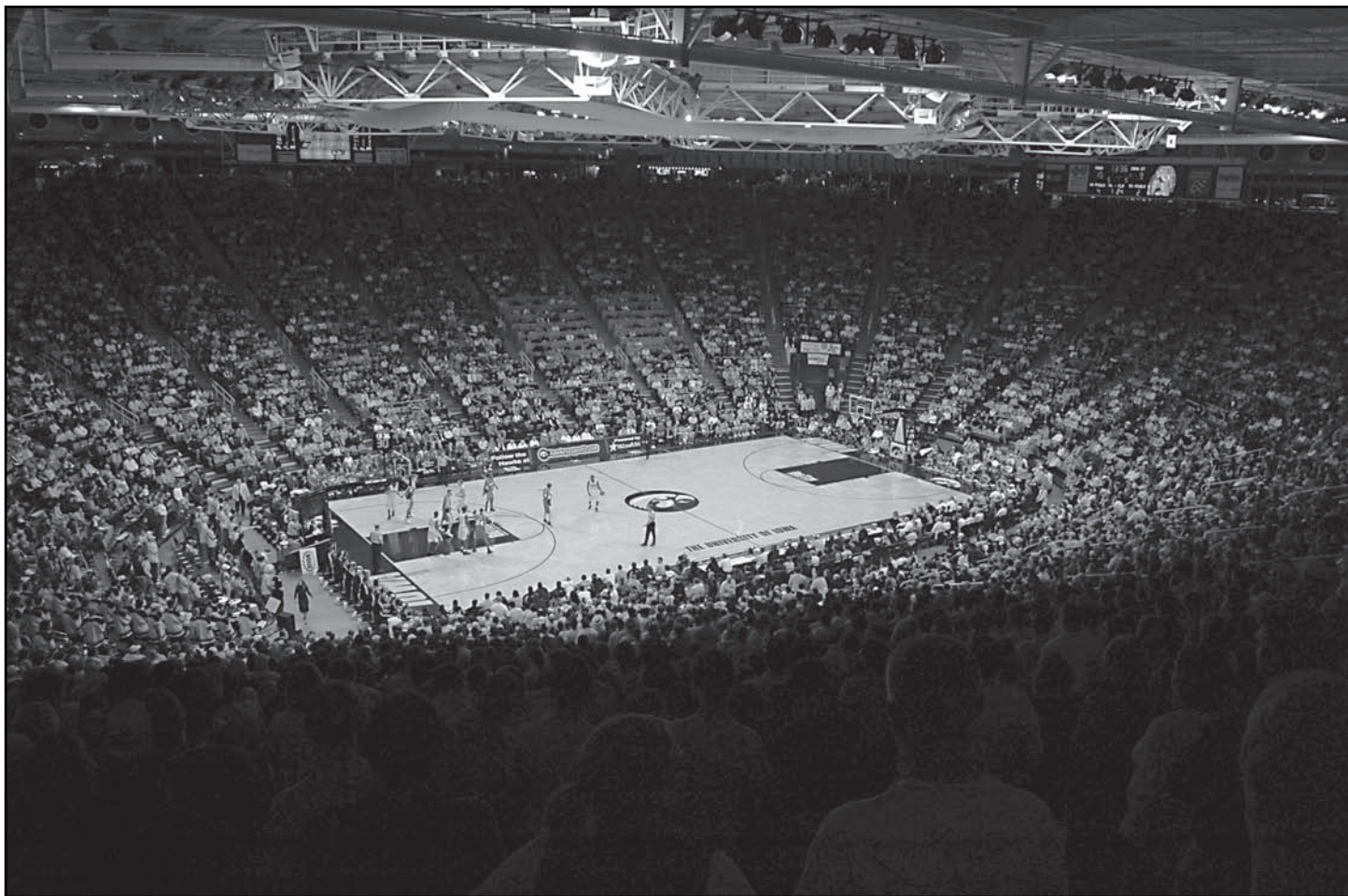
The Hawkeye nickname gained a tangible symbol in 1948 when a cartoon character, later to be named Herky the Hawk, was hatched. The creator was Richard Spencer III, instructor of journalism.

The impish hawk was an immediate hit and he 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 over 50 years ago, Herky has symbolized Iowa athletics and epitomized University life. He even donned a military uniform during the Korean War and became the insignia of the 124th Fighter Squadron.

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

CARVER-HAWKEYE ARENA



When *Sports Illustrated* magazine surveyed sports fans in the state of Iowa as part of its 50th anniversary, Carver-Hawkeye Arena was named as the "Hot Spot" for sporting events in the state.

Carver-Hawkeye Arena, one of the 25 largest university-owned facilities in the nation, serves as Iowa's home basketball arena. Opened in January of 1983, the building seats 15,500 for basketball.

Capacity crowds have been the rule rather than the exception at Carver-Hawkeye Arena. Over 5.6 million basketball fans have viewed games in Carver-Hawkeye Arena the past 24-and-a-half seasons. Iowa played 60 consecutive home games in front of sellout crowds and more recently had a streak of 41 consecutive sell outs for regular season games. The single game record of 15,570 was set against Indiana in 1987.

Iowa has posted a 31-2 record in Carver-Hawkeye Arena over the past two seasons. The Hawkeyes posted a perfect 17-0 mark in 2005-06, the first undefeated home season ever in Carver-Hawkeye Arena and the first perfect home season since 1966. Iowa was 14-2 in home games a year ago and is 15-1 in Big Ten home games over the past two seasons.

The Hawkeyes have won nearly 80 percent (308-82, .790) of their home games since the building opened. Iowa had a 15-game home court winning streak in 1986-87 and won 43 straight non-conference home games prior to a 79-76 loss to NCAA runner-up Duke during the 1994 season. Iowa is 161-14 (.920) in non-conference games in Carver-Hawkeye Arena.

The Hawkeyes are 29-1 in non-conference home games over the past three seasons, dating back to a post-season loss at the end of the 2003 season.

"Carver-Hawkeye Arena is a great venue and affords our program a definite home-court advantage. Fans are close to the floor, from the first row to the top row, and can be actively involved in the game. Looking up from the playing floor, it can be an intimidating arena. Looking down from the top, it is aesthetically very appealing while providing the opportunity for all fans to be involved. We have an enviable environment, and that is a credit to our fans and their support."

TODD LICKLITER
Head Basketball Coach
The University of Iowa

"This place is deafening. I think this is the loudest building in college basketball. I have never heard the sound level like it is in here."

MIKE PATRICK | ESPN

The multi-purpose facility also serves as home to Hawkeye wrestling, gymnastics and volleyball and has been the site of numerous concerts, commencements, sports camps and other events.

Fans enjoy an unobstructed view from each of the theatre seats. The building won a design award from the American Institute of Architects in 1984.

CARVER-HAWKEYE ARENA

In a poll of 70 members of the media, conducted by the Lafayette, IN Courier Journal, Carver-Hawkeye Arena was voted as the top arena in the Big Ten. The Iowa pep band and the media section in Carver-Hawkeye were also voted best in the league.

Named for the late Roy Carver, a long-time supporter of the University, the building has 20,000 square feet of floor space when the lower level seats are retracted. The 42 rows of seating are divided in 28 lettered sections. A 100-seat press section for print and radio media is located in sections AA-BB.

Connected to the Arena is an athletic office building, which is four levels high and occupies over 60,000 square feet. Athletic department coaches and administrators have offices in the building.

The arena features six locker rooms, including the permanent men's basketball locker room, along with fully-equipped weight and training facilities. Within the last three years, the Hospitality Room has been re-modeled, allowing for the men's basketball team to have training table meals in the arena, just down the hall from the locker room.

Carver-Hawkeye Arena is constantly being improved. The men's basketball locker room was remodeled prior to the 2003 season. A player's lounge and a coaches meeting room and locker area were added, while the player's locker area was enlarged and remodeled.

New scoreboards and video walls were installed prior to the 2006-07 season. The new state-of-the-art equipment features two video walls with live action and instant replay capabilities. The video walls on each side of the arena measure 80 feet in length and feature 288 x 512 Led Matrix display areas. The scoreboards at each end of the court are 48 feet in length and feature a 256 x 72 Led Matrix display area, along with the usual scoreboard display areas for scores, time remaining and team and individual statistics.

The Arena cost \$18,402,962 to build and was completed in three years. It was financed from private contributions from Iowa athletic department supporters. The first event (Jan. 3) in the Arena was a 1983 wrestling dual vs. Oklahoma (a 35-7 Iowa victory). The initial basketball game was a 61-59 loss to Michigan State on Jan. 5, 1983.

Carver-Hawkeye Arena has hosted the Big Ten and NCAA wrestling championships and Big Ten and NCAA regional and national gymnastics championships. The 1984 U.S. Olympic wrestling trials were held in Carver-Hawkeye and the 1984 U.S. Olympic basketball team also played an exhibition contest in the facility. The National Duals wrestling tournament was held in Carver-Hawkeye in 1998 and 1999. Iowa hosted the 1994 NCAA wrestling championships, in which the Hawkeyes won the national crown while setting tournament attendance records, and the 2001 NCAA finals.

The 1983 Iowa-Iowa State wrestling match attracted a national-record 15,283 fans. Iowa won the meet 26-11.

After selecting his top five home basketball facilities in the nation for his book on the Top 100 Division I Basketball Arenas, Bill Kintner, a.k.a. CigarBoy, selected Iowa's Carver-Hawkeye Arena as one of four facilities to earn Honorable Mention recognition.

"Carver-Hawkeye Arena is one of the most attractive sites in college basketball. Constantly filled to capacity, the atmosphere can be as taxing for visiting squads as any place in America."

MIKE SHERIDAN | Basketball Times

"I was swept away by Carver-Hawkeye Arena in Iowa City. Bright lights, lots of people. When the lights go down and the announcer starts in, it's big time college basketball in that huge hole in the ground.

All those people, some 15,500 in all, seem to be right on top of the action."

DICK JOHNSON | Mason City Globe Gazette

"To me the key to this basketball game today was the Iowa fans. They stayed with their team, they really picked their team up when it needed it. It's a tremendous thing to watch, fans staying with their team."

BILLY PACKER | CBS SPORTS

Indiana at Iowa, January 27, 2001

ATTENDANCE, YEAR-BY-YEAR

YEAR AGE	WON	LOST	PCT.	GAMES	ATTEND.	AVER- AGE
1983	7	3	.700	10	153,984	15,398
1984	8	6	.571	14	216,300	15,450
1985	16	3	.842	19	286,131	15,060
1986	11	2	.846	13	192,068	14,774
1987	13	2	.867	15	218,892	14,593
1988	14	2	.875	16	248,000	15,500
1989	15	2	.882	17	263,500	15,500
1990	11	5	.688	16	248,000	15,500
1991	13	4	.765	17	252,856	14,874
1992	13	2	.867	15	230,143	15,343
1993	15	1	.938	16	243,446	15,215
1994	9	6	.600	15	229,676	15,312
1995	13	5	.722	18	273,540	15,197
1996	14	1	.933	15	231,244	15,416
1997	14	2	.875	16	233,368	14,586
1998	11	5	.688	16	223,404	13,963
1999	11	4	.733	15	212,595	14,173
2000	9	4	.692	13	197,030	15,156
2001	12	4	.667	16	248,000	15,500
2002	13	4	.765	17	258,511	15,207
2003	11	7	.611	18	238,233	13,235
2004	11	3	.786	14	181,680	12,977
2005	13	3	.813	16	190,413	11,901
2006	17	0	1.000	17	204,102	12,006
2007	14	2	.875	16	195,139	12,196
TOTALS	308	82	.790	390	5,670,255	14,539

IOWA FACILITIES



Iowa's Carver-Hawkeye Arena has a seating capacity of 15,500 and Iowa basketball annually ranks among the top 25 in the nation in home attendance. The "Hawks Nest" student section plays an active role in supporting Hawkeye basketball in Carver-Hawkeye Arena.

Facilities play an important role in helping today's student-athlete enjoy his collegiate experience and develop his potential to its fullest. The facilities available to the members of the Iowa basketball program at The University of Iowa compare very favorably with the nation's finest and, in many cases, set the standard of excellence by which others are measured.

CARVER-HAWKEYE ARENA – A SHOWCASE FOR IOWA BASKETBALL

In January 1983, the Hawkeyes played their first game in \$18 million Carver-Hawkeye Arena, located on the western edge of The University of Iowa campus. The 15,500-seat, oval-shaped arena is one of the finest facilities for basketball in the world and is one of the 25 largest university-owned arenas in America.

As beautiful as Carver-Hawkeye Arena is, the Iowa basketball program is constantly looking to improve the facility. Take, for example, Iowa's basketball locker room and lounge. Furnished with large, wooden lockers for each player's personal and game use, the Iowa locker room was expanded and remodeled in the past four years, allowing more room for all players.



The locker area features large individual lockers for all Hawkeye players. The locker area in the Iowa locker room was expanded in the past four years, with each player being provided an expanded area. The area now features all new lockers for each individual.

IOWA FACILITIES



Iowa's basketball locker room has been completely remodeled over the past four years, with the addition of a players lounge highlighting the most recent changes. The players lounge provides Iowa players an opportunity to relax before and after workouts and games. Tom and Lori Cardella of Solon, IA made a generous gift to remodel and expand the locker room area, which is named in their honor.



The Iowa locker room features a team meeting area, where the Hawkeyes can go over scouting reports and scout opponents for upcoming games.

The players lounge features plush carpeting, a high-quality sound system and large flat screen televisions, helping make the Iowa locker room the envy of most collegiate basketball programs. And, Iowa's parquet playing floor gives the Iowa basketball program a Boston Celtics look.

In a survey of Division I men's basketball coaches, conducted by The Sporting News, the locker room facilities in Iowa's Carver-Hawkeye Arena earned the highest percentage of votes in the "Best Locker rooms" category.



IOWA FACILITIES

Not only is Carver-Hawkeye Arena superb for the players, but it's also an outstanding facility for the thousands of fans who cheer the Hawkeyes to victory each game night. Spectators have an unobstructed view of the playing floor and the lighting and sound systems are among the finest in the country.

In addition, new scoreboards and video boards were installed prior to the 2006-07 season, adding more color and excitement to each home game in Carver-Hawkeye Arena. A new playing surface was installed prior to the 2000-01 season.

“All you have to do is bring kids into this arena and if they can’t get turned on by the beauty of the arena and the excitement of Big Ten basketball, then there is something wrong.”

DICK VITALE
ESPN and ABC Sports

“The Iowa locker room is fabulous, it’s better than the New York Knicks’ at Madison Square Garden.”

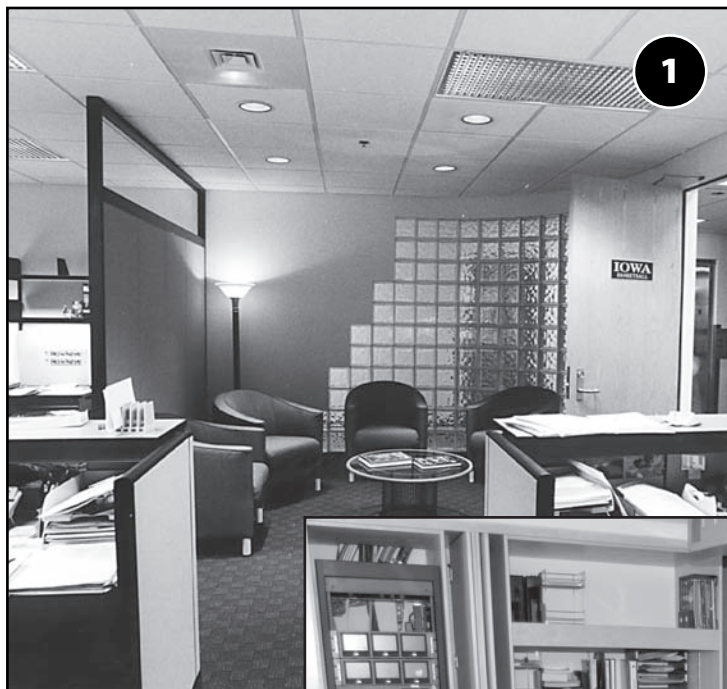
SECRET SERVICE AGENT
Following President Bill Clinton’s visit to Iowa City



1 & 2 - The Iowa basketball program has won numerous regular season Big Ten titles and has participated in the Final Four three times. The Hawkeyes won the Big Ten Conference Tournament in both 2001 and 2006 and have had several former players compete in the NBA.

3 - Adjacent to the players lounge area in the Iowa locker room, the coach’s video and meeting room provides the Iowa coaching staff with a large facility for staff meetings and game preparations.

IOWA FACILITIES



1 - The Iowa basketball office suite features the most updated facilities available. The suite features private coach's offices, reception area and meeting room facilities. Gene and Virginia Seyb of Muscatine, IA made a generous contribution for the renovation and expansion of the basketball offices and the area is named in their honor.

2 - After a complete re-modeling job, the Iowa basketball office suite features the most updated office facilities available. Along with private coach's offices, the area includes a reception area and a coaches meeting room.

3 - Members of the Iowa basketball team are able to take advantage of all the facilities in Carver-Hawkeye Arena. The completely remodeled dining area is located just down the hall from the Iowa locker room, allowing Hawkeye players to have training table meals right in the arena.



PLAYER DEVELOPMENT

PLAYER DEVELOPMENT: COMMITMENT TO EXCELLENCE

The Iowa basketball program is committed to excellence. The Iowa coaching staff provides the teaching, resources and total commitment necessary for Hawkeye student-athletes to reach their fullest potential, both on the court and in their pursuit of a complete education.

Working with the coaching staff on a daily basis throughout the year, members of the Iowa basketball program are able to take advantage of the outstanding facilities, all located within Carver-Hawkeye Arena, so that full potential is reached.

Head Coach Todd Lickliter, along with all members of the coaching staff, strength and conditioning staff, athletic training staff, and academic advisors, work with Iowa student-

athletes on a daily basis, assuring that each individual receives the assistance they need to meet and exceed their goals and expectations.

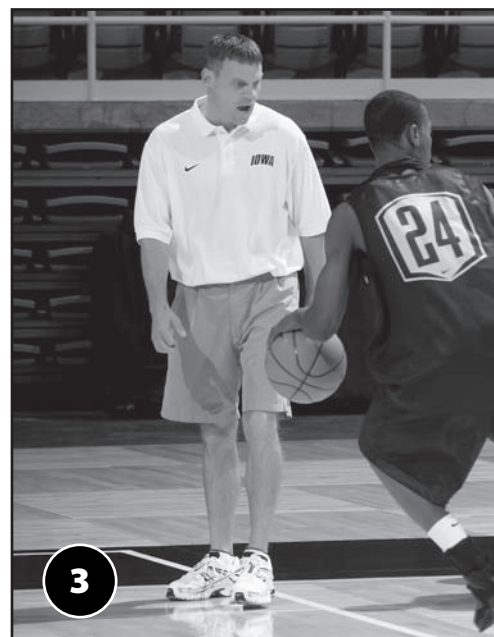
This commitment to develop Hawkeye players to their fullest potential begins immediately at the start of each fall semester. Prior to the official start of practice in October, players and coaches work on basketball fundamentals and strength and conditioning right from the start of the semester.

The Iowa commitment to reach full potential continues at the end of each season. During the spring semester, following a short break at the end of the season, strength training and conditioning and basketball fundamental drills continue through the spring and summer.

1 - Coach Todd Lickliter works with members of the Hawkeye basketball team in preparation for the upcoming season.

2 - Assistant Coach LaVall Jordan works with forward Cyrus Tate and Iowa's inside players. Jordan played and coached under Todd Lickliter at Butler University prior to joining the Iowa staff.

3 - Assistant Chad Walthall works with senior Justin Johnson. Walthall previously served as an assistant coach with Todd Lickliter at Eastern Michigan.



PLAYER DEVELOPMENT



1 - Iowa Coach Todd Lickliter visits with junior guard Tony Freeman during a pre-season workout.

2 - Iowa Coach Todd Lickliter was named the National Coach of the Year last season after leading Butler University to 29 wins and the Sweet 16 of the NCAA Tournament.

3 - Assistant Coach LaVall Jordan was Butler's Most Valuable Player as a senior and played professional basketball before beginning his coaching career.



IOWA STRENGTH & CONDITIONING



Bill Maxwell has served as the strength and conditioning coach for the Iowa basketball program since 1997. Prior to joining the Iowa staff, Maxwell served as assistant strength and conditioning coach at the University of Kansas from 1991-97. At Kansas, Maxwell was responsible for strength and conditioning programs for the Kansas basketball and baseball programs, while assisting with the Kansas football program. In 1993, the Kansas football team won the Aloha Bowl, the basketball team advanced to the NCAA Final Four and the baseball team advanced to the College World Series.

Maxwell earned his bachelor's degree in physical education from East Carolina University in 1990, where he competed for the Pirate football team. Maxwell served as a graduate assistant strength and conditioning coach at Kansas before becoming a fulltime member of the Kansas staff.

Iowa's Strength and Condition program, under the guidance of Bill Maxwell, is an integral part of Iowa basketball. Maxwell has trained eight NBA first round draft picks, including Ricky Davis, Raef LaFrentz, and Paul Pierce.

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

Each athlete uses a program tailored to his stage of training readiness:

Work capacity training includes medicine ball circuits, trunk stabilization and repeat sprints at 70 percent

Strength programs focus on squats, presses and pulling movements

Power training includes olympic lifts, such as snatch and clean and jerk

Speed training involves plyometrics (jumping) and high intensity short sprints

Programs are also designed by position. Centers and big forwards require more starting strength and two leg movements, while guards need more power and speed, with one leg movements. Medicine ball dunks with two leg jumps are an example of specific training for centers and forwards. Specific training guards might focus on include one leg lifts and jumping. Training will have a greater carry over with increased specificity.

The highest level of performance is achieved by training in small groups, or individually 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 ballistic measurement device is used to monitor peak velocity and power outputs in strength/power training movements.

The ballistic measurement device also measures ground contact time and maximum height on vertical jumps. With this technological support, the athletes are constantly receiving immediate feedback on their development.

"The mission of our strength and conditioning program is performance enhancement, while reducing the risk of injury through a detailed progression of exercises."

BILL MAXWELL
Strength and Conditioning Coach
University of Iowa

The strength training facility in Carver-Hawkeye Arena (below) was completely remodeled over the last three years. Iowa's 2,000-square foot weight room is located just steps from the arena floor and the Hawkeye locker room. The facility is equipped with eight Olympic platforms, squat racks, medicine balls, physio balls and over 10,000 pounds of free weights.



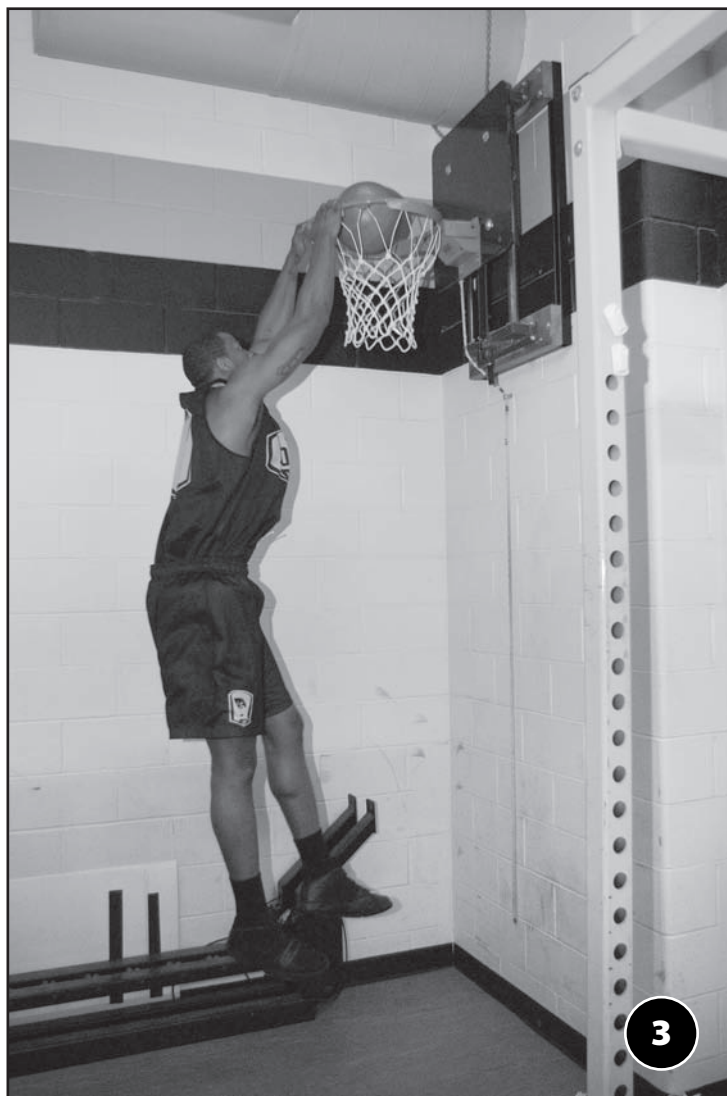
IOWA STRENGTH & CONDITIONING



1 - Freshman Jake Kelly works on his speed with a hurdle jump.



2 - The overhead squat helps freshman Jarryd Cole with shoulder strength and mobility.



3 - Sophomore David Palmer works on a medicine ball dunk for sport specific leg power.

IOWA FACILITIES

UNIVERSITY OF IOWA HOSPITALS AND CLINICS



University of Iowa Hospitals and Clinics provide student-athletes at the University of Iowa the very best in medical resources. The medical and training staff for intercollegiate athletics at Iowa is one of the largest in the nation.

On a beautiful, sunny day in Kinnick Stadium, Dan W. Smith of Urbandale, IA, then 74, was enjoying the Hawkeyes' game against Indiana University. Without warning, he suddenly slumped forward in his seat. A fellow Iowa fan sitting in the stands nearby called for help. Charles Jennissen, MD, a UI assistant professor of emergency medicine, recognized the symptoms of a stroke. Rushed to the Emergency Treatment Center, Smith was swiftly diagnosed and treated by the UI Stroke Center team. He made a recovery that his wife, Lois, called "amazing" and was discharged after three days in the Medical Intensive Care Unit.

This dramatic story from October, 2005 is just one of the many examples of the myriad benefits that all of us receive from the health sciences expertise of The University of Iowa. Directly across Hawkins Drive from Kinnick Stadium is the home of University of Iowa Health Care, a partnership that includes:

University of Iowa Hospitals and Clinics, Iowa's only comprehensive academic health center and one of the nation's top-ranked teaching hospitals

University of Iowa Roy J. and Lucille A. Carver College of Medicine, an internationally recognized medical school

a network of outreach services to Iowans across the state

THE UNIVERSITY OF IOWA IS AN INTERNATIONAL LEADER IN PROVIDING INNOVATIVE CARE, OFFERING EXCELLENT SERVICE AND ACHIEVING EXCEPTIONAL OUTCOMES.

For more than 150 years, University of Iowa Health Care partners have pioneered an impressive array of medical achievements. Researchers in the UI Carver College of Medicine lead breakthroughs in areas such as blood banking and buffered aspirin. That legacy of bold innovation continues today through efforts such as the use of cochlear implants that

help the deaf to hear and cancer treatments that supercharge the patient's own immune system to more aggressively attack tumor cells.

UI Hospitals and Clinics provides a host of services that are not available at other hospitals in the state, including Iowa's only verified Burn Treatment Center, the state's most advanced Neonatal Intensive Care Unit (NICU) and only National Cancer Institute (NCI)-designated comprehensive cancer center, Holden Comprehensive Cancer Center. The Department of Emergency Medicine is the home of Iowa's only emergency medicine residency program.

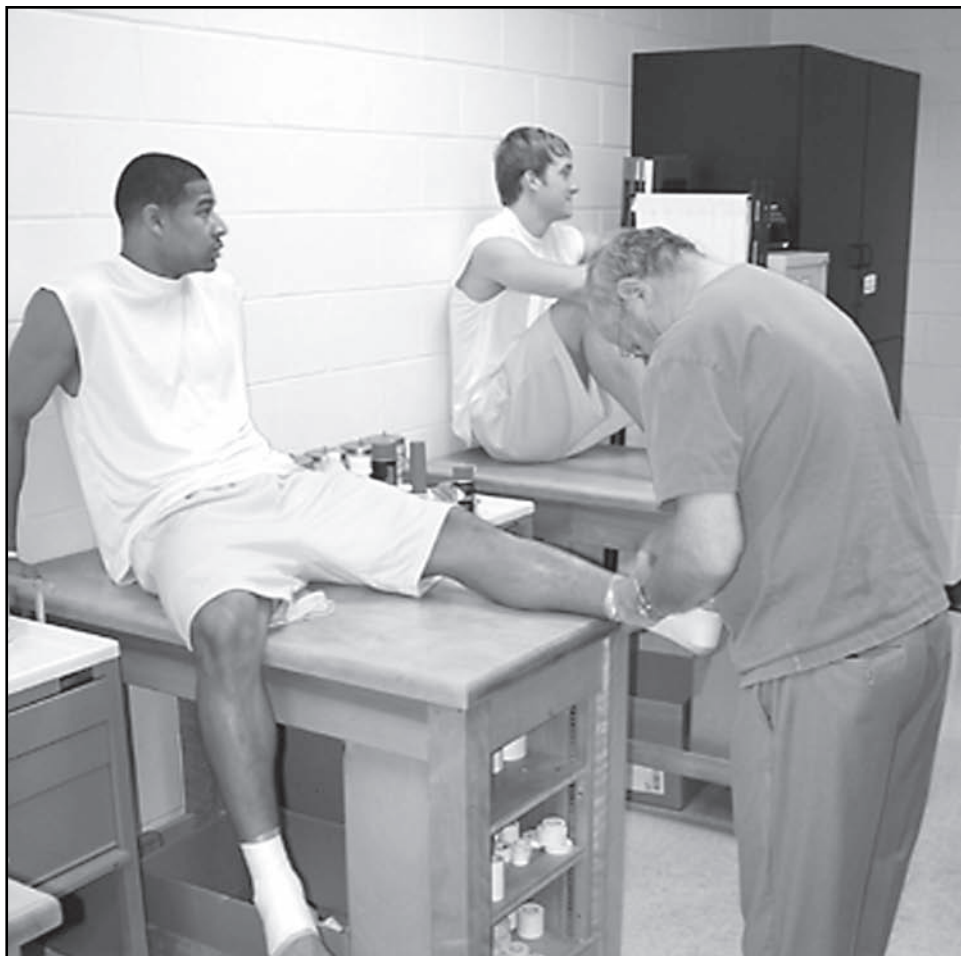
University of Iowa Health Care specialists also rank high when it comes to serving patients. In U.S. News & World Report's 2007 survey of "America's Best Hospitals", UI Hospitals and Clinics scored high marks across a range of clinical services, including the specialties of otolaryngology, ophthalmology and orthopaedics. More than 180 UI physicians appear on the "America's Best Doctors" listing. UI Hospitals and Clinics was also the first hospital in Iowa to earn the prestigious Magnet Award that recognizes excellence in nursing care.

That combination of a dedication to innovative research and devotion to excellent service helps achieve outcomes that are unsurpassed. Teams of University of Iowa Health Care professionals are using techniques based upon medical evidence to reduce mortality, decrease errors and maximize the quality of care received by patients.

Stories of success occur daily at Iowa's only comprehensive academic health center. It all goes to show what can be achieved when committed individuals working as a team constantly keep meeting and exceeding their goals.

IOWA FACILITIES

ATHLETIC TRAINING ROOM



John Streif (right), assistant athletic trainer and travel coordinator, has worked with the men's basketball program since joining the Iowa staff in 1972.

The Carver-Hawkeye Arena athletic training facility has been completely remodeled, allowing for the best care possible for Hawkeye student-athletes.



A TOTAL PROGRAM

IOWA RANKS AMONG BIG TEN LEADERS

Some universities have successful teams. At the University of Iowa, you'll be a member of one of the most successful, most progressive athletic departments in America today.

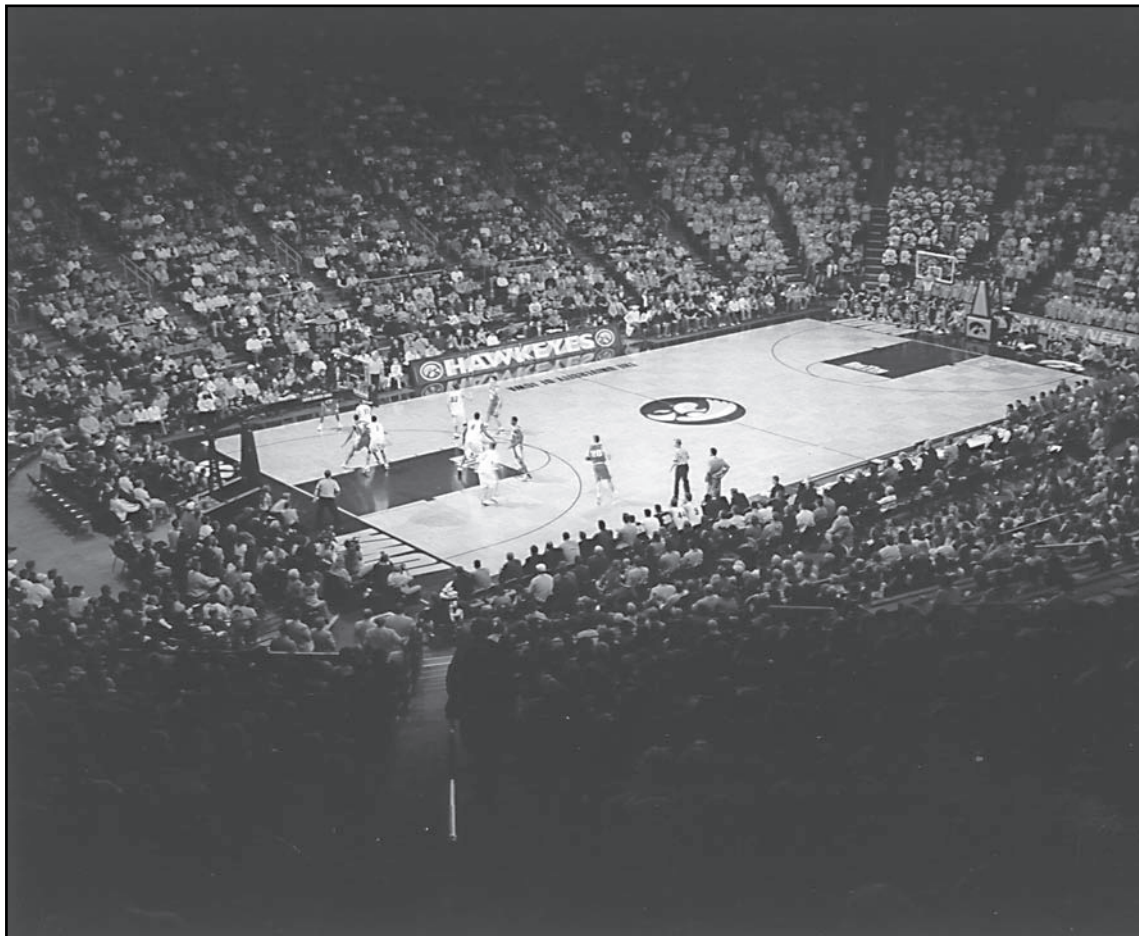
The men's basketball team posted its seventh consecutive winning season as senior Adam Haluska led the Big Ten Conference in scoring while earning first team all-Big Ten honors. The Iowa women's basketball team has advanced to post-season play in six of the last seven seasons.

The Hawkeye football team has won 44 games over the past five seasons and competed in six straight bowl games (including four straight January bowl games from 2002-05).

The Hawkeye wrestling squad, sporting a young team under first year Coach Tom Brands, maintained its standing among the elite programs in the nation by placing eighth at the national tournament as junior Mark Perry earned an individual national title.

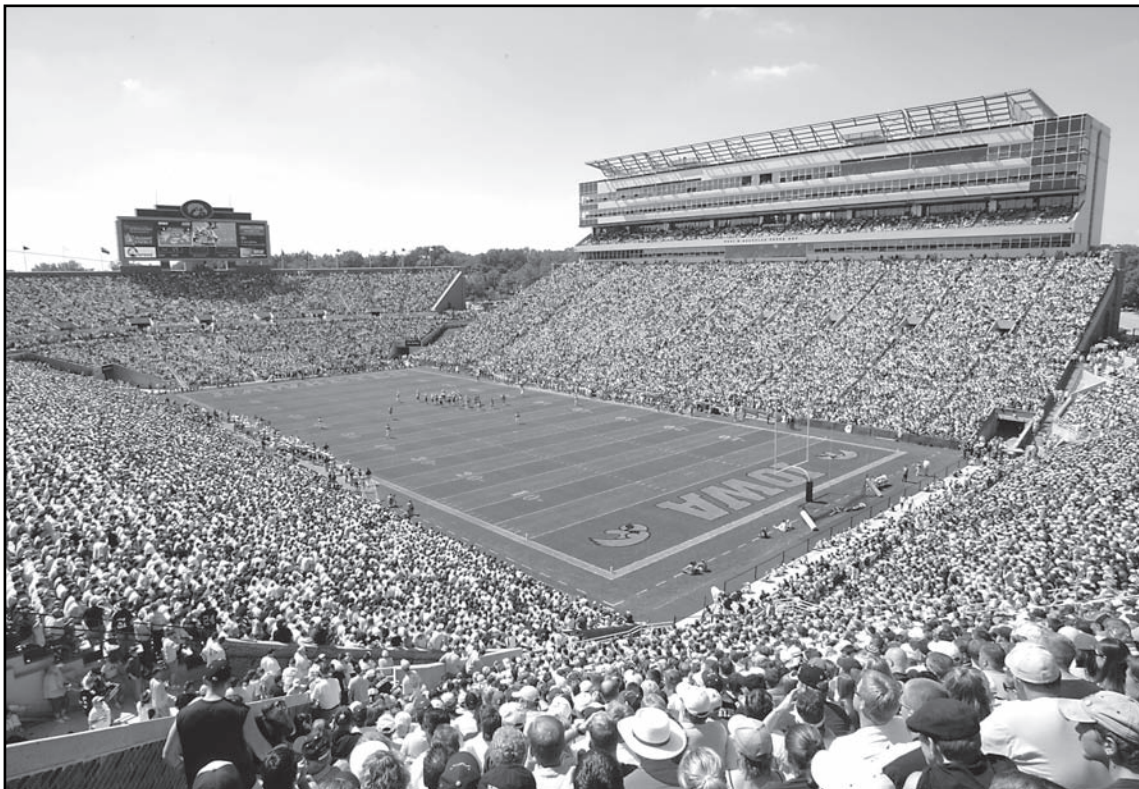
Iowa's women's cross country team placed 17th in the nation, while the men's squad placed 28th at the NCAA Championships. Iowa's field hockey team won the Big Ten Tournament and also advanced to NCAA tournament action at the end of the season.

Along with the success on the playing fields, Iowa's student-athletes also excel in areas of academics and community service. In 2006, Iowa was the only Division I football program in the nation to have three players named to the academic all-America first team. In men's basketball, Haluska, a second round selection in the NBA Draft, was named the Division I Academic all-American of the Year.



Carver-Hawkeye Arena, the home of Iowa basketball since 1983, saw the men's basketball team post a 14-2 home record in 2007, raising the home record to 31-2 over the past two seasons. Iowa has posted seven straight winning seasons.

Kinnick Stadium, the home of Iowa football, was sold out for all seven home games in 2006 as the \$90 million renovation project was completed prior to the start of the season. Iowa has sold out 30 consecutive home games dating back to the 2003 season.



A TOTAL PROGRAM

IOWA BASKETBALL

Iowa closed the 2007 basketball season with a 17-14 overall record, earning a fourth place tie during the Big Ten Conference regular season with a 9-7 record. Senior Adam Haluska led the Big Ten in scoring, earning first team all-conference honors. Iowa posted a 14-2 home record, improving its record in Carver-Hawkeye Arena to 31-2 over the past two seasons.

IOWA WRESTLING

Led by individual national champion Mark Perry, the young Hawkeye wrestling squad showed improvement throughout the season under first-year Coach Tom Brands, one of the most decorated wrestlers in Iowa history. The Hawkeyes finished eighth at the NCAA national tournament, serving notice that the Hawkeye program is once again among the elite programs in the nation.

Iowa has won nine NCAA titles in the past 17 years and has claimed 27 Big Ten titles over the past 34 seasons.

IOWA BASEBALL

Under Coach Jack Dahm, the Hawkeye baseball team posted 31 victories during the 2007 campaign, earning a spot in the Big Ten Conference post-season tournament. Dahm has guided Iowa to the Big Ten Tournament in two of the last three seasons. Following the 2007 season three Hawkeye players were selected in the Major League draft.

IOWA SOFTBALL

The Hawkeye softball team posted another successful season under Hall of Fame Coach Gayle Blevins. The Hawkeyes won 37 games with one of their youngest teams in recent history, returning nearly every starter for the upcoming season. Iowa had advanced to the NCAA Tournament in 11 of the past 13 seasons and have advanced to the softball World Series four times since 1995.

1 - Carver-Hawkeye Arena is also one of the top arenas in the nation for hosting Big Ten and NCAA championships in wrestling and gymnastics. Iowa hosted the 2001 NCAA wrestling championships.

2 - The UI's Duane Banks Baseball Stadium ranks as one of the top baseball facilities in the Big Ten Conference and the Midwest. Lights were recently added to the stadium to allow for night games.

3 - Tim Dwight (center), who earned all-America honors in both football and track and field at Iowa, performs at Cretzmeyer Track, Iowa's track and field facility. Dwight has enjoyed a successful career in the NFL following his Iowa career.



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