



Iowa Swimming and Diving

Head Coach Marc Long



Marc Long Head Coach Fifth Season

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

1998-2001.

During his tenure as head coach of both programs, 10 school records have fallen and 39 Hawkeyes have automatically or provisionally qualified for the NCAA Championships.

The 2007-08 season saw four all-time Iowa bests set at the 2008 Big Ten Championships, including two relays. Sophomore's Wil Whaley and Christine Kuczek eclipsed Iowa's records in the 200 backstroke and 100 freestyle, respectively. Long also coached the women's 200 and 400 free relay teams to school records, while Whaley also placed 19th at the 2008 U.S. Olympic Trials.

In 2006-07, two more school records were broken and nine student-athletes provisionally qualified for the NCAA Championships. Dragos Agache led the Hawkeyes by competing at the NCAA Championships in both the 100 and 200 breast – the two events in which he set new school records.

In his first season with the combined program (2005-06), four student-athletes qualified for the NCAA Championships and four school records were broken. Five-time all-American and U.S. Olympic diver Nancilea Underwood completed her Hawkeye career by leading the women's team to a 27th-place finish at the NCAA meet. Agache led the men's squad, competing in the 100 and 200-yard breaststroke at the NCAA meet, setting the school 100-yard breaststroke record and posting Iowa's highest individual finishes at the Big Ten Championships.

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

While great individual and team performances are crucial, Coach Long also places a high priority on academic success. During Long's tenure, Iowa has crowned 11 academic all-Americans and 43 academic all-Big Ten selections, and the team has earned academic all-America honors three times.

Long's Swimming Accomplishments

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

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

Before his assistant coaching stints, Long served as head coach of the Iowa City Eels Swim Club (ICE) and the COHO Swim Club (Deerfield, IL). During his tenure, Long has helped produce numerous state champions, record holders, and NCAA and USS national qualifiers.

Long began his collegiate swimming career at the University of Northern Iowa (1986), winning the conference title and setting the 100 butterfly school record before joining the University of Iowa men's squad his sophomore season. As a Hawkeye swimmer (1987-89), Long was a multiple NCAA finalist, six-time all-American and three-time Big Ten Champion, winning two conference titles in the 100 fly and one as part of the 400 free relay. Long was voted a team captain in 1989 and helped lead the Hawkeyes to a Big Ten runners-up finish, and their highest team placing (eighth) in modern day history at the NCAA Championships. Long swam on Iowa's Big Ten and NCAA record setting 200 freestyle relay that year. He was also a member of the 1987 U.S. National Champion 400-meter freestyle relay team from San Jose (CA) Aquatics, and participated in the 1988 U.S. Olympic Trials.

Long is a member of the American Swimming Coaches Association and the College Swimming Coaches Association of America.

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



Iowa Swimming and Diving

Hawkeye Coaching Staff



Bob Rydze Diving Coach 34th Season

Bob Rydze is in his 34th year as diving coach of the men and women's teams at the University of Iowa, and is dean of Big Ten diving coaches.

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

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

During his tenure at Iowa, Rydze has coached three Olympians, 31 all-Americans, nine Big Ten Champions and one NCAA Champion. He has been named Big Ten Diving Coach of the Year three times (1985, 1986 and 1995).

He and his wife, Elaine, have three children, Bo, Robin and Veronica. Veronica is a sophomore diver on the Hawkeye team.



Kirk Hampleman Assistant Coach Third Season

Kirk Hampleman is in his third season as an assistant coach for the Hawkeye swimming team.

Hampleman's second season saw four school records broken at the 2008 Big Ten Championships and the Hawkeyes post NCAA provisional qualifying performances in nine individual events and four relays. Sophomores Wil Whaley and Christine Kuczek eclipsed Iowa's previous bests in the 200 back and 100 free, respectively, while the women's 200 and 400 free relay teams also set school records. Whaley placed 19th at the 2008 U.S. Olympic Trials.

In his first season at Iowa, two school records were broken and four student-athletes posted NCAA provisional marks. Hampleman and Assistant Coach Frannie Malone worked closely with the stroke group which included Dragos Agache who led the Hawkeyes by competing at the NCAA Championships in both the 100 and 200 breaststroke – the two events in which he set new school records. Agache posted Iowa's highest Big Ten finishes with third in the 100 and sixth in the 200.

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

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

Hampleman earned his B.A. in mass communication from Auburn in 2002. He received a M.S. in physical education-sport administration from Florida State in 2006. He and his wife, Kendra, have a son Pierce, who was born July 4, 2008, and a French Bulldog named Beaux.



Iowa Swimming and Diving

Hawkeye Coaching Staff

Frannie Malone Assistant Coach Fifth Season



Frannie Malone is in her fifth season as assistant coach with the University of Iowa swimming team. She was a backstroker and student assistant coach for the Hawkeyes from 1996-2000.

In 2008, Malone coached events that broke four school records at the 2008

Big Ten Championships. Sophomores Wil Whaley and Christine Kuczek eclipsed Iowa's previous bests in the 200 back and 100 free, respectively, while the women's 200 and 400 free relay teams also set school records. Whaley placed 19th at the 2008 U.S. Olympic Trials, and Iowa posted NCAA provisional qualifying marks in nine individual events and four relays.

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

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

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

Malone served as a graduate assistant coach at Ohio University (2001) and student assistant coach at the University of Iowa (1998-

2000) after her swimming career was ended by a shoulder injury. Her club coaching experience includes leading the Willow Knolls Country Club and Ohio Master's Swimming Program, and serving as an assistant with the Central Illinois Aquatics Program.

Malone is a USA Swimming Registered Coach, and a member of the American Swimming Coaches Association and the College Swimming Coaches Association of America.

A native of Peoria, IL, Malone earned her bachelor's degree from Iowa in 2000 and her master's degree in physical education and sports science from Ohio University in 2004. She and her husband, Sean, are expecting their first child in December.

Nathan Mundt Assistant Coach First Season



Nathan Mundt is in his first season as assistant coach for the Hawkeye swimming team.

Mundt joins Iowa after serving as the head men's and women's swimming coach at Western Illinois University. He was named the 2006-07 Mid-Continent

Conference Women's Coach of the Year. He coached swimmers to 13 school record setting marks and six athletes to 12 Summit League individual event championships.

A native of Portage, IN, Mundt was a four year letter winner and academic all-conference honoree at the University of Tampa while earning a B.A. in Sport Management. The 2001 graduate helped the Spartans to a Southern States Conference championship as a senior while earning all-conference honors in the butterfly and freestyle.

Mundt served as a graduate assistant coach at Valparaiso University from 2003-2005 and was named the interim Head Coach for the 2003-04 season. Mundt also added a M.S. in Sports Administration while at Valparaiso. Mundt and his wife, Erika, were married in October 2005.

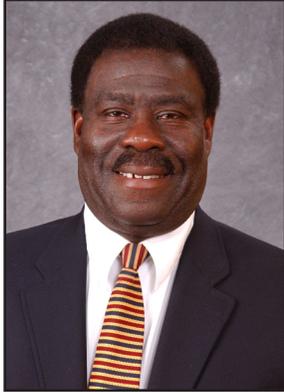


Iowa Swimming and Diving

Hawkeye Support Staff



Jane Meyer
Senior Associate
Athletics Director



Fred Mims
Associate Athletics Director -
Student Services & Compliance



Irene Pearson
Secretary



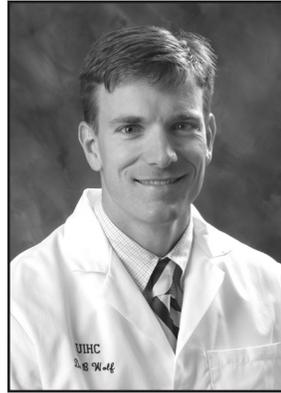
Becky Gradisher
Academic Advisor



Bill Maxwell
Strength & Conditioning



Dr. Ned Amendola
Sports Medicine
Center Director



Dr. Brian Wolf
Head Team Physician



Mike Lawler
Senior Associate
Athletic Trainer



Nick Bender
Senior Athletic
Training Student



Misty Hackney
Manager



Jeff Funke
Manager



Andrea Schubert
Manager



Jennifer Lent
Manager



Iowa Swimming and Diving

Strength & Conditioning

The Hawkeye Strength Training Program

The program is designed to develop strength, explosiveness, speed, coordination, balance and flexibility. All qualities are developed through progression of exercises in four phases of training: **work capacity** - ability to perform work for a prolonged time and recover quickly, **strength** - ability to exert force, **power** - ability to exert strength quickly, and **speed** - ability to move the body in shortest time possible.

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

Strength & Conditioning Philosophy

The philosophy of this program consists mainly of two components. The first is to continually develop a scientifically sound program that will maximize strength, power and explosiveness in order to allow the athlete to get the utmost out of their genetic potential, and to reduce the chance of injury. This will primarily be accomplished through the use of ground based free weight exercises and the progressive incorporation of functional movements and plyometrics. The second is to establish a culture which will develop the discipline, character and mental toughness within each athlete and team as a whole so that they are able to make the sacrifices in their training, leave their comfort zone and develop a Championship ATTITUDE. This will encourage them to make the most out of every situation and opportunity given to them in athletics, so that they might know what it is to be fully committed to something in at least one area of their life. When these two converge, they are not only able to reach their full potential; they become champions in and out of the pool.

