

# IOWA HAWKEYES

UNIVERSITY OF IOWA DEPARTMENT OF INTERCOLLEGIATE ATHLETICS

## **TALENT TRANSFERS** **Frequently Asked Questions**

- **If I've never rowed before, can I still try out?**

Yes! Many of our top students took their first strokes here at the University of Iowa. These athletes have gone on to become All-Big Ten honorees, All-Americans, and national team members.

- **Why does the University of Iowa call this pathway, talent-transfer rather than "novice" or "walk-on"?**

Though these athletes are new to rowing, we recognize their various athletic background(s) and their desire to transfer their skillset(s) to a new sport and to perform at the highest level of NCAA athletics.

- **When is the Championship season?**

Though we do race in the fall, our main championship season for rowing is the spring. Starting in March, the team will travel to various regatta's nationwide. The Big Ten Conference Championship is held mid-May with the NCAA regatta occurring two weeks later.

- At the Big Ten Championship, there are two racing events specifically for first year rowers.

- **When are tryouts held?**

Our main tryout period typically begins within the first two weeks of the fall semester. Please contact [Coach Whitty](#) before the start of school to begin the tryout process.

- **What is required before trying out?**

Each student must be cleared by our medical staff.

- Required documentation can be found, [HERE](#)

- **What are some ways I can be prepared for tryouts?**

Rowing is a power-endurance sport. Therefore, finding ways to improve both your strength and your aerobic endurance will be extremely helpful prior to tryouts.

- If you are interested in challenging yourself to some baseline athletic indicators, we encourage you to submit the following parameters to [Coach Whitty](#)
  - 1,600, run (overall time recorded (00:00.0))
  - 65lbs. Prone Row/ Bench Pull (maximum reps recorded)
    - [Helpful tips video](#)
  - Vertical jump (maximal touch height recorded in inches (in))
    - [Helpful tips video](#)
  - Sit & Reach (maximal distance recorded in inches (in))
    - [Helpful tips video](#)

*If you are interested in trying out and/or would like more information, please email our Coordinator of Recruitment, Coach Whitty at [alison-whitty@iowarowing.com](mailto:alison-whitty@iowarowing.com)*