

# IOWA HAWKEYES

UNIVERSITY OF IOWA DEPARTMENT OF INTERCOLLEGIATE ATHLETICS

## **HOMEGROWN HAWKEYES** **Application Requirements**

Please complete the following application requirements to be considered as a **Homegrown Hawkeyes** candidate.

### Short answer question

Choose one of the three written prompts.

- In 250 words or less, please explain why you would make a great Homegrown Hawkeye.
- In 250 words or less, please describe a time you failed and what you learned from it.
- In 250 words or less, please describe how DI athletics would enhance your educational experience.

### Required Athletic Stats

- 1600m Run
  - Please record overall time (00:00.0)
- 65lbs. Prone Row/Bench Pull
  - Please record your maximum repetitions (reps)
- Vertical Jump
  - Please record maximal touch height in inches (in) or centimeters (cm)
- Sit & Reach
  - Please record distance in inches (in) or centimeters (cm)

### Supplemental Athletic Stats

- 10-second Max Power on a Concept2 Indoor Rower OR Concept2 BikeErg
  - Please record highest watts produced on a single stroke
- 1-minute Max Effort on a Concept2 Indoor Rower OR Concept2 BikeErg
  - Please record total number of meters rowed

### Recommendation(s)

Please provide 1-2 references contact information (teacher(s), coach(es), guidance counselor(s))



Once application requirements are completed, please submit all information through our **Homegrown Hawkeye** application. Scan the QR Code below to visit the [Homegrown Hawkeyes](#) section of our [Recruiting Site](#)



# ***HELPFUL HAWKEYE TIPS & TRICKS***

## **Required Athletic Stats**

### *1600m Run*

- Four (4) laps on a 400m outdoor track or eight (8) laps on a 200m indoor track

### *65lbs. Prone Row/Bench Pull*

- Equipment needed
  - Barbell
  - Weights
  - Elevated bench or board that allows for full range of motion
- How to video:
  - <https://youtu.be/F0pEN1AiqBg>

### *Vertical Jump*

- Equipment needed
  - Ruler
  - Masking Tape
  - Wall w/ high ceilings
  - OR**
  - Vertec measuring device
- How to video:
  - <https://youtu.be/sDgPLsPpCjY>

### *Sit & Reach*

- Equipment needed
  - Ruler
  - Elevated box or chair
  - OR**
  - Sit & Reach Box
- How to video:
  - <https://youtu.be/Txzz-0gVE7c>

## **Supplemental Athletic Stats**

### *10-second Max Power*

- Equipment needed
  - Concept2 brand Indoor Rower (ergometer) or Concept2 BikeErg
- Row (or ride the BikeErg) a warm-up for 10-minutes
- Sit still for two (2) minutes
- Row (or ride the BikeErg) as hard as possible for 10 seconds
  - Record highest watts produced on a single stroke

### *1-minute Max Effort*

- Equipment needed
  - Concept2 brand Indoor Rower (ergometer) or Concept2 BikeErg
- Row (or ride the BikeErg) a warm-up for 10-15-minutes
- Sit still for two (2) minutes
- Set monitor for one minute then row (or ride the BikeErg) as hard as possible
  - Please record total number of meters rowed