

# IOWA HAWKEYES

UNIVERSITY OF IOWA DEPARTMENT OF INTERCOLLEGIATE ATHLETICS

## ***ATHLETIC DIRECTOR, COACH & ADMINISTRATOR*** ***Frequently Asked Questions***

- **What is the Homegrown Hawkeyes program?**

The Homegrown Hawkeyes program is an athletic talent search and scholarship opportunity for Iowa's top female athletes. The search is aimed at athletes who have never rowed but are driven to compete at the highest level of NCAA athletics and would be excited to transfer their athletic talents to a new sport at the collegiate level.

- **What type of sport is rowing?**

Rowing is a power-endurance sport. Training is similar to swimming and middle-distance track/cross country. However, athletes with diverse athletic backgrounds have also successfully transferred their athletic talents to excel in rowing (i.e., basketball, volleyball, soccer, track & field).

- **If an athlete has never rowed before, can they still become a Homegrown Hawkeye?**

Yes! Many of our top students took their first strokes here at the University of Iowa after successful careers in other sports. These athletes have gone on to become All-Big Ten honorees, All-Americans, and National Team members.

- **What are some qualities generally found in successful Homegrown Hawkeyes?**

- Athletically fit with high kinesthetic awareness
- Mentally tough, team-oriented, coachable, and committed to excellence
- 5'9" or taller

- **I have a student in mind- what are the next steps?**

- Encourage your student to attend one of our rowing clinics to explore the sport!
- Reach out and/or connect student to [Coach Whitty \(alison-whitty@iowarowing.com\)](mailto:alison-whitty@iowarowing.com)
  - Per NCAA rules, students must be in their junior or senior year of high school for the recruitment process to start.
- Provide them the link to our recruiting website: [University of Iowa Women's Rowing Recruitment](#)

- **Are there any athletic stats you are looking for?**

- If you have a student interested in challenging herself to some baseline athletic indicators, we encourage her to submit the following parameters to our [questionnaire](#):
  - 1,600, run (overall time recorded (00:00.0))
  - 65lbs. Prone Row/Bench Pull (maximum reps recorded)
  - Vertical jump (maximal touch height recorded in inches)
  - Sit & Reach (maximal distance recorded in inches)

*If you have a student who is 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)*