



IOWA HAWKEYES

SWIMMING & DIVING

THIS WEEK

The University of Iowa women's swimming and diving team hits the road for the first time this season, traveling to Lincoln for a Big Ten Conference dual at Nebraska. The Hawkeyes and Cornhuskers will compete at the Devaney Center Natatorium beginning at 11 a.m. (CT).

FOLLOW LIVE

- Live results for Saturday's dual will be available on Meet Mobile and on hawkeyesports.com.
- Fans can also follow the Hawkeyes on Twitter/[IowaSwimDive](#) for live meet updates.

WHAT YOU NEED TO KNOW

- Nathan Mundt is in his first season as head coach after spending six years as head coach of the Iowa Flyers Club. Mundt previously was an assistant coach for the Hawkeyes from 2008-16.
- Iowa returns 10 letterwinners from last season's squad, including senior diver Sam Tamborski, who was a 2021 NCAA qualifier.
- The Hawkeyes return their top competitors in five events and members of four of the top relays from a season ago.

LAST MEET

The Hawkeyes swept the diving events against Minnesota, but the Golden Gophers came away a 156-104 victory on Oct. 8 at the Campus Recreation and Wellness Center in Iowa City. Senior Sam Tamborski won the 3-meter and freshman Makayla Hughbanks won the 1-meter for her first career victory in the dual.

TAMBORSKI OFF TO IMPRESSIVE START

Senior Sam Tamborski is off to a strong start to the 2021-22 season, winning three of the four diving events in her first two duals. She swept the springboard events against Northern Iowa and won the 3-meter springboard against Minnesota.

NCAA ZONE QUALIFIERS

Three Hawkeyes have posted NCAA Zone Diving standards this season. Senior Sam Tamborski has posted qualifying scores off both the 1-meter (283.45) and 3-meter (324.10), while freshman Makayla Hughbanks (274.45) and sophomore Sarah Ballard (273.10) have qualifying marks off the 1-meter.

GILBERTSON LEADS CHARGE

Junior Kennedy Gilbertson is leading the team in six different events early in the 2021-22 season. The Wisconsin native has the top times in the 100 free

2021-22 SCHEDULE

DATE	MEET	LOCATION	TIME
Oct. 1	Northern Iowa	Iowa City, Iowa	L, 133-159
Oct. 8	Minnesota	Iowa City, Iowa	L, 104-156
Oct. 23	at Nebraska	Lincoln, Neb.	11 a.m.
Nov. 18-20	at Georgia Tech Diving Invitational	Atlanta, Ga.	All Day
Nov. 18-20	at Miami (Fla.) Invitational	Miami, Fla.	All Day
Dec. 10	at Iowa State	Ames, Iowa	6 p.m.
Dec. 13-19	at USA Diving Nationals	TBA	All Day
Jan. 15	at Illinois	Champaign, Ill.	11 a.m.
Jan. 28-29	at Minnesota/vs. Northwestern	Minneapolis	All Day
Feb. 16-19	at Big Ten Championships	Madison, Wis.	All Day
March 5-9	at NCAA Zone D Diving Championships	Madison, Wis.	All Day
March 16-19	at NCAA Championships	Atlanta, Ga.	All Day

All times Central and subject to change.

FOLLOW THE HAWKEYES



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IOWA ATHLETIC COMMUNICATIONS

Associate Director _____ James Allan
 Email _____ james-allan@uiowa.edu
 Cell Phone _____ (319) 530-5792
 Swimming & Diving Contact _____ Jaren Nelson
 Email _____ jaren-nelson@uiowa.edu
 Cell Phone _____ 319-654-7808
 Athletic Communications Phone _____ (319) 335-9411
 Athletic Communications Fax _____ (319) 335-9417
 Website _____ hawkeyesports.com



HEAD COACH NATHAN MUNDT



Nathan Mundt is in his first season as head coach of the University of Iowa women's swimming and diving program. It is Mundt's second stint with the Hawkeyes as he served as an assistant coach and recruiting coordinator from 2008-16.

Mundt has more than 15 years of coaching experience, including being the head coach at Western Illinois, where he was voted the 2007 Mid-Continent Conference Women's Coach of the Year. Mundt coached 33 NCAA All-Americans during his first Hawkeye stint. He was named the seventh head coach in program history in May, 2021.

Mundt rejoined the program after serving the Iowa Flyers Club (IFLY) head coach from 2016-21. Under its Club Excellence Program, USA Swimming recognized IFLY as a Silver Medal Club in 2017, a Bronze Medal Club in 2019 and 2020, and will be recognized as a Gold Medal Club in 2021 for having two 18 & Under athletes qualify for the USA Swimming Olympic Trials.

Mundt and his coaching staff were also named to the 2021 Iowa Swimming, Inc., Senior Coaching Staff of the Year as voted on their coaching peers.

During his time with IFLY, Mundt had two athletes named to USA Swimming's 18 & Under World Top 100 list. He coached a 2017 U.S. Open champion in the women's 200-meter butterfly and that same athlete was named to the USA Swimming National Junior Team in 2017.

Before becoming head coach of IFLY, Mundt spent eight years as an assistant coach and recruiting coordinator for the Hawkeyes from 2008-16. He helped lead the program to six top 40 finishes (men and women), while coaching 33 All-Americans, 42 NCAA qualifiers and the program set 115 school records.

(52.72), 200 free (1:53.92), 100 back (56.95), 200 back (2:05.95) and as part of the 200-medley (1:45.76) and 400-free (3:36.72) relays.

- Junior Aleksandra Olesiak is tops on the team in the 100 breast (1:05.03), 200 breast (2:24.01) and 200 IM (2:10.02), while also swimming on the 200-medley relay (1:45.76).

RETURNING NCAA QUALIFIER

Senior Sam Tamborski is a three-time NCAA qualifier off the 3-meter springboard. The Colorado native finished ninth in the event at the 2021 Big Ten Championships and she was seventh in 2020.

- Tamborski enters her senior season with the fifth-best 3-meter score in school history at 355.05.

KEY RETURNEES

- Junior Kennedy Gilbertson returns after leading the team in the 100-yard backstroke last season with an NCAA "B" qualifying time of 53.92 seconds. Gilbertson's time ranks fifth in the school record books. The Wisconsin native also had the second-fastest 50-freestyle time (23.38) while also being a member of the team-leading 200 and 400-freestyle relays. Gilbertson ranks in the top 10 in school history in the 50 free, 100 back and 200 back and as part of five relays.

- Junior Anna Brooker paced the team in the 200-back as a sophomore with a time of 1:57.70 -- a time that ranks eighth in school history. She also was third on the team in the 1,000 free (10:23.59) and fourth in the 500 free (4:58.28).

- Junior Aleksandra Olesiak was one of the team's top breaststrokers a season ago, leading the team in the 200 breast (2:16.19) while ranking second in the 100 breast with a career-best time of 1:02.06. The Colorado native was also a member of the team-leading 200 and 400-medley relays. Her 100 and 200 breaststroke times rank sixth in school history.

- Junior Georgia Clark led the team in the 400 IM in 2021, posting a time of 4:25.60 at the Big Ten Championships. She was also third on the team in the 100 back (55.43).

- Sophomore Sarah Ballard led the team off the 1-meter springboard in her first season as a Hawkeye, finishing with a season-best score of 294.15. Ballard posted NCAA Zone qualifying scores off both the 1-meter and 3-meter as a freshman.

HAWKEYE COACHING STAFF

- Nathan Mundt returns for his second stint with the Hawkeyes and he becomes the seventh head coach in program history. The Indiana native served as an assistant coach and recruiting coordinator from 2008-16 where he coached 33 All-Americans and 42 NCAA qualifiers and helped the Hawkeyes to six top 40 NCAA finishes and 115 school records.

- Diving coach Todd Waikel enters his ninth season with the program. Waikel has coached five All-Americans during his tenure in Iowa City and 15 NCAA Championships qualifiers.

- Mona Groteguth-Garcia completes the Hawkeye coaching staff, coming to Iowa City following a two-year stint at TCU. She helped the Horned Frogs to back-to-back third-place Big 12 Conference finishes -- the best for the program since 2012-13. Groteguth-Garcia also coached at the University of Indianapolis from 2017-19 and she swam collegiately at North Texas.

UP NEXT

The Hawkeyes will have three weeks off before splitting up during the third week of November. Iowa swimmers will compete at the Miami (Fla.) Invitational from Nov. 18-20, while the Hawkeye divers will be in Atlanta for the Georgia Tech Diving Invitational.

2021-22 WOMEN'S SEASON-BEST TIMES

50 Free	Maddie Black	24.49
100 Free	Kennedy Gilbertson	52.72
200 Free	Kennedy Gilbertson	1:53.92
500 Free	Anna Brooker	5:07.63
1,000 Free	Anna Brooker	10:37.78
1,650 Free		--
100 Back	Kennedy Gilbertson	56.95
200 Back	Kennedy Gilbertson	2:05.95
100 Breast	Aleksandra Olesiak	1:05.03
200 Breast	Aleksandra Olesiak	2:24.01
100 Fly	Ariel Wooden	1:02.40
200 Fly	Georgia Clark	2:16.28
200 IM	Aleksandra Olesiak	2:10.02
400 IM		--
200-Free Relay		--
400-Free Relay	Gilbertson, Black, Brooker, Clark	3:36.72
800-Free Relay		--
200-Medley Relay	Pawloski, Olesiak, Gilbertson, Black	1:45.76
400-Medley Relay		--
1-Meter Diving	Sam Tamborski	283.45 (ZS)
3-Meter Diving	Sam Tamborski	324.10 (ZS)
Platform Diving		--

(A) - NCAA A Cut (B) - NCAA B Cut (SR) -- school record ** Pool Record (ZS) - NCAA Diving Zone Standard

2021-22 INDIVIDUAL WINS

Athletes	Event	Time	Meet
Anna Brooker	500 Free	5:14.35	UNI
Anna Brooker	1000 Free	10:37.78	UNI
Anna Brooker	500 Free	5:07.63	Minn.
Kennedy Gilbertson	100 Free	52.72	UNI
Kennedy Gilbertson	200 Free	1:53.92	UNI
Makayla Hughbanks	1-meter	274.45	Minn.
Aleksandra Olesiak	100 Breast	1:05.66	UNI
Aleksandra Olesiak	200 Breast	2:24.01	UNI
Aleksandra Olesiak	200 IM	2:10.02	UNI
Aleksandra Olesiak	200 IM	2:11.29	Minn.
Sam Tamborski	1-meter	283.45	UNI
Sam Tamborski	3-meter	316.70	UNI
Sam Tamborski	3-meter	324.10	Minn.
Ariel Wooden	100 Fly	1:02.40	Minn.

2021-22 RELAY WINS

Athletes	Event	Time	Meet
Pawloski, Olesiak, Gilbertson, Black	200-MR	1:45.76	UNI
Gilbertson, Brooker, Palowski, Wooden	400-FR	3:38.43	Minn.