



IOWA HAWKEYES

WOMEN'S GYMNASTICS

2022 SCHEDULE

Date	Opponent	Time
Jan. 8	Eastern Michigan/Lindenwood	5 p.m.
Jan. 14	Texas Woman's University	6:30 p.m.
Jan. 17	at Georgia	1:30 p.m.
Jan. 22	at Michigan State	6 p.m.
Jan. 29	Nebraska	5 p.m.
Feb. 4	Penn State	6:30 p.m.
Feb. 11	at Rutgers	6 p.m.
Feb. 18	at Big Five Meet	6 p.m.
Feb. 25	at Minnesota	4:30 p.m.
March 4	at Iowa State	6:30 p.m.
March 13	at California	TBA
March 19	at Big Ten Championships (Columbus, Ohio)	TBA
TBA	at NCAA Regionals (TBA)	TBA

All times Central and subject to change.

hawkeyesports.com

IOWA ATHLETIC COMMUNICATIONS

Associate Director _____ James Allan
 Email _____ james-allan@uiowa.edu
 Cell Phone _____ (319) 530-5792
 Gymnastic Contact _____ Abby Wisecup
 Email _____ abigail-wisecup@uiowa.edu
 Cell Phone _____ 712-490-4639
 Athletic Communications Phone _____ (319) 335-9411
 Athletic Communications Fax _____ (319) 335-9417
 Website _____ hawkeyesports.com
 Gymnastics Twitter: _____ @IowaGymnastics
 Gymnastics Facebook: _____ /IowaGymnastics
 Gymnastics Instagram: _____ @IowaGymnastics



#18 IOWA HAWKEYES

HEAD COACH | LARISSA LIBBY (18TH SEASON)



EASTERN MICHIGAN

HEAD COACH | KATIE MINASOLA (5TH SEASON)



LINDENWOOD

HEAD COACH | CATELYN OREL (1ST SEASON)

THIS WEEK

The 18th-ranked University of Iowa women's gymnastics team opens its 2022 season with a tri-meet, hosting Eastern Michigan and Lindenwood on Saturday at 5 p.m. (CT) inside Carver-Hawkeye Arena.

- Marketing promotions include Junior Hawks Club Night and Faculty/Hospital Staff Appreciation day. Free gold tie-dye t-shirts will be given away.
- Tickets can be purchased at hawkeyesports.com/tickets. Admission is \$10 for adults, while youth are free of charge.

FOLLOW LIVE

- Saturday's meet will be streamed live on BTN+ -- a paid subscription service.
- Fans can follow along via live results at hawkeyesports.com or via Twitter (@IowaGymnastics).

WHAT YOU NEED TO KNOW

- The Hawkeyes are ranked 18th in the WGCA preseason poll. Iowa is one of nine Big Ten teams in the rankings or receiving votes.
- Iowa was selected to finish third in the Big Ten Preseason Poll in a vote of the league's 10 head coaches (behind Michigan and Minnesota). Junior JerQuavia Henderson and sophomore Adeline Kenlin were tabbed as Big Ten Gymnasts to Watch.
- Iowa returns 15 letterwinners in 2022, including three All-Americans and four All-Big Ten selections. Iowa boasts a roster with seven seniors and 11 upperclassmen.
- The Hawkeyes posted four of the top 10 team scores in school history during the 2021 season. Iowa closed out the season with a 196.525 at the NCAA Tuscaloosa Regional -- the second-best score in program history.
- The GymHawks won their first Big Ten Conference title, claiming the regular season crown after going 8-0 in the league during the 2021 season. Iowa tied for third at the Big Ten Championships.





Larissa Libby enters her 18th year as head coach, and 22nd year overall, at the University of Iowa in the 2021 season.

During her tenure in Iowa City, the Hawkeyes have been a consistent top 25 team nationally, as she has led the program to 20 straight NCAA Regional appearances (individually or as a team).

The three-time Big Ten and two-time NCAA Regional Coach of the Year has coached six WCGA All-Americans and five first-team All-Americans at the NCAA Championships, including national champion Alexis Maday and Adeline Kenlin. Maday was the Big Ten Freshman of the Year in 2001 and the Big Ten Gymnast of the Year in 2004. Kenlin was the Big Ten Freshman of the Year in 2021.

Libby has coached 11 Big Ten champions, four NCAA Regional champions, 10 NCAA Championships qualifiers, while 45 student-athletes have earned All-Big Ten honors, including 22 first-team selections.

The Hawkeyes have also excelled in the classroom and has had a strong community presence under Libby's watch. Forty-eight student-athletes have been Academic All-Americans.

During the 2021 season, the Hawkeyes climbed as high as No. 7 in the national rankings – a program high – and the team accounted for four of the top nine team scores in school history. The Gym-Hawks were Big Ten Champions, with three All-Americans - Lauren Guerin, JerQuavia Henderson and Adeline Kenlin.



BIG TEN CHAMPIONS

The Hawkeyes clinched their first Big Ten Conference championship, claiming the regular season title, when they won the Big Five Meet in Ann Arbor, Michigan, on Feb. 27. Iowa finished the Big Ten regular season with an 8-0 record.

- Lauren Guerin and JerQuavia Henderson earned a share of the Big Ten floor titles during the 2021 Big Ten Championships. They were the third and fourth floor champions in school history and the first since 2004.

KENLIN: 2021 BIG FRESHMAN OF THE YEAR

Sophomore Adeline Kenlin earned Big Ten Freshman of the Year honors in 2021, becoming the fourth Hawkeye in school history to earn the conference's top freshman honor and the first in 20 years.

- Kenlin earned the distinction after winning five event titles during the regular season. The Iowa City native tied the school record on beam, posting a 9.975 score on March 14 at Nebraska. Kenlin earned four Big Ten Freshman of the Week honors.

HENDERSON -- CGA COMEBACK GYMNAST OF THE YEAR

Junior JerQuavia Henderson was selected as College Gym News Comeback Gymnast of the Year in 2021. The Peoria, Illinois, native missed the 2020 season after rupturing her Achilles before returning to earn All-America honors in 2021.

- Henderson also earned a share of the Big Ten floor title with a 9.950 and she tied for first on floor at NCAA Regionals with a 9.925. She also was a second-team WCGA All-America honoree on floor after posting a 9.944 national qualifying score during the regular season.

- The first-team All-Big Ten selection tied the Iowa school record during a tri-meet against Minnesota and Maryland on Feb. 13 with a score of 9.975. She received a 10.00 from one judge to tie the record last set in 2004.

3 RETURNING ALL-AMERICANS

The Hawkeyes return three All-Americans in 2022 with the return of senior Lauren Guerin, junior JerQuavia Henderson and sophomore Adeline Kenlin. Guerin became the third GymHawk in school history to earn first-team All-America honors with a NQS score of 9.95 on the floor. It was Guerin's second All-America honor; she was a second-team selection in 2020.

- Henderson earned second-team All-America distinction on floor with a NQS score of 9.944 on floor, while Kenlin also earned second-team All-America honors on beam with a NQS of 9.944.

IN THE RECORD BOOKS

Five Hawkeyes enter the 2022 season in the Iowa record books. They are as follows:

- JerQuavia Henderson - t1st - 9.975 - Floor
- Adeline Kenlin - t1st - 9.975 - Beam
- Clair Kaji - t2nd - 9.950 - Beam
- Lauren Guerin - t4th - 9.950 - Floor
- Allyson Steffensmeier - t6th - 9.925 - Uneven Bars
- Clair Kaji - t6th - 9.925 - Uneven Bars
- Lauren Guerin - t9th - 9.925 - Vault
- JerQuavia Henderson - t9th - 9.925 - vault
- Lauren Guerin - t11 - 9.925 - Floor
- Clair Kaji - t11 - 9.925 - Floor



KAJI X 6

Senior Clair Kaji returns for her sixth season with the Gymhawks after earning first-team All-Big Ten honors in 2021. It was Kaji's third All-Big Ten recognition as she was the first Hawkeye since Houry Gebeshian to earn three All-Big Ten honors. Kaji is the ninth Iowa gymnast to earn multiple first-team honors.

WELCOME NEWCOMERS

The Hawkeyes have six newcomers on the 2022 roster, including Michigan State transfer Linda Zivat and Towson transfer Allison Zuhlke. Iowa's freshmen include Alex Bradford, Alexa Ebeling, Kamryn Martinez and Marissa Rojas.

- Zivat didn't compete for the Spartans in 2020 or 2021 because of injury.
- Zuhlke was the EAGL Rookie of the Year in 2021 and a first-team All-EAGL performer on bars and second-team on beam.

HAYDEN JOINS IOWA COACHING STAFF

Quest Hayden is in his first season as an assistant coach, joining the Hawkeyes following stints at North Carolina, Michigan and Penn State. Hayden was a member of the United States' 2013 Junior National Team and he competed collegiately at Penn State from 2015-18.

20 & COUNTING

Head coach Larissa Libby has led the GymHawks to 20 straight NCAA Regional appearances (either as a team or individually). The 2022 season is Libby's 18th as Iowa's head coach and 21st overall with the program. She is a three-time Big Ten Coach of the Year.

FOLLOW THE HAWKEYES

For a behind the scenes look at the program, follow the GymHawks via social media at Facebook/IowaGymnastics, Twitter/@IowaGymnastics, and Instagram (@IowaGymnastics).

UP NEXT:

The Hawkeyes will return to action Jan. 14, hosting Texas Woman's University at Carver-Hawkeye Aren



Name	Pos.	Yr.	Hometown/High School (Last School)
Alex Bradford	UB, BB, FX	Fr.	Fairfield Township, Ohio/Ohio Connections Academy
Alexa Ebeling	UB, FX	Fr.	Adel, Iowa/Adel DeSoto Minburn
Allie Gilchrist	BB, FX	Sr.	Norwalk, Iowa/Norwalk
Alex Greenwald	AA	Sr.	Coral Springs, Fla./Marjory Stoneman Douglas
Lauren Guerin	V, BB, FX	Sr.	Austin, Texas/Texas Connections Academy
JerQuavia Henderson	AA	Jr.	Peoria, Ill./Dunlap
Clair Kaji	UB, BB	Sr.	Vancouver, Canada/Magee Secondary
Adeline Kenlin	AA	So.	Iowa City, Iowa/West Branch
Bridget Killian	V, BB, FX	Sr.	Wheaton, Ill./St. Francis
Caelen Lansing	BB, FX	So.	La Crosse, Wis./Central
Kendall Laplante	AA	So.	Seminole, Fla./Seminole
Kamryn Martinez	V, BB, FX	Fr.	Castle Rock, Colo./ Rock Canyon
Kareena Mcsweeny	UB, BB, FX	So.	Cedar Rapids, Iowa/Abeka
Aubrey Nick	AA	So.	Wauconda, Ill./Wauconda
Ellie Rogers	AA	Jr.	Spotsylvania, Pa./Courtland
Marissa Rojas	AA	Fr.	Canton, Mich./ Michigan Connections Academy
Allyson Steffensmeier	AA	Jr.	Cedar Rapids, Iowa/John F. Kennedy
Carina Tolan	V, UB, BB	Sr.	Tinley Park, Ill./Providence Catholic
Mackenzie Vance	V, UB, BB	Sr.	Buda, Texas/Jack C. Hays
Linda Zivat	V, BB, FX	Jr.	Manhattan, Ill./Lincoln-Way West (Michigan State)
Allison Zuhlke	V, UB, BB	So.	Waukesha, Wis./Lake Country Lutheran (Towson University)

COACHING STAFF

Head Coach: Larissa Libby (18th season, LSU, 1996)

Assistant Coach: Jessa Hansen Parker (2nd season, Iowa, 2012)

Assistant Coach: Quest Hayden (1st season, Penn State, 2018)

Director, Operations: Ryan Ruckdaschel (1st season, Iowa, 2019)

Volunteer Assistant: Rachel David

Student Manager: Carter Dochterman

Student Manager: Amari Sewell

Athletic Trainer: Emily Link

PRONUNCIATION GUIDE

Alex **Ebeling** Eeb-ling

Allie **Gilchrist** Gill-crest

Lauren **Guerin** Gair (like hair)-in

JerQuavia Henderson Jer-kwae-via

Clair **Kaji** Kah-gee

Adeline Kenlin Add-uh-line

Marissa **Rojas** Row-haws

Linda **Zivat** Ziv-it

Allison **Zuhlke** Zull-key





Alex Bradford | Fr. | UB/BB/FX



Alexa Ebeling | Fr. | UB/FX



Allie Gilchrist | Sr. | BB/FX



Alex Greenwald | Sr. | AA



Lauren Guerin | Sr. | V/BB/FX



JerQuavia Henderson | Jr. | AA



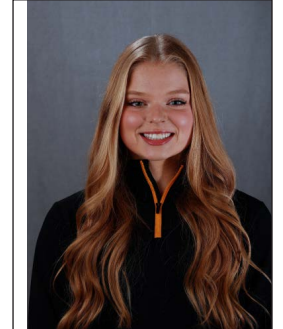
Clair Kaji | Sr. | UB/BB



Adeline Kenlin | So. | AA



Bridget Killian | Sr. | V/BB/FX



Caelen Lansing | So. | BB/FX



Kendall Laplante | So. | AA



Kamryn Martinez | Fr. | V/BB/FX



Kareena Mcsweeny | So. | UB/BB/FX



Aubrey Nick | So. | AA



Ellie Rogers | Jr. | AA



Marissa Rojas | Fr. | AA



Allyson Steffensmeier | Jr. | AA



Carina Tolan | Sr. | V/UB/BB



Mackenzie Vance | Sr. | V/UB/BB



Linda Zivat | Jr. | V/UB/FX



Allison Zuhlke | So. | V/UB/BB



Larissa Libby
Head Coach



Jessa Hansen Parker
Assistant Coach



Quest Hayden
Assistant Coach



Ryan Ruckdaschel
Director, Operations

