



# IOWA HAWKEYES SWIMMING & DIVING

## THIS WEEK

The University of Iowa women's swimming and diving team will travel to Champaign, Illinois, on Saturday for a Big Ten Conference dual against Illinois. Competition will begin at 11 a.m. (CT) in ARC Pool.

## FOLLOW LIVE

- Live results for the meet at Illinois will be available on Meet Mobile.
- 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.
- Saturday is Iowa's first competition in more than a month (Dec. 10 at Iowa State). The Hawkeyes spent a week in Miami during break for its winter training trip.
- Iowa returns 10 letterwinners from last season's squad, including senior diver Sam Tamborski, who was a 2021 NCAA qualifier.

## TAMBORSKI CONTINUES TO DELIVER

Senior Sam Tamborski is off to a strong start to the 2021-22 season, winning five of the seven diving events in her first four duals. She posted a season-high score off the 3-meter springboard during her first-place finish in Ames (338.10).

## WELCOME BACK ANNA

The Hawkeyes welcomed back Anna Pfeiffer to the team prior to the training trip to Miami and she will be eligible to compete during the second half of the season. The Peosta, Iowa, native transferred to Missouri State following her freshman season before electing to return to Iowa City.

Last season Pfeiffer swam collegiate-bests in the 50 free (23.99), 100 free (52.38), 200 free (1:54.14), 100 back (57.12) and 200 back (2:02.53). Her bests in 200 free, 100 back and 200 back all came at the Big Ten Championships.

## NCAA ZONE QUALIFIERS

Three Hawkeyes have posted NCAA Zone Diving standards this season. Senior Sam Tamborski and sophomore Sarah Ballard have posted qualifying scores off both the 1-meter and 3-meter, while freshman Makayla Hughbanks has a Zone mark off the 1-meter.

- 1-Meter: Ballard (304.30), Tamborski (287.32), Hughbanks (277.20)  
 3-Meter: Tamborski (338.10), Ballard (314.55)

## 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.	L, 59-193
Nov. 18-20	at Georgia Tech Diving Invitational	Atlanta, Ga.	--
Nov. 18-20	at Miami (Fla.) Invitational	Miami, Fla.	--
Dec. 10	at Iowa State	Ames, Iowa	L, 79-191
<b>Jan. 15</b>	<b>at Illinois</b>	<b>Champaign, Ill.</b>	<b>11 a.m.</b>
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



@IowaHawkeyeSwim /IowaSwimmingandDiving @HawkeyeSwimDive

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## 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.

## GILBERTSON LEADS CHARGE

Junior Kennedy Gilbertson is leading the team in four individual events early in the 2021-22 season. The Wisconsin native has the top times in the 100 free (51.28), 200 free (1:52.88), 100 back (56.61), and 100 fly (55.93) and is a part of the top 200-medley (1:43.81), 400-medley (3:55.16), 200-free (1:37.45), and 800-free (7:48.14) relays.

- Junior Aleksandra Olesiak is tops on the team in the 100 breast (1:03.59), 200 breast (2:20.80) and 200 IM (2:07.19), while also being on the top five relays.

## MORE SEASON-BESTS IN AMES

Six Hawkeyes recorded season-best times in a total of seven individual events during the Iowa Corn Cy-Hawk Series dual against Iowa State on Dec. 10. Junior Kennedy Gilbertson found her season-best in the 100 free (51.28), 200 free (1:52.88), and 100 fly (55.93). Sophomore Maddie Black swam her best 50 free of the season (23.64), just .22 seconds behind her career-best time at last year's Big Ten Championships.

## HAWKEYES SIGN 10 FOR 2022-23

Iowa signed 10 student-athletes to National Letters of Intent during the early signing period in November. The class includes Dani Anglin (Diving, Boynton Beach, Fla.), Olivia Asay (Fly/Back/Free, Downers Grove, Ill.), Alyssa Konz (Diving, Victoria, Minn.), Sabina Kupcova (Free/IM, Levice, Slovakia), Scarlet Martin (Fly/Back/Free, Coralville, Iowa), Sila, Ozkazanc (Free/Back, Ankara, Turkey), Geneva Pauly (diving, Arvada, Colo.), Leslie Wendel (Free/Fly, Winnetka, Ill.), (Emily Wooden (Free/Fly, Chino Hills, Calif.), and Lainey Woodward (Diving, Omaha, Neb.).

## 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.

## 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

Following a week off, the Hawkeyes will return to action Jan. 28-29, when they travel to Minneapolis for a Big Ten tri-meet with Minnesota and Northwestern.

**2021-22 WOMEN'S SEASON-BEST TIMES**

50 Free	Maddie Black	23.64
100 Free	Kennedy Gilbertson	51.28
200 Free	Kennedy Gilbertson	1:52.88
500 Free	Anna Brooker	5:04.03
1,000 Free	Anna Brooker	10:37.78
1,650 Free		--
100 Back	Kennedy Gilbertson	56.61
200 Back	Georgia Clark	2:03.25
100 Breast	Aleksandra Olesiak	1:03.59
200 Breast	Aleksandra Olesiak	2:20.80
100 Fly	Kennedy Gilbertson	55.93
200 Fly	Georgia Clark	2:16.28
200 IM	Aleksandra Olesiak	2:07.19
400 IM	Georgia Clark	4:34.92
200-Free Relay	Gilbertson, Black, Wooden, Olesiak	1:37.45
400-Free Relay	Black, Lange, Pawloski, Wooden	3:35.66
800-Free Relay	Lange, Olesiak, Gilbertson, Clark	7:48.14
200-Medley Relay	Pawloski, Olesiak, Gilbertson, Black	1:43.81
400-Medley Relay	Gilbertson, Olesiak, Clark, Wooden	3:55.16
1-Meter Diving	Sarah Ballard	304.30 (ZS)
3-Meter Diving	Sam Tamborski	338.10 (ZS)
Platform Diving	Sam Tamborski	203.70

(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.
Sam Tamborski	1-meter	287.32	at Neb.
Ariel Wooden	100 Fly	1:02.40	Minn.
Sam Tamborski	3-meter	338.10	Iowa St.
Sarah Ballard	1-meter	304.30	Iowa St.

**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.

