



IOWA HAWKEYES

WOMEN'S GYMNASTICS

2022 SCHEDULE

Date	Opponent	Time
Jan. 8	Eastern Michigan/Lindenwood	W, 195.950-194.100
Jan. 14	#29 Texas Woman's University	W, 196.125-189.300
Jan. 17	at #21 Georgia	Postponed
Jan. 17	at Minnesota	L, 195.950-196.900
Jan. 17	vs. UCLA	W, 195.950-194.850
Jan. 22	at #15 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

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#16 IOWA HAWKEYES

HEAD COACH | LARISSA LIBBY (18TH SEASON)

#15 MICHIGAN STATE SPARTANS

HEAD COACH | MIKE ROWE (5TH SEASON)

THIS WEEK

The 16th-ranked University of Iowa women's gymnastics team heads to East Lansing, Michigan, for its Big Ten Conference opener against No. 15 Michigan State on Saturday at the Jenison Field House. The meet will begin at 6 p.m. (CT).

FOLLOW LIVE

- Saturday's meet will be televised 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 No. 16 in the Road to Nationals rankings with an average score of 196.038. Iowa was ranked ninth following Week 1 -- the second-highest ranking in program history.
- Junior Linda Zivat returns to East Lansing as a Hawkeye. The Illinois native spent two seasons with the Spartans, but ironically, she never competed for Michigan State as she missed both seasons because of injury.
- Iowa posted a season-high score of 49.100 on vault in its second-place finish against Minnesota and UCLA on Jan. 17, which is just shy of the season-high 49.150. Iowa moved up five spots to No. 14th nationally on vault.
- Iowa sits sixth in the country on floor, 10th on balance beam, and 31st on bars.
- Junior JerQuavia Henderson was named the Big Ten Specialist of the Week on Jan. 10 for the first time in her career after winning two events (vault, floor) in the season-opening victory over Eastern Michigan.
- 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). Henderson and sophomore Adeline Kenlin were tabbed as Big Ten Gymnasts to Watch.
- Iowa returns 15 letter winners in 2022, including three All-Americans and four All-Big Ten selections. Iowa boasts a roster with seven seniors and 11 upperclassmen.

NOTABLES

- The Hawkeyes had six top three finishes and eight gymnasts either set or tied their season-highs in their second-place finish in the tri-meet against Minnesota and UCLA.
- Senior Lauren Guerin shared the floor title and set a new season-high after scoring a 9.925 in the tri-meet in Minneapolis.
- Two gymnasts placed in the top three on beam - senior Clair Kaji posted a season-high 9.925 to earn a runner-up finish and sophomore Adeline Kenlin scored a 9.900 to finish third.
- The GymHawks scored 49 or higher on beam, vault, and floor against Minnesota and UCLA.
- Senior Clair Kaji is tied for ninth nationally with an average score of 9.900 on beam, while junior





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 10 team scores in school history. The GymHawks were Big Ten Champions, with three All-Americans — Lauren Guerin, JerQuavia Henderson and Adeline Kenlin.



JerQuavia Henderson is ranked 15th on floor and senior Lauren Guerin is ranked 30th on floor.

- Sophomore Adeline Kenlin scored a season-high 38.825 in the all-around in Iowa's tri-meet against Minnesota and UCLA.

- Iowa has had six gymnasts win event titles this season -- Alex Greenwald (1), JerQuavia Henderson (4), Clair Kaji (1), Adeline Kenlin (3), Allyson Steffensmeier (1), and Lauren Guerin (1).

HENDERSON IN RANKINGS

Junior JerQuavia Henderson is ranked in the top 20 nationally on floor and vault. The Peoria, Illinois, native is ranked 15th on floor with an average score of 9.912. She is also ranked 17th on vault with an average score of 9.88. Henderson is one of five Big Ten gymnasts who are ranked in the top 20 on vault.

ZIVAT STEPS IN

Michigan State transfer Linda Zivat posted a pair of top three finishes in her second meet as a Hawkeye. The Illinois native was runner-up on floor, scoring a 9.875 and she tied for third on vault with a 9.825.

- Zivat followed up her performance by posting a pair of career-bests in Iowa's road meet in Minneapolis. She tied for fifth on vault with a 9.850 and also tied for fifth on floor with a 9.875.

HENDERSON BIG SPECIALIST OF THE WEEK

For the first time in her career, junior Jerquavia Henderson was named Big Ten Specialist of the Week after scoring a 9.925 on vault and floor in the Hawkeyes' win over Eastern Michigan.

- Henderson tied a career high 9.925 en route to her vault title. The junior has tied this score three times, placing ninth in program history.

IN THE RANKINGS

Iowa is one of three Big Ten teams in the top 20 of the Road to Nationals poll along with No. 1 Michigan and No. 15 Michigan State. The Hawkeyes, who are ranked 16th, was previously ninth following Week 1, which was the second-highest ranking in program history.

BIG TEN CHAMPIONS

The Hawkeyes clinched their first Big Ten Conference championship, claiming the 2021 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.

IN THE RECORD BOOKS

Six 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 - t3rd - 9.950 - Beam
- Lauren Guerin - t4th - 9.950 - Floor
- Allyson Steffensmeier - t6th - 9.925 - Uneven Bars
- Clair Kaji - t6th - 9.925 - Uneven Bars
- JerQuavia Henderson - t6th - 9.925 - Uneven Bars
- Lauren Guerin - t9th - 9.925 - Vault
- JerQuavia Henderson -t9th- 9.925- vault
- Lauren Guerin - t12- 9.925 - Floor
- Clair Kaji - t12 - 9.925 - Floor
- Alex Greenwald - t12 - 9.925 - Floor
- Adeline Kenlin - t15th - 9.900 - Uneven Bars
- Adeline Kenlin - t17 - 39.500 - All-Around

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.

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. Hadyen 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 return home Jan. 29, hosting Nebraska at 6 p.m. (CT) inside Carver-Hawkeye Arena. The competition will be a 90's themed meet.



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, FX	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

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/FX



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 Mcsweeney | 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



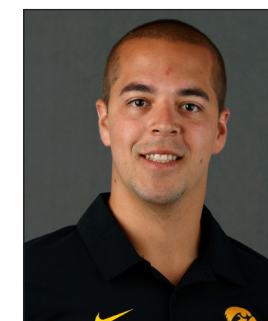
Allison Zuhlke | So. | V/UB/BB



Larissa Libby
Head Coach



Jessa Hansen Parker
Assistant Coach



Quest Hayden
Assistant Coach



Ryan Ruckdaschel
Director, Operations

