



IOWA HAWKEYES

UNIVERSITY OF IOWA DEPARTMENT OF INTERCOLLEGIATE ATHLETICS

HOMEGROWN HAWKEYES ***Athlete Talent Search & Scholarship Opportunity*** ***Application Requirements***

Please complete the following requirements to be considered as a **Homegrown Hawkeyes** candidate.

Athletic Stats

Please make there is a witness to sign off on the completion of these athletic stats.

Stat #1—400m Run (Record Overall Time (00:00.0))

- One (1) lap on a 400m track (indoor or outdoor)
- Two (2) laps on a 200m track (indoor or outdoor)

Stat #2— Chin Up/Flexed Arm Hang (Record Maximum Repetitions or Total Time (00:00.0))

- Equipment needed
 - Pull Up/Chin Up Bar
 - Elevated bench to get in start position.
- How to video: https://youtu.be/V_hiHBl2X_M

Stat #3— Vertical Jump (Record maximal touch height in inches or centimeters)

- Equipment needed
 - Ruler
 - Masking Tape
 - Wall w/ high ceilings

OR

- Vertec measuring device
- How to video: <https://youtu.be/aYkeqzrx9pc>

Stat #4— Sit & Reach (Record distance in inches or centimeters)

- Equipment needed
 - Ruler
 - Elevated box or chair

OR

- Sit & Reach Box
- How to video: <https://youtu.be/nvh2EszAHD4>

Recommendation(s)

Please provide 1-2 reference's contact information, e.g., teacher, coach or guidance counselor.

Once application requirements are completed, please submit all information through the Iowa Rowing website.

Click link or Scan the QR Code below to learn more.

[Homegrown Hawkeyes Application](#)

