



# IOWA HAWKEYES

## SWIMMING & DIVING

### 2022-23 SCHEDULE

DATE	MEET	LOCATION	TIME
Oct. 7	at Northern Iowa	Cedar Falls, Iowa	W, 197-102
Oct. 21	Nebraska	Iowa City, Iowa	L, 123-175
Nov. 11	at No. 25 Minnesota	Minneapolis	L, 82-218
Dec. 1-3	Hawkeye Invitational	Iowa City, Iowa	4th (624.50)
<b>Dec. 9</b>	<b>Iowa State</b>	<b>Iowa City, Iowa</b>	<b>6 p.m.</b>
Dec. 12-18	USA Diving Nationals	TBA	All Day
Jan. 13-14	Illinois	Iowa City, Iowa	5 p.m.
Jan. 21	Vanderbilt	Iowa City, Iowa	11 a.m.
Jan. 27-28	Minn., Northwestern, Pur.	Evanston, Ill.	TBA
Feb. 15-18	Big Ten Championships	Ann Arbor, Mich.	All Day
Mar. 6-9	NCAA Zone D Diving	Minneapolis	TBA
Mar. 16-18	NCAA Championships	Knoxville, Tenn.	TBA

All times Central and subject to change.

### THIS WEEK

University of Iowa women's swimming and diving hosts in-state foe Iowa State for its Iowa Corn Cy-Hawk Series matchup on Friday, Dec. 9. Competition begins at 6 p.m. (CT) in the CRWC Natatorium and will be live streamed on B1G+ (subscription required).

### FOLLOW LIVE

- Live results for the meet will be available on [hawkeyesports.com](http://hawkeyesports.com) (via the schedule page) and Meet Mobile.
- Fans can also follow the Hawkeyes on Twitter/[IowaSwimDive](https://twitter.com/IowaSwimDive) for live meet updates.
- The meet will be live streamed on B1G+ (subscription required).

### WHAT YOU NEED TO KNOW

- Iowa kicked off the 2022-23 season with a 192-107 victory against UNI.
- Six Iowa athletes performed top-ten times/scores in program history during the Hawkeye Invitational.
- The Hawkeyes enter the season returning seven athletes and welcoming 14 newcomers, including three transfers.
- Amongst the returners are junior divers Sarah Ballard and Claire Hartley and sophomore Makayla Hughbanks, who all qualified to compete in last season's NCAA Zone D Diving Championships.

### ETCHED IN THE BOOKS

Nine performances were added to the Iowa top-10 records at the Hawkeye Invitational on Dec. 1-3.

- 50 Free - Kennedy Gilbertson (22.83) - 5th all-time
- 100 Free - Sabina Kupcova (50.26) - ties 6th all-time
- 100 Breast - Sheridan Schreiber (1:02.38) - 8th all-time
- 100 Fly - Scarlet Martin (53.84) - 5th all-time
- 3-Meter Dive - Makayla Hughbanks (355.40) - 5th all-time
- Platform Dive - Geneva Pauly (257.10) - 3rd all-time
- Platform Dive - Claire Hartley (233.90) - 6th all-time
- 400 Free Relay - Gilbertson, Kupcova, Pedersen, Martin (3:20.08) - 5th all-time
- 200 Medley Relay - Gilbertson, Schreiber, Martin, Black (1:40.75) - 10th all-time

### HIGHLIGHTING HUGHBANKS

Sophomore Makayla Hughbanks came away with a career-best 355.40 total to score 20 points in the 3-meter dive finals during the Hawkeye Invite, ranking fifth all-time in program history. The Bettendorf, Iowa, native also leads the team in the 1-meter dive score, posting a zone-qualifying total of 290.17 at Minnesota.

### READY FOR RELAYS

The Hawkeyes brought back four swimmers, seniors Kennedy Gilbertson and Aleksandra Olesiak and juniors Maddie Black and Anna Pfeiffer, who led the team in all five relay squads during the 2021-22 season. Gilbertson was a part of four top teams, while Olesiak and Pfeiffer competed on three respective quartets.

### FOLLOW THE HAWKEYES



@IowaHawkeyeSwim /IowaSwimmingandDiving @HawkeyeSwimDive

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**HEAD COACH NATHAN MUNDT**

Nathan Mundt is in his second 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 16 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

**THRIVING NEWCOMERS**

Iowa has had 15 individual wins amongst its freshmen and transfers. Denison University transfer Alix O'Brien has contributed to four of those victories, her latest coming from a career-best performance in the 1000 free against no. 25 Minnesota. Freshman Scarlet Martin has accounted for four wins, including her three (50 free, 100 free, 100 fly) in Iowa's season opener and 100 fly at the Hawkeye Invitational. Both the TCU graduate transfer Sheridan Schreiber and freshman Sabina Kupcova also have added multiple wins as well. Schreiber was Iowa's second in its meet with the Golden Gophers, notching first place with a season-best time in the 100 breast.

**REPPING SLOVAKIA**

Freshman and Levice, Slovakia, native Sabina Kupcova traveled to the IU Natatorium in Indianapolis to compete in the FINA World Cup. Kupcova raced in the 400 free, 200 free, and 200 individual medley for a chance to qualify for the FINA Championships.

**VETERAN PRESENCE**

Senior Kennedy Gilbertson took home gold in the 50 free and 100 back against Nebraska, and also won the 100 back against UNI in the season-opener. Gilbertson has also headed off Iowa's season-fastest 200 free, 400 free and 200 medley relay squads -- all timing top-ten in program history. Senior Aleksandra Olesiak also has a 2022-23 individual victory under her belt. The Colorado native posted first place in 200 back against UNI.

**HAWKEYE COACHING STAFF**

- Nathan Mundt returns for his second stint with the Hawkeyes and he is the seventh head coach in program history. The Indiana native served as an Iowa 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 10th season with the program. Waikel has coached five All-Americans during his tenure in Iowa City and 15 NCAA Championship qualifiers.
- Mona Groteguth-Garcia also returns for her second season on the Hawkeye coaching staff, joining the Hawkeyes in 2021 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.

**BREAKING RECORDS**

The Hawkeyes broke four Glen F. Henry Pool records in the 2022-23 opener at UNI, including Schreiber's 100 breast (1:04.16), Martin's 50 free (23.55) and 100 fly (54.60), and the 400 free relay (Kupcova, Gilbertson, Pedersen, Martin).

**UP NEXT**

The Hawkeyes have a month-long break from competition before hosting Illinois on Friday-Saturday, Jan. 13-14.

**2022-23 WOMEN'S SEASON-BEST TIMES**

50 Free	Kennedy Gilbertson	22.83
100 Free	Sabina Kupcova	50.26
200 Free	Sabina Kupcova	1:49.65
500 Free	Alix O'Brien	4:54.14
1,000 Free	Alix O'Brien	10:18.21
1,650 Free	Alix O'Brien	16:57.14
100 Back	Kennedy Gilbertson	54.02
200 Back	Kennedy Gilbertson	1:58.74
100 Breast	Sheridan Schreiber	1:02.38
200 Breast	Aleksandra Olesiak	2:18.28
100 Fly	Scarlet Martin	53.84
200 Fly	Scarlet Martin	2:03.82
200 IM	Sabina Kupcova	2:03.23
400 IM	Alix O'Brien	4:27.12
200-Free Relay	Gilbertson, Martin, Kupcova, Pedersen	1:31.49
400-Free Relay	Gilbertson, Kupcova, Pedersen, Martin	3:20.08
800-Free Relay	Kupcova, Pedersen, Stone, Ozkazanc	7:33.60
200-Medley Relay	Gilbertson, Schreiber, Martin, Black	1:40.75
400-Medley Relay	Gilbertson, Schreiber, Martin, Kupcova	3:39.13
1-Meter Diving	Makayla Hughbanks	290.17 (ZS)
3-Meter Diving	Makayla Hughbanks	355.40 (ZS)
Platform Diving	Geneva Pauly	257.10 (ZS)

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

**2022-23 INDIVIDUAL WINS**

Athletes	Event	Time	Meet
Kennedy Gilbertson	100 back	55.74	at UNI
Makayla Hughbanks	3-mtr dive	284.78	at UNI
Sabina Kupcova	200 free	1:53.58	at UNI
Scarlet Martin	50 free	23.55	at UNI
Scarlet Martin	100 free	51.53	at UNI
Scarlet Martin	100 fly	54.60	at UNI
Alix O'Brien	500 free	5:04.68	at UNI
Alix O'Brien	200 IM	2:10.06	at UNI
Alix O'Brien	1000 free	10:18.81	at UNI
Aleksandra Olesiak	200 breast	2:22.17	at UNI
Sheridan Schreiber	100 breast	1:04.16	at UNI
Leslie Wendel	200 fly	2:08.40	at UNI
Lainey Woodward	1-mtr dive	277.65	at UNI
Kennedy Gilbertson	50 free	24.09	Nebraska
Kennedy Gilbertson	100 back	55.44	Nebraska
Makayla Hughbanks	1-mtr dive	288.15	Nebraska
Makayla Hughbanks	3-mtr dive	301.25	Nebraska
Sabina Kupcova	200 IM	2:07.00	Nebraska
Sheridan Schreiber	100 breast	103.74	Nebraska
Alix O'Brien	1000 free	10:18.21	at Minn.
Sheridan Schreiber	100 breast	1:03.54	at Minn.
Scarlet Martin	100 fly	53.84	Hawkeye Invite
Makayla Hughbanks	3-mtr dive	355.40	Hawkeye Invite

**2022-23 RELAY WINS**

Athletes	Event	Time	Meet
Gilbertson, Schreiber, Asay, Black	200 medley	1:45.34	at UNI
Kupcova, Gilbertson, Pedersen, Martin	400 free	3:29.89	at UNI
Gilbertson, Kupcova, Pedersen, Martin	400 free	3:20.08	Hawkeye Invite