Quick Facts

School Information
Name: University of Iowa
Location: Iowa City, Iowa
Enrollment: 31,452
President: Barbara J. Wilson
Henry B. and Patricia B. Tippie Director of Athletics: Interim Beth Goetz
Colors: Black & Gold (PMS 116)
Nickname: Hawkeyes
Mascot: Herky the Hawk
Conference: Big Ten
Facility (Capacity): Carver-Hawkeye Arena (14,500)

Athletics Communications
Womens Wrestling Contact: Leandra Jew
Office Phone: --
E-Mail Address: leandra-jew@uiowa.edu
Mailing Address: S300 Carver-Hawkeye Arena, Iowa City, IA  52242
Web Site: hawkeyesports.com

Team Information
Head Coach (Alma Mater, Yr.): Clarissa Chun (University of Colorado-Colorado Springs, 2005)
Office Phone: +1 319 467 0606
Associate Head Coach (Alma Mater, Year): Gary Mayabb (Central Missouri)
Assistant Coach (Alma Mater, Year): Tonya Verbeek (Brock University)
Incoming All-Americans: Felicity Taylor

UI Intercollegiate Athletics Mission Statement
The mission of the Department of Athletics is to provide the administrative and coaching support, facilities, resources, and equipment necessary for student athletes to graduate from The University of Iowa while participating in broad-based championship-caliber athletic competition. The overall well-being of the participant and the integrity of the program will be paramount in all that we do.

UI Nondiscrimination Statement
The University of Iowa prohibits discrimination in employment, educational programs, and activities on the basis of race, creed, color, religion, national origin, age, sex, pregnancy, disability, genetic information, status as a U.S. veteran, service in the U.S. military, sexual orientation, gender identity, associational preferences, or any other classification that deprives the person of consideration as an individual. The university also affirms its commitment to providing equal opportunities and equal access to university facilities. For additional information on nondiscrimination policies, contact the Director, Office of Equal Opportunity and Diversity, the University of Iowa, 202 Jessup Hall, Iowa City, IA, 52242-1316, 319-335-0705 (voice), 319-335-0697 (TDD), diversity@uiowa.edu.

UI Accessibility Statement
Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact the UI Athletics Ticket office (319-335-9309) or UI Athletics Event Management (319-335-9247).
2023-24 ROSTER

Name Wt. Ht. Yr. Hometown (High School/Last School)
Alexandra Baudhuin 130lbs 5-3 Stth Coppel, Texas (Coppell/Jamestown)
Ava Bayless 109lbs 5-2 So. Greenville, Pennsylvania (Wyoming Seminary)
Anakya Besco 143lbs 5-4 Sr. Allen, Texas (Einstein/Colorado-Mesa/Augsburg)
Sierra Brown Ton 136lbs 5-6 Sr. Brentwood, California (Liberty)
Sam Calkins 191lbs 5-3 Fr. Las Vegas, Nevada (SLAM Academy)
Rose Cassioppi 170lbs 5-5 Fr. Springville, Utah (Springville/Augsburg)
Sterling Dias 101lbs 4-11 So. Makawao, Hawaii (Lahainaluna/Menlo College)
Marlynne Deede 155lbs 5-9 Jr. Springville, Utah (Springville/Augsburg)
Nanea Estrella 130lbs 5-2 Jr. Makawao, Hawaii (Lahainaluna/Menlo College)
Jaycee Foeller 191lbs 5-6 Jr. De Soto, Missouri (De Soto/Central Methodist)
Emily Frost 130lbs 5-7 Fr. Troy, New York (Tamarac)
Brianna Gonzalez 101lbs 4-9 So. San Lorenzo, California (Arroyo)
Emilie Gonzalez 101lbs 4-9 So. San Lorenzo, California (Arroyo)
Esther Han 136lbs 5-2 So. Carbondale, Illinois (Mountain View)
Reese Larramendy 143lbs 5-7 Jr. Marysville, Ohio (Marysville Early College)
Cali Leng 123lbs 5-0 Fr. Charles City, Iowa (Charles City High School)
Bella Mir 143lbs 5-8 So. Las Vegas, Nevada (Centennial)
Bella Ngo 123lbs 5-6 So. Dixon, California (Dixon)
Emmily Patneaud 136lbs 5-1 Jr. Newark, California (Gilroy High School)
Ava Rose 116lbs 5-5 Fr. Princeton, New Jersey (Princeton High School)
Ella Schmit 130lbs 5-7 So. Jackson, Michigan (Hanover-Horton)
Danni Swihart 130lbs 5-6 Fr. Spillville, Iowa (South Winneshiek/McKendree)
Nyla Valencia 109lbs 5-1 So. Morgan Hill, California (Ann Sobrato)
Kylie Welker 170lbs 5-8 So. Franksville, Wisconsin
Haley Ward 155lbs 5-5 Fr. Buckner, Missouri (Fort Osage)
Alivia White 191lbs 5-8 Fr. Marysville, Washington (Marysville Pilchuck)

Head Coach: Clarissa Chun
Associate Head Coach: Gary Mayabb
Assistant Coach: Tonya Verbeek
Strength and Conditioning Coach: Ryan Koester
Athletic Trainer: Lauren Werner
Director of Operations: Hannah Sieperda

2023-24 ROSTER

Weight-By-Weight Breakdown

101
Sterling Dias
Brianna Gonzalez
170
Emilie Gonzalez
116
Felicity Taylor
Ava Rose
123
Cali Leng
Bella Ngo

130
Nanea Estrella
Ellie Schmit
Emily Frost
Lilly Luft
Danni Swihart
Alexandra Baudhuin

136
Esther Han
Sierra Brown Ton
Emmily Patneaud

191
Rose Cassioppi
Ava Bayless
Nyla Valencia

Pronunciation Guide

Anakya Besco.......................... An-i-KA
Alexandra Baudhein.................. BOWD-win
Rose Cassioppi.......................... cass-EE-OH-pee
Marlynne Deede.......................... Dee-de
Sterling Dias............................ DI-ahz
Nanea Estrella.......................... nuh-NAV-uh es-TREL-a
Esther Han.............................. HON
Reese Larramendy.......................... lai-ra-MEN-dy
Cali Leng.................................. LA-Y-ang
Gary Mayabb............................ may-ab
Bella Mir.................................. MEER
Bella Ngo................................. NO
Emmily Patneaud.......................... PAT-node
Nyla Valencia............................. va-LEN-cia
Tonya Verbeek............................ veer-beak

2023-24 ROSTER

Head Coach: Clarissa Chun
Associate Head Coach: Gary Mayabb
Assistant Coach: Tonya Verbeek
Strength and Conditioning Coach: Ryan Koester
Athletic Trainer: Lauren Werner
Director of Operations: Hannah Sieperda
ALEXANDRA BAUDHUIN 5TH | 136
AVA BAYLESS SO. | 109
ANAKYA BESCO SO. | 143
SIERRA BROWN TON SR. | 136
SAM CALCINS SO. | 191
ROSE CASSIOPI FR. | 165
STERLING DIAS SO. | 101
MARLYNNE DEEDE SR. | 155
NANE A ESTRELLA SR. | 130

JAYCEE FOELLER JR. | 191
EMILY FROST FR. | 130
BRIANNA GONZALEZ SO. | 101
EMILIE GONZALEZ SO. | 109
ESTHER HAN SO. | 136
RESE LARRA-MENDY SO. | 143
CALI LENG FR. | 123
LILLY LUFT FR. | 130
BELLA MIR SO. | 143

BELLA NGO FR. | 130
EMMILY PATNEAUD SR. | 136
AVA ROSE FR. | 116
ELLA SCHMIT SO. | 130
DANNI SWIHART FR. | 138
FELICITY TAYLOR 5TH | 116
NYLA VALENCIA SO. | 109
KYLIE WELKER SO. | 170
HALEY WARD FR. | 155

ALIVIA WHITE FR. | 191

CLARISSA CHUN HEAD COACH
Gary Mayabb ASSOCIATE HEAD COACH
Tonya Verbeek ASSISTANT COACH
Ryan Koester STRENGTH COACH
Lauren Werner ATHLETIC TRAINER
Clarissa Chun was named head coach of the University of Iowa women’s wrestling team on Nov. 18, 2021. Chun is the first head coach in the history of the program. Iowa announced on Sept. 23, 2021, that it was adding women’s wrestling as an intercollegiate program, becoming the first NCAA Division I, Power Five conference institution to offer the sport.

Chun joins the Iowa women’s wrestling program from USA Wrestling, where she was an assistant coach on the women’s national team from 2017-21. Working on staff with former Hawkeye national champion and women’s national team head coach Terry Steiner, Chun helped lead the United States to 17 World medals, including seven gold, four silver and six bronzes, as well as an Olympic gold, Olympic silver and two Olympic bronzes.

In the United States’ most recent showing at the 2021 World Championships in Oslo, Norway, the women’s team won two gold, two silver and three bronze medals, a historic seven-medal performance that led Team USA to a second-place finish.

Prior to being hired at USA Wrestling, Chun was among the most accomplished athletes in international wrestling.

A two-time Olympian, she took fifth at the 2008 Beijing Games before earning a bronze medal at the 2012 London Games, competing at 48 kg. Chun wrestled at five Senior World Championships, which included a gold-medal performance at the 2008 Worlds in Tokyo. She also competed at the 2000, 2009, 2011 and 2012 World Championships.

During her career, Chun won five U.S. Open titles. She was a 2011 Pan American Games silver medalist and won four gold medals at the Pan American Championships. She was a runner-up at four U.S. World Team Trials and three U.S. Opens, in a career which spanned 18 years competing at the Senior level.

Chun competed for Missouri Valley College, where she was a star on one of the pioneer women’s college wrestling team programs. She made the Senior Women’s National Team while still a student at Missouri Valley.

After leaving college, Chun became a U.S. Olympic Training Center resident athlete for many years, but has also trained at Regional Training Centers on college campuses.

Chun has coaching experience at both the international and college levels. She was a member of the men’s wrestling staff at West Virginia University, serving as the program’s Operations Assistant while also training at the Regional Training Center.

Chun was inducted in the National Wrestling Hall of Fame as a Distinguished Member in June, 2022. She is one of only four females bestowed Distinguished Member honors. In 2018, Chun was inducted into the Missouri Valley College Hall of Fame, Hawaii Sports Hall of Fame, and Roosevelt High School Hall of Fame.
2023-24 University of Iowa Women’s Wrestling Team
Front Row (L-R): Nanea Estrella, Haley Ward, Alivia White, Felicity Taylor, Sterling Dias, Emmily Patneaud, Ava Rose, Reese Larramendy
Middle Row (L-R): Brianna Gonzalez, Jaycee Foeller, Bella Mir, Anyka Besco, Rose Cassioppi, Kylie Welker, Bella Ngo, Ava Bayless, Sierra Brown Ton, Sam Calkins
Back Row (L-R): Danni Swihart, Emilie Gonzalez, Ella Schmit, Marlynne Deede, Alexandra Baudhuin, Lily Luft, Cali Leng, Nyla Valencia, Esther Han
Gary Mayabb was named associate head coach of the University of Iowa women’s wrestling team on May 13, 2022.

Mayabb (MAY-abb) served as manager of Greco-Roman programs for USA Wrestling from 2017-22, where he had direct oversight of the daily operations for the Greco-Roman program as well as the development in the U20-U17-U15 age groups. He was also a five-time member of the U.S. Olympic Team Training Camp staff.

As a USA Wrestling NCEP Gold Level Certified Coach, Mayabb has also been named the USA Wrestling Regional Developmental Coach of the Year, USA Wrestling Junior National Greco-Roman Coach of the Year and USA Wrestling Cadet National Greco-Roman Coach of the Year. He also served as the Missouri Cadet and Junior National Team Greco-Roman head coach from 1987-2016, where he worked with 17 champions and 71 All-Americans.

At the high school level, Mayabb served as head coach at Oak Park and Staley High Schools. He is a two-time NWCA Region Coach of the Year and State Coach of the Year, a five-time MWA State Coach of the Year and two-time NSHSAA Coach of the Year.

He led Oak Park High School to six MSHSAA team state titles, including five straight. His team was nationally ranked eight times in his tenure and his athletes won 38 individual state titles, had 96 state medalist and 145 state qualifiers.

Mayabb moved to Staley High School, becoming the first head coach in the program’s history. He led the team to a team championship in 2017, as well as four top-four finishes, six individual state titles, 34 state place finishers and 59 state qualifiers. In his career, more than 100 former student-athletes have gone on to coach at all levels.

As a competitor, Mayabb competed at the University of Central Missouri, where he was a NCAA qualifier and the MIAA Conference Most Outstanding Wrestler. The two-time team captain was a U.S. Open finalist in 1990 and a four-time Olympic Trials qualifier (1980, 1984, 1988, 1992). He is a member of Central Missouri’s Hall of Legends and Athletic Hall of Fame, as well as other Halls of Fame in Missouri.

Mayabb has been a member of the Missouri Wrestling Association, National Wrestling Coaches Association, Collegiate Wrestling Officials Association, National Wrestling Officials Association and United States Wrestling Officials Association. He was also a collegiate official from 1985-2017, and during that time served as a Big Ten Conference official from 2006-17, and an NCAA Championships official from 2000-17.

Mayabb graduated from Central Missouri with a degree in secondary education and he earned his master’s degree in curriculum instruction with an emphasis in psychology from the University of Missouri-Kansas City.

Mayabb and his wife, Dorothy, have three daughters — Katie (husband, Brent), Kelsey and Breeley and two granddaughters, Eloise and Remy.
TONYA VERBEEK
Assistant Coach
Brock University

Verbeek served as the Senior Manager of Sport for the Niagara 2022 Canada Summer Games. She also worked as a wrestling assistant with the Brock Wrestling Club in 2022. Verbeek also served in the same role at Brock University from 2006-13.

Verbeek has nearly two decades of experience competing for and coaching the Canadian National Team.

As a competitor, Verbeek attended three Olympics at 55 kg and finished on the podium in all three. In 2004 she became the first woman to win a wrestling medal for Canada, taking silver in Athens. In 2008 she left Beijing with a bronze medal, and in London in 2012, she earned her second silver medal.

She earned bronze at the 2005 and 2009 and silver in 2011 at the World Wrestling Championships. She finished second in 2003 and 2011 at the Pan-American Games and third in 2007. At the 2010 Commonwealth Games, she finished second at 59 kg.

Verbeek was named Ontario Athlete of the Year in 2005 and was enshrined in the St. Catharines Sports Hall of Fame in 2019.

Verbeek holds degrees in recreation and leisure studies and education from Brock University. She earned her masters of education from Brock University in 2006.
Hannah Sieperda  
Director of Operations

Lauren Werner  
Athletic Trainer

Ryan Koester  
Strength & Conditioning

Josh Berka  
Event Management

Leandra Jew  
Athletic Communications

Teagan Schreiber  
Athletic Communications

Dalton Conrad  
Hawk Vision

Matt Henderson  
Associate AD (Sport Supervisor)

Brian Clarke  
Marketing

Kelsey Laverdiere  
Marketing

Dylan Leigh  
Assistant Equipment Manager

Anthony Embry  
Academic Coordinator
ALEX BAUDHUIN
130 Pounds | Fifth Year | Coppell, Texas (Coppell High School/Jamestown)

2018-2023 at University of Jamestown -- 2x KCAC Conference Champion...KCAC Wrestler of the Year Award...2x NAIA National All-American...Team Leader Award...MVP Team Award...Athlete of the Week...Women's Nationals U20 All-American, 2019...Women's Nationals U23 All-American, 2021, 2022...Dean's List...Highest Team GPA

Highschool -- Schoolgirl 113 lbs. Freestyle National Champion, 2014...Fargo Cadet All-American, 2016

Personal -- Pursuing a Master in Mechanical Engineering...Daughter of James and Angela Baudhuin and sister to Isabella Baudhuin...Father wrestled at the University of Wisconsin...Born on July 25, 2000

AVA BAYLESS
109 Pounds | Sophomore | Greenville, Pennsylvania (Wyoming Seminary)

2022-2023 Unattached -- Third place at 2022 Soldier Salute...2023 Bearcat Open champion...6th place at U20 National Championship in 2023...7th place at 2023 US Open Wrestling Championship

Highschool -- Ranked No. 12 recruit nationally at 112 pounds... two-time GIRLS Prep Wrestling champion...National Prep All-American at Wyoming Seminary... placed seventh at the 2021 U23 World Team Trials... placed fifth at 2021 Junior Fargo... placed fourth at the 2021 Junior World Team Trials... placed first at the 2019 Flatz open in Austria.. placed first at the 2019 Tallinn Open in Estonia... earned bronze at the 2019 Vorobyeva Cup in Russia... runner-up at the 2019 Super 32... finished second in 2018 and third in 2019 at the Cadet World Team Trials.

Personal -- Born October 8, 2003... daughter of Annese and Sean Bayless.
ANAKYA BESCO
143 Pounds | Senior | Rose Hill, Kansas (Rose Hill/Dixie State)

2020-2022 at Dixie State -- 1st place finish and outstanding wrestler NCWA Western Conference... 3rd Place Finish at NCWA Championship.

Highschool -- State champion as a freshman, 2x state runner up, and finished third as a senior... 5th at folkstyle nationals... 8th place finish at US Open... also participated in volleyball, softball, soccer, and cross country.

Personal -- Born January 7, 2002... daughter of Jeremy and Casey Besco... has three siblings: Peyton, Olyvia, and Ayva... father Jeremy played football at Huron University.

SIERRA BROWN TON
136 Pounds | Senior | Allen, Texas (Einstein/Colorado Mesa, Augsburg)

2019-20 at Colorado Mesa -- Finished her sophomore season with a 19-9 record...Was in the NWCA National Rankings most of the season...Won the Colorado Mesa Open...Placed third at the York Open...Placed fifth at the Bearcat Open

2018-19 at Colorado Mesa -- WCWA All-American after placing eighth at the National Championships...Finished the season with a 27-13 record...Recorded the program’s first-ever win with a 15-5 technical fall victory over Leah Olguin of Wayland Baptist...Defeated sixth-ranked Briana Kellin of King by technical fall at the National Championships.

High School -- No. 1 ranked recruit nationally at 200 pounds... No. 16 ranked overall recruit in the country by USA Wrestling... won 2022 California State title, going 29-0 on the season... finished high school career with a 101-20 record... 2021 Junior Folkstyle Nationals Champion... 2021 Junior Freestyle National Champion.

Personal -- born July 16, 2004... daughter of Dave and Jackie Calkins.
SAM CALKINS
191 Pounds | Sophomore | Brentwood, California (Liberty)

High School -- No. 1 ranked recruit nationally at 200 pounds... No. 16 ranked overall recruit in the country by USA Wrestling... won 2022 California State title, going 29-0 on the season... finished high school career with a 101-20 record... 2021 Junior Folkstyle Nationals Champion... 2021 Junior Freestyle National Champion.

Personal -- born July 16, 2004... daughter of Dave and Jackie Calkins.

ROSE CASSIOPI
165 Pounds | Freshman | Roscoe, Illinois (Hononegah High School)

2021 Pan American Gold Medalist...2021 Folkstyle National Champion...2021 National Recruiting Showcase Champion...2022 Pan American Bronze Medalist...2022 State Champion...2023 US Open Runner Up...3X Fargo All American (2020, 2021, 2022)

Personal -- Daughter to Erica and Anthony Cassioppi...Sibling to Anthony, Giovanni, Angelina, Rocco, and Bruno...Brother Anthony is currently a wrestler at the University of Iowa...Born on November 2, 2004
**MARLYNNE DEEDE**  
*155 Pounds / Senior / Springville, Utah (Springville High School/Augsburg)*

Augsburg University 2019-2023 -- 4x College All American...2023 National Champion...2022 US Open Runner Up...2022 U23 National Team Member...2021 Olympic Team Trials Qualifier...2018-2020 U20 National Team Member

High School -- 3x Utah Folkstyle State Champion...3x Utah Freestyle State Champion  
Girls Folkstyle Nationals Runner Up

Personal -- Pursuing Graduates in Geoscience...Daughter of Marna and Brian Deede...One of five children, sibling to Avery, Lauryn, Walker, and Reid...Father played football at Ball State University...Born on September 1, 2001

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**STERLING DIAS**  
*101 Pounds / Sophomore / Las Vegas, Nevada (SLAM Academy)*

2022-23 Unattached -- Missouri Valley Open Champion...Soldier Salute Champion in 2022...2023 Bearcat Open Champion

High School -- Ranked No. 23 pound-for-pound wrestler nationally...2016 Pan-American Schoolgirl Champion in Medellin, Colombia...2017 Pan-American Schoolgirl Champion in Santiago, Chile...2018 Cadet World Bronze Medalist in Zagreb, Croatia...2018 Fargo National Champion and Outstanding Wrestler -- First female Fargo Champion in Nevada...2019 Cadet and Junior Folkstyle Champion in Oklahoma City, Oklahoma...2019 Fargo National Champion...2019 Cadet World Silver Medalist in Sofia Bulgaria...2020 Super 32 Champion in Myrtle Beach, South Carolina...2022 NIAA All Girls Nevada State Championship at 106 pounds...2022 Runner-up at the Ayala Women's Wrestling Invitational.

Personal -- Born on August 19, 2003...daughter of Renalyn and Leroy Dias...has two brothers -- Steele and Sylver.
NANEAL ESTRELLA
130 Pounds | Senior | Makawao, Hawaii (Lahainaluna/Menlo College)

2022-23 Unattached -- 2022 Missouri Valley Open Champion

High School -- 2022 U20 Pan-American Champion at 59 KG... 2022 U.S Senior Nationals at 59 KG... 2021-22 NAIA National... runner-up at 130 pounds... 2021-22 Cascade Collegiate Conference champion... third place finish at 2021 UWW U23 National Championships... 2020 UWW Junior National Title... runner-up at the 2019 Junior National Championship... 2018 Cadet National Championship runner-up... placed third at the Cadet World Team Trials in 2019... won both freestyle and Greco-Roman at 2019 Western Regionals... four-time state champion for Lahainaluna High School... was ranked second at 132 pounds in the National Girls High School rankings... ranked top 10 nationally for three straight seasons in high school.

Personal -- born March 26, 2002... wrestled one season at Menlo (Calif.) College... daughter of Isaac and Johanna Estrella.

JAYCEE FOELLER
191 Pounds | Junior | De Soto, Missouri (De Soto High School/McKendree, CMU)

McKendree University 2021-2022 -- 2021 MoVal Open Champion...2021 Regional Runner-up...2022 NCWWC Runner-up...Central Methodist University 2022-2023...2023 Heart of America Conference Runner-up...2023 NAIA Runner up

High School -- 2017 USMC Cadet 3rd place ...2018 USMC Cadet Champion...2018 Junior Runner-up...2019 USMC Junior 3rd place...2021 USMC Junior 5th place...Trisha Saunders High School Award of Excellence in 2021...National Honor Society...Undefeated record (121-0)

Personal -- Majoring in Sports Recreational Management...Daughter to Amber and J Foeller...Sister to Isaac and Asa...Born on December 11, 2002
EMILY FROST
130 Pounds | Freshman | Troy, New York (Tamarac High School)

BRIANNA GONZALEZ
101 Pounds | Sophomore | El Monte, California (Arroyo)

2022-23 Unattached -- Missouri Valley Open Runner-up...2022 Soldier Salute Runner-up

High School -- No. 13 ranked pound-for-pound recruit... No. 1 ranked 100-pound recruit in the country... shared title at 100 pounds at the 2021 USA Wrestling Junior Women’s Freestyle National Championships... gold medalist at the U17 Pan-American Championships in 2021 at 46 kg.

Personal -- born September 9, 2004... daughter of Gabriela and Carlos Gonzalez... identical Twin sister, Emilie, wrestles at Iowa.
EMILIE GONZALEZ  
101 Pounds | Sophomore | El Monte, California (Arroyo)

2022-23 Unattached -- Missouri Valley Open Runner-up...2022 Soldier Salute Runner-up...3rd at 2023 Bearcat Open

High School -- No. 15 ranked 100-pound recruit in the country... shared title at 100 pounds at the 2021 USA Wrestling Junior Women’s Freestyle National Championships... gold medalist at the U17 Pan-American Championships in 2021 at 43 kg.

Personal -- born September 9, 2004... daughter of Gabriela and Carlos Gonzalez... identical Twin sister, Brianna, wrestles at Iowa.

ESTHER HAN  
136 Pounds | Sophomore | Carbondale, Illinois (Mountain View)

Highschool -- Ranked No. 12 Nationally at 132 pounds by USA Wrestling... third place finish at the 2022 Fargo Junior Nationals... third place finish at the 2022 Folkstyle Nationals... 2021 World Team Trials Last Chance Qualifier... two-time Senior World Team Trial Qualifier... five-time Judo National and International Champions.

Personal -- born December 8, 2003... daughter of SangPill Han and Christina Joung.
**REESE LARRAMENDY**  
143 Pounds | Sophomore | Reno, Nevada (Wyoming Seminary)

2022-23 Unattached -- Missouri Valley Open Champion...Soldier Salute Champion in 2022...3rd place at U20 National Championship in 2023

High School -- No. 19 ranked pound-for-pound recruit in the country... No. 1 ranked wrestler at the 144-pound weight class... won the 2019 16U National Championship... 2019 silver medalist at the 15U World Combat Games in Budapest... third place finished in the 2019 Cadet World Team trials... U20 National Champion in 2022

Personal -- born June 7, 2004... daughter of Tara and Greg Larramendy.

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**CALI LENG**  
123 Pounds | Freshman | Marysville, Ohio (Marysville Early College High School)

High School -- 2-time State Champion...2-time Central Regional Champion...7th place at Fargo Nationals...First girls Champion

Personal -- Majoring in Business...Daughter to Marie Lynn and Jesse Eugene Leng...Sibling to Cara, Cami, and Colby...Birthday is on May 19, 2005
**BELLA MIR**  
**143 Pounds | Sophomore | Las Vegas, Nevada (Centennial)**

2022-23 Unattached -- 2022 Soldier Salute Runner-up...3rd at 2023 Bearcat Open...2023 U20 National Champion...6th place at 2023 US Open Wrestling Championship...Grand Prix of Spain Champion

High School -- sixth-ranked nationally at 144 pounds... 2021 Junior Folkstyle national champions... fourth place finish at the 2021 Junior Women's Freestyle World Team Trials at 143 pounds... four-time Nevada state Champion at Centennial High School... 3-0 record as an MMA fighter... 2021 International Jiu Jitsu Con Champion... 2022 American National Jiu Jitsu Champion.

Personal -- born July 1, 2003... daughter of Frank and Jennifer Mir... father Frank Mir is a two-time UFC heavy-weight Champion and a 16-year UFC veteran.

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**LILLY LUFT**  
**130 Pounds | Freshman | Charles City, Iowa (Charles City Community High School)**

High School -- 32-3 Freshman Season Record...Iowa High School State 4th Place (Freshman)...2020 3rd Girls Flo Tulsa Nationals...24-1 Sophomore Season Record...Iowa High School State Champion (Sophomore)...2020 AAU Iowa State Runner Up...2021 State Freestyle Runner Up...2021 Fargo Nationals 5th Place All American...2021 Super 32 5th Place All American...2021 National Folkstyle Runner-up...2021 AAU Iowa State Champion...2021 World Beach Championships 4th Place...29-2 Junior Season Record...Iowa High School State Champion (Junior)...2022 Women's National All American...2022 Super 32 Runner-up...Currently Ranked #1 Nationally...2023 Fargo Nationals Runner-up...2023 Iowa High School State Champion (Senior)...40-0 record as a senior

Personal -- Majoring in Pre-Physical Therapy...Daughter of Leonard and Wendy Luft...Sibling to Landon...Birthday is March 8, 2005
BELLA NGO
130 Pounds | Freshman | Dixon, California (Dixon High School)

High School -- 4th at USA Folkstyle Nationals 2021...3rd at CA State Championships 2022...2nd at USA freestyle states

Personal -- Majoring in Physical Therapy...Daughter of Pinky and Greg Ngo...Sister to Cooper Ngo... Born on May 4, 2004

EMMILY PATNEAUD
136 Pounds | Senior | Newark, California (Gilroy High School/McKendree, CMU)

McKendree University (2020-22) -- U17 UWW all American...U20 UWW All American...U23 UWW All American...NCWWC All American, 5th place...Deans List

Central Methodist (2022-2023) -- Unable to compete due to injury

High School -- 6th Place at California State Championships (freshman)...California State Champion (sophomore)...Team MVP...North Coast Section Champion...3rd Place finish at California State Championships (senior)...Central Coast Section Champion

Personal...Majoring in Elementary Education...Daughter to Cheri Villa and David Patneaud...Sibling to Taylor and Lilian...Birthday is October 11, 2002
AVI ROSE  
116 Pounds / Freshman / Princeton, New Jersey (Princeton High School) 

High School -- 4x champion at NJ girls regionals...2x champion at NJ girls states...2nd place at NJ girls’ states...7th place at Fargo nationals...1st at NJ freestyle states...2nd at NJ freestyle states...4th at Northeast regionals

Personal -- Pursuing a major in Civil Engineering...Daughter to Bruce and Helen Rose...Sister to Aiden, Cole, and Forest...Born on June 1, 2005

ELLA SCHMIT  
130 Pounds / Sophomore / Bettendorf, Iowa (Bettendorf)  

2022-23 Unattached -- 2023 Bearcat Open champion...5th place at Klippan Women’s Open...2023 U20 National Championships Runner-up...2023 U20 Pan American Champion

Highschool -- 2022 Dan Gable Ms. Wrestler of the Year... Ranked No. 3 wrestler nationally at 117-pound weight class... two-time All American... three-time Iowa state title winner... fifth place finish at the 2021 Junior Women’s National Championship... Cadet Freestyle All-American in 2019.

Personal -- born May 6, 2004... daughter of Matt Schmit and Heather Dohrn.
DANNI SWIHART
138 Pounds | Freshman | Jackson, Michigan (Hanover-Horton High School)

High School -- 3rd Place at Michigan State Championships (freshman)...All-District Team...4th Place at Michigan State Championships (sophomore)...Michigan State Champion (junior)...Runner-up at Regionals...Team Captain and Team MVP...Academic All-American...2022 Freestyle State Champion...2022 6th in South Central Region...National Runner-Up with Team Michigan at National Team Duals...First MHSAA Girls State Champion 2022...First female wrestler from Michigan to commit to a D1 school, and the first for Big 10 as well

Personal -- Majoring in Pre-professional Veterinary Medicine...Daughter of Scott and Leigh Ann Swihart...Sibling to Ford and Drew...Born on May 3, 2005
**FELICITY TAYLOR**  
**116 Pounds | Fifth Year | Spillville, Iowa (South Winneshiek/McKendree)**

2022-23 Unattached -- Missouri Valley Open Champion... Soldier Salute Champion in 2022... 2023 U23 National Champion... 3rd place at 2023 US Open Wrestling Championship... 4th place at 2023 Final X... 4th place at 2022 UWW World Cup

2020-21 at McKendree -- U23 National team member... 2nd on Senior National team... Final X qualifier... NC-WWC National runner up... NCWWC Championship team member.

2020-21 at McKendree -- overall record 14-0... finished fourth in U23 Women's Freestyle National Championship... finished second in UWW Junior National Championship... ranked No.1 in NWCA regular season poll... competed in the Wisconsin Regional Training Center Underground 3... NCWWC National Champion... NCWWC Championship team... NCWWC All-American.

2019-20 at McKendree -- overall record 14-5... competed at the Senior U23 National Championship in Budapest, Hungary, and placed ninth in the 53 kg class... placed first in the Missouri Valley Open... ranked No. 2 in 116-lb... placed sixth in Senior Nationals and Trials Qualifier... went 1-1 in matches and competed at NWCA Multi-Division National Dual Meet Championship... NWCA Multi-Division National Dual Meet 1st-place Championship team... placed second in Bearcat Open... placed second in National Collegiate Women's Wrestling Championship... NCWWC Championship team... WCWC All-American.

2018-19 at McKendree -- overall record 15-2... represented and competed in United World Wrestling Junior Pan... American Championship in Fortaleza, Brazil... placed first in the Lady Warrior Open... placed fifth in the Simon Fraser University International Open... won 3 matches in Bearcat Duals... placed first in the Missouri Valley Open... ranked No. 1 in the 116-lb class by WCWA Top-25... competed and went undefeated in NWCA National Duals... placed fifth in the Bearcat Open... placed first individual title in WCWA National Championship.

**High School** -- finished her high school career as a highly recognizable women's wrestler at South Winneshiek High School... Taylor had a winning record her freshman year, finished as State Champion her sophomore year, and finished State Champion her junior season... in her senior season, she had 100 wins, finished as both a Conference Champion (106 lb.) and a Sectional Champion... Taylor was the first girl in Upper Iowa Conference to win a conference title... Taylor was coached by TJ Sebolt at the Sebolt Wrestling Academy... her other accolades include finished second-place in Nationals, her team finished first-place at National Duals and her team finished third-place at the National Tournament.

**Personal** -- born August 22, 2000... is the daughter of Christa and Joe Taylor.
NYLA VALENCIA
109 Pounds | Sophomore | Morgan Hill, California (Ann Sobrato)

2022-23 Unattached -- Missouri Valley Open Champion...2023 Runner-up at U20 National Championship

Highschool -- Ranks third at 106 in National Girls High School Rankings... won 106-pound title in the Inaugural USA Wrestling High School National Showcase... won 106-pound title at CIF State Championships as a sophomore.... 2019 & 2021 Super 32 Title Winner... 2021 106-pound title winner at National Recruiting Showcase.

Personal -- born August 17, 2004... daughter of Joel and Sandra Valencia.

HALEY WARD
155 Pounds | Freshman | Buckner, Missouri (Fort Osage)

High School -- 4-time State Champion...U15 Gold Pan-Am medalist...U20 Bronze Pan-Am medalist...U20 Gold Pan-Am medalist...Only female in Fort Osage to accomplish 4 State Championships

Personal...Majoring in Nursing...Daughter of Mary and Anthony Ward...Sibling to Katelyn and Isaac...Born on August 17, 2004
**KYLIE WELKER**  
170 Pounds | Sophomore | Franksville, Wisconsin (Waterford Union)

2022-23 Unattached -- 2022 Soldier Salute Runner-up...Runner-up at U20 National Championship in 2023...5th place at 2023 US Open Wrestling Championship...True third at 2023 Final X...2023 U20 Pan American Champion

High School -- No. 1 ranked pound-for-pound women's high school wrestler in America... 2021 Junior world champion... 2021 U23 World bronze medalist... second in 2021 U.S. Olympic Team Trials... 10th at 2021 Senior World Championships.

Personal -- born December 17, 2003... daughter of Jeremy Welker.

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**ALIVIA WHITE**  
191 Pounds | Freshman | Marysville, Washington (Marysville Pilchuck High School)

High School -- 3-time State Champion...U20 UWW 2-time All-American...3-time Fargo All-American (7th, 4th, 3rd, 2nd)...MPHS Female Athlete of the Year

Personal -- Pursuing Nursing Major...Daughter of Andrea and Craig White...Sibling to Cayden...Brother wrestles at Minot State University...Born on October 19, 2004
The University of Iowa Athletics Department is adding women’s wrestling as an intercollegiate program, becoming the first NCAA Division I, Power Five conference institution to offer the sport.

“This is an exciting day for the university, our department and the sport of women’s wrestling,” said Gary Barta, the Henry B. and Patricia B. Tippie Director of Athletics Chair. “Our wrestling history and success makes this a perfect fit. We are confident that at Iowa, our women’s wrestling student-athletes will have the opportunity to compete at the highest level athletically and academically.”

The NCAA recognized women’s wrestling as an emerging sport in 2020 for all three divisions. Currently, there are 45 intercollegiate women’s wrestling programs, including five in the state of Iowa. In addition, 32 states have a sanctioned high school girl’s wrestling state championship. In Iowa, the state tournament is sponsored by the Iowa Coaches Association and over 600 girls participated in high school wrestling a year ago.

“This is important to a lot of people for a lot of reasons,” said Iowa head wrestling coach Tom Brands. “This is historic. This needed to happen and it’s appropriate that it is happening first at the University of Iowa. There is no greater place in the world to wrestle than Iowa City, Iowa, and with our new wrestling facility we are prepared to offer world-class training for both our Hawkeye men and women.”

**QUOTES FROM THE WRESTLING COMMUNITY**

**Tamyra Mensah-Stock – U.S.A. Wrestling, 2020 Olympic Gold Medalist**

“This is amazing news for women’s wrestling. It’s good to see these changes taking place, especially because there are so many states sanctioning female wrestling. It makes me happy to see this is happening and I want to thank Iowa for being a pioneer in the sport. With this decision I know it’ll only be a matter of time before other Division I schools follow their lead.”

**Mike Moyer, Executive Director, NWCA**

“This extraordinary announcement represents the 100th intercollegiate women’s wrestling program in all divisions and governing bodies that has been established since 1999. I know I speak for our NWCA Board of Directors and staff when I say that the University of Iowa is a trailblazer for all NCAA Division I Power 5 Conference Athletic Departments to follow. Creating this new opportunity for women wrestlers at a university with so much history and tradition in wrestling builds incredible momentum for our sport. Most important, this means more opportunities for more students. This is a win we should all be celebrating.”

**Terry Steiner, USA Wrestling Women’s National Coach**

“The University of Iowa starting a women’s program puts women’s wrestling at the highest level of NCAA Athletics. It helps our national team become an even stronger power of the world stage. As a University of Iowa graduate and former student-athlete, it makes me proud to see Iowa step up as a leader in the fastest growing sport for women in our nation. This is also good news for men’s wrestling at the college level as our sport will have a bigger footprint on college campuses nationwide.”

**Josh Schamberger, President Think Iowa City & Iowa City Area Sports Commission**

“Today’s news is incredibly special and in so many ways monumental. It was only a matter of time for Iowa City, Iowa, Wrestling Town USA. Our community plays host to the annual girls state wrestling tournament, and we have directly assisted with the launch of three area girls high school programs. We regularly host Coach Steiner and the U.S. women’s national team, and we are honored to play a small part in making it a reality.”

**Cathy Zaharis – Chair, Iowa Presidential Committee on Athletics and Women’s Wrestling and Carver Circle Contributor**

“The University of Iowa continues to be a leader in academics and athletics, and this is another shining example. As Chair of the PCA, I am delighted we can provide this opportunity for student-athletes to achieve their educational goals at the University of Iowa. As a fan, I’m excited for young women to come to the University of Iowa and compete for Big Ten and NCAA championships as Hawkeyes.”
Your hosts inside of Carver Hawkeye Arena include UI Athletic Communications staff members Matthew Weitzel, James Allan, Sam Basler, Leandra Jew, Hannah Ossman, Bailey Turner and Traci Wagner. The Strategic Communications staff also includes interns John Leo and Jack Bacon, and student staff members Alina Davis, Brandt Dickey, Claire Kelly, Grace Kelly, Emmy Lewis, Reagan Schoening, Teagan Schreiber and Sydney Weber.

Weitzel was named associate athletics director for strategic communications in June 2023. He previously served as an associate director in for 11 years after serving as assistant director for 13 years. Weitzel graduated from the University of Iowa in 1997 with a bachelor’s degree in journalism and mass communication, with an emphasis in business. The native of Mundelein, Illinois, was a student in the sports information office for three years. He and his wife, Carrie, have a son, Grey, and a daughter, Owen Rose.

Allan was named associate director in 2016 following seven years as a full-time assistant. It is Allan’s second stint in the office, as he served as a student assistant from 2000-04. Allan returned to Iowa City after serving as the sports information director at the University of Missouri-Kansas City from 2005-10, and as the athletics media relations intern at Texas Christian University in 2004-05. The Hampton, Iowa, native earned his bachelor’s degree in journalism in 2004. He and his wife, Mary Ann, have four children, Jonathan, Will, Eleanor and Olivia.

Basler is in his second year as an assistant director after serving as an intern for one year and a student assistant for two years. He previously was a student assistant in the sports information department at Gonzaga University (2018-19). The West Des Moines native earned his bachelor’s degree in sports management from Gonzaga and his master’s degree in sport and recreation management from Iowa.

Jew was named an assistant director in 2023 after serving as a full-time intern for one year. The Brea, California, native earned her bachelor’s degree in communication from the University at Buffalo where she was a four-year starter on the softball team. She also earned her master’s degree in sport management from the University of Florida. She and her fiancé, Logan, reside in North Liberty with their dog, Duke.

Ossman is in her fourth year as an assistant director, after serving as intern for one year. The Farmington, Illinois, native earned her bachelor’s degree in communications and journalism and master’s degree in sport management from Northern Illinois University. There, she worked in the Athletic Communications department as a student assistant and graduate assistant. She has a son, Elias.

Turner is in his second year as an assistant after serving as a student assistant from 2017-20. He also served as an assistant director at North Texas (2021-22) and a communications assistant at Middle Tennessee (2020-21). A native of Boone, Iowa, Turner earned his bachelor’s degree in sports and recreation management in 2020.

Wagner is in her 25th year as an assistant after previously serving as a student assistant for four years and as an intern for two years. A native of Iowa Falls, Wagner earned her bachelor’s degree in 1997 with a double major in journalism and communication studies. She and her husband, Jason, have a son, Nick, and a daughter, Sydney.

The Strategic Communications Office is located in Suite S300 in Carver-Hawkeye Arena. Rhonda Wetjen is the office assistant and the office phone number is 319-335-9411.

George Wine Scholarship Benefits University of Iowa Student Interns

Dr. Barrie Anderson, spouse of former University of Iowa Sports Information Director George Wine, has established the George Wine Memorial Scholarship Fund. The fund provides a scholarship each semester to a senior student intern who is employed in the UI Athletic Communications office. Wine served as Iowa’s Sports Information Director from 1968-1993.
Carver-Hawkeye Arena has been the home of Iowa wrestling since 1983. The facility is one of the finest of its kind in the world, and it seats 15,077 fans for a dual wrestling meet. The arena is named after the late Roy J. Carver, a long-time friend and contributor to the University. Carver had a love for Iowa athletics and a lifelong affection for wrestling. Carver died in 1981 at the age of 71.

Iowa's basketball, gymnastics, and volleyball squads also compete in the bowl-shaped arena. The multi-purpose building has also been the site of banquets, concerts, exhibition shows, and graduation ceremonies. Besides the main floor, where dual meets are staged, the arena boasts one of the best wrestling training rooms in the nation. The Dan Gable Wrestling Complex features three mats, a locker room, sauna, weight-lifting facilities, and retractable bleachers.

The Board of Regents, State of Iowa approved the schematic design, project description, budget, and financing plan for a $47 million addition and revitalization of the arena that was completed in 2011. The Carver-Hawkeye Arena – Addition and Renovation Project added a practice facility immediately north of the arena for use by the Hawkeye men’s and women’s basketball and volleyball programs; renovation of the practice, fitness and weight-training facilities utilized by the wrestling program; renovation and expansion of other fitness and weight-training space in the arena utilized by the majority of Iowa’s 24 sports; the renovation and expansion of locker rooms in the facility; and the renovation of existing and the creation of new office, meeting, and storage space for use by administrative and coaching staff of the Athletics Department. The project began in the fall of 2009 and the UI Department of Athletics moved back into the facility in July, 2011.

The revitalization of the arena also extends into spaces used by the general public on game days and nights. This includes renovation of select concessions and rest-room facilities, and the creation of hospitality and meeting spaces. There are also club facilities for fans of the Hawkeyes who choose to participate in a variety of premium seating options similar to those available in the Paul W. Brechler Press Box at Kinnick Stadium.

In 2016, a new four-sided centerhung video system was installed in the main arena. The video screen can display any combination of live video, instant replays, statistics, game information, animations and sponsorship messages.
Construction on the $31 million facility began in June 2022. This new 38,500-square-foot training complex next to Carver-Hawkeye Arena — with a tunnel connecting the two facilities — will nearly double the amount of training space for Iowa wrestlers and establish a street-level hall of champions that will properly display the success of Iowa wrestlers of past, present, and future. Iowa’s wrestling teams have practiced in Carver-Hawkeye Arena since its opening in 1983.

“This facility is a very important piece of Iowa athletics’ future, and we are doing it right,” said head coach Tom Brands, whose Hawkeyes won the 2021 Big Ten and NCAA Championships. “The support for Iowa wrestling is at an all-time high. Our fans are the best fans in the world. Our donors are the best donors in the world. They stepped up, and because of them, we have momentum for building the best training facility in the world.”

The new facility will allow the university to continue its tradition of hosting the world’s top senior level and international wrestling events, including the U.S. Olympic Trials and the United World Wrestling Cup, which attract tens of thousands of wrestling fans to Iowa City and delivers a multi-million dollar economic impact to the community.

For more information on the facility, visit hawkeyesports.com/carvercircle.
President Wilson earned a bachelor’s degree in journalism and master’s and PhD degrees in communication arts from the University of Wisconsin-Madison. She came to Iowa having served as the executive vice president/vice president for academic affairs of the University of Illinois System. Prior to that, she served in several administrative positions, including interim chancellor, at the University of Illinois Urbana-Champaign, where she was a member of the communication faculty for 21 years. She was also a professor of communication at the University of California, Santa Barbara, and the University of Louisville. President Wilson’s research focuses on the social and psychological effects of the media, particularly on youth.

President Wilson’s spouse, John Lammers, is a retired professor of communication. They have two grown daughters.
Beth Goetz was named interim Henry B. and Patricia B. Tippie Director of Athletics Chair at the University of Iowa June 1, 2023. Goetz joined the Iowa athletics staff as Deputy Director of Athletics and Chief Operating Officer (COO) on Sept. 7, 2022.

Goetz joined the Iowa athletics staff from Ball State University, where she had served as Director of Athletics since May, 2018. At Ball State, she directly supervised 19 Division I Intercollegiate sports teams, all head coaches, and the senior athletics department professional staff. Goetz previously served as Minnesota's Deputy Athletics Director from 2013-15 and interim Athletics Director during the 2015-16 season.

Ball State won 10 Mid-American Conference championships during the time Goetz served as athletics director, including seven during the 2021-22 athletics campaign, the most since 1999-2000. Goetz also guided Ball State to strong marks in the Reese and Jacoby Trophy standings, which honors the top men's and women's athletics programs in the MAC, respectively. The Cardinals placed third in the Reese Trophy standings in 2021-22, their best finish since taking second in 2013. In addition, Ball State reached heights never achieved in the classroom, including back-to-back years with a 90 percent Graduation Success Rate (GSR) and the highest department GPAs on record.

Among the first projects Goetz tackled at Ball State was the creation of a five-year strategic plan titled, Onward, which was created prior to 2019. During her tenure Goetz also hired eight head coaches, launched the NIL initiative Ball You and as a member of the President's Cabinet served on several key campus committees. Goetz’ fundraising acumen was on full display while at Ball State, producing increases in sport specific giving and the completion of numerous capital projects including the university’s $15 million Scheumann Family Indoor Practice Facility. Revenue generation strategies were highlighted by an increase in ticket sales across all sports and a revamped concessions agreement.

In addition to her previous role as an administrator, Goetz has been selected for national leadership duties. Goetz was named to the NCAA Competition Oversight Committee in 2018 and served as vice chair of the NCAA Division I Women's Basketball Committee in 2021. She was named by Women Leaders in College Sports as the 2022 NCAA Division I FBS Nike Executive of the Year and was recognized by the Indianapolis Business Journal (IBJ) as one of the publications 2021 Women of Influence.

Prior to arriving at Ball State, Goetz was the chief operating officer/senior woman administrator at the University of Connecticut from 2016-18. She served as Minnesota's Deputy Athletics Director from 2013-15 and the interim athletics director during the 2015-16 year. She was the associate athletics director at Butler University from 2008-13 following a 13-year stint at the University of Missouri-St. Louis, where she was an assistant women's soccer coach (1996), head women's soccer coach (1997-2008) and assistant athletics director/senior woman administrator (2001-08). Goetz was inducted into the UMSL Sports Hall of Fame in 2014.

During her college career Goetz was an accomplished Division I student-athlete, playing soccer at Clemson University. She earned All-America recognition at Brevard College (N.C.), where she was inducted into the college's Hall of Fame in 2014. Goetz earned an associate of arts degree from Brevard in 1994 and a Bachelor of Arts degree from Clemson in 1996. She earned her master's degree from the University of Missouri-St. Louis in 2000.

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**THE GOETZ FILE**

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<th>Years</th>
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<td>2022-2023</td>
<td>June 2023-pres.</td>
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<td>Deputy Director of Athletics and Chief Operating Officer, Iowa</td>
<td>2018-2022</td>
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<td>Director of Athletics, Ball State</td>
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<td>Chief Operating Officer/SWA, Connecticut</td>
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