

# IOWA WOMEN'S WRESTLING



**UNIVERSITY OF IOWA**  
**ATHLETIC COMMUNICATIONS**  
**LEANDRA HARASTA**  
**(714) 496-0186 (C)**  
**LEANDRA-HARASTA@UIOWA.EDU**

## MARCH 8-9, 2024

### SCHEDULE & RESULTS (16-0)

NOVEMBER		
DATE	OPPONENT	TIME/RESULT
4	at East Stroudsburg	W, 43-1
5	at Princeton Open	6 Champions
12	*Trailblazer Duals	11 a.m.
	#13 Presbyterian	W, 44-1
	#11 Lindenwood	W, 43-0
	#5 Sacred Heart	W, 40-4
17-18	at Missouri Valley	6 Champions
DECEMBER		
10	at North Central	3 Medalists
17	at Desert Duals	All Day
	Adams State	W, 34-11
	#4 Colorado Mesa	W, 25-20
	#8 Simon Fraser	W, 24-23
29-30	at Soldier Salute	5 Champions
JANUARY		
5-6	NCWA National Duals	1st Place
	Adrian College	W, 49-1
	#7 Presbyterian	W, 39-4
	#3 King	W, 31-8
	#1 North Central	W, 21-20
21	*Iowa Duals	1:30 p.m.
	Missouri Valley	W, 42-0
	Life University	W, 35-6
26	Indiana Tech Duals	All Day
	Indiana Tech	W, 42-0
	Campbellsville	W, 42-2
27	Indiana Tech Open	4 Champions
31	at Sioux Falls	W, 39-7
FEBRUARY		
23	! NCWWC Regionals	6 Champions
MARCH		
8-9	+ National Championships	11 a.m.
All times Central and subject to change.		
* Home dual		
^ in Cedar Falls, Iowa		
! in Indianola, Iowa (Simpson College)		
+ in Cedar Rapids, Iowa		

### ON THE MAT

**FRIDAY & SATURDAY, MARCH 8-9**  
**NATIONAL COLLEGIATE WOMEN'S WRESTLING CHAMPIONSHIPS**



SPONSORED BY K12

CEDAR RAPIDS, IOWA  
 ALLIANT ENERGY POWERHOUSE (6,900)

### WRESTLING COVERAGE

**SOCIAL MEDIA**  
 Follow Iowa women's wrestling team on X (IowaW\_Wrestling), Instagram (IowaWomensWrestling), and Facebook (Iowa Women's Wrestling).

**FOLLOW ALONG LIVE**  
 • The NCWWC Tournament can be streamed live on FloWrestling (\$), and followed on trackwrestling.com.  
 • You can follow live results on X (@IowaW\_Wrestling).

### REGIONAL CHAMPIONS

The second-ranked University of Iowa women's wrestling team had all 15 regional participants qualify for the National Collegiate Women's Wrestling Championships at Simpson College. Iowa also claimed the Region V title accumulating 220 team points in the tournament. The Hawkeyes had 11 student-athletes reach the finals, finishing with champions at six weight classes; Emilie Gonzalez (101), Ava Bayless (109), Brianna Gonzalez (116), Reese Larramendy (143), Marlynne Deede (155), and Kylie Welker (170).

### TEAM RANKINGS

NWCA Coaches Poll (As of 2/29/24)

Rank	Team (First)	Pts.
1.	North Central	123
<b>2.</b>	<b>Iowa</b>	<b>93</b>
3.	King	88
4.	McKendree	65
5.	Colorado Mesa	38
6.	Simon Fraser	26
7.	Lock Haven	23
8.	Sacred Heart	20
9.	New Jersey City	16
10.	Aurora	12
11.	William Jewell	11
12.	Augsburg	10
13.	Presbyterian	9
13.	Lindenwood	9
15.	UW-Stevens Point	7
15.	Tiffin	7
17.	East Stroudsburg	5
17.	Emmanuel	5
19.	Schreiner	4
20.	Wartburg	3
20.	Elmira	3
20.	Mount Olive	3
20.	Dubuque	3
20.	Chadron State	3
25.	Northern Michigan	2
25.	Adrian	2

### INDIVIDUAL RANKINGS

NAME (LBS.)	NWCA
Emilie Gonzalez (101)	1
Sterling Dias (101)	2
Ava Bayless (109)	2
Brianna Gonzalez (116)	3
Felicity Taylor (116)	4
Ava Rose (123)	10
Lilly Luft (136)	8
Reese Larramendy (143)	2
Ella Schmit (143)	5
Marlynne Deede (155)	1
Bella Mir (155)	6
Kylie Welker (170)	1
Haley Ward (170)	4
Jaycee Foeller (191)	3

(As of Feb. 29, 2024)

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### 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: Beth Goetz  
Colors: Black & Gold (PMS 116)  
Nickname: Hawkeyes  
Mascot: Herky the Hawk  
Conference: Big Ten  
Facility (Capacity): Carver-Hawkeye Arena (14,847)

#### Team Information

Head Coach (Alma Mater): Clarissa Chun (UC Colorado Springs)  
Associate Head Coach: Gary Mayabb (Central Missouri)  
Assistant Coach: Tonya Verbeek (Brock University)  
Returning All-Americans: Felicity Taylor

#### Athletics Communications

Womens Wrestling Contact: Leandra Harasta  
E-Mail Address: leandra-harasta@uiowa.edu  
Mailing Address: S300 Carver-Hawkeye Arena, Iowa City, IA 52242  
Web Site: hawkeyesports.com

### PRONUNCIATION GUIDE

Anakya Besco.....An-i-KA  
Alexandra Baudhein..BOWD-win  
Rose Cassioppi.....cass-EE-OH-pee  
Marlynn Deede .....m-ARE-linnDEE-DEE  
Sterling Dias .....DI-ahz  
Nanea Estrella .....nuh-NAY-uhes-TRELL-a  
Reese Larramendy.....laira-MEN-dy  
Cali Leng .....L-AY-ng  
Gary Mayabb.....may-ab  
Bella Mir .....MEER  
Emmily Patneaud .....PAT-node  
Nyla Valencia .....va-LEN-cia  
Tonya Verbeek .....veer-beak

#### THE NATIONAL TOURNAMENT

The Hawkeyes will finish the season this weekend at the NCWWC Tournament in Cedar Rapids, Iowa. Competition will begin at 11 a.m. on Friday, and continue into Saturday night.

The top 8 placewinners at each weight class will receive All-American status, and a spot on the podium.

#### USA TODAY'S WOMEN OF THE YEAR

Head coach Clarissa Chun has been named USA Today's Women of the Year Honoree for the state of Iowa announced by the organization last Thursday.

The Hawaii native is a National Wrestling Hall of Fame Distinguished member, two-time Olympian, and was inducted into the Hawaii Sports Hall of Fame in 2018.

#### ROSE INTO THE RANKINGS

123 pounder Ava Rose has made her way into the recent NWCA Rankings after qualifying for the national tournament last weekend.

Rose sits at the No. 10 spot, after defeating past 10th ranked Alexandra Waitsman of William Jewell. Rose secured 4th place at the regional tournament, to then make her way to nationals this weekend.

#### IOWA DOMINATES THE DUALS

• The Hawkeyes sit at No. 1 in dual rankings for the second set this year; finishing the season undefeated (16-0).  
• Iowa held this place after defeating top-seeded North Central College in the NWCA National Duals finals, becoming the 2024 National Duals Champions.

#### NEWCOMERS

• The Hawkeyes brought in 13 new signees to start the 2023-24 season; 4 transfers and 9 freshman.  
• Introducing one transfer from Jamestown, Augsburg, and two from McKendree.  
• Only one of the Hawkeye newcomers is an Iowa native, Freshman Lilly Luft. Luft comes from Charles City, ranking first nationally in her weight class.

• The other 9 freshman come from a wide range of hometowns, reaching from California all the way to New Jersey.

#### NATIONAL CHAMPIONS

On January 6th, 2024, the University of Iowa women's wrestling team claimed the NWCA National Duals title at the UNI-Dome in Cedar Falls, Iowa. The Hawkeyes opened the tournament with a win over Adrian College, 49-1. They continued into the round of two defeating seventh-seeded Presbyterian, 39-4. In the semifinals, Iowa downed third-seeded King, 31-8, making it's way to the finals. There, the Hawkeyes faced reigning national champions and first-seeded North Central College. Iowa fought until the very end, winning the dual by one point, 21-20, and officially taking the title.

#### UNDEFEATED DUAL SEASON

The Hawkeyes finished their inaugural season going 16-0 in dual competition. They had nine wins over NCAA ranked teams and outscored their opponents 593-108 in dual competition. They had two shutout wins over No. 11 Lindenwood and Missouri Valley College. In their final dual in Carver-Hawkeye Arena this season, they defeated NAIA National Dual Champions Life University, 35-6.

#### INTERNATIONAL HAWKEYES

Reese Larramendy  
• 5th place at 2022 U20 World Championships

Felicity Taylor  
• 5th place at 2023 U23 World Championships

Ella Schmit  
• 5th place at 2023 Klippan Women's Open  
• 2023 U20 Pan-American Champion

Bella Mir  
• 5th place at 2023 U20 World Championships

Kylie Welker  
• 2023 U20 Pan-American Champion  
• 7th place at 2023 Pan-Am Games  
• 4th place at 2024 Zagreb Open

Haley Ward  
• 2023 U20 Pan-American Champion

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**CLARISSA CHUN**  
Head Coach  
UC Colorado Springs, 2005

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 be-

stowed 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.

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### Coaching Honors

- USA Today Iowa Woman of the Year (2024)
- National Wrestling Hall of Fame Distinguished Member (2022)
- Missouri Valley College Hall of Fame Member (2018)
- Hawaii Sports Hall of Fame (2018)
- Roosevelt High School Hall of Fame (2018)