Inside this Issue

RISE
Student-Athlete Academic Services hosted RISE (Ross Initiative in Sports for Equality) January 21-22. Staff and student-athletes participated in diversity and inclusion workshops. See inside for more details!

GOLDEN HERKYS
2020 marks the 5th annual Golden Herkys Award Show! We will return to Hancher Auditorium for this year's show. For more details and how to get involved, read ahead!

LOG YOUR TIME!
Did you complete volunteer and/or leadership activities this fall/winter? Don't forget to log those experiences in Helper Helper! Read further to find out how!

SPECIAL FEATURE:
CONGRATULATIONS TO ALL WHO ACHIEVED A 3.0+ FALL 2019 GPA!
(WILL BE HONORED AT THE FEB. 29 PCA ACADEMIC CELEBRATION!)

Fun Fact:
Over 370 student-athletes earned a 3.0+ GPA in Fall 2019!

More Inside:
Spring Events Calendar
Dance Marathon
Senior Checklist
...and much more!
RISE RECAP
Ross Initiative in Sports for Equality

- The RISE program facilitated a series of leadership workshops and a campus conversation with University of Iowa Athletics as part of its annual Celebration of Human Rights Week (Martin Luther King Jr. Week 2020).

- The program was designed to progress towards the objective of developing a department-wide diversity, equity and inclusion statement.

- This programming event helped lay the foundation for additional diversity, equity and inclusion work within the department’s strategic plan and future collaboration with RISE.

www.risetowin.org

Feedback on RISE from Student-Athletes:

"Helped better understand the need for both understanding and accepting diversity in our community"

"Opened my eyes to these issues"

"Helped me be aware of my skills as a leader and to put myself in other people’s shoes to be a better leader"

"This event got me interested in diversity and inclusion initiatives on campus and gave me tools to become a more active member of the community"
DANCE MARATHON: ATHLETE HOUR

In collaboration with UI Dance Marathon (UIDM), Hawkeye student-athletes participated in "Athlete Hour" during the "Big Event" on February 8, 2020. Student-athletes interacted with children and families, signed autographs, and played games/activities. This is the second year Hawks participated in UIDM. Student-Athletes raised over $2600 FOR THE KIDS!

GOLDEN HERKYS

The 5th annual Golden Herkys Awards Show will be held on Sunday, May 3, 2020 at Hancher Audiorium! The show is primarily created, scripted, and presented by your very own Hawkeye student-athletes!

This year’s show will include even more musical acts and some extra surprises!

You don't want to miss it!

To get involved in Golden Herkys (planning, production, presenting, musical acts, etc.) contact:
Kara Park, Sr. Assoc. Director for SAAS: kara-park@uiowa.edu.

LOG YOUR HOURS IN HELPER HELPER!

If you completed volunteer hours on your own, don’t forget to log them in Helper Helper to count toward your Hawkeye 5!

Here’s a step by step guide for entering hours:
Step 1: Log in to the Helper Helper app
Step 2: Click on the menu bar
Step 3: Click "Add Past Commitment"
Step 4: Record the date
Step 5: Name the event and select the duration
Step 6: List the Coordinator (name of person at the site you worked with), and describe the activity
Step 7: Click "Submit Commitment"
Presidential Committee on Athletics (PCA)
Spring 2020 Academic Recognition
Those who earned a 3.0+ term GPA Fall 2019

**Baseball**
Zebulun Adreon
Duncan Davitt
Brayden Frazier
Trace Hoffman
Justin Jenkins
Grant Judkins
Grant Leonard
Sam Link
Austin Martin
Andrew Nord
Benjamin Norman
Cole Pennock
Benjamin Probst
Tyler Slep
Jacob Tobey
Peyton Williams

**Football**
Nick Anderson
Seth Benson
Shaun Beyer
Jack Campbell
Jack Combs
Andrew Cook
Max Cooper
Spencer Daufeldt
Dillon Doyle
Keith Duncan
Samson Evans
Matthew Fagan
Noah Fenske
Chauncey Golston
Coy Kirkpatrick
Alec Krita
Tyler Linderbaum
Josiah Miamen
John Milani
Nick Niemann
Landon Paulsen
Levi Paulsen
Monte Pottebaum
Colton Rastetter
Brady Reiff
Ryan Schmidt
Austin Schulte
Bryce Schulte
Quinn Schulte
Caleb Shudak
Michael Sleep-Dalton
Austin Spiewak
Nate Stanley
Clayton Thurm
Zach VanValkenburg
Nate Vejvoda
Kristian Welch
Nate Wieting
Spencer Williams
Devonte Young

**Men's Gymnastics**
Addison Chung
Evan Davis
Andrew Helberg
Peyton Hobson
Bennet Huang
Mitch Mandozzi
Nicholas Merryman
Noah Scigliano
Alexander Walther
Brandon Wong

**Men's Swimming & Diving**
Jackson Allmon
Mateusz Arndt
Caleb Babb
John Colin
Dolan Craine
Weston Credit
Samuel Dumford
Anze Fers Erzen
Stepan Fiolic
Anton Hoherz
Michael Huebner
Joseph Myhre
Mohamed Neuman
Thomas Pederson
Jonatan Posligua
Jacob Rosenkoetter
Daniel Swanepoel
Aleksey Tarasenko
Michael Tenney
Forrest White

**Men's Tennis**
Will Davies
Jason Kerst
Morgan Lohan
Oliver Okonkwo
Piotr Smietana
Joseph Tyler

**Men's Track & Field/ XC**
Raymund Clarke
Will Daniels
Daniel Gaynes
Jordan Hawkins
Collin Hofacker
Jordan Johnson
Nolan Kembel
Wayne Lawrence
Austin Lietz
Matt Manternach
Cole Moeller
Daniel Murphy
Nathan Mylenek
Zachary Pluff
Gratt Reed
Jeffrey Roberts
Nolan Roethler
Luke Sampson
Reece Smith
Spencer Smith
Karson Sommer
Konnor Sommer
Daniel Soto
Alec Still
Nolan Teubel
Christopher Thompson
Tysen VanDraska
Austin West
Anthony Williams
Antonio Woodard

**Men's Golf**
Matthew Garside
Benton Weinberg

**Rowing**
Katherine Becker
Hallie Benton
Olivia Burkner
Allison Coffey
Melissa Cronnolly
Erika Davidson
Ruth Dversdall
Hannah Greenlee
Kat Robbins
Contessa Harold
Eleanor Heckman
Heidi Hines
Hannah Hudson
Emily Jensen
Amelia Juhl
Kirsten Jurgesen
Elizabeth Keene
Meredith Koenigsfeld
Taryn Lindaman
Olivia Livelli
Carly Madson
Kelly McGee
Kassandra McWhorter
Amalie Miller
Eldalena Odole
Ava Parris
Olivia Remmert
Claire Rutherford
Molly Rygh
Eve Stewart
Adrianna Symicek
Elena Waiglein
Abigail Watkins
Nathalia Wellenreiter
Maggie Winegar

**Women's Basketball**
Michael Baer
Connor McCaffery
Riley Till
Joe Wieskamp

**Field Hockey**
Katherine Birch
Mya Christopher
Meghan Conroy
Eleanor Flynn
Nicole Freeman
Amy Gaiero
Esme Gibson
Eleanor Holley
Grace McGuire
Ryley Miller
Madeleine Murphy
Catherine
Nicholson
Ciara Smith
Isabella Solaroli
Leslie Speight
Lokke Stribos
Sophie Stribos

**Women's Tennis**
Michelle Bacalla
Danielle Bauers
Erika Beatrice
Danielle Burich
Ashleigh Jacobs
Samantha Mannix
Elise Van Heuvelen

**Women's Golf**
Maggie Goggin

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Presidential Committee on Athletics (PCA)
Academic Recognition
Those who earn a 3.0+ yearly GPA and a varsity letter

**Softball**
Aralee Bogar
Erin Carter
Katherine Claypool
Liz DeShields
Allison Doocy
Avery Guy
Ashley Hamilton
Hallie Ketcham
Sarah Lehman
Morgan Lewis
Havyn Monteer
Alex Rath
Mia Ruther
Taylor Ryan
Lauren Shaw
Riley Sheehy
Lea Thompson
Allison Timmons
Nicole Yoder

**Wrestling**
Abe Assad
Zachary Axmear
Nelson Brands
Anthony Cassioppi
Samuel Cook
Connor Corbin
Aaron Costello
Jeren Glosser
Paul Glynn
Michael Kemerer
Alex Marinelli
Aaron Meyer
Jeremiah Moody
Max Murin
Daniel Murphy
Keegan Shaw
Cobie Siebrecht
Preston Stephenson
Justin Stickley
Vincent Turk
Jacob Warner
Cash Wilcke
Myles Wilson
Kaleb Young

**Women’s Basketball**
Logan Cook
Kathleen Doyle
Gabbie Marshall
Megan Meyer
Amanda Ollinger
Alexis Sevillian
Tomai Taiwo
Paula Valino
McKenna Warnock

**Women’s Golf**
Annalee Dannegger
Jacquelyn Galloway
Olivia Gentzkow
Morgan Goldstein
Stephanie Herzog
Dana Lerner
Sophie Liu
Brett Permann
Lea Zeitler

**Women’s Gymnastics**
Ariana Agrapides
Erin Castle
Allie Gilchrist
Alex Greenwald
Lauren Guerin
JerQuavia Henderson
Clair Kaji
Maddie
Kampschroeder
Bridget Killian
Ellie Rogers
Ashley Smith
Allyson Steffensmeier
Charlotte Sullivan
Carina Tolan
Mackenzie Vance

**Women’s Soccer**
Bianca Acuariu
Isabella Blackman
Sydney Blitchok
Devin Burns
Riley Burns
Jennifer Cape
Samantha Cary
Hannah Drkulec
Olivia Fiegel
Gianna Gourley
Claire Graves
Kaleigh Haus
Melina Hegelheimer
Olivia Hellweg
Daisy Light
Cora Meyers
Leah Moss
Adrianna Naumoski
Grace Necker
Hannah Rittenhouse
Hailey Rydberg
Diane Senkowski
Sabrina Shaw
Zoe Slettehaugh
Samantha Tawharu
Sara Wheaton
Riley Whitaker

**Women’s Swimming & Diving**
Theilma Strandberg
Helena Blumenau
Anna Brooker
Christina Crane
Kelsey Drake
Allyssa Fluit
Morgan Grout
Meghan Hackett
Paige Hanley
Taylor Hartley
Lexi Horner
Christina Kaufman
Julia Koluch
Amy Lenderink
Zoe Mekus
Sage Ohlensehlen
Aleksandra Olesiak
Claire Park
Zoe Pawloski
Grace Reeder
Macy Rink
Emilia Sansome
Samantha Sauer
Sarah Schemmel
Samantha Tamborski
Alleyna Thomas
Katherine Wells
Ariel Wooden

**Women’s Track & Field/ XC**
Logan Akason
Mary Arch
Taylor Arco
Mariel Bruxvoort
Ashley Bryja
Mika Cox
Kelli DeGeorge
Carly Donahue
Emma Gordon
Maria Gorham
LaSarah Hargrove
Amanda Howe
Dallyssa Huggins
Jenny Kimbro
Mallory King
Jamie Kofron
Leah Kralovetz
Bri Lantrip
Kylie Latham
Grace McCabe
Jessica Mcke
Kylie Morken
Marissa Mueller
Davicia Patterson
Elyse Prescott
Wren Renquist
Ianna Roach
Tia Saunders
Megan Schott
Gabby Skopek
Konstadina Spanoudakis
Addie Swanson
Laulauga Tausaga
Patty Teggatz
Macie Weber
Lindsay Welker
Payton Wensel
Aly Weum
Sydney Winger
Senior Hawks

Important Dates

Spring 2020 Graduation Application
Due Friday, February 28th
Summer 2020 Graduation Application
Due Friday, June 12th
(Degree Applications found in MyUI under "Student Information" tab)

Senior Student-Athlete Transition Workshop
TBD, @ CHA Big Ten Room

Polk County Senior Dinner
Monday, April 13th @ Des Moines (Ruan Center)

Senior Student-Athlete Recognition Reception
Friday, May 15th 3-5pm @CHA-Feller Club Room

Senior Checklist
(For a more extensive checklist visit commencement.uiowa.edu)

- Apply for Graduation on MyUI
- Order Cap and Gown
- Download Graduation App
- Attend Graduation Fair (March 25/26th)
- Visit a Record Analyst for one final check of degree audit
- RSVP for the Polk County Senior Reception (April 13)
- Visit Alex Deisbeck, Career Specialist, for future plans, and resume/interview prep
- RSVP for the Senior Student-Athlete Reception (May 15)
- For more information visit: commencement.uiowa.edu
Background:
She earned both her B.S. in English Education and M.A. in English from Mizzou and her Doctorate in Educational Leadership from Sacramento State University.

What is your role here at Gerdin? 
I am the Learning Specialist here at the Gerdin. With a background in teaching from 7th grade through higher education, I work with any students who need extra support in their academics. If you have any questions about how to survive a class, how to get organized and stay on top of assignments, or how to best study for an upcoming test, come see me!

Why do you enjoy working with Student-Athletes? 
Our Hawkeyes don’t settle for second best on the field or in the classroom! Student-athletes know that perseverance, dedication to success, and practicing a new skill a little bit every day will get them to graduation. I can’t wait to cheer for you as you cross that stage.

What made you want to move from California to Iowa? 
I grew up in the Midwest, so coming to Iowa is a return home. My family is in Missouri where I can visit often and participate in all of the small events that wind up creating big memories. California is great, but it’s missing the people who are the most important in my life.

A fun fact that no one knows about you:
I have a concerning addiction to gummy bears, Converse, and trying to pet wild animals. If you ever see me looking like a disaster, I probably tried to hug a raccoon on my way to the Gerdin.

Contact Chandler:
Phone: (319) 467-0587
Email: chandler-easley@uiowa.edu

Office Location:
GALC 3rd Floor
Room 309
February EVENTS

Dance Marathon
Saturday, February 8th 1-2pm @IMU

Financial Literacy Sessions
February 11th and 12th, 7pm, Carver

Campus Career Fair
Wednesday February 19th 11am-3pm @GALC

H2P Information Night
Wednesday, February 19th 7-8pm
@ CHA Big Ten Room

ISAAC Meeting
Wednesday, February 19th 8pm
@ CHA Big Ten Room

Allied Health Night
February 25th/26th 7pm @CHA-Feller Club Room

Spring PCA Academic Recognition
Saturday, February 29th 11am @ CHA

Spring 2020 Graduation Registration Application
Due Friday, February 28th

March EVENTS

Early Registration for Summer 2020 courses
March 2nd

ISAAC Meetings
Wednesday, March 11 & 25, 8pm @ CHA Big Ten Room

ISAAC Application Deadline
March 25th

H2P Information Nights
Monday, March 2nd, 7-8pm
and Tuesday, March 31st, 7-8pm
@ CHA Big Ten Room
### April EVENTS

**MFG Real Talk Wednesday**  
Wednesday, April 1st  
Time/Location TBA

**Polk County Senior Dinner**  
Monday, April 13th @ Des Moines (Ruan Center)

**ISAAC Day of Caring**  
Sunday, April 26th 9am-Noon  
@ CHA-Feller Club Room and community sites

**ISAAC Meetings**  
Wednesday April 15th & 29th  
@ CHA-Big Ten Room

**H2P Application**  
Opens April 1st  
Closes May 1st

### May EVENTS

**Golden Herkys**  
Sunday, May 3rd @ Hancher Auditorium

**H2P Orientations**  
Tuesday, May 5th/6th 7-7:30&7:30-8pm @ GALC

**Senior Recognition Reception**  
Friday, May 15th, 3-5pm @ CHA-Feller Club Room

**Finals Week De-Stress Fest**  
May 10th-13th  
Agenda TBA
For any questions on upcoming events check Helper Helper!

Sign up today!

Keep working toward your Hawkeye 5!
(5 hours of community service logged on Helper Helper per semester)

Follow us on social media:
@iowasaac
@uisaas

Visit the SAAS Website: academics.hawkeyesports.com
Questions on upcoming events?
Contact: Andrew-Winkelmann@uiowa.edu

WATCH FOR OUR NEXT ISSUE IN APRIL!
Because they are typically traveling during the annual Day of Caring event in April, Hawkeye Track & Field and Cross Country student-athletes took initiative to create their own Day of Caring on January 6th and 7th, 2020!

90+ athletes participated in various service projects including:

- Literacy Kit Creation
- Ronald McDonald House clean-up and visits
- Hope Lodge clean-up
- Stead Family Children's Hospital Library

Thank you to coaches, student-athletes, and the United Way of Johnson & Washington Counties for their participation and generosity!

To get your team involved in service events, contact Andy Winkelmann:

andrew-winkelmann@uiowa.edu
319-335-9600