

STUDENT-ATHLETE ACADEMIC SERVICES

LEADERSHIP - COMMUNITY ENGAGEMENT - ACADEMIC SUCCESS - CAREER DEVELOPMENT - HEALTH & WELL-BEING - DIVERSITY & INCLUSION

LEADERSHIP 2021-2022 ISAAC EXECUTIVES



Manuela Lizarazu
Women's Golf
President
Diversity & Inclusion Chair



Leah Kralovetz
Women's Track & Field
Vice President



Meghan Conroy
Field Hockey
Secretary/Treasurer



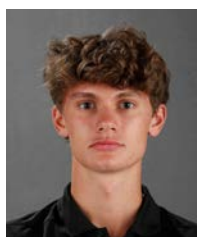
Molly Rygh
Rowing
Career Development Chair



Sam Cary
Soccer
Health & Well-Being Chair



Allie Gilchrist
Gymnastics
Academic Success Chair



Daniel Klysh
Men's Track & Field
Community Engagement
Co-Chair



Jack Pendergast
Men's Track & Field
Community Engagement
Co-Chair



Tyler Snep
Baseball
Leadership Chair

ISAAC SEMESTER RECAP

"2021 was a year of adjustments as we moved back to in person events. ISAAC adapted their programming to meet safety protocols and kept student well-being in mind. We continued to promote the best mental health, inclusion, and academic resources to our student-athlete peers. Since the start of the pandemic in 2020, ISAAC was prepared to be the leaders of the student-athlete community, which continued to be our main goal through 2021. Specifically in diversity and inclusion we promoted our affinity groups and ISAAC continued with our annual summer diversity series. In health and well-being we created "Go Green" games to highlight mental health importance, as well as the continuation of the Hawks for Hawks program. On the career side, we had the return of events such as Connecting at Kinnick and the Graduate and Professional School and Volunteer Fair. This fall we targeted the connection and support among student athletes by creating "Hawks Supporting Hawks" games. Each team selected their most meaningful match or competition for all student athletes to go and support each other. This generated a social setting for our athletes to get to know each other while increasing the support among sports. Additionally, we kept engaging and giving back to our Hawkeye community by bringing back Habitat for Humanity home builds, fundraising for Dance Marathon, and promoting a donation drive for the UI Food Pantry. Through this semester we proved we are able to keep rising among challenges, that as Hawkeyes, we have each other's back, and we are capable of adapting for success and well-being. We reached our goals by focusing on our phrase "Win, Graduate, Do it Right", and by understanding that together we are stronger."

-Manuela Lizarazu (President) Women's Golf



Spring 2022 ISAAC

Meeting Dates:

- Meeting 1 - January 26
- Meeting 2 - February 16
- Meeting 3 - March 9
- Meeting 4 - March 30
- Meeting 5 - April 20
- Meeting 6 - May 4

All meetings are Wednesdays
8:00-9:00pm in Feller Club
Room at Carver



Follow us on Instagram! @UISAAS

DIVERSITY & INCLUSION



Broderick Binns

Assistant AD, DEI and Director, Iowa Letterwinners Club

"The school year started off with a bang. At our annual Multicultural Focus Group kickoff we eclipsed over 100 student-athletes and staff members that were in attendance. It was great to see student-athletes from all teams come out and engage with one another and have a chance to sit down and eat together. Before school came back in session, our affinity groups were a top priority. We were able to add a 4th affinity group, and each group had student-athletes step up to become ambassadors. I am proud of the work that is being done and the leadership that the ambassadors are displaying! We have had three educational opportunities since the school year started, the hope is that we can continue to push these initiatives and increase the number of staff and student-athletes that attend."

AFFINITY GROUPS

Hawkeye Pride

The LGBTQ+ group focuses on providing a space where students who identify and allys in this community can speak together in a safe environment free of judgement.

Staff Ambassador:

- Ryan Ruckdaschel - Gymnastics

Student-Athlete Ambassadors:

- Monika Czinano - Women's Basketball
- Emmlyn Dversdall - Rowing



Black Student-Athletes (BSA)

The Black Student-Athlete group (BSA) seeks to provide a space where Black student-athletes can share their experiences and feel a sense of community where they are heard.

Staff Ambassadors:

- Raina Harmon - Women's Basketball
- Mel Sanders - SAAS
- Kaye Cole - Sport Psychology
- Celine Fender - SAAS

Student-Athlete Ambassadors:

- Amiya Jones - Volleyball
- Tomi Taiwo - Women's Basketball



iHawks

The iHawks group for international student-athletes & coaches focuses on the unique challenges international students face in transition to the university and the country.

Staff Ambassador:

- Doug Coonrad - SAAS

Student-Athlete Ambassadors:

- Vipasha Mehra - Tennis
- Clair Kaji - Gymnastics



HERkys

The HERkys group is an opportunity for the women of Iowa Athletics to empower each other and strengthen connections.

Staff Ambassadors:

- Ashley Clemens - Strength & Conditioning
- Lindsay Alexander - Strength & Conditioning

Student-Athlete Ambassadors:

- Harper Dunne, Field Hockey
- MJ McNary, Field Hockey



ANNUAL UI ATHLETICS TOWN HALL

PRESENTED ON BEHALF OF STUDENT-ATHLETE ACADEMIC SERVICES



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DR. EDDIE MOORE JR

Dr. Eddie Moore, Jr. has pursued and achieved success in academia, business, diversity, leadership and community service. In 1996, he started America & MOORE, LLC to provide comprehensive diversity, privilege and leadership training/workshops. Dr. Moore is recognized as one of the nation's top speakers and educators.

January 18th

Diversity, Leadership & Effective Listening: A Social Justice Imperative

This seminar explores the art, skill, and practice of effective listening. Of the major verbal communication modalities—speaking, writing, reading, the receptive mode of listening is least taught, least considered, and least understood. This session asserts listening as a powerful tool, and acknowledges listening as a radical social justice tool to advance diversity, understanding, respect and individual and institutional change. Special attention is given to the notion of “listening-into-healing” and “listeners-as-healers” through the “therapeutic use of self” to foster and support individual/corporate health, self-care, and wellbeing.

Staff Session: 11:30am-1:00pm

Feller Club Room, food will be provided

Zoom link for those who can't attend in person:

<https://uiowa.zoom.us/j/92567358853>

Virtual Student-Athlete Session: 6:30-8:00pm

Zoom link: <https://uiowa.zoom.us/j/92661961668>

January 19th

Illustrating Identities and Intersectionality

This interactive, informational, challenging, and energetic session examines and explores individual's identities and intersectionality. We all have individual identities and experiences that contribute to intersectionality. Participants will leave with the skills and knowledge necessary to approach others without assumptions and to create spaces, environments, workplaces, and communities more inclusive and anti-racist with an intersectional lens.

Staff Session: 11:30am-1:00pm

Feller Club Room, food will be provided

Zoom link for those who can't attend in person:

<https://uiowa.zoom.us/j/92567358853>

Virtual Student-Athlete Session: 6:30-8:00pm

Zoom link: <https://uiowa.zoom.us/j/95151261828>

Please reach out to Broderick Binns with any questions about this event: broderick-binns@uiowa.edu (651)-808-2445

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 Broderick Binns in advance at 651-808-2445.

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.

COMMUNITY ENGAGEMENT



Hallow-Ridge Halloween: Student-athletes had the opportunity to build a haunted house for underprivileged youth with Neighborhood Centers of Johnson County.



Virtual Book Hawk Story Hour: Student-athletes read children's books via Zoom to pediatric patients at the Stead Family Children's Hospital. Closed circuit TVs in the facility allows the Zoom story hour to be simulcast to multiple patients.



Hawkeye IMPACT Mentoring: Student-athletes had the opportunity to volunteer at Coralville Central Elementary school recess. They were able to build connections and mentor local youth.



Adopt A Family: For the annual "Adopt a Family" event, the United Way of Johnson County selected two local families that were in need. Gifts were purchased and delivered to the families before the holidays.

FALL 2021 HELPER HELPER STATISTICS

Top 5 teams:

(By participation)

1. Softball
2. Gymnastics
3. Men's Basketball
4. Baseball
5. Women's Golf

Top 5 student-athletes with the most logged Community Engagement hours:

1. Sammi Gillas, Tennis - 98 hours 30 minutes
2. Logan Akason, Women's Cross Country/Track - 35 hours
3. Sophia Maras, Softball - 16 hours 30 minutes
4. Samantha Freeman, Field Hockey - 14 hours 30 minutes
5. Logan Cook, Women's Basketball - 14 hours 5 minutes

Statistics from August 12, 2021-January 10, 2022



ACADEMIC SUCCESS

STUDENT-ATHLETES IN STEAM

Featuring student-athletes with majors in Science, Technology, Engineering, Arts and Mathematics



Name: Tomi Taiwo, Women's Basketball

Major: Pre-Med

Dream Job: Primary Care Physician

"I aspire to become a primary care physician and hope to later on work in hospital administration. Being a student-athlete in STEAM means so much to me because of the endless opportunities provided for University of Iowa student-athletes. The community is very welcoming and organizations such as Hawks 2 Professionals have helped me immensely along the way."



Name: Kirsten Jurgensen, Rowing

Major: Mathematics for Secondary Education

Dream Job: Middle School Math Teacher

"Being involved in both athletics and a STEAM related major allows me to learn and really value the importance of teamwork and working towards a common goal. Through people on my team and friends I have made in various math classes, I have seen just how important it is to stick together and help each other along the way."



Name: Kelli Tosic, Cross-Country and Track and Field

Major: Theatre

Dream Job: Actor

"Although I consider myself to be an individual of many passions, performance is my raison d'être. Whether it be artistically or athletically, being a student athlete in STEAM allows me to perform in a variety of ways. The communication and collaboration skills I've learned on the Cross-Country and Track teams will undoubtedly aid me in pursuing my acting career goals. I love finding the ways in which theatre and running intertwine and edify one another."



Name: Jay Higgins, Football

Major: Biology

Dream Job: Wildlife Biologist in Jamaica

"I want to pursue a career that makes me excited the same way sports do. I have always had a love for learning and the University of Iowa has given me the platform to do so."



Name: Allyson Steffensmeier, Gymnastics

Major: Biomedical Sciences

Dream Job: Pediatrician

"The STEAM courses offered at the University of Iowa advance my knowledge of biology and chemistry, while my teamwork and time management skills have developed during my time as a student-athlete. In addition, the opportunity to represent women's gymnastics in the Iowa Student-Athlete Advisory Committee allows me to develop leadership skills that will further advance my career goals. Although challenging at times, I am grateful for the opportunity to take in-depth biochemistry and genetics courses while accomplishing my childhood dream: competing as an Iowa gymnast."

FALL 2021 AT A GLANCE

- 3.15 GPA across all student-athletes
- Over 400 student-athletes with a 3.0 GPA or above
- 193 Dean's and President's list honorees
- 113 student-athletes named to Fall Academic All-Big Ten
- Nearly 4,000 hours of academic and tutorial support



This fall student-athletes had the opportunity to participate in the [Go Teach Hawkeyes](#) program. This program recruits and assists student-athletes who are interested in the teaching profession. Students associated with college athletic programs have the characteristics and skills to be prime targets for recruitment into the field of teaching. For more information, contact Andy Winkelmann (andrew-winkelmann@uiowa.edu).

CAREER DEVELOPMENT

CONNECTING @ KINNICK

This year 81 student-athletes attended our first ever student-athlete career fair Connecting at Kinnick. At this networking event, student-athletes were able to talk with employers from all industry areas in a career fair set up. Professionals were available to talk about jobs, internships, job shadowing and their careers.



FINANCIAL LITERACY SERIES



MICHAEL HADDIX JR.
EMPOWER3D FOUNDER & CEO

This spring we are introducing a new financial literacy series through Empower3d. Empower3d is founded by Michael Haddix Jr. who is a former men's basketball student-athlete from Siena College. He also spent several years working on Wall Street as an investment banker. His passion for helping student-athletes build their careers beyond the playing field is the result of a lifetime in sports and business. The February 7-8 session will discuss investing, and the March 22-23 session will focus on financial decision making. We highly encourage upperclassman to attend this spring, but it is open to all student-athletes. The series will continue in fall 2022 with topics of Budgeting and Credit Scores. The spring sessions will be geared towards our underclassman student-athletes.



Staying in Iowa City this summer and interested in job shadowing or professional development?

Attend an H2P Information Session:

- March 9th
- April 5th

Sign up on Helper Helper!



Meet with Career Specialist Alex Deisbeck for:

- Resume building
- Interview preparation
- Major exploration
- Graduate/Professional school applications
- And much more!

alexandra-deisbeck@uiowa.edu

HEALTH & WELL-BEING

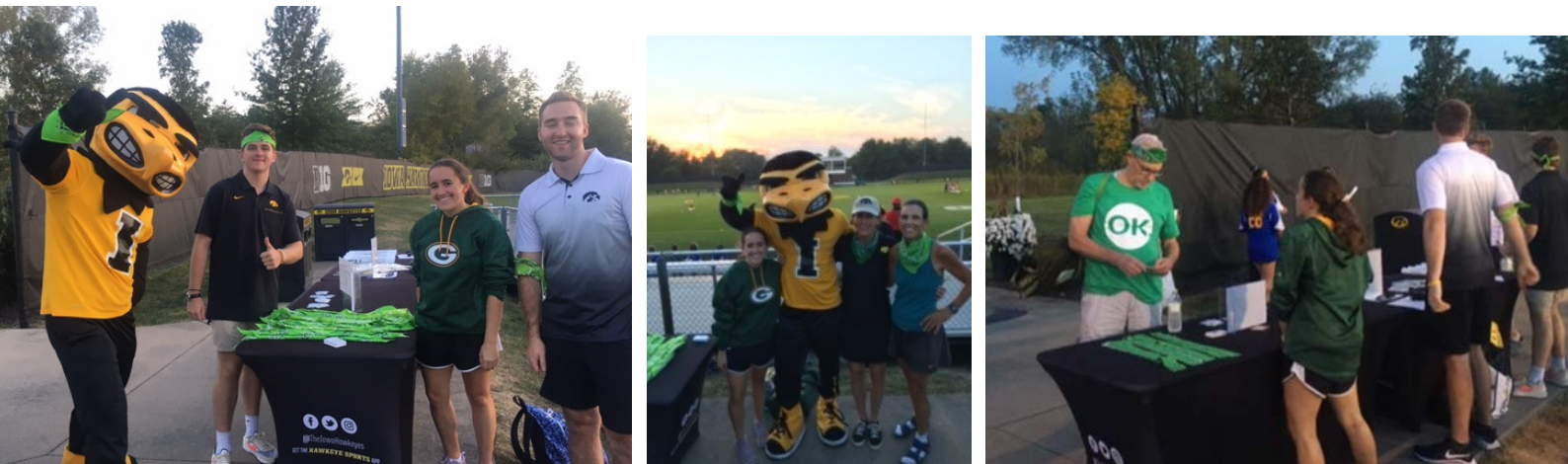
ISAAC HEALTH & WELL-BEING SEMESTER RECAP



"This was an exciting semester for myself and the health and well-being subcommittee. Personally, I have had the opportunity to be a guest on multiple podcasts and TV features on the current state of mental health in sport. The amazing members of the health and well-being subcommittee helped to host the first Go Green Game at a home soccer game. It is the hope this will spread to other Iowa sporting events. We were also able to assist in planning other events for student-athletes to enjoy as well as start planning a large event for all student-athletes this coming spring. We had a great semester of engagement from all student-athletes and I am so excited to see what we can accomplish in the coming semester."

-Sam Cary, Soccer

GO GREEN GAMES FOR MENTAL HEALTH



This fall, Iowa Soccer hosted their first 'Go Green Game' for mental health awareness. Fans were encouraged to wear green and were given green ribbon to symbolize mental health awareness. "This night was really important to myself and this team. We recognize that every day might not be perfect, but we want you to know that this community and this team around you is here to support you. You are not alone."

-Alyssa Walker, Soccer



Coming Spring 2022!

Iowa FLIGHT NIL Summit

Zoom Webinar with in-person speakers

Topics include:

- NIL for Beginners
- Taxes
- Social Media and Branding Strategies
- Q&A with Licensing and Merchandising Specialists
- NIL and Philanthropy
- Legislative Updates and MORE!

Date and times TBA - watch TeamWorks and HelperHelper for more information!

NAME IMAGE LIKENESS

The Hawkeye FLIGHT Program is a cross-departmental effort that will create and oversee Name, Image, Likeness (NIL) educational programming for Hawkeye student-athletes. FLIGHT programming provides Hawkeye student-athletes the opportunity to understand their NIL rights and receive training and resources to enhance their NIL potential. FLIGHT programming began Spring 2021 and is available to all interested current Hawkeye student-athletes and/or sports programs.

Find more information, including videos and tips from NIL resources, here:

<https://hawkeyesports.com/flight/>

LOOKING AHEAD WITH LIZ

A message from Liz Tovar, Ph.D.

Executive Officer and Associate Vice President of the Division of Diversity, Equity, and Inclusion

"I couldn't be more thrilled at the success of our Hawkeye student-athletes this past fall. As usual we had record setting numbers. I appreciated all of their hard work and dedication over the past several months. Of course this kind of success would not be possible without the unwavering support of our academic support staff, administrators, coaches, alumni, and donors. Looking forward to the spring semester ahead and continuing to recognize and support our Hawkeye community through our annual PCA recognition, Day of Caring, Golden Herkys, and senior events, which will all be back in person. I challenge every student-athlete to outperform their academic success from the fall semester. Just like in athletics we need to continually improve, both educationally and personally. Take time for you and remember that as Hawkeyes we also take care of one another. Let's make this our best semester EVER!"



SPRING 2022 EVENTS

JANUARY:

- **UI Athletics Town Hall Featuring Dr. Eddie Moore Jr**
January 18th & 19th
See page 3 for additional details

FEBRUARY:

- **Dance Marathon Athlete Hour**
February 5th
Zoom
1:00-2:00pm
- **Empower3d Financial Literacy Series**
February 7-8
Topic: Investing
More details to come

MARCH:

- **H2P Information Session**
March 9th
More details to come
- **Empower3d Financial Literacy Series**
March 23-24
Topic: Financial Decision Making
More details to come

APRIL:

- **H2P Information Session**
April 5th
More details to come
- **David Fisher Polk County I-Club Senior Dinner**
April 11th
The Meadows Events & Conference Center in Altoona
6:00pm, transportation provided
- **ISAAC Day of Caring**
April 24th
Various local locations
9:00am

MAY:

- **Golden Herkys**
May 2nd
Hancher Auditorium
Time TBA
- **Senior Reception**
May 13th
Kinnick Stadium North End Zone
3:00-5:00pm

SAAS STAFF



Liz Tovar
Executive Officer & Associate Vice President of
the Division of Diversity, Equity, and Inclusion



Broderick Binns
Assistant Athletics Director of DEI/ Director of
Iowa Letterwinners Club



John Bruno
Assistant Athletics Director - Academics



Doug Coonrad
Senior Academic Coordinator



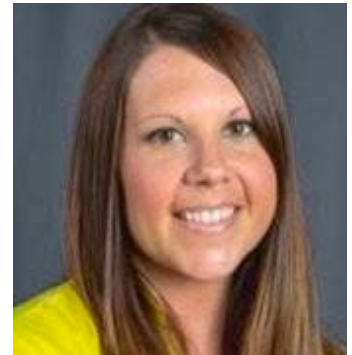
Alex Deisbeck
Career Specialist/Academic Coordinator



Betsy Kern
Academic Coordinator/Interim Tutor Coordinator



Chandler Easley
Learning Specialist



Kara Park
Assistant Athletics Director - Student
Development



Mel Sanders
Director of Athletics - Advising and Eligibility



Andy Winkelmann
Director for Educational Programs



Troy Wulf
Academic Coordinator



Peggy Hausler
Administrative Services Coordinator



Nicky Beaurivage
Assistant to the Associate Athletics Director

