

*Minutes of the Presidential Committee on Athletics*

*Auditorium, Room 112, Gerdin Athletic Learning Center*

*November 3, 2016*

**Members Present:** Bowden, Bruhn, Chung, Dillavou, Drake, Friestad, Gerke, Grosland, Hollingworth, Kehoe, Matheson, Rhodes, Ryan, Weaver, Woods, and Yockey.

**Members Absent:** Courter, Kelly, and Osborn.

**Also Present:** Barta (Athletics Director), Clerry (Associate Athletics Director), Curtis (Associate Athletics Director), Davies (Assistant Athletics Director), Henderson (Senior Associate Athletics Director), Jantz (Senior Associate Athletics Director), Lynch (Chair, NCAA Certification Self-Study Committee), Modestou (Director of Equal Opportunity and Diversity), C. Taylor (Associate Athletics Director), G. Taylor (Deputy Director, Athletics), and Tovar (Associate Athletics Director).

**Guests Present:** Rick Heller (Head Baseball Coach), Terry Noonan (Assistant Athletics Director of Sports Medicine and Sports Performance), and Dr. Andrew Peterson (Clinical Associate Professor, Orthopedics & Rehabilitation and General Pediatrics).

Chair Hollingworth called the meeting to order at 4:00 p.m.

**I. Approval of the October 6, 2016, PCA Minutes**

A motion to approve the October 6, 2016, minutes was made by Rhodes; Drake seconded. Unanimous approval was granted by the PCA.

**II. Head Coach Introduction – Rick Heller, Baseball**

Coach Heller is beginning his fourth year leading the Iowa Baseball program. He expressed how proud he is of all his student-athletes and their academic success in the classroom. He stated academics comes first and stressed how grateful he is to be part of this culture at the University of Iowa.

The team will travel to the Dominican Republic during Thanksgiving break providing preseason playing opportunities prior to their traditional season beginning in February 2017. Student-athletes will participate in community service events during the trip.

The Iowa Baseball team was selected to represent the United States in the University Games in Taiwan, Taipei, in August 2017.

A question and answer discussion ensued covering travel, 8-missed class days policy, weather implications, recruiting, professional draft, tailgating at baseball games, alumni support, etc.

Chair Hollingworth thanked Coach for his report.

### **III. Concussion Presentation – Dr. Andrew Peterson**

Attached is a PowerPoint presentation on concussions discussed by Dr. Andrew Peterson. Dr. Peterson stated the University of Iowa has a very robust and comprehensive sport concussion policy and organization. The UI adheres to the NCAA's Best Practices on concussions; the NCAA reviews every school's concussion policy. In addition to the return to play process in the UI's policy, a return to classroom process has been added to comply with the International Consensus Bureau's guidelines. About two years ago, the Big Ten Conference implemented an independent spotter position at football games (i.e., an athletic trainer who sits in the press box to monitor play). This individual can view replay videos, stop play, and communicate with the medical staff and replay official on the sidelines.

Concussions are clinically diagnosed. Doctors rely on athletics trainers for analysis of behavior modifications to determine if a student-athletes may be concussed. Dr. Peterson stated in the past medications were administered for treatment but the preferred treatment now consists of low aerobic exercise. The Sport Concussion Clinic at the UI Sports Medicine Center allows individuals to be seen immediately which is key to the recovery process.

A good discussion followed addressing questions from PCA members. Assistant Athletics Director for Sports Medicine and Sports Performance Terry Noonan introduced himself. He stated although in recent years we've been hearing more from the National Football League on sport-related concussions, college athletics has been at the forefront of developing concussion impact protocol for about ten years.

### **IV. Overview of Student-Athlete Academic Services -Tovar**

- A. Tovar distributed the enclosed Executive Summary encompassing the support services and resources available to student-athletes within Student-Athlete Academic Services. She spoke about the composition of her staff and their responsibilities. The document lists accomplishments of 2015-16 as well as goals for 2016-17 which are developed and based on the Athletics Department's and the UI's strategic plans.

Graduation Success Rates (GSRs) will be published soon. The University of Iowa is expected to have the highest graduation rate in its history.

The Gerdin Athletic Learning Center (GALC) will undergo major facility renovations and upgrades. During the construction process, GALC staff will be moved to the Jacobson Athletic Building. A tour of the learning center will follow today's PCA meeting.

**B. Day in the Life of a Student-Athlete –Woods**

Woods stated the University of Iowa offers a vast number of opportunities to student-athletes. He expressed how fortunate he was to have been born in Iowa and now be a student-athlete at the UI.

He gave examples of the daily academic and athletic schedules for a tennis player, a gymnast, and his schedule. It was clear that time management is critical to fit in all of their academic and athletic requirements in a given day.

**V. Athletics Department Searches - Dillavou**

Dillavou reported Matheson is serving on the search committee for an assistant strength coach for football.

**VI. Subcommittee Updates**

**A. Student Athlete Well-Being - Chung**

The Student Athlete Well-Being subcommittee took a tour of Carver-Hawkeye Arena during their last meeting. Terry Noonan will give a presentation on athletic training at their next meeting. The group will soon review student-athlete exit survey results and practice schedules.

**B. Academic Achievement - Kelly**

No report.

**C. Equity - Bowden**

Bowden stated Tovar will be presenting at the subcommittee's next meeting. Equity members have begun the interview process with coaches.

**VII. ISAAC Report - Woods**

**A.** ISAAC members participated in the Pheasant Ridge HallowRidge Halloween event. About 50-70 student-athletes attended.

**B.** Networking efforts with alumni are ongoing.

**C.** Community service hours keep growing. He touted the rowing team for having the highest number of volunteer hours.

**VIII. NCAA Report - Barta, Jantz/Burke, Drake, Grosland**

Drake announced the NCAA established the Academic Enhancement Fund, effective in the 2019-20 academic year. A portion of monies generated from televising the NCAA Men's Basketball Tournament each year will be distributed to NCAA institutions that meet one of three academic criteria: 985 Academic Progress Rate (APR), 90% Graduation Success Rate (GSR), or student-athletes' graduation rate of 13 percentage

points higher than the general student body. There are no restrictions on how the funds can be used.

***IX. Kinnick Edge Video – Barta***

The video relating to the reconstruction of the north end zone of Kinnick Stadium was viewed by PCA members. An in-depth view of enhancements was documented by Barta in the video.

***X. Athletics Director's Report***

***A.*** The November sports report and schedules are enclosed. The following report was given by Barta:

- 1.*** The field hockey team is currently competing in the Big Ten Championships.
- 2.*** Next weekend is the NCAA Track Regionals at the Ashton Cross Country Course. About 30 teams will compete.
- 3.*** Men's and women's basketball seasons get underway this weekend.
- 4.*** Football competes next at Penn State.
- 5.*** The volleyball team beat Illinois. Next are away competitions with Rutgers and Penn State.

***B.*** Barta reiterated that graduation rate numbers to be released soon will break the current record set one year ago. Athletics Department staff members are working on a press release highlighting the incredible accomplishment by UI student-athletes.

***XI. Adjourn***

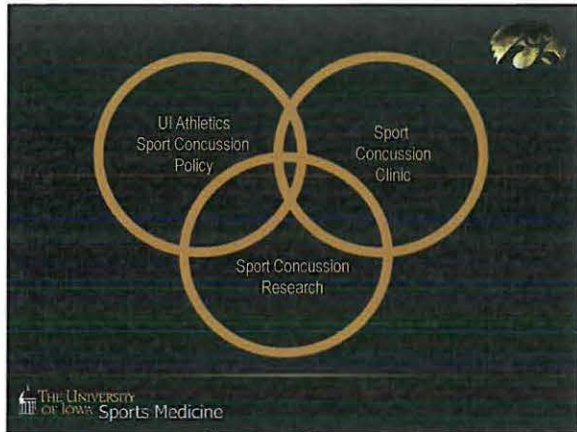
Chair Hollingworth adjourned the meeting at 5:15 p.m. A tour of the Gerdin Athletic Learning Center followed.

  
\_\_\_\_\_  
Rae Parker  
Recording Secretary



# UI SPORT CONCUSSION OVERVIEW

Andy Peterson MD MSPH FAAP  
November 3, 2016



## UI ATHLETICS SPORT CONCUSSION POLICY

- Follows NCAA Sports Medicine Handbook Best-Practice Guidelines
- Based on Zurich Consensus Statement
- **Revised by NCAA**
- Pre-Season Assessment and Education
- Concussion Identification
- Activity Modification
- **Return to Classroom**
- Return to Play

The University of Iowa Sports Medicine logo is in the bottom left corner.

## ADDITIONAL POLICY CONCERNS

- B1G independent spotter program
- Rapidly changing field
  - Berlin
  - Medications
  - Exercise Rehab
  - CTE becoming LESS clear

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## IOSMR SPORT CONCUSSION CLINIC

- Rapid Access
- Based on Zurich Guidelines
- ONLY Consensus Based or Evidence Based Practices
- ImPACT
- BTT
- Support From
  - PT
  - Neuropsychology
  - Vestibular Rehab
  - Neuro-ophthalmology
  - Local high schools / clubs

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## UI SPORT CONCUSSION RESEARCH

- BigTen – IVY League Collaboration
- Youth Football Study
- OSSS Study
- King Devick Study
- Pupilometer Study
- Retinal Structural Biomarkers
- Sideline concussion tests in ER
- BESS Study

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### UI SPORT CONCUSSION RESEARCH

- Biogen - UI Longitudinal Collaboration
- Xcel Football Study
- CSRS Study
- King David Study
- Pupilometer Study
- Retinal Structural Biomarkers
- Retinal Concussion Index by OCT
- BSSB Study

The University of Iowa Sports Medicine

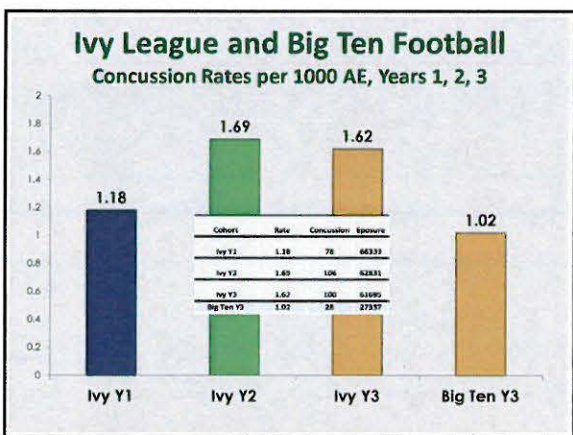
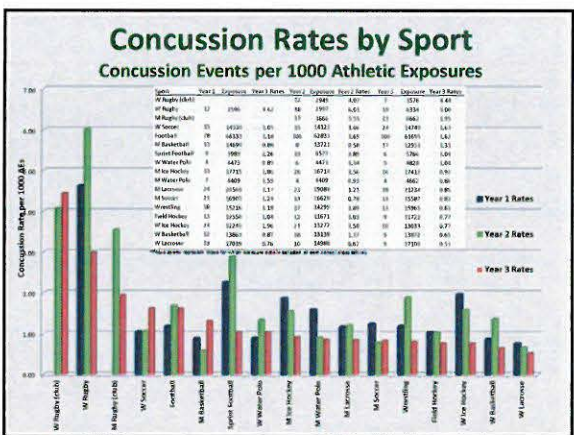
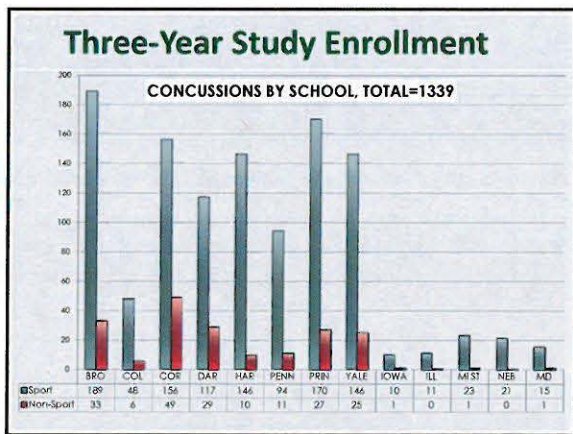
### Project Timeline

- Summer-Fall 2013**
  - Host Research Summit
  - Plan Database
  - Hire Project Mgr.
  - Synchronize Data Collection Protocol
- Fall 2013-June 2014**
  - Develop Database
  - Propose Research Projects
  - Determine IRB Approach
- July 2014-June 2015**
  - Begin Data Collection
  - Approve Research Projects
  - Solicit Outside Funding

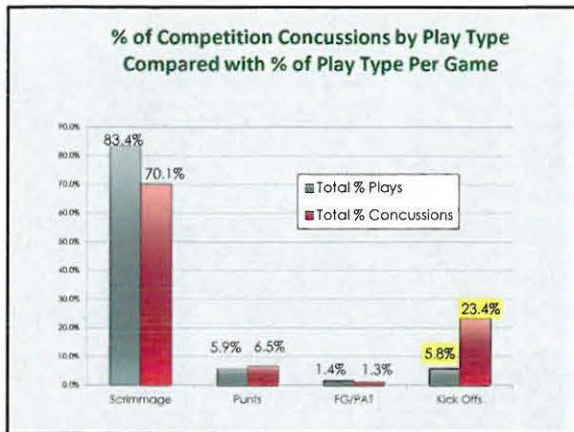
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## THE EPIDEMIOLOGY OF CONCUSSIONS IN IVY LEAGUE AND SELECT BIG TEN SPORTS

A WEB-BASED REGISTRY







## INJURY RATES IN YOUTH (GRADES 1-6) FOOTBALL

### RESEARCH DESIGN

- Prospective cohort -- 3 youth football leagues
  - Youth Sports Foundation (3<sup>rd</sup> - 6<sup>th</sup>)
  - Metro Youth Football (4<sup>th</sup> - 6<sup>th</sup>)
  - Redzone Football Academy (1<sup>st</sup> - 6<sup>th</sup>)
- Largest cohort to date with ~8000 athletes
- Novel infrastructure for attendance and injury reporting

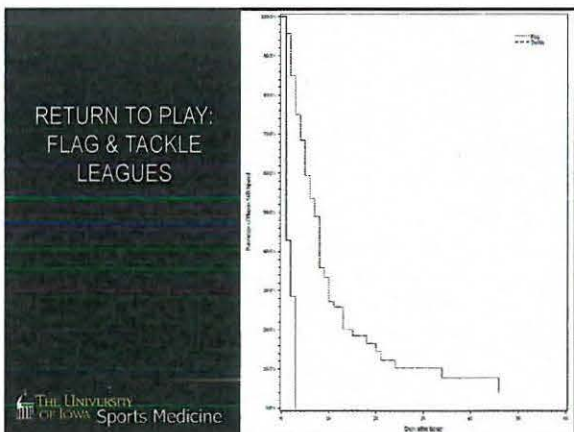
### RESULTS – EXPOSURES AND INJURIES

**Table 1: Exposures and Injuries by League Type**

| League Type | Exposures | Total Injuries | Severe Injuries | Concussions | Injuries per 1000 Exposures | Severe Injuries per 1000 Exposures | Concussions per 1000 Exposures |
|-------------|-----------|----------------|-----------------|-------------|-----------------------------|------------------------------------|--------------------------------|
| Tackle      | 44,164    | 115            | 62              | 30          | 2.60                        | 1.40                               | .68                            |
| Flag        | 2,252     | 13             | 3               | 3           | 5.77                        | 1.33                               | 1.33                           |

**Table 2: Comparison of injury rates between league types**

| League Type    | Response Variable  | Ratio Estimate | 95% CI           | p-value |
|----------------|--------------------|----------------|------------------|---------|
| Flag v. Tackle | Injury Rate        | 2.217          | (1.249, 3.934)   | 0.0085  |
| Flag v. Tackle | Severe Injury Rate | 0.9489         | (0.2970, 3.0229) | 0.9293  |
| Flag v. Tackle | Concussion Rate    | 1.961          | (0.5985, 6.4257) | 0.2660  |



### Utilization of a Text-Messaging Robot to Assess Intraday Variation in Concussion Symptom Severity Scores

Journal Article Preview


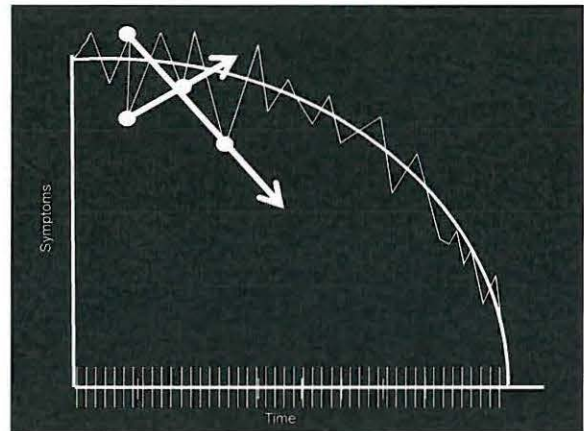
**CLINICAL JOURNAL OF SPORT MEDICINE**

### Purpose

To determine the amount of within-day variation of Symptom Severity Scores in adolescents with a clinically diagnosed concussion.

**How do you feel?**  
"How should you respond on the following symptoms, based on how you feel now?"

|                          | None                  | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     | 7                     | 8                     | 9                     | 10                    |
|--------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Headache                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| "Pressure in head"       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Neck Pain                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Nausea or vomiting       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Double vision            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Blurred vision           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Balance problems         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sensitivity to light     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sensitivity to noise     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Feeling slowed down      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Feeling like "in a fog"  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| "Don't feel right"       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Difficulty concentrating | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Difficulty remembering   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Fatigue or low energy    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Confusion                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Dizziness                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Trouble falling asleep   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| More emotional           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Irritability             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sweats                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Numbness or tingling     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

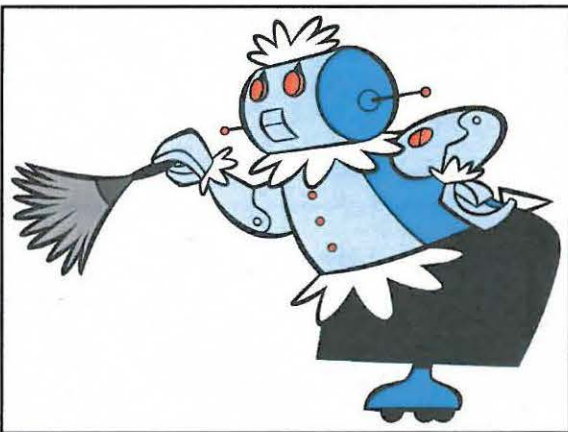
### Methods/Study Design

- Prospective cohort
- 14-22yo athletes with clinically diagnosed concussion
  - Symptomatic
  - Currently participating in sport
  - Injured in sport
  - Own a cell phone and regularly text message
  - Received usual concussion care




### Methods/Study Design

Text Messaging Robot

### Methods/Study Design

- Text Messaging Robot
  - Queried 5x daily with Concussion Symptom Severity Score
  - 1 question at a time
  - Subjects chose time of day
  - Survey discarded if not completed by next query
  - Subject excluded if completes < 3 surveys on > 2 different days
  - 30 days or until 7 consecutive days of no symptoms
  - All study personnel completely blind to results







## Methods/Study Design

- Mean daily Symptom Severity Scores
- Standard deviation about each daily mean

(Think of this as the raw data for the rest of the analysis)



## Methods/Study Design

- Repeatability Coefficient
  - Random Effects Model
    - Subject
    - Day (within subject)
    - Random Error Term
  - Mixed Effects Model
    - Same as above, but added time of day  
(To determine if time of day was a confounder)



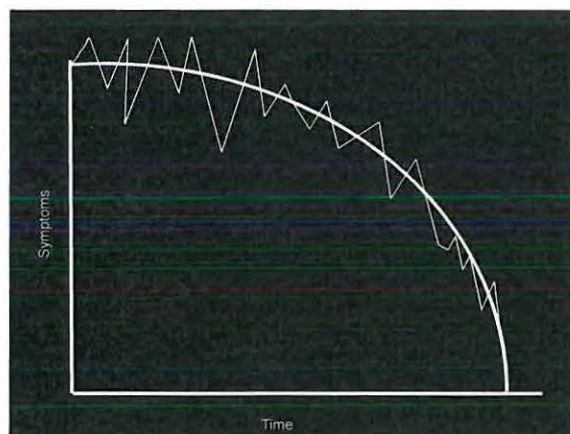
## Results

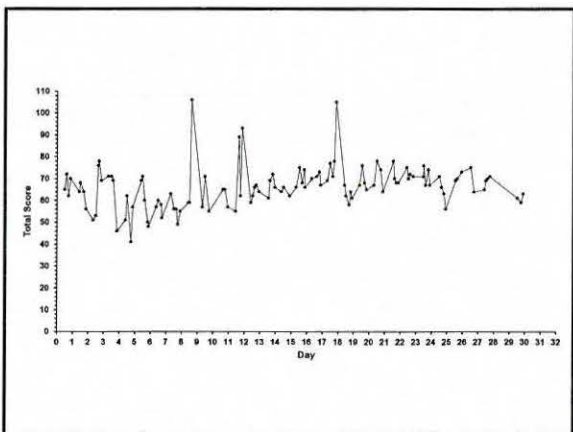
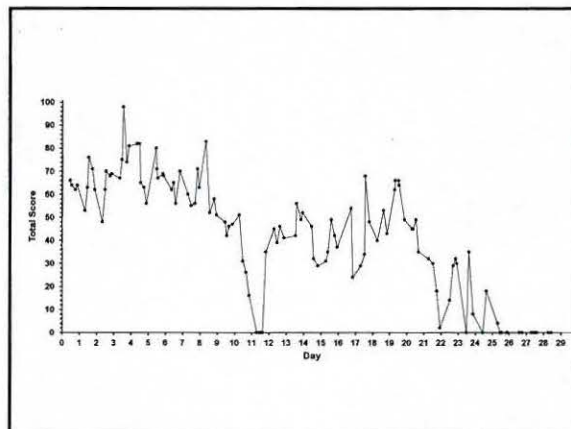
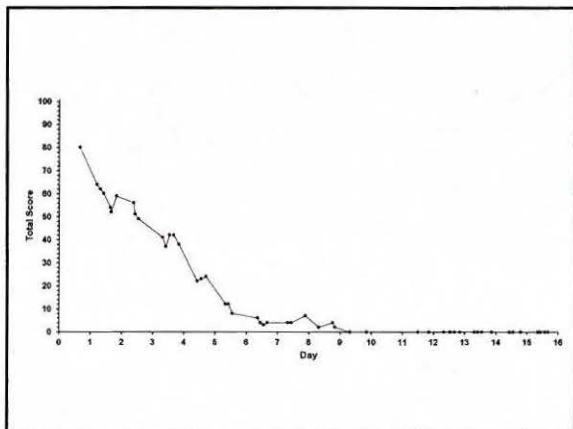
- 14 subjects enrolled
- 24,180 text messages
- 845 completed surveys



## Results


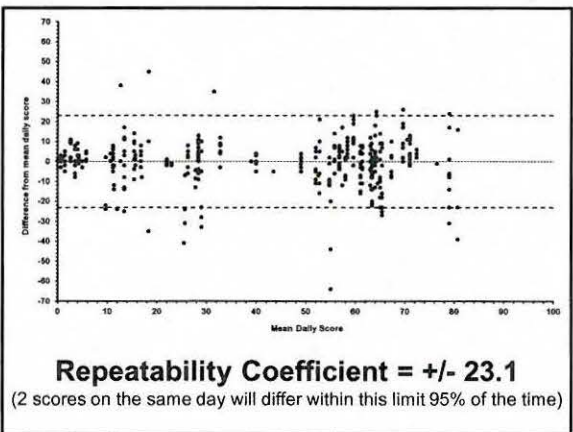
- 3 subjects were excluded
  1. Symptoms resolved 14h post enrollment
  2. Only responded to 2 text messages
  3. Completed only 5 surveys and had very high symptom severity scores
- Mean follow-up 23.9 days
- 5 Subjects remained symptomatic at 30 days





### Results

- Mean Within Day Standard Deviation in Symptom Score = 8.3 (95%CI: 7.6, 9.2)
- Standard Deviation of differences between same day symptom scores = 11.8 (95%CI: 10.8, 13.0)





### Results

Does Time of Day Matter?

Type 3 Test of Fixed Effects

| Effect | Num DF | Den DF | F Value | Pr > F  |
|--------|--------|--------|---------|---------|
| Day    | 7      | 56.5   | 6.90    | <0.0001 |
| Hour   | 3      | 12.6   | 1.02    | 0.4156  |



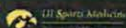


## Results

Really?

Least Squares Means  
( $p = 0.416$  among time of day quartiles)

| Hour  | Mean Score | St. Error | 95% CI | Mean Score |
|-------|------------|-----------|--------|------------|
| 06-08 | 34.17      | 6.99      | 18.98  | 49.36      |
| 09-11 | 37.50      | 6.98      | 22.32  | 52.68      |
| 12-17 | 37.86      | 6.91      | 22.77  | 52.95      |
| 18-22 | 36.49      | 6.96      | 21.33  | 51.65      |



## Conclusions

When surveyed frequently by a text-messaging robot, concussed adolescents report poorly repeatable symptom severity scores



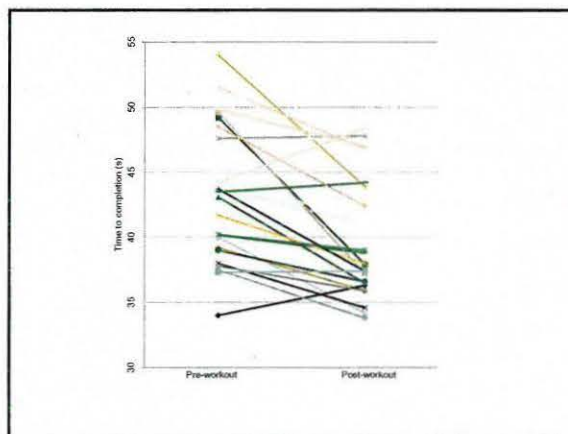
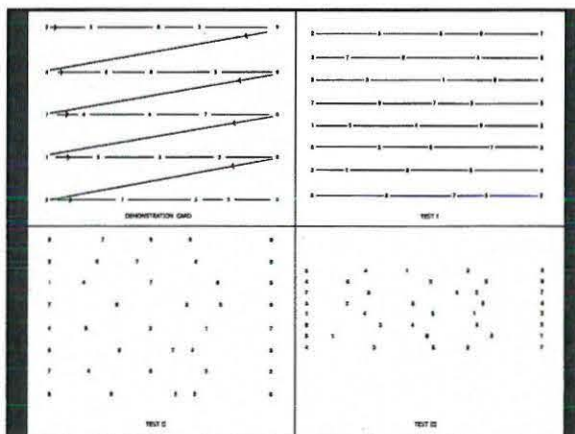
## Significance

The Concussion Symptom Severity Score may be an invalid method of tracking concussion severity and resolution over time

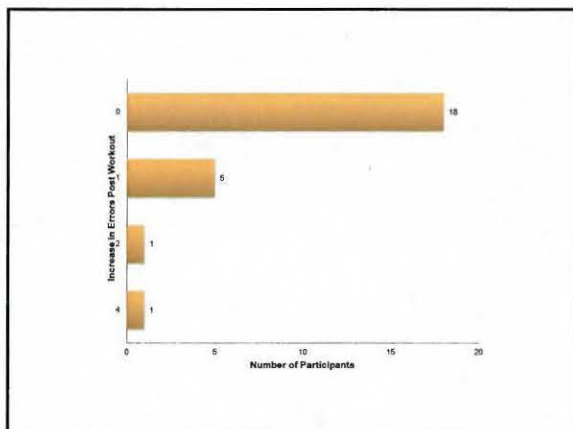
- Clinical?
- Research!



THE EFFECTS OF PHYSICAL FATIGUE ON THE KING DEVICK TEST: A COHORT STUDY







### Results

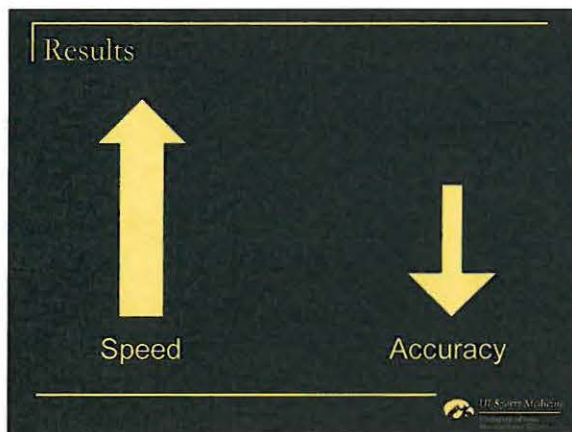
|   | Wrestling          | Running             |
|---|--------------------|---------------------|
| Age, y, mean +/- SD   | 20.1 +/- .9        | 30.1 +/- 10         |
| Sex, n (%male)  | 7 (100)            | 18 (78)             |
| Baseline KD time, median (range)                                      | 40 (38 - 54)       | 43.6 (34 - 51.8)    |
| Post workout KD time, median (range)                                  | 36.6 (34.2 - 47.8) | 38.9 (33.8 - 48.4)  |
| Change in time from Baseline, median (range) <sup>a</sup>             | -3.4 (-11.3 - 0.2) | -3.25 (-12.4 - 4.2) |
| Participants with at least one error at baseline, n (%)               | 4 (29)             | 4 (16)              |
| Participants with at least one error at follow up, n (%) <sup>b</sup> | 5 (71)             | 4 (27)              |

*UI Sports Medicine*

### Results

|   | Wrestling          | Running             |
|---|--------------------|---------------------|
| Age, y, mean +/- SD   | 20.1 +/- .9        | 30.1 +/- 10         |
| Sex, n (%male)  | 7 (100)            | 18 (78)             |
| Baseline KD time, median (range)                                      | 40 (38 - 54)       | 43.6 (34 - 51.8)    |
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| Change in time from Baseline, median (range) <sup>a</sup>             | -3.4 (-11.3 - 0.2) | -3.25 (-12.4 - 4.2) |
| Participants with at least one error at baseline, n (%)               | 2 (29)             | 2 (16)              |
| Participants with at least one error at follow up, n (%) <sup>b</sup> | 5 (71)             | 4 (27)              |

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## PUPILOMETER

*UI Sports Medicine*

## RETINAL STRUCTURAL BIOMARKERS OF PROGRESSIVE NEURAL DEGENERATION FOLLOWING EXPOSURE TO TRAUMATIC BRAIN INJURY


Visual System "Connectomes"

- Visual Path
- OCT Scans/KME
- Ganglion Cell Layer
- Functional MRI
- Structural MRI

The visual pathways in the eye and their connections within the brain can be precisely quantified over time using optical coherence tomography (OCT).

*THE UNIVERSITY OF IOWA Sports Medicine*

### RETINAL STRUCTURAL BIOMARKERS OF PROGRESSIVE NEURAL DEGENERATION FOLLOWING EXPOSURE TO TRAUMATIC BRAIN INJURY



Optical Coherence Tomography thickness measurements of the neural retinal layers to diagnose and monitor nerve loss from TBI

The University of Iowa Sports Medicine

### SIDELINE CONCUSSION TESTS IN THE ED

### Balance examination

Domine in back of the sitting seat.

Standardized Balance Exam: Starburst System (BESS) Testing

Which foot has the most force? (circle the most forceful foot) Left Right

Conditions:

- Double leg stance
- Single leg stance (non-dominant foot)
- Stomach-toe (non-dominant foot at heel)

### How do you feel?

| Item                       | None | 1 | 2 | 3 | 4 | 5 |
|----------------------------|------|---|---|---|---|---|
| Headache                   |      |   |   |   |   |   |
| "Pressure" in head         |      |   |   |   |   |   |
| Nausea                     |      |   |   |   |   |   |
| Double or sensitive vision |      |   |   |   |   |   |
| Dizziness                  |      |   |   |   |   |   |
| Balance or gait            |      |   |   |   |   |   |
| Mild or moderate           |      |   |   |   |   |   |
| Severe or worse            |      |   |   |   |   |   |
| Feeling disoriented        |      |   |   |   |   |   |
| Feeling like "in a fog"    |      |   |   |   |   |   |
| "Brain fog"                |      |   |   |   |   |   |
| Difficulty concentrating   |      |   |   |   |   |   |
| Difficulty remembering     |      |   |   |   |   |   |
| Mild or less severe        |      |   |   |   |   |   |
| Severe                     |      |   |   |   |   |   |
| Feeling very drowsy        |      |   |   |   |   |   |
| Very fatigued              |      |   |   |   |   |   |
| Awake                      |      |   |   |   |   |   |
| Normal or better           |      |   |   |   |   |   |

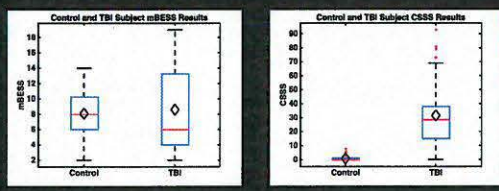
Total number of symptoms (circle number of symptoms severity score 0 control results "0")

Do the symptoms get worse over time (circle worst)

Do the symptoms get better over time (circle best)

The University of Iowa Sports Medicine

### 34 CONTROLS, 43 MTBI

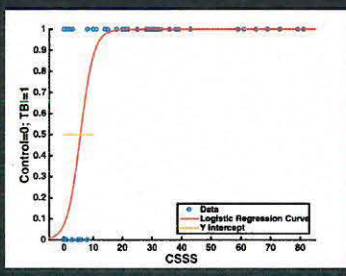


Control and TBI Subject mBESS Results

Control and TBI Subject CSSS Results

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### CSSS SCORE OF 5.7 IS 95.0% SENSITIVE AND 88.9% SPECIFIC FOR TBI



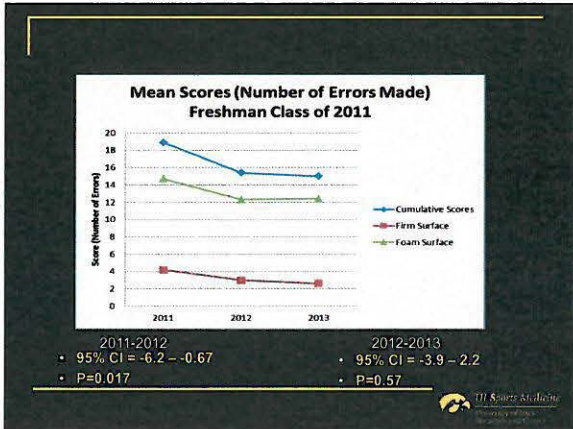
Control: TBI vs CSSS

Legend: Data, Logistic Regression Curve, Y Intercept

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### LONGITUDINAL IMPROVEMENT IN BESS SCORES AMONG NCAA DIVISION-I FOOTBALL ATHLETES





### All Players

|                          | 1 <sup>st</sup> test<br>Mean (Std)<br>(n=64) | 2 <sup>nd</sup> test<br>Mean (Std)<br>(n=65) | 1 <sup>st</sup> test-2 <sup>nd</sup> test<br>Mean diff<br>(95% CI) | p-value |
|--------------------------|--|--|--|---------|
| Cumulative<br>BESS score | 20.3   | 16.8   | -3.55 (-5.27 to -1.82)   | 0.0001  |
| Cumulative<br>Firm Score | 9.0  | 8.5  | -0.56 (-1.35 to -0.38)   | 0.0079  |
| Cumulative<br>Foam Score | 15.4   | 13.2   | -2.18 (-2.66 to -0.71)   | 0.0047  |

U.S. Sports Medicine  
 University of Iowa  
 Department of Sports Medicine





# STUDENT-ATHLETE ACADEMIC SERVICES

## Executive Summary

The Office of Student-Athlete Academic Services offers academic and personal support for student-athletes. The following is a summary of the support services, resources, and personnel within Academic Services.

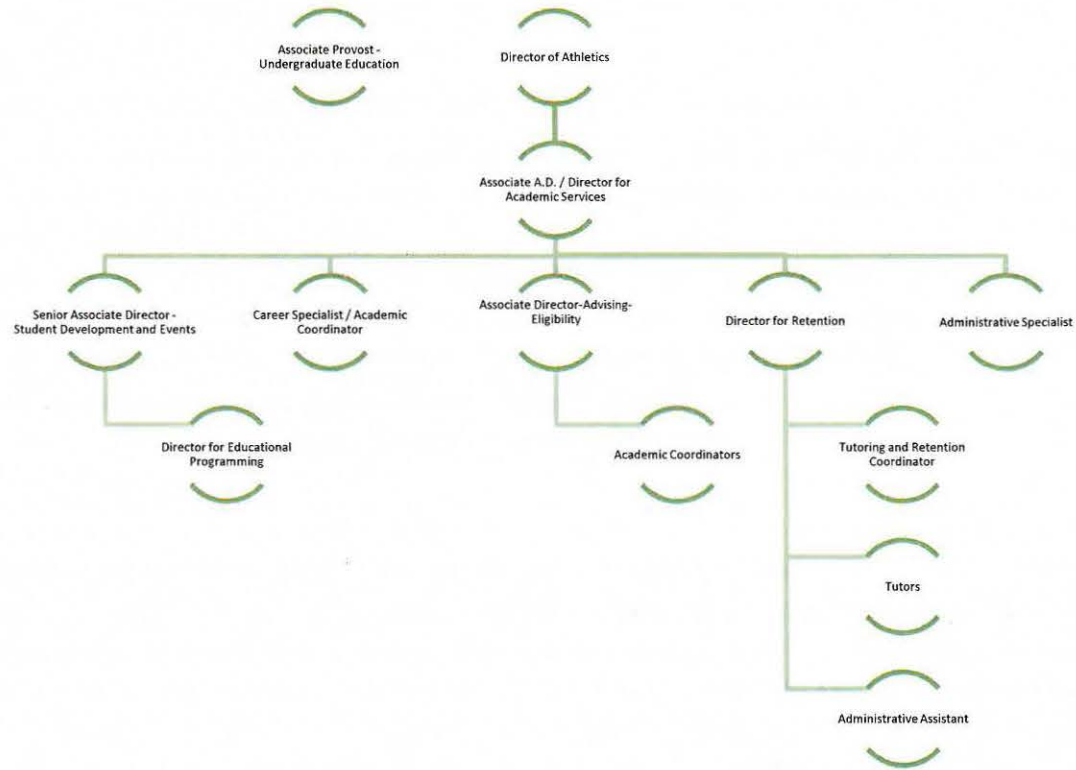
### I. Mission and Philosophy

The Academic Services staff assists student-athletes with making timely and satisfactory progress toward their degrees. This can include, but is not limited to academic advisement, tutorial and instructional support as well as educational programming. The office works in consultation with coaches, university staff, and various athletic personnel regarding student-athlete academic matters and ensures compliance with all institutional, National Collegiate Athletics Association (NCAA) and Big Ten Conference rules and regulations. The staff is dedicated to the success and development of Iowa student-athletes and encourages students to be active contributors to the campus community.

### II. Facts & Highlights 2015-2016

- UI Athletics Department NCAA Graduation Success Rate (GSR) – 89%
- UI Athletics Department Federal Graduation Rate (FGR) - 71%
- 11 UI sports teams earned a GSR score that placed them in the top half of the Big Ten Conference within their sport
- 3 sports teams earned a perfect single year NCAA Academic Progress Rate (APR) of 1000
- All sports teams have met or exceeded the NCAA standard for academic progress (i.e., Academic Progress Rate)
- Over 160 Academic All-Big Ten winners
- Collectively student-athletes completed nearly 2500 hours of required structured study hours per week
- Student-athletes participated in over 10,000 hours of community service and programming events
- 3 student-athletes received post graduate NCAA and Big Ten Scholarships
- 3.0 Overall Departmental GPA

### III. Organizational Chart



### IV. Facility

The Gerdin Athletic Learning Center (GALC) is a multifaceted study environment where student-athletes work together with academic coordinators and support staff to pursue their studies in a structured learning environment. The GALC provides student-athletes with a place to study and utilize academic resources such as tutors and computing facilities. The GALC is one of several athletic facilities with a Refueling Station area. Student-athletes may select from various food items such as snacks, sandwiches and salads during regular business hours. The Refueling Stations are of no charge to student-athletes and are intended to accommodate their demanding sport and academic schedules. The 28,000 square foot building also includes office spaces, computer and study labs on the first and second floor. Renovations to the GALC are expected to begin within the within the next 2 years and will include completion of the 3<sup>rd</sup> floor of the facility, a student commons area, additional study and tutoring spaces, as well as a refueling station cafe.

## **V. Unit Goals for 2016-2017**

- a. Incorporate UI Strengths initiative into Athletic Transition Seminar for freshmen athletes
- b. Partner with Pomerantz Career Center on a student-athlete Networking Fair
- c. Review and improve effective academic advisement protocols
- d. Implement task based tutoring for at-risk student-athletes
- e. Implement recommendations from the 2015-2016 PCA Academic Services review
- f. Continue to implement commitments of the UI Athletics Diversity Plan
- g. Meet or exceed academic benchmarks outlined in the UI Athletics Strategic Plan
- h. Communicate changes in certification measures to coaches and student-athletes
- i. Continue to promote and brand the Hawkeye Life Program
- j. Expand individual and team academic recognition
- k. Incorporate Strengths based training into staff professional development

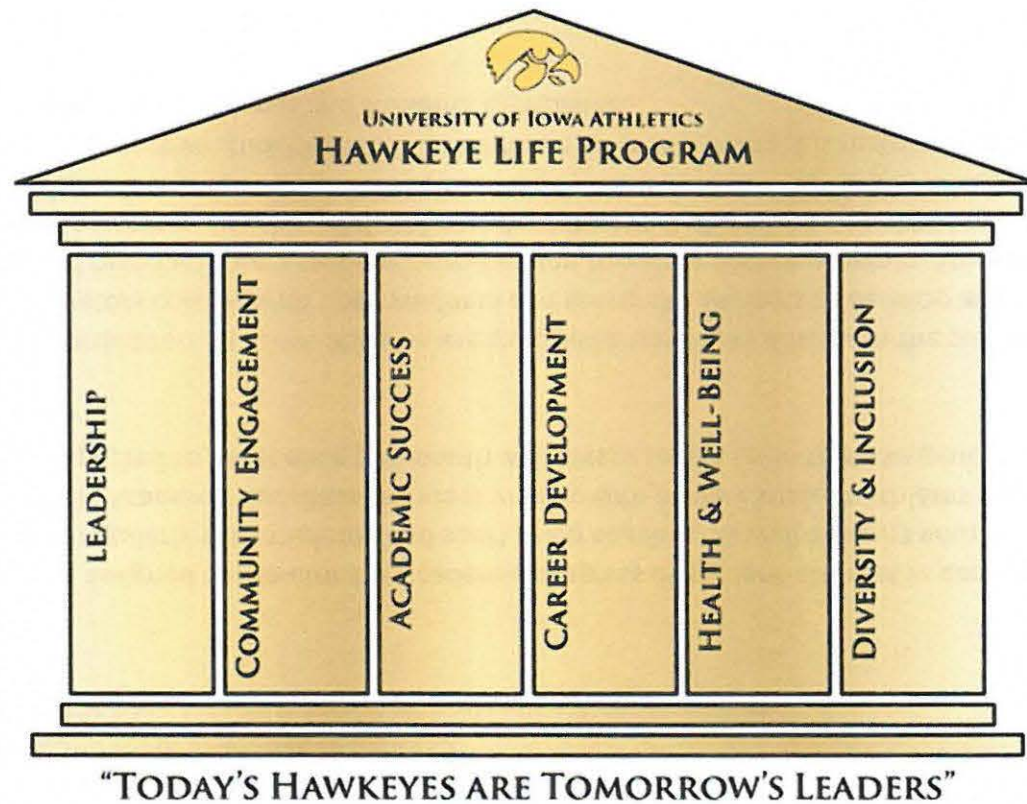
## **VI. Advising**

An Academic Coordinator is assigned to monitor the academic progress of student-athletes in each sport program. Academic Coordinators communicate regularly with students and sport team coaches, as well as assist with recruitment efforts of prospective student-athletes. Academic Coordinators meet weekly with all new student-athletes and designated upperclassmen. They are expected to meet once per month with every sports team to make general academic announcements.

In addition to Academic Coordinators, student-athletes are assigned a university advisor in the student's designated degree program. Academic Coordinators consult with both students and university advisors to develop and maintain updated 4-Semester Plans of Study and help facilitate a student's progression toward a degree program. Students must meet with their university advisor once per semester. Coaches and athletics department staff are not permitted to initiate contact with institutional staff members, including but not limited to the faculty, Offices of the Registrar, Admissions, or Student Financial Aid regarding a current or prospective student-athlete's academic progress. Contact is restricted to official liaisons in the Offices of Student-Athlete Academic Services and Athletics Compliance.



## VII. Hawkeye Life Program



Student-Athlete Academic Services provides opportunities for overall student development and growth, so that student-athletes may leave the university with greater self-awareness and engage as leaders in their careers and communities. These programs are offered as part of the Hawkeye Life Program.

Programming opportunities are offered throughout the year. At the beginning of each academic year all student-athletes, coaches, and administrators attend the annual Student-Athlete Kickoff, which includes a presentation on a selected topic aimed at addressing student-athlete welfare. Past topics have included:

- Social Media Training
- Sexual Assault/ Misconduct Awareness
- Leadership and Character Development
- Alcohol Reduction
- Healthy Relationships
- Diversity and Inclusion
- Career Development

Below are the six pillars of the Hawkeye Life Program along with relevant examples of each:

a. Leadership

- i. ISAAC: Student-athlete leadership group serving as the voice of student-athletes within the department, campus, conference and NCAA. ISAAC meets monthly and is comprised of two students from each sports team. During their monthly meetings students discuss student-athlete driven initiatives and programs as well as various topics that impact student-athlete welfare.

b. Community Engagement

- i. Day of Caring: In collaboration with the Johnson County United Way, student-athletes assist nearly 20 local organizations with projects and tasks. Each year nearly 200-300 student-athletes participate along with their team members in a day long service project to help the local community.
- ii. Hawkeye Pride: A collaboration with the Iowa City public school system in which student-athletes work with school aged children in the classroom on projects and activities.
- iii. Fuel Up to Play 60 Program: Program that encourages health, nutrition, and fitness among elementary and middle school students in Iowa City.

- c. Academic Success
  - i. PCA Recognition: Each year Academic Services in collaboration with the Presidential Committee on Athletics recognizes students who have achieved a 3.0 cumulative grade point average. Students receive a medallion and are recognized at a sporting event for their accomplishments.
- d. Career Development
  - i. Polk County I-Club Banquet: A yearly banquet held in Des Moines, IA where senior student-athletes are recognized and provided the opportunity to network with business and political leaders. Prior to the event students are required to prepare a resume which is provided to the business leaders at the banquet.
  - ii. Resume Building: Resume building training sessions are offered through Academic Services in both the fall and spring semesters. Student-athletes utilize the HireaHawk student employment portal through the Pomerantz Career Services Center. This student management program allows students to upload their resumes, log community involvement hours and register for internships.
  - iii. Hawkeye P.A.C.E.: The Hawkeye P.A.C.E. (professional and career exposure) program provides a structured setting for UI student-athletes to engage in meaningful career development, professional networking and leadership opportunities.
- e. Health and Well-Being
  - i. Counseling and Sport Performance Psychology: The UI Athletics Department employs a full-time, licensed, psychologist who offers confidential counseling and performance psychology services to current student-athletes. Mental health programming opportunities are provided throughout the year which foster mental health, well-being, and promote success in educational and athletic goals.
- f. Diversity and Inclusion
  - i. Multicultural Focus Group: Each month student-athletes are encouraged to participate in meetings to discuss matters pertaining to diversity and hear speakers from campus and the community. Faculty, staff and community leaders serve as mentors for students who participate in minority focus group meetings. At least two students from each team serve as liaisons and help promote monthly events.



## VIII. Tutoring and Retention

Academic Services employs tutors in most general education courses and select upper-level coursework. The majority of tutors are graduate students or teachers who have experience with instruction and learning. Tutoring is free of charge to all student-athletes, managers, student trainers and spirit group members. If a tutor is unavailable for the requested subject, the student is referred to alternative tutoring resources provided on campus. All tutoring sessions are arranged by the Academic Services staff and are held in the GALC.

The Retention Program is an academic program intended to teach student-athletes a specific academic skillset, as well as provide them with the academic tools and structure necessary to succeed in a college environment. The goal of the program is to enhance student skills in the following areas:

- **Reading**
- **Writing**
- **Mathematics**
- **Time Management**
- **Organization**

Students traditionally have been selected for the program if any of the following apply: 1) admittance through the Iowa Link Program; 2) existing or suspected learning deficiencies; 3) continued underperformance in coursework; 4) inadequate preparedness for college.

### Grades First

Grades First is a student management database system used by the Academic Services staff to monitor and communicate with student-athletes, their coaches and instructors. Grades First is utilized to schedule tutoring appointments. All tutoring sessions are logged and monitored by Academic Services staff through Grades First.

**Tutoring Facts**

| <u>Total # Student-Athletes</u> | <u># Tutors Employed</u> | <u>Average Tutoring Appointments Per Semester</u> | <u>Average # Tutoring Appointments Per Week</u> | <u>Average # of students in the Retention Program</u> | <u>Average # Appointments Per Day</u> | <u>Average Tutor Salary per Hour</u> |
|---------------------------------|--------------------------|---|---|---|---------------------------------------|--------------------------------------|
| 650                             | 40                       | 3000  | 200   | 100   | 60                                    | \$10-12                              |

**IX. Support Staff**

Academic Services employs nearly 50 part-time support staff which includes student workers, tutors, and retention staff. They provide oversight for our structured study rooms and academic support and instruction for student-athletes.

**X. Cross-Campus Collaborations**

Student-Athlete Academic Services partners yearly with departments and units on campus. The nature of those partnerships varies from year to year, however they can include student programming or professional development for Academic Services staff. Below is a brief summary of those partnerships.

| Office                          | Program                    | Description   | Semester |
|---------------------------------|----------------------------|---|----------|
| Career Services                 | Networking Night           | Student-athletes network with over 60 employees as part of the university wide Career Fair. | Fall     |
| Office of Student Financial Aid | Financial Literacy Program | Budgeting and financial advice seminar for student-athletes                                 | Fall     |
| UI Hospitals and Clinics        | UI Health CARE             | Career and mentoring program for student-athletes interested in health related fields       | Summer   |

|   |  |   |                    |
|---|--|---|--------------------|
| Graduate College  | Graduate and Professional School Fair for Student-Athletes                 | Informational session about various graduate programs. Topics include admission, financial aid and support services | Fall               |
| Women's Resource and Action Center/ Rape Victims Advocacy Program | New Student-Athlete Orientation and Kickoff/ Individual Team Presentations | Staff from both offices provide student-athletes with information about support services on campus                  | Fall               |
| Center for Diversity and Enrichment                               | CDE Banquet  | A graduating, minority, student-athlete is recognized each year at the banquet                                      | Spring             |
| Student Success and Retention                                     | Tutor Iowa   | Student-athletes are encouraged to seek tutorial assistance from campus resources                                   | Fall/Spring/Summer |



# NOVEMBER REPORT TO THE PRESIDENTIAL COMMITTEE ON ATHLETICS

## MEN'S CROSS COUNTRY

**Head Coach:** Randy Hasenbank

**Next Event:** Nov. 11, hosting NCAA Midwest Regionals

**Notables:** Michael Melchert was named Iowa's male Student-Athlete of the month for September. Senior Ben Anderson was Iowa's top finisher in four races this season. Melchert, sophomore Daniel Soto and freshman Nathan Mylenek each paced the Hawkeyes in one race this season.

## WOMEN'S CROSS COUNTRY

**Head Coach:** Randy Hasenbank

**Next Event:** Nov. 11, hosting NCAA Midwest Regionals

**Notables:** Senior Tess Wilberding was named Iowa's Student-Athlete of the Month for September. She has been Iowa's top finisher in six meets this season.

## FIELD HOCKEY

**Season Record:** 12-6 Overall, 4-4 Big Ten

**Head Coach:** Lisa Cellucci

**Next Event:** Thursday vs. Northwestern - 4:30 p.m. at College Park, Maryland (Big Ten Tournament)

**Notables:** The Hawkeyes have won five of their last six matches, including three conference wins over No. 9 Northwestern (2-1) in overtime, Michigan State (5-3), and Ohio State (3-2). The Hawkeyes are now 12-6 overall and 4-4 in Big Ten play heading into the Big Ten Tournament.

Senior Natalie Cafone was named Big Ten Offensive Player of the Year and freshman Katie Birch was named Big Ten Freshman of the Year. It marks the first time in program history the Hawkeyes have won both offensive player and freshman of the year. Cafone also earned first team All-Big Ten accolades, while Birch and senior Chandler Ackers received second team all-conference recognition. Senior Sophie Plasteras is Iowa's Sportsmanship Award honoree.

## FOOTBALL

**Season Record:** 5-3 Overall, 3-2 Big Ten

**Head Coach:** Kirk Ferentz

**Next Event:** Saturday at Penn State - 6:42 p.m. (BTN)

**Notables:** Iowa football heads into the final four games of the season with a 5-3 overall record and a 3-2 mark in Big Ten play. The Hawkeyes are tied for second place in the Big Ten's West Division. Three of Iowa's four remaining games are against ranked opponents. All three losses to date have been by single digits.

In conference play, Iowa has road wins over Rutgers, Minnesota and Purdue. The Hawkeyes have established a school record with nine consecutive road wins, a streak that ties for the third longest active streak in the nation.

All-American defensive back Desmond King has been a leader for the Iowa defense and special teams. King has recorded 41 tackles and leads the team with six pass break-ups. He had a 41-yard interception return for a touchdown at Purdue, the third of his career. King also ranks among conference and national leaders in both kickoff (32.0 average) and punt (9.2 average) returns.

Junior linebacker Josey Jewell leads the team in tackles with 77, including 16 tackles in two of the past four games.

King is a semifinal candidate for the Thorpe and Bednarik Awards, and a quarterfinalist for the Lott IMPACT Trophy. Jewell is a semifinal candidate for the Butkus Award.

Running backs LeShun Daniels, Jr. (119 attempts, 624 yards, 6 TDs) and Akrum Wadley (90-636-8 TDs) have led the rushing attack. Both rank among Iowa's career rushing leaders. Daniels is a senior, while Wadley is a junior.

Iowa has home games remaining vs. Michigan (Nov. 12, 7 p.m.) and Nebraska (Nov. 25, time TBA).



## MEN'S GOLF

**Head Coach:** Tyler Stith

**Next Event:** Feb. 10-11 at Big Ten Match Play Championship – Palm Coast, Fla.

**Notables:** Iowa finished fifth in an 11-team field rounding out its fall slate at the Royal Oaks Intercollegiate in Dallas, Texas. Sophomore Matthew Walker posted a season best, 54-hole total of 210 (-3; 71, 69, 70) to finish tied for ninth overall. Walker registered four top-10's this fall. Senior Raymond Knoll followed carding a one-over-par 72 in the final round at Royal Oaks. Knoll finished tied for 21st with a 54-hole total of 215 (+2; 72, 71, 72).

## WOMEN'S GOLF

**Head Coach:** Megan Menzel

**Next Event:** Feb. 20-21 at Central District Challenge – Port St. Lucie, Fla.

**Notables:** Iowa tied for 10th at the Greenville Regional Preview in a field of 16 teams. Freshman Sophie Liu led the Hawkeyes, tying for 12th with a total of 228 (+12; 73, 83, 72), while senior Jessie Sindlinger tied for 26th with a 54-hole score of 233 (+17; 79, 78, 76).

The Hawkeyes finished 10th in a field of 18 teams at the Landfall Tradition. Liu led Iowa, tying for 25th with a three-round total of 221, while junior Morgan Kukla tied for 33rd with a score of 224. Both student-athletes posted their 18-hole and 54-hole career lows – Liu with a 71 in the second-round and Kukla with a 72 in the third.

## SOCCER

**Season Record:** 8-11 Overall, 2-9 Big Ten

**Head Coach:** Dave Dilanni

**Notables:** The Hawkeyes defeated Purdue, 1-0, and Maryland, 2-0 in Big Ten play, while shutting out four teams total this season. Senior Bri Toelle led the team with six goals; junior Karly Stuenkel followed with five. Freshman goalkeeper Claire Graves made 73 saves and started every match.

## MEN'S SWIMMING & DIVING

**Season Record:** 1-2 Overall, 1-1 Big Ten

**Head Coach:** Marc Long

**Next Event:** Thursday vs. South Dakota - 5 p.m. at Campus Recreation & Wellness Center - Iowa City

**Notables:** The Iowa men's swimming and diving program fell to No. 12 Minnesota, 185.5-113.5, in a Big Ten Conference dual last week in Minneapolis.

Sophomore Kenneth Mende led the Hawkeyes, competing in four events and notching Iowa's lone first-place individual finish (200 back-1:48.57). Mende swam the first leg on Iowa's winning 200 medley relay (1:30.68). He was also Iowa's top finisher in the 100 back (49.14) and the 200 IM (1:55.04), swimming to a pair of runner-up finishes.

Following their performance in a double dual at Michigan State, two Hawkeyes earned Big Ten Conference weekly honors on Oct. 5. Sophomore Jack Smith was named the conference's Swimmer of the Week, while senior Brandis Heffner earned Big Ten Diver of the Week.

## WOMEN'S SWIMMING & DIVING

**Season Record:** 1-2 Overall, 1-1 Big Ten

**Head Coach:** Marc Long

**Next Event:** Thursday vs. South Dakota - 5 p.m. at Campus Recreation & Wellness Center - Iowa City

**Notables:** The Iowa women's swimming and diving program fell to No. 16 Minnesota, 186-114, last week in Minneapolis. Senior Emma Sougstad and junior Tereysa Lehnertz combined for four of Iowa's five individual wins on the day. Sougstad touched first in the 100 breast with a NCAA "B" qualifying time of 1:01.33 -- the second-fastest time in program history.

Freshman Hannah Burvill is pacing Iowa's freestyle sprinters early in the 2016-17 season. The Great Britain native notched a pair of second-place finishes at Minnesota to lead the Hawkeyes in the 100 (50.59) and 200 free (1:49.73) -- both times rank ninth all-time in school history.

Following their performance in a double dual at Michigan State, three Hawkeyes earned Big Ten Conference weekly honors on Oct. 5, pulling off a clean sweep. Lehnertz was named Big Ten Swimmer of the Week, sophomore Jacintha Thomas was tabbed Big Ten Diver of the Week, and Burvill was selected as Big Ten Freshman of the Week.

## **MEN'S TENNIS**

**Head Coach:** Ross Wilson

**Next Event:** Friday-Monday at Big Ten Singles & Doubles - Madison, Wisconsin

**Notables:** Freshman Jason Kerst has won six matches in his first fall season. Redshirt freshman Kareem Allaf is 7-3 and defeated Big Ten Opponent Eli Oglivy at the ITA Regional tournament. For the first time in Iowa men's tennis history two doubles teams reached the round of 16 at the ITA Regional tournament.

## **WOMEN'S TENNIS**

**Head Coach:** Sasha Schimid

**Next Event:** Friday-Sunday at Kitty Harrison Invitational - Raleigh Durham, North Carolina

**Notables:** Aimee Taurin has a team-best 8-4 singles record. Freshman Elise van Heuvelen has a 7-2 singles record. Junior Zoe Douglas and van Heuvelen have a team-best 10-4 doubles record.

## **VOLLEYBALL**

**Season Record:** 17-7 Overall, 7-5 Big Ten

**Head Coach:** Bond Shymansky

**Next Event:** Friday at Rutgers - 6 p.m. (BTN Plus); Saturday at Penn State at 3 p.m. (BTN Plus)

**Notables:** The Hawkeyes recorded their seventh Big Ten win on Oct. 29 as they defeated No. 24 Illinois in five sets. The seven wins is the most league wins for the program since 2000.

The month of October was highlighted by career milestones for the squad. Senior Keala Loxley notched her 2,000th career assist against No. 3 Minnesota on Oct. 21 and became just the eighth player in program history to reach 2,000 assists, while senior Lauren Brobst amassed her 1,000th kill against No. 4 Wisconsin on Oct. 22.

For the third time this season, five Hawkeyes reached double-digits in kills. Ashley Mariani (13), Meghan Buzzerio (11), Lauren Brobst (10), Reghan Coyle (18) and Jess Janota (17) contributed to give Iowa a .314 attacking percentage against an Illinois team that has allowed opponents an average of a .175 hitting percentage this season.

These kills, along with three from Loxley Keala, gave Iowa a season-high 72 kills against No. 24 Illinois.





# 2016-17 University of Iowa Men's & Women's Sports Schedules

## Men's Cross Country

|       |                          |               |
|-------|--------------------------|---------------|
| 9/2   | Hawkeye Invite           | 2nd/9 teams   |
| 9/9   | at Illinois State Invite | 1st/10 teams  |
| 9/24  | at Roy Griak Invite      | 15th/29 teams |
| 10/1  | Regional Preview         | 1st/3 teams   |
| 10/15 | at Bradley Classic       | 16th/27 teams |
|       | at Pre-Nationals         | 35th/40 teams |
| 10/30 | at Big Ten Championships | 12th/12 teams |
| 11/11 | NCAA Midwest Regional    |               |
| 11/19 | at NCAA Championships    |               |

## Women's Cross Country

|       |                          |               |
|-------|--------------------------|---------------|
| 9/2   | Hawkeye Invite           | 1st/8 teams   |
| 9/9   | at Illinois State Invite | 2nd/10 teams  |
| 9/24  | at Roy Griak Invite      | 24th/34 teams |
| 10/1  | Regional Preview         | 3rd/6 teams   |
| 10/15 | at Bradley Classic       | 24th/27 teams |
|       | at Pre-Nationals         | 38th/42 teams |
| 10/30 | at Big Ten Championships | 11th/14 teams |
| 11/11 | NCAA Midwest Regional    |               |
| 11/19 | at NCAA Championships    |               |

## #15 Field Hockey (12-6, 4-4 B1G)

|       |                         |   |          |
|-------|-------------------------|---|----------|
| 8/27  | at #7 Wake Forest ^     | W | 2-1      |
| 8/28  | vs. #1 North Carolina ^ | L | 1-4      |
| 9/2   | Fairfield               | W | 4-1      |
| 9/4   | Saint Louis             | W | 11-0     |
| 9/10  | vs. Monmouth            | W | 4-0      |
| 9/11  | at Kent State           | W | 2-0      |
| 9/16  | #4 Penn State           | L | 3-4      |
| 9/18  | Ball State              | W | 4-1      |
| 9/23  | #6 Maryland             | L | 2-4      |
| 9/25  | Rutgers                 | L | 1-2      |
| 9/30  | at Indiana              | W | 2-1 (OT) |
| 10/2  | at #7 Louisville        | L | 0-2      |
| 10/7  | Central Michigan        | W | 11-0     |
| 10/9  | UC Davis                | W | 5-0      |
| 10/14 | at #9 Northwestern      | W | 2-1 (OT) |
| 10/16 | at #12 Michigan         | L | 1-2 (OT) |
| 10/21 | Michigan State          | W | 5-3      |
| 10/27 | at Ohio State           | W | 3-2      |
| 11/3  | vs. #10 Northwestern *  |   |          |

^ at ACC/B1G Challenge, \* at Big Ten Tournament

## Football (5-3, 3-2 B1G)

|       |                             |   |       |
|-------|-----------------------------|---|-------|
| 9/3   | Miami, Ohio                 | W | 45-21 |
| 9/10  | Iowa State &                | W | 42-3  |
| 9/17  | #1 (FCS) North Dakota State | L | 21-23 |
| 9/24  | at Rutgers                  | W | 14-7  |
| 10/1  | Northwestern                | L | 31-38 |
| 10/8  | at Minnesota                | W | 14-7  |
| 10/15 | at Purdue                   | W | 49-35 |
| 10/22 | #10/10 Wisconsin            | L | 9-17  |
| 11/5  | at #24/20 Penn State        |   |       |
| 11/12 | Michigan                    |   |       |
| 11/19 | at Illinois                 |   |       |
| 11/25 | Nebraska                    |   |       |

& Iowa Corn Cy-Hawk Series

## Soccer (8-11, 2-9 B1G)

|       |                      |   |          |
|-------|----------------------|---|----------|
| 8/19  | at Creighton         | L | 3-5      |
| 8/21  | at Missouri          | W | 2-1 (OT) |
| 8/26  | vs. Eastern Michigan | W | 1-0      |
| 8/28  | Wyoming              | W | 3-2      |
| 9/2   | Colorado State       | W | 4-1      |
| 9/4   | SIU Edwardsville     | W | 5-1      |
| 9/9   | at Iowa State &      | W | 2-0      |
| 9/11  | at Colorado          | L | 1-4      |
| 9/16  | Michigan             | L | 0-1      |
| 9/18  | Michigan State       | L | 0-1 (OT) |
| 9/23  | at #16 Penn State    | L | 0-2      |
| 9/25  | at #17 Ohio State    | L | 0-3      |
| 9/30  | Purdue               | W | 1-0      |
| 10/6  | at #17 Minnesota     | L | 0-3      |
| 10/9  | at Wisconsin         | L | 0-1      |
| 10/13 | #23 Northwestern     | L | 0-1      |
| 10/16 | Illinois             | L | 1-2      |
| 10/21 | at Maryland          | W | 2-0      |
| 10/26 | at Nebraska          | L | 0-1      |

& Iowa Corn Cy-Hawk Series

## Volleyball (17-7, 7-5 B1G)

|       |                          |   |     |
|-------|--------------------------|---|-----|
| 8/27  | vs. Loyola-Chicago*      | W | 3-1 |
|       | vs. DePaul *             | W | 3-0 |
| 8/29  | at Northern Illinois *   | W | 3-0 |
| 9/2   | Western Illinois %       | W | 3-1 |
|       | Arizona State %          | W | 3-0 |
| 9/3   | Butler %                 | L | 0-3 |
|       | Oakland %                | W | 3-0 |
| 9/9   | at Iowa State ^&         | L | 0-3 |
| 9/10  | vs. Montana ^            | W | 3-0 |
|       | vs. North Dakota State ^ | W | 3-0 |
| 9/16  | Lamar +                  | W | 3-0 |
| 9/17  | South Dakota +           | W | 3-0 |
| 9/23  | at #20 Michigan State    | L | 0-3 |
| 9/24  | at #22 Michigan          | L | 1-3 |
| 9/28  | Maryland                 | W | 3-0 |
| 10/1  | at Northwestern          | W | 3-0 |
| 10/7  | #17 Purdue               | W | 3-2 |
| 10/8  | Indiana                  | W | 3-0 |
| 10/14 | at Maryland              | W | 3-0 |
| 10/15 | at #19 Ohio State        | L | 0-3 |
| 10/21 | #3 Minnesota             | L | 2-3 |
| 10/22 | #4 Wisconsin             | L | 0-3 |
| 10/28 | Northwestern             | W | 3-1 |
| 10/29 | #24 Illinois             | W | 3-2 |
| 11/4  | at Rutgers               |   |     |
| 11/5  | at #11 Penn State        |   |     |
| 11/9  | at Nebraska              |   |     |
| 11/12 | at Purdue                |   |     |
| 11/16 | Rutgers                  |   |     |
| 11/19 | Nebraska                 |   |     |
| 11/23 | at Wisconsin             |   |     |
| 11/26 | Michigan State           |   |     |

\* at Northern Illinois Tournament; % Iowa Invitational;  
^ at Iowa State Invitational; & Iowa Corn Cy-Hawk Series; + Hawkeye Invitational

## Men's Golf

|           |                               |               |
|-----------|-------------------------------|---------------|
| 9/10-11   | at Gopher Invitational        | 7th/15 teams  |
| 9/25-26   | at Windon Memorial Classic    | 8th/14 teams  |
| 9/30-10/2 | Golfweek Conf. Challenge      | 7th/12 teams  |
| 10/10-11  | at Paintbrush Intercollegiate | 10th/15 teams |
| 10/24-25  | at Royal Oaks Intercollegiate | 5th/11 teams  |
| 2/4       | at Black & Gold Alumni        |               |
| 2/10-11   | at Big Ten Match Play         |               |
| 3/12      | vs. Michigan State ^          |               |
| 3/17-19   | at Schenkel Invitational      |               |
| 3/31-4/2  | at Mason Rudolph Championship |               |
| 4/15-16   | Hawkeye Invitational          |               |
| 4/22-23   | at Robert Kepler Invitational |               |
| 4/28-30   | at Big Ten Championships      |               |
| 3/15-17   | at NCAA Regional              |               |

^ at Bluffton, SC

## Women's Golf

|          |                                  |               |
|----------|----------------------------------|---------------|
| 9/12-13  | at Red Raider Invitational       | 6th/15 teams  |
| 9/26-28  | at Golfweek Conf. Challenge      | 14th/18 teams |
| 10/17-18 | at Greenview Reg. Preview        | 10th/16 teams |
| 10/28-30 | at Landfall Tradition            | 10th/18 teams |
| 2/20-21  | at Central District Challenge    |               |
| 2/26-27  | at Westbrook Spring Invite       |               |
| 3/13-14  | at Entrada Classic               |               |
| 3/20-22  | at SDSU March Mayhem             |               |
| 4/2-4    | at Hawkeye-El Tigre Invitational |               |
| 4/21-23  | at Big Ten Championships         |               |

## Rowing (0-0, 0-0 B1G)

|          |                           |          |
|----------|---------------------------|----------|
| 9/24     | at Head of the Des Moines | Canceled |
| 10/22-23 | at Head of the Charles    | NTS      |
| 10/23    | at Jayhawk Jamboree       | NTS      |
| 3/25     | at Texas                  |          |
| 4/1      | at Indiana                |          |
|          | vs. Louisville            |          |
|          | vs. Michigan State        |          |
| 4/8      | at Indiana                |          |
|          | vs. Ohio State            |          |
|          | vs. Rutgers               |          |
| 4/29     | at Princeton              |          |
|          | vs. Syracuse              |          |
| 5/13-14  | at Big Ten Championships  |          |
| 5/26-28  | at NCAA Championships     |          |



# 2016-17 University of Iowa Men's & Women's Sports Schedules

## Men's Basketball (0-0, 0-0 B1G)

11/4 Regis University  
 11/11 Kennesaw State  
 11/13 Savannah State  
 11/17 vs. Seton Hall \*  
 11/20 vs. UT Rio Grand Valley  
 11/25 vs. Virginia ^  
 11/26 vs. Providence/Memphis ^  
 11/29 at Notre Dame %  
 12/3 Omaha  
 12/5 Stetson  
 12/8 Iowa State &  
 12/17 vs. Northern Iowa +  
 12/20 North Dakota  
 12/22 Delaware State  
 12/28 at Purdue  
 1/1 Michigan  
 1/5 at Nebraska  
 1/8 Rutgers  
 1/12 Purdue  
 1/15 at Northwestern  
 1/19 Maryland  
 1/25 at Illinois  
 1/28 Ohio State  
 1/31 at Rutgers  
 2/5 Nebraska  
 2/8 at Minnesota  
 2/11 at Michigan State  
 2/18 Illinois  
 2/21 Indiana  
 2/25 at Maryland  
 3/2 at Wisconsin  
 3/5 Penn State  
 3/8-12 at Big Ten Tournament  
 \* Gavitt Games; ^ at Emerald Coast Classic; % ACC/  
 Big Ten Challenge; & Iowa Corn Cy-Hawk Series; + at  
 Hy-Vee Big Four Classic

## Wrestling (0-0, 0-0 B1G)

11/12 at Luther Open  
 11/18 Iowa City Duals  
 11/19 at Joe Parisi Lindenwood Open  
 11/27 at Purdue  
 12/2 at South Dakota State  
 12/10 Iowa State ^  
 12/29-30 at Midlands  
 1/6 at Michigan  
 1/8 at Michigan State  
 1/15 at Oklahoma State  
 1/20 Penn State  
 1/27 Ohio State  
 2/3 Wisconsin  
 2/5 at Minnesota  
 2/10 at Indiana  
 2/12 Nebraska  
 3/4-5 at Big Ten Championships  
 3/16-18 at NCAA Championships  
 \* Iowa City Duals, ^ Iowa Corn Cy-Hawk Series

NTS - No Team Score

## Women's Basketball (0-0, 0-0 B1G)

11/6 Lewis  
 11/11 Oral Roberts  
 11/13 Hampton  
 11/16 at North Dakota  
 11/19 Massachusetts \*  
 11/20 Montana/South Dakota \*  
 11/24 vs. UCLA ^  
 11/25 vs. James Madison ^  
 11/30 Notre Dame %  
 12/4 Northern Iowa  
 12/7 Iowa State +  
 12/9 Robert Morris  
 12/18 at Drake  
 12/20 Kent State  
 12/28 at Illinois  
 12/31 Nebraska  
 1/3 at Penn State  
 1/11 Illinois  
 1/14 Maryland  
 1/17 at Rutgers  
 1/21 Minnesota  
 1/29 at Maryland  
 2/2 Rutgers  
 2/5 at Michigan  
 2/9 Michigan State  
 2/12 at Ohio State  
 2/16 Northwestern  
 2/19 at Purdue  
 2/22 at Indiana  
 2/26 Wisconsin  
 \* Hawkeye Challenge; ^ Cancun Challenge; % B1G/ACC  
 Challenge; + Iowa Corn Cy-Hawk Series

## Men's Swimming (1-2, 1-1 B1G)

9/29-30 at Michigan State W 130-87  
 vs. Notre Dame L 72-151  
 10/28-29 at #12 Minnesota L 113.5-185.5  
 11/3 South Dakota  
 11/4 vs. Purdue/Missouri State  
 11/12-13 Big Ten vs. USA Swimming  
 11/18-20 at Ohio State Invitational  
 1/21 Northwestern  
 2/3 Western Illinois  
 2/22-25 at Big Ten Championships  
 3/6-9 at NCAA Zone D Diving Championships  
 3/23-26 at NCAA Championships

## Women's Swimming (1-2, 1-1 B1G)

9/29-30 at Michigan State W 147-76  
 vs. Notre Dame L 69-154  
 10/28-29 at #16 Minnesota L 114-186  
 11/3 South Dakota  
 11/4 vs. Purdue/Missouri State  
 11/12-13 Big Ten vs. USA Swimming  
 11/18-20 at Ohio State Invitational  
 12/9 Iowa State \*  
 1/12-13 at Notre Dame  
 vs. Illinois  
 1/21 Northwestern  
 2/3 Western Illinois/Northern Iowa  
 2/15-18 at Big Ten Championships  
 3/6-9 at NCAA Zone D Diving Championships  
 3/16-19 at NCAA Championships  
 \* Iowa Corn Cy-Hawk Series



# 2016-17 University of Iowa Men's & Women's Sports Schedules

## Men's Tennis (0-0, 0-0 B1G)

9/16-17 at Valparaiso Invite 1 champ  
 9/23-25 at Battle in the Bay NTS  
 10/1-10 at ITA All-American Champ's NTS  
 10/7-9 at Bobby Bayliss Invite NTS  
 10/14-16 at Crusader Indoor Invite NTS  
 10/20-24 at ITA Regionals NTS  
 11/4-7 at Big Ten Singles & Doubles

1/21 Western Michigan  
 Creighton  
 1/28 at Texas Tech \*  
 1/29 vs. Mississippi State/Florida State \*  
 2/3 Nebraska-Omaha  
 Drake  
 2/5 Dartmouth  
 2/11 at Oregon  
 2/19 at Denver  
 3/3 Utah  
 SIU-Edwardsville  
 3/5 Wisconsin  
 3/10 at Nebraska  
 3/16-18 at USD/SDSU Invite  
 3/26 at Minnesota  
 3/31 DePaul  
 Ohio State  
 4/2 Penn State  
 4/8 at Illinois  
 4/9 at Northwestern  
 4/14 at Purdue  
 4/16 at Indiana  
 4/21 Michigan  
 4/23 Michigan State  
 North Dakota  
 4/27-30 at Big Ten Championships

\* ITA Kickoff

## Women's Tennis (0-0, 0-0 B1G)

9/22-25 at Gopher Invite 2 flight champs  
 9/30-10/2 at Wildcat Invite NTS  
 10/13-17 at ITA Regionals NTS  
 11/4-6 at Kitty Harrison Invite

1/13-16 at UCF Quad Tournament  
 1/21 Creighton  
 1/28 Northern Illinois  
 2/3 Montana  
 2/5 Iowa State +  
 2/11 vs. Western Michigan  
 2/12 at Marquette  
 2/25 Western Illinois  
 Evansville  
 3/4 at Maryland  
 3/5 at Navy  
 3/11 Indiana  
 Wisconsin-Green Bay  
 3/18 vs. Florida International  
 3/24 at Wisconsin  
 3/26 at Minnesota  
 3/31 Illinois  
 4/2 Northwestern  
 4/7 Ohio State  
 4/9 Penn State  
 4/15 at Michigan  
 4/16 at Michigan State  
 4/22 Nebraska  
 4/27-30 at Big Ten Championships

+ Iowa Corn Cy-Hawk Series

## Men's Gymnastics (0-0, 0-0 B1G)

1/14 at Windy City Invitational  
 1/22 Illinois-Chicago  
 2/6 at UC-Berkeley  
 2/10 Oklahoma  
 Minnesota  
 2/16-18 at Winter Cup Challenge  
 2/25 at Illinois  
 3/4 at Nebraska  
 3/11 at Minnesota  
 3/20 Nebraska  
 3/25 at Penn State  
 4/7-8 at Big Ten Championships  
 4/21-22 at NCAA Championships

## Women's Gymnastics (0-0, 0-0 B1G)

1/6-8 at NIU  
 1/13-15 Michigan State  
 1/15-16 UC-Berkeley  
 1/21 at Ohio State  
 1/27-29 Maryland  
 2/3-5 at Nebraska  
 2/10-12 Illinois  
 2/17 at George Washington  
 2/24-26 at Brigham Young  
 3/3-5 Iowa State  
 3/10-12 Big 5 Meet  
 3/18 at Big Ten Championships  
 4/1 at NCAA Regional  
 4/14-16 at NCAA Championships





# 2016-17 University of Iowa Men's & Women's Sports Schedules

## Baseball (0-0, 0-0 B1G)

2/17 at South Florida  
 2/18 at South Florida  
 2/19 at South Florida  
 2/24 vs. Morehead State \*  
 2/25 vs. Morehead State \*  
 2/26 vs. Morehead State \*  
 3/3 vs. Hawaii ^  
 3/4 vs. Oral Roberts ^  
 3/5 at Minnesota ^  
 3/7 Northern Illinois  
 3/10-12 at Snowbird Classic  
 3/15 Iowa Wesleyan  
 3/17 at Kansas State  
 3/18 at Kansas State  
 3/19 at Kansas State  
 3/22 Bradley  
 3/24 Purdue  
 3/25 Purdue  
 3/26 Purdue  
 3/29 Grandview  
 3/31 UNLV  
 4/1 UNLV  
 4/2 UNLV  
 4/4 South Dakota State  
 4/5 South Dakota State  
 4/7 at Northwestern  
 4/8 at Northwestern  
 4/9 at Northwestern  
 4/11 Western Illinois  
 4/14 at Nebraska  
 4/15 at Nebraska  
 4/16 at Nebraska  
 4/19 at Bradley  
 4/21 Rutgers  
 4/22 Rutgers  
 4/23 Rutgers  
 4/25 UW-Milwaukee  
 4/28 Penn State  
 4/29 Penn State  
 4/30 Penn State  
 5/2 at Western Illinois  
 5/5 at Michigan State  
 5/6 at Michigan State  
 5/7 at Michigan State  
 5/12 Ohio State  
 5/13 Ohio State  
 5/14 Ohio State  
 5/16 Nebraska-Omaha  
 5/18 at Illinois  
 5/19 at Illinois  
 5/20 at Illinois  
 5/24-28 at Big Ten Tournament  
 6/2-4 at NCAA Regional

\* Hoover, Alabama  
 ^ DQ Classic  
 % Snowbird Classic

## Softball (0-0, 0-0 B1G)

2/10-12 at Texas State Tournament  
 2/17-19 at B1G/ACC Challenge  
 3/3-5 at Judi Garman Classic  
 3/11-13 at Jayhawk Invitational  
 3/15 at Missouri  
 at Missouri  
 3/17-19 Hawkeye Invitational  
 3/24 Illinois  
 3/25 Illinois  
 3/26 Illinois  
 3/30 at Purdue  
 4/1 at Purdue  
 4/2 at Purdue  
 4/7 at Wisconsin  
 4/8 at Wisconsin  
 4/9 at Wisconsin  
 4/14 Rutgers  
 4/15 Rutgers  
 4/16 Rutgers  
 4/18 Iowa State +  
 4/19 Nebraska  
 Nebraska  
 4/21 at Minnesota  
 4/22 at Minnesota  
 4/23 at Minnesota  
 4/26 Western Illinois  
 4/28 at Ohio State  
 4/29 at Ohio State  
 4/30 at Ohio State  
 5/5 Northwestern  
 5/6 Northwestern  
 5/7 Northwestern  
 5/11-13 at Big Ten Tournament

\* Texas State Tournament  
 ^ B1G/ACC Challenge  
 % Judi Garman Classic  
 \$ Jayhawk Invitational  
 # Hawkeye Invitational  
 + Iowa Corn Cy-Hawk Series

## Men's Indoor Track

1/7 Border Battle  
 1/14 Hawkeye Challenge  
 1/20-21 Hawkeye Invite  
 1/28 Big Ten Challenge  
 2/3-4 at Meyo Classic  
 2/10-11 at Iowa State Classic  
 at Tyson Invite  
 2/17 Silver Hawk Invite  
 2/18 at Alex Wilson Invite  
 2/24-25 at Big Ten Championships  
 3/10-11 at NCAA Championships

## Women's Indoor Track

1/7 Border Battle  
 1/14 Hawkeye Challenge  
 1/20-21 Hawkeye Invite  
 1/28 Big Ten Challenge  
 2/3-4 at Meyo Classic  
 2/10-11 at Iowa State Classic  
 at Tyson Invite  
 2/17 Silver Hawk Invite  
 2/18 at Alex Wilson Invite  
 2/24-25 at Big Ten Championships  
 3/10-11 at NCAA Championships

## Men's Outdoor Track

3/17-18 at Baldy Castillo Invite  
 3/31-4/1 at Florida Relays  
 at Stanford Invite  
 at San Francisco Distance Carnival  
 4/7-8 at Sun Angel Classic  
 4/14-15 at Mt. SAC Relays  
 4/22 Musco Twilight  
 4/26-29 at Drake Relays  
 5/12-14 at Big Ten Championships  
 5/25-27 at NCAA West Preliminary  
 6/7-10 at NCAA Championships

## Women's Outdoor Track

3/17-18 at Baldy Castillo Invite  
 3/31-4/1 at Florida Relays  
 at Stanford Invite  
 at San Francisco Distance Carnival  
 4/7-8 at Sun Angel Classic  
 4/14-15 at Mt. SAC Relays  
 4/22 Musco Twilight  
 4/26-29 at Drake Relays  
 5/12-14 at Big Ten Championships  
 5/25-27 at NCAA West Preliminary  
 6/7-10 at NCAA Championships