

*Presidential Committee on Athletics Meeting Minutes*  
Big Ten/Iowa Room, Carver-Hawkeye Arena (CHA)  
October 7, 2025  
4:01-4:59 pm

**Members Present:** Andrews, Binns, Carlson, Charlton, Coleman, Geneser, Grosland, Hanley, Hollingworth, Kitchen, Lens, Moran, Pierce, Raiber, Reisinger, Smith.

**Members Absent:** Bentler, Sterling.

**Also Present:** Banse (Associate AD), Clerry (Senior Associate AD), Espe-Pfeifer (Director, Sports Psychology and Student-Athlete Mental Health), Etsey (Associate AD), Goetz (Director of Athletics), Henderson (Deputy AD), Hilleman (Senior Associate AD), Lehnertz (Senior VP, Finance and Operations), Parker (Deputy AD), Simcox (Associate AD), Tovar (Senior Associate AD), Wilson (Executive Senior Associate AD), Weitzel (Associate AD).

**1. Call to Order**

The meeting was called to order at 4:01 pm.

**2. Approval of the September 2, 2025, PCA Minutes**

Kitchen moved to approve the September 2, 2025, minutes; Coleman seconded the motion; unanimous approval was granted.

**3. Head Coach – Nathan Mundt**

Chair Pierce introduced Coach Mundt and noted his coaching background and family ties to Iowa. Coach Mundt highlighted key program statistics in areas including athletic achievements, academic achievements, community engagement and recruiting.

Coach Mundt highlighted his current coaching staff, including diving coach Todd Waikel, associate head coach Mona Groteguth, and assistant coach Megan Garland. Questions were received and answered regarding roster depth and community expectations.

**4. Sports Psychology and Student-Athlete Mental Health – Patti Espe-Pfeifer**

Patti Espe-Pfeifer spoke on the enclosed slide. She introduced her staff in attendance to the Committee. Questions were asked regarding services available to coaches, delivery methods, eating disorders, and post-graduation services.

**5. Searches - Hanley**

Hanley noted there are no active searches at this time.

**6. Chair Report – Pierce**

Chair Pierce reminded the Committee of the PCA Social immediately following the meeting in the 2<sup>nd</sup> floor atrium.

## **7. Subcommittee Reports**

### **Academic Achievement - Hand**

Met with Liz Tovar to review APR and the missed class policy. It was noted that the athletics department's APR is above the national average. The missed class policy discussion focused on when monitoring begins to ensure eligibility, specifically, after eight missed classes.

### **Policy and Legislative Compliance – Sterling (Chair Pierce)**

Chair Pierce reported on behalf of Jennifer Sterling. The PLC Subcommittee met on September 16 to review responsibilities. NCAA and federal legislative updates were discussed.

### **Student-Athlete Well-Being – Reisinger**

The Subcommittee reviewed the student-athlete code of conduct focusing on the following areas: violation criteria, policies on hazing, sportsmanship, academic misconduct, and drug testing.

## **8. ISAAC Report – Smith**

Smith reported on the following items:

- Recently met with AD Beth Goetz for a Q&A.
- Recent event: Connecting at Kinnick.
- Upcoming events: Hallow Ridge Halloween – haunted house volunteer opportunity for ISAAC members.

## **9. NCAA/Big Ten/Athletic Director's Report – Goetz**

Goetz provided the below updates around sport success, national updates, departmental updates, and student-athlete spotlights.

- Sports Success:
  - Football had strong performance against Indiana.
  - Women's Cross Country is currently ranked #15 regionally.
  - Women's Soccer is ranked #24 in the nation.
  - Field hockey is currently ranked 10<sup>th</sup> nationally.
  - Women's golf recently won the Diane Thomason Invitational.
  - Baseball and softball are currently completing their fall segments.
  - Men's and women's basketball travel to Chicago for media days this week.

## **10. Adjourn**

Hand moved to adjourn; Hanley seconded. The meeting was adjourned at 4:59 pm.

  
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Jessica H. Bigg  
Recording Secretary

# Counseling & Sport Psychology

Patricia Espe-Pfeifer, Ph.D, Clinical Professor of Psychiatry & Pediatrics

Director of Sport Psychology and Student Athlete Mental Health Services

PCA Meeting

10/07/2025



1

# MENTAL HEALTH MATTERS

STUDENT-ATHLETE MENTAL HEALTH WEEK



2

# Student-Athlete Mental Health

- Student-athletes experience multifaceted and simultaneous stressors including academics, sports, personal and social lives, social media, and now Name, Image and Likeness (NIL) agreements. These increased stressors make them more susceptible to developing mental health issues such as anxiety and depression. ([2 Florida Ent. & Sports L. Rev. 151](#))
- Studies find that as many as 23.7% of college athletes experience depressive symptoms that reach clinically relevant levels, and 6.3% have moderate to severe depression. Even serious high school athletes have been found to struggle with their mental health. ([NAMI](#))
- 33% of all college students experience significant symptoms of depression, anxiety or other mental health conditions. Among that group, 30% seek help. But of college athletes with mental health conditions, only 10% do. ([Athletes for Hope](#))
- The number of student-athletes reporting mental health concerns is 1.5 -2x higher than before the COVID-19 pandemic. In January 2023, the [NCAA Coach Well-Being Study](#) reported 40% of head coaches felt mentally exhausted on a near-constant basis. ([NCAA](#))
- Half of student-athletes believe that mental health is a priority to their athletics department. ([NCAA](#))

#### *Talking Points: Hilinski's Hope Foundation*



3



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# Providers



**Patricia Espe-Pfeifer, Ph.D.**  
Director  
Counseling & Sport Psychologist  
Neuropsychologist

PRIMARY

W Wrestling  
M & W Track & Field



**Aubrette Kinne, Ph.D.**  
Associate Director  
Counseling & Sport Psychologist

PRIMARY

Baseball, Gymnastics, MBB,  
Soccer, M Wrestling



**Tanner Smith, MSW, LMSW**  
Staff  
Sport Therapist

PRIMARY

M&W Golf, Softball, Tennis,  
Volleyball, M & W Cross Country,  
M & W Track & Field



**Dee Everett, MSW, LMSW**  
Staff  
Sport Therapist

PRIMARY

Field Hockey, Football, Rowing,  
Swim & Dive, M & W Cross  
Country, M & W Track & Field

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# Providers



**Carmen Priebe, Ph.D.**  
External Contract  
Counseling & Sport Psychologist

PRIMARY  
Football, WBB

 **Making an Appointment**

To schedule an appointment, [email your team's therapist or the director of the CSP staff](#). You may also work with any member of your team's staff (e.g., coaches, athletic trainer, academic coordinator) to get connected to CSP.



**Ziyi Wang, M.Ed.**  
Counseling Psychology  
Practicum Student



**Alex Reed, B.S.**  
Counseling Psychology  
Practicum Student

5



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# Services

**CONFIDENTIAL SERVICES**

- **Individual sessions**
  - Mental health
  - Life issues
  - Performance enhancement
  - Academic/neuropsychological assessments
- **Pre-Participation Exams**
  - CCAPS Screenings
  - WRAT5 Academic Screenings
- **Small group workshops**
  - Mental skills training
  - Leadership
  - Injury recovery

- **Outreach programming**
  - Anxiety management
  - Transition into college
  - Body image positivity
  - Sport performance skills
- **Staff and coach education**
- **Interdisciplinary collaboration**
  - Sports medicine, sports nutrition, academics
  - Relationship with University Counseling Service, UIHC, community mental health providers

6



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## 2024-2025 Stats

- 547 Individual Therapy Sessions
- 179 Clinical Consultations
- 422 Performance Enhancement Sessions
- 36 Neuropsychological Evaluations

- Added 1 full-time staff member!
- Redistributed team assignments



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## Calm App

The B1G Conference provides Premium Calm subscriptions to all student-athletes and staff! [Calm](#) is the #1 app for meditation and sleep with hours of content designed to improve mindfulness, reduce stress and anxiety, and improve your quality of life!

- Guided Meditation
- Sport performance content from LeBron James and other athletes
- Relaxing Sleep Stories and music
- Master-classes led by experts
- Mindful Movement
- Informative Content
  - Stress management tools
  - Increasing concentration
  - Building confidence
  - Improving relationships with others
  - Skills for emotion management

**Learn more by clicking here:**

[Calm App Webinars](#)

**Sign-Up using your  
@uiowa.edu email address**



<https://www.calm.com/b2b/big10-iowa/subscribe>



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## Optimize Mental Performance App

COMING SOON! OMP is an app to assist with achieving high levels of performance through mental training exercises. Your team sport therapist will be able to create custom worksheets and exercises to practice anytime. You will be able to engage in mental training on-demand to strengthen your mind and gain that competitive edge!

- Courses (<15 min), shorts, and exercises
- Informative Content
  - Confidence, resilience, concentration, and motivation core topics
  - Visualization and breathing techniques
- Customized worksheets and exercises

AND SO MUCH MORE!!!

**Learn more by clicking here:  
[Optimize Mind Performance](#)**

**More information  
from Sport Psych  
coming soon!**

9



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## Above and Beyond

- 3 Chairs of National Committees
  - NAN PERC: Patricia Espe-Pfeifer, Ph.D.
  - CCSPA
    - Training Subcommittee: Aubrette Kinne, Ph.D.
    - Master's Level Subcommittee: Tanner Smith, LMSW
- Chair of Health & Well-Being Outreach Committee
  - Aubrette Kinne, Ph.D.
- UIHC Promotion and Tenure Committee
- Big Ten Mental Health and Wellness Subcommittee

- Added 1 full-time staff member!
- Redistributed team assignments
- National presentations:
  - AAP in Denver: Aubrette Kinne, Ph.D.
  - NAN in Austin, TX: Patricia Espe-Pfeifer, Ph.D.
- 5 Publications and Book Chapters
- A Multi-Site Study of Mental Health Prevalence and Resource Utilization in Collegiate Basketball Student-Athletes
  - Principle Investigator: Mederic Hall, MD

10

