

Presidential Committee on Athletics Meeting Minutes
Hansen Football Performance Center
February 3, 2026

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

Members Absent: Binns, Bentler.

Also Present: Brickman (Associate AD), Clerry (Senior Associate AD), Davies (Associate AD), Ferentz (Head Football Coach), Hilleman (Senior Associate AD), Lehnertz (Senior VP of Finance and Operations), Parker (Deputy AD), Simcox (Associate AD), Weitzel (Associate AD), Wilson (Executive Senior Associate AD).

1. Call to Order

The meeting was called to order at 4:02 pm.

2. Approval of the December 2, 2025, PCA Minutes

Hand moved to approve the December 2, 2025, minutes; Reisinger seconded the motion; unanimous approval was granted.

3. Head Coach – Kirk Ferentz (Football)

Chair Pierce introduced Coach Ferentz, noting his overall record of 213-128, his status as the winningest coach in Big Ten history, and his program accomplishments, including 23 bowl appearances, 20 consensus All-Americans, 31 Big Ten honors, and 19 Academic All-Americans.

Coach Ferentz discussed the overall nature of success, the evolution of the sport during his tenure, and the ongoing challenges with the current landscape of college athletics. He went into detail on how he runs his program similar to a great high school program, outlining his key priorities. Lastly, he spoke on factors that impact the program, such as social media, gambling, and TV contracts.

Questions were received and answered around post-season efforts for seniors, changes needed in college football, and the college football playoff structure.

The committee thanked Coach Ferentz for his time.

4. Strength & Conditioning & Nutrition – Raimond Braithewaite & Kira Blum

Raimond Braithewaite presented an overview of the strength and conditioning program, noting he is entering his 22nd year at Iowa. He provided details on the enclosed slide deck and responded to questions regarding sleep patterns, heart rate, and fatigue testing.

Kira Blum, Director of Sports Nutrition, spoke on the enclosed slide deck as it relates to the nutrition program.

5. Searches - Hanley

Hanley reported on the following searches:

- Head women's soccer coach
- Baseball assistant coach

6. Chair Report – Pierce

Chair Pierce provided the following updates:

- Men's basketball vs. Ohio State on February 25 will feature the PCA recognition, awarding medallions for student-athletes earning a 3.0 GPA or higher in the fall semester.
- President Wilson will be the guest speaker at the next PCA meeting.

7. Subcommittee Reports

Academic Achievement - Hand

The Subcommittee will meet on February 24.

Policy and Legislative Compliance – Sterling

The Subcommittee will meet on February 5 to finalize the spring agenda and the coaches' interview process.

Student-Athlete Well-Being – Reisinger

The Subcommittee met with Scott Brickman regarding NIL. Key updates were provided around athletics staff involvement with supporting NIL opportunities and the process for student-athletes to register their deals with NIL Go for fair-market value assessment.

The Subcommittee will be meeting with ISAAC tomorrow evening.

8. ISAAC Report – Smith

Smith reported on the following items:

- The first ISAAC meeting is scheduled for tomorrow.
- A Dance Marathon fundraising link will be sent to the Committee.
- Career workshop and community engagement updates were provided.
- Members of the community engagement subcommittee generated over 1,000 community service hours last semester.

9. NCAA/Big Ten/Athletic Director's Report – Parker

Parker provided the following sports and departmental updates.

Athletic Updates:

- Men's basketball – ranked just outside the top 25; four consecutive wins.
- Women's basketball – two difficult road losses but remain in the top 10.
- Gymnastics: ranked 24th nationally.
- Men's wrestling – progressing through conference play.
- Women's wrestling – currently ranked #1 nationally.
- Swim & Dive – conference championship later this month.
- Track & Field – indoor conference championship in a few weeks.

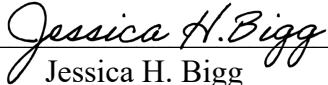
- Tennis – Big Ten competition begins March 6.

Departmental & National Updates:

- The development team has currently achieved 92% of their fiscal year fundraising goal.
- The next phase of construction for the baseball facility will begin after the season.
- The field hockey operations building is moving forward, supported by a major year-end alumni gift covering half the project cost.
- CSC continues to work toward consistent competitive guardrails.
- Dave DiIanni has taken the same role at Michigan.

10. Adjourn

Charlton motioned to adjourn; Hanley seconded. Adjourned at 5:12 pm



Jessica H. Bigg
Recording Secretary

STAFF



Rai Braithwaite



Cody Myers



Kohle Helle



Drew Heitland



Allan Reyes



Cedric Nah

TRACKING
BODYWEIGHT
NORDBORD
RSI
RPE
SLEEP
CATAPULT

READINESS DASHBOARD

	Bodyweight Score	NordBord Score	Readiness Score	Jump RSI Score	Avg. Score	Avg. % Δ	30 Day Avg. Score Trend
 ATHLETE 8 DL • Active • 6' 5" Last Tested: Tuesday, January 27 2026	9.0	10.0	10.0	10.0	9.8	▲8.3%	
 ATHLETE 9 DL • Active • 6' 4" Last Tested: Tuesday, January 27 2026	9.0	10.0	10.0	10.0	9.8	▲8.3%	
 ATHLETE 10 DL • Active • 6' 2" Last Tested: Tuesday, January 27 2026	8.0	10.0	9.0	8.0	8.8	▼-2.8%	
 ATHLETE 11 DL • Active • 6' 4" Last Tested: Tuesday, January 27 2026	6.0	10.0	10.0	10.0	9.0	▲16.1%	
 ATHLETE 12 DL • Active • 6' 1" Last Tested: Tuesday, January 27 2026	9.0	10.0	10.0	10.0	9.8	▲8.3%	
 ATHLETE 13 DL • Active • 6' 4" Last Tested: Tuesday, January 27 2026	9.0	10.0	10.0	8.0	9.3	▼-5.1%	
 ATHLETE 14 DL • Active • 6' 5" Last Tested: Tuesday, January 27 2026	9.0	10.0	9.0	10.0	9.5	▲11.8%	
 ATHLETE 15 DL • Active • 6' 4" Last Tested: Tuesday, January 27 2026	9.0	10.0	9.0	8.0	9.0	▼-7.7%	
 DL Avg.	8.5	10.0	9.6	9.3	9.3	▲4.7%	

SLEEP TRACKER

Weekly Avg: 6.7 hr

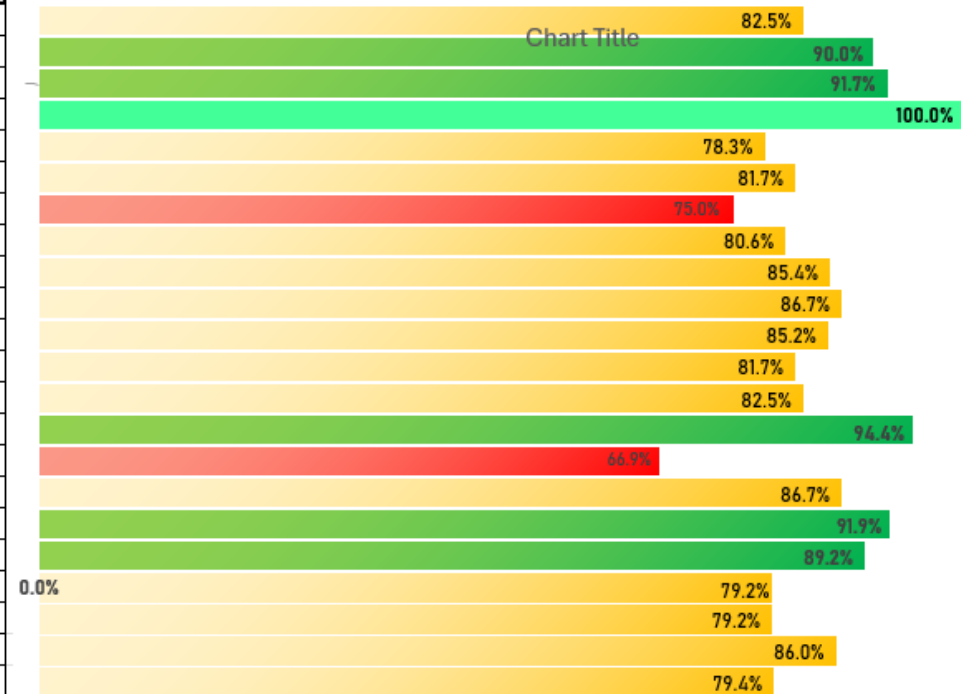
Avg Onset: 11:08 PM

Avg Sleep per Night

WEEK OF 12/19/2025

Names	Grade	Sleep Onset	Avg Sleep per Night
Player 1	83%	10:54 PM	6h 36m
Player 2	90%	10:42 PM	7h 12m
Player 3	92%	10:58 PM	7h 20m
Player 4	100%	10:51 PM	8h 24m
Player 5	78%	12:16 AM	6h 16m
Player 6	82%	11:27 PM	6h 0m
Player 7	75%	11:18 PM	6h 46m
Player 8	81%	10:28 PM	6h 27m
Player 9	85%	11:06 PM	6h 50m
Player 10	87%	11:10 PM	6h 56m
Player 11	85%	11:43 PM	6h 49m
Player 12	82%	11:12 PM	6h 32m
Player 13	83%	11:30 PM	6h 36m
Player 14	94%	10:40 PM	7h 33m
Player 15	67%	11:41 PM	5h 21m
Player 16	87%	11:06 PM	6h 56m
Player 17	92%	10:14 PM	7h 21m
Player 18	89%	11:07 PM	7h 8m
Player 19	79%	11:27 PM	6h 20m
Player 20	79%	11:06 PM	6h 20m
Player 21	86%	11:01 PM	6h 53m
Player 22	79%	11:09 PM	6h 21m

Percent of Optimum Sleep



IOWA™



How Do We Use The Data

Behavior Modification

Practice & Training Vol/Int

Individualize Program Design

PCA Meeting: Sports Nutrition

2/3/26



Outline

- Staff
- Clinical Nutrition
- Nutrition Education
- Food Service Management

Sports Nutrition Staff



Kira Blum MPP, RDN, LD
Director of Sports Nutrition

- Director role since 2022
 - Assistant director, sports RD, and clinical RD prior
- *Primary Areas of Responsibility:* Clinical, Administrative, Academic



Peyton Arnold MCN, RDN, LD
Sports Dietitian

- Sports RD at Iowa since 2024
 - Sports RD in MiLB and college football, and clinical RD prior
- *Primary Areas of Responsibility:* Foodservice, Education

12 student-employees

Dietetic Masters Student/Interns

Sports Nutrition Services

Clinical Nutrition

- Medical Nutrition Therapy
- Supplementation / Nutrition Protocols
- Research

Nutrition Education

- Team/Group Talks
- Passive Education
 - Monthly Newsletter
 - Weekly Nutrition Facts
 - Slide decks
- Health & Well-Being Outreach Committee initiatives
- Supplement safety/reviews

Foodservice Management

- Fueling Stations
 - Smoothies
 - Energy Bites
- Black Card

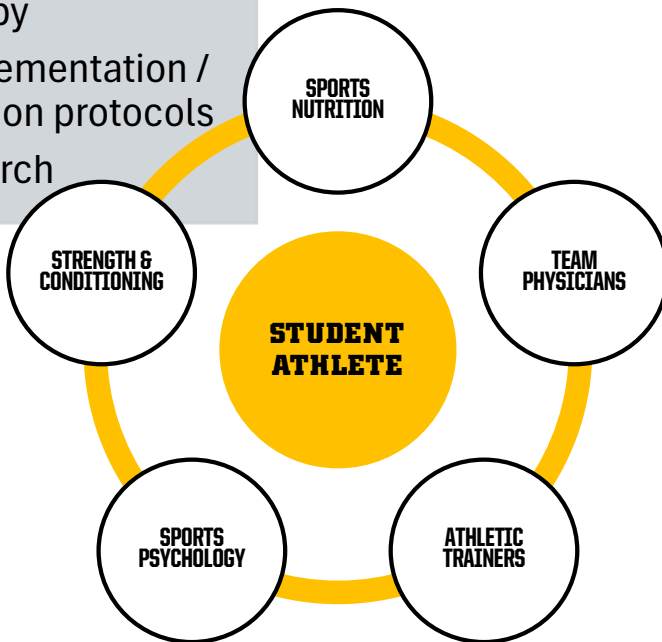
Service model developed per the Interassociation Consensus Statement for the Provision of Nutrition Services from Registered Dietitian Nutritionists in Collegiate Athletics

Lambert V, Carbuhn A, Culp A, Ketterly J, Twombly B, White D. Interassociation Consensus Statement on Sports Nutrition Models for the Provision of Nutrition Services From Registered Dietitian Nutritionists in Collegiate Athletics. J Athl Train. 2022;57(8):717-732. doi:10.4085/1062-6050-0157.22

Sports Nutrition Services: Clinical Nutrition

Clinical Nutrition

- Medical Nutrition Therapy
- Supplementation / Nutrition protocols
- Research



Medical Nutrition Therapy

- Individualized nutrition interventions to treat or manage medical conditions or diseases

Referrals to Sports Nutrition

- Primarily from Athletic Trainers, Sports Psychology

Referrals to Community RDs (from Sports Nutrition)

- Overflow → sports RD at Sports Med
- Higher Level of Care – coordinated with Eating Disorder Care Team

Sports Nutrition Services: Clinical Nutrition

From Nutrition & Diagnosis Related Care

High Acuity Diagnoses/Conditions (regular, extended RD involvement)

- ***Nutrient deficiencies***
- ***Multiple food allergies***
- ***Celiac disease, Chron's, Ulcerative Colitis***
- ***REDs***
- ***Eating Disorders / Disordered Eating***
- ***Diabetes***
- Concussion / brain trauma (moderate-high)

Moderate Acuity Diagnoses/Conditions (semi-regular RD involvement)

- ***Religious, cultural, or preferential (i.e. vegan/vegetarian) dietary needs***
- ***Food allergies / intolerances***
- ***Supplement counseling***
- ***Attention Deficit Disorders*** (low-moderate, medication side effects)
- Psychiatric disorders (medication side-effects)
- ***Dental difficulties (wired jaw, jaw pain)***
- Dyslipidemias
- Hypertension
- Cardiomyopathies
- ***GI conditions (GERD, IBD/IBS, etc.)***
- ***Exercise-induced gastrointestinal syndrome***
- ***Osteopenia/osteoporosis***
- ***Stress fractures***
- Soft-tissue injuries (full-thickness tears, surgical intervention)
- Surgery
- ***Hydration/electrolyte imbalances***
- Inflammatory conditions (arthritis, rhabdo, etc.)

Low Acuity Diagnoses/Conditions (no regular RD involvement required)

- Soft-tissue injuries (sprains, strains, partial tears)
- Migraine
- Sleep apnea
- ***Dyspepsia / indigestion***
- ***Constipation***
- Thyroid issues

KEY

Italicized = treated occasionally in the last 2-3 yrs

Bolded and italicized = regularly treat

Sports Nutrition Services: Clinical Nutrition

Moderate – High Acuity Case Examples

In addition to treating the condition, these types of cases require a significant amount of care coordination and documentation.

- **REDs, Disordered Eating, Eating Disorders**

- Female athlete
 - Restrictive eating recognized fall semester of freshman year
 - Significant decline in health / performance that spring in referral to eating disorder treatment over the summer
 - Returned to classes ahead of treatment recommendations during fall semester of sophomore year
 - Declined again and was referred back to treatment at winter break
- **MNT:** increasing intakes of safe foods, expanding safe food choices via food challenges, challenging food beliefs, body image work

- **Wired Jaw**

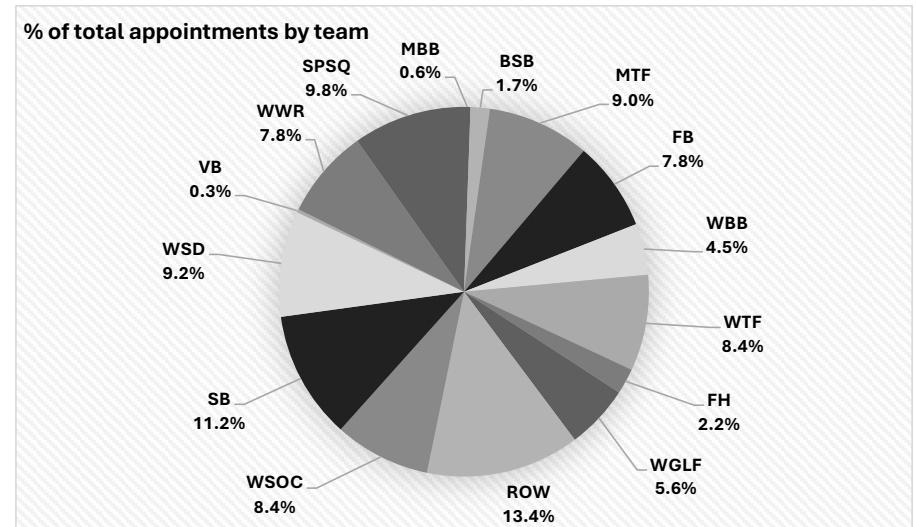
- Male athlete
 - Moped accident – jaw wired shut for 12-weeks
 - History/ongoing bilateral tibial stress fractures – walked onto campus not being able to fully train
 - *stress fracture would have been likely been a referral without the wired jaw
- **MNT:** energy balance assessment, texture modifications, nutrition supplement support

- **Multiple Food Allergies**

- 2 Male Athletes – same team
 - Each had 7 food allergies
 - Whey vs. Pea
- **MNT:** identifying safe foods, modifying recipes, reviewing menus for travel

FY25 Individual Appointment Numbers

Team	Number of Athletes (% team roster)
Baseball	5 (11%)
Men's Basketball	2 (13%)
Men's Track & Field	6 (11.5%)
Football	8 (8.7%)
Men's Golf	0 (0%)
Men's Wrestling	0 (0%)
Women's Basketball	5 (33.3%)
Women's Track & Field	13 (25%)
Field Hockey	2 (9.1%)
Gymnastics	1 (5%)
Rowing	9 (15.2%)
Softball	4 (15.4%)
Swim & Dive	7 (25.9%)
Tennis	2 (25%)
Women's Golf	2 (25%)
Soccer	6 (27.2%)
Volleyball	1 (4%)
Women's Wrestling	7 (21.9%)
Spirit Squad	5 (9.3%)



Approximately 357 appointments conducted

- 64 new student-athletes seen
- Disordered Eating / Eating Disorders
 - EDEQ Positive Screens FY25: 16-17%
 - To date in FY26: 19%

Disordered Eating Screening:

- **Health History Questionnaire, PPE** – 9 questions, mix of questions from validated screeners (*team physicians*)
- **Interim Health Questionnaire (IHQ)** – SCOFF questions, every 6 months (*ATs*)
- **CCAPS** – long version annually; short version when established w/ psych (*sports psych*)
- **EDEQ 6.0** – initial nutrition appointments (*RDs*)

Sports Nutrition Services: Nutrition Education

Nutrition Education

- Team/Group Talks
- Passive Education
 - Monthly Newsletter
 - Weekly Nutrition Facts
 - TV slide decks
- Health & Well-Being Outreach Committee initiatives
- Supplement safety/reviews

Flankers November 2025 **IOWA** SPORTS NUTRITION

Support Staff Spotlight

Bitsy Miller
Swim & Dive Athletic Trainer

- Favorite Snack: Goldfish
- Favorite Fruit or Vegetable: Grapes & Carrots
- Favorite Meal to Cook: Stir Fry
- Favorite Iowa City Restaurant: 30 Hop

Student-Athlete Spotlight

Riley Lewis
Women's Golf

- Favorite Fueling Station Snacks: Fairlife chocolate milk
- Favorite Fruit or Vegetable: Raspberries & Cucumbers
- Favorite Meal to Cook: Homemade pizza
- Favorite Iowa City Restaurant: Estelle's
- Fueling Tip: Drink water first thing in the morning to start your day!

Nutrient Spotlight

Nutrient: Magnesium
Functions: Magnesium is important for energy metabolism, production, and storage. It helps with calcium metabolism in the muscle and bone functioning.
How much? The RDA is 400 mg for males, and 310 mg for females ages 18-65 years old.
How useful? Magnesium is a water-soluble vitamin, so athletes should seek to meet the RDA on a daily basis.
Food sources: Nuts (almonds, cashews, pecans), spinach, avocado, and dark chocolate.
There are a variety of Magnesium supplement forms. However, Mg Glycinate and Mg Malate are best absorbed. It can be beneficial for muscle recovery and sleep.

Food Spotlight

Food: Spinach
Food groups: Fiber and antioxidant
Where to find it: Spinach is grown globally, with major producers being China and the US. Spinach can be purchased fresh or frozen at most grocery stores.
How to eat it: Spinach can be eaten raw or cooked. Use it as a base for a salad, a pizza topping, or a sauce mix-in.

Social Media Account Spotlight

@Featherstonnutrition
Meghann Featherston is a certified sports dietitian based in Ohio, and has a variety of educational posts! She provides great tips for fueling for runs, meal and snack ideas, nutrition for injury education, and more!

November Food Holidays
November 2nd: National Deviled Egg Day

Featured Recipe of the Month: Chicken Sausage Spinach Orzo

Ingredients:

- 1 Tbsp olive oil
- 4 chicken sausage links
- 2 bags orzo
- 2 cups chick
- 1/4 cup ch
- 2 cups spin
- 1/2 cup spin

Instructions:

1. Add 1 Tbsp olive oil to pan over medium heat.
2. Add 4 out-of-pkg chicken sausages to the pan, and let this cook for 7-8 minutes.
3. Add in 1/2 cup of orzo and cook for 10-12 minutes, until the orzo is tender.

What is the body's most energy demanding organ?

1. Heart
2. Brain
3. Liver
4. Lungs

IOWA SPORTS NUTRITION

FUEL 5 FRAMEWORK

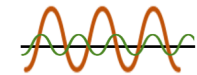
- FIND A FUELING ROUTINE**
- PRE-FUEL WITH CARBOHYDRATE**
- RE-FUEL WITH CARB + PROTEIN**
- MAKE MEALS WITH CARB + PRO + COLOR**
- BE CONSISTENT WITH HYDRATION**



DO YOU HAVE A FUELING ROUTINE?



Avoid the spike and crash with a consistent fueling routine!



WHAT: A meal or snack **WHEN:** Every 2-4 hours

- WHY**
- Helps maintain stable blood glucose
 - Promotes consistent mental and physical energy
 - Supports mood, focus, cognition, and decision-making
 - Ensures available building blocks for ongoing muscle protein synthesis
 - Prevents excessive hunger and promotes goal-oriented fueling choices



Sports Nutrition Services: Nutrition Education

Supplement Reviews

It's important to note that dietary/nutrition supplements are not closely regulated by the FDA for purity, potency, or efficacy. By consuming **any** dietary/nutrition supplements you assume the risk including but not limited to testing positive for a banned substance during routine NCAA drug-testing. To reduce the risk of testing positive, it is recommended to utilize dietary/nutrition supplements that have been third-party tested by companies such as NSF Certified for Sport, Informed Sport, or USP Verified. Below are examples of the labels from these agencies that should be included on the product packaging. It is also recommended to utilize their websites or apps to search for products and ensure that products are using their labels appropriately.

- NSF Certified for Sport: <https://www.nsf sport.com/>
- Informed Sport: <https://sport.wetestyourtrust.com/>

Supplement (include brand & product name):

- **Third-Party Testing?**
- **Drug Free Sport Level and Explanation:**
- **AIS Group Classification:**

Overall RD Risk Assessment & Recommendation for (Product Name):

Sports Nutrition Services: Foodservice Management

Foodservice Management

- Fueling Stations
 - Smoothies
 - Energy Bites
- Black Card

Fueling Stations

CHA Weight Room

- Stocked 2x/day
- Smoothies and energy bites 4 days/week

13 Locker rooms or facilities

- Inventory & delivery 1-2x/week
- Same items as CHA fueling station

Football

- Order in the evening / deliver in the morning



Sports Nutrition Services: Foodservice Management

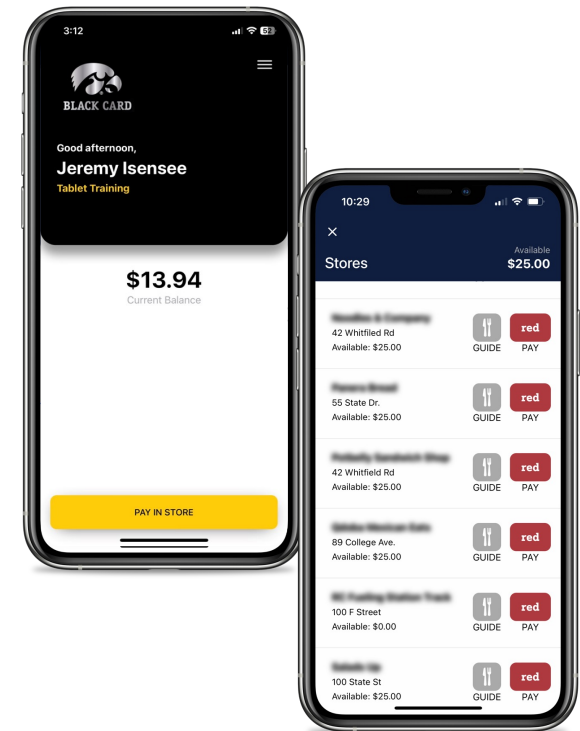
Black Card

Black Card Meal Plan (“Black Card”): A prepaid dining app that provides meals incidental to a student-athlete’s participation in their sport by allowing them to purchase meals at approved, local establishments at a time that best fits their individual schedule.

Utilized at the discretion of the coach: FB, VB, MBB, WBB, GYM, FH, WSOC
All other teams utilize at the discretion of Sports Nutrition

Prohibited Items: alcohol, tobacco, energy drinks, dry goods, medicines, or supplements.

Ubill charged when prohibited item is purchased

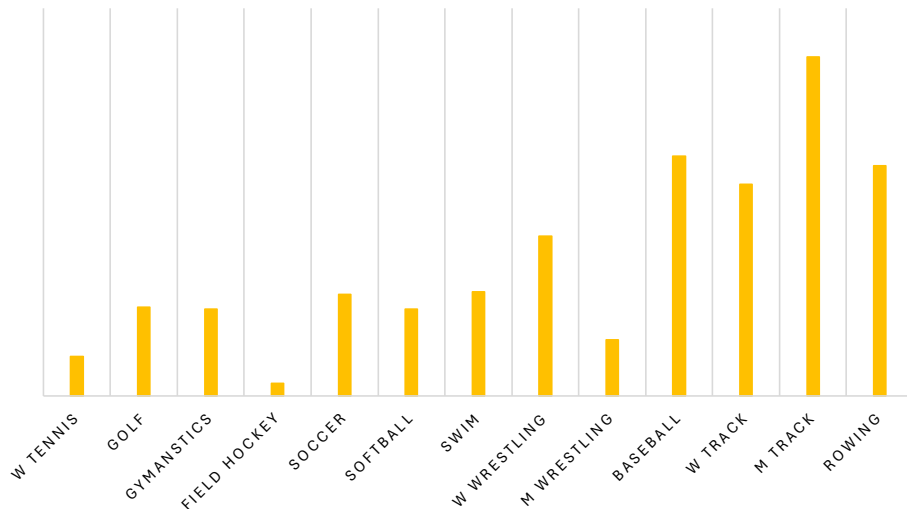


Sports Nutrition Services: Foodservice Management

Fueling Station Vendor Breakdown:

- Sysco: 38%
- Coremark: 9%
- Coca-Cola: 30%
- Niche Vendors: 32%

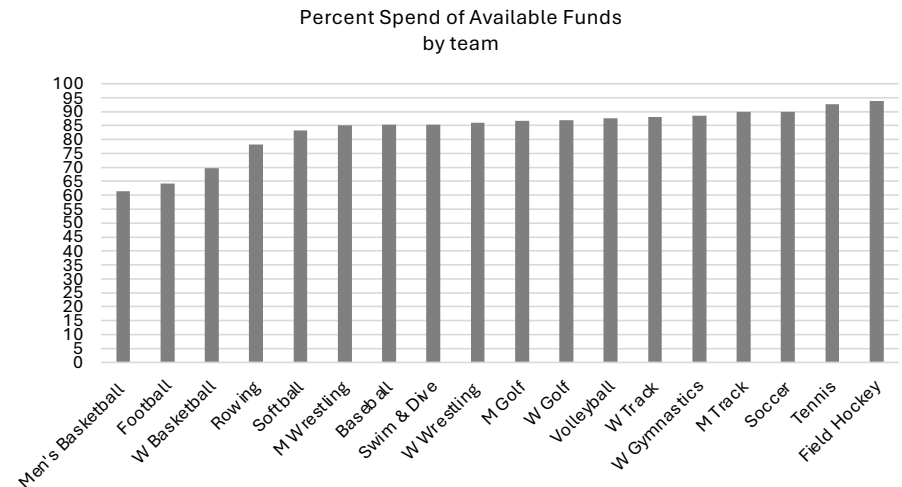
FY25 TEAM FUELING STATION SPENDING



Black Card

- **Usage rate for all teams** – 79.84%
- **Most utilized locations** (percent of total spend):
 - Bread Garden Market – 21.5%
 - HyVee (both locations) – 28.4%
 - Chipotle Mexican Grill – 11.6%
 - Estela's Fresh Mex - 5%
 - The Encounter Café – 4%

Indicates that majority of funds are being used for groceries.



Thank you!

