



University of Iowa Volleyball

vs. #17 BYU - August 25 - 7 p.m.
vs. Marquette - August 26 - 2 p.m.

Week One

August 21, 2007

University of Iowa Hawkeyes 0-0 (0-0)

VS.



#17 BYU Cougars (0-0)
August 25 - 7 p.m.
Carver-Hawkeye Arena
Iowa City



Marquette Golden Eagles (0-0)
August 26 - 2 p.m.
Carver-Hawkeye Arena
Iowa City

This Week • The University of Iowa volleyball team opens the 2007 season hosting the Hawkeye Challenge, Friday-Sunday. The Hawkeyes welcome No. 17 BYU and Marquette to Carver-Hawkeye Arena.

BYU and Marquette will open the Hawkeye Challenge Friday night at 7 p.m. The Hawkeyes open their 2007 campaign against the 17th-ranked Cougars Saturday at 7 p.m. and close the tournament against Marquette Sunday at 2 p.m.

Tickets are \$3 for adults and UI students and children 18 and under are admitted free.

Hawkeyes on the Web • If you can't make it to North Carver this weekend, you can still follow all of the action on hawkeyesports.com, where a live audio broadcast and Gametracker will be available.

Play-by-play from the voice of Iowa volleyball Brian Wilson along with Gametracker can be found on the volleyball schedule page of hawkeyesports.com. Live audio will be available for all 31 matches this fall.

Web Conference • Iowa Head Coach **Cindy Fredrick** will be hosting a weekly "Web Conference" every Tuesday this season. She will address a variety of topics, from the state of the team to that week's opponents.

2006 in Review • Iowa won 11 of its first 12 matches, including three tournament wins (Bluejay Invitational, Hawkeye-Holiday Inn Challenge and College of Charleston Invitational).

The Hawkeyes struggled through the Big Ten schedule, finishing with a 2-18 conference mark. Nine of those losses were against top 25 teams, including seven against teams ranked 12th or higher.

Overall, the 2006 squad finished with a 14-19 record.

2007 Schedule

Date	Opponent	Time/Result
8/25-26	Hawkeye Challenge	
8/25	vs. #17 BYU	7 p.m.
8/26	vs. Marquette	2 p.m.
8/31-9/1	at Northern Colorado Tournament	
8/31	vs. UC Riverside	3 p.m.
9/1	vs. St. Francis	12:30 p.m.
	at Northern Colorado	8 p.m.
9/7-8	at Drake Classic	
	at Drake	7:30 p.m.
	vs. Iowa State	12:30 p.m.
	vs. LSU	5 p.m.
9/14-15	Hawkeye-Holiday Inn Challenge	
9/14	Texas-Arlington	7 p.m.
9/15	Ball State	10 a.m.
	College of Charleston	7 p.m.
9/21	Indiana	7 p.m.
9/22	Purdue	7 p.m.
9/26	Minnesota	7 p.m.
9/28	Michigan	7 p.m.
10/5	Penn State	6 p.m.
10/6	Ohio State	6 p.m.
10/12	Illinois	7 p.m.
10/13	Wisconsin	7 p.m.
10/19	Michigan State	5:30 p.m.
10/20	Northwestern	7 p.m.
10/26	Ohio State	7 p.m.
10/27	Penn State	7 p.m.
10/31	Minnesota	7 p.m.
11/5	Michigan	6 p.m.
11/9	Purdue	6 p.m.
11/10	Indiana	6 p.m.
11/16	Northwestern	7 p.m.
11/17	Michigan State	7 p.m.
11/23	Wisconsin	7 p.m.
11/24	Illinois	7 p.m.

all times listed are central.

Iowa's Probable Starters (2006 Statistics)

No.	Player	G	KPG	APG	DPG	BPG	SA
1	Laura Kremer	28	0.89	0.00	0.11	0.43	0
2	Catherine Smale	113	3.24	0.19	3.31	0.26	20
3	Kiley Fister	116	0.56	10.55	2.22	0.44	27
5	Emily Hiza	116	0.03	0.32	4.70	0.00	17
10	Becky Walters	--	--	--	--	--	--
13	Aimee Huffman	--	--	--	--	--	--
15	Megan Schipper	88	2.15	0.08	0.98	0.47	7



2006 Final Standings

	CONF.	OVERALL
1. Penn State	18-2	32-3
2. Minnesota	17-3	26-8
3. Wisconsin	16-4	26-7
4. Ohio State	13-7	25-8
5. Purdue	11-9	23-11
6. Michigan State	10-10	19-12
T7. Michigan	8-12	21-13
Northwestern	8-12	14-15
9. Illinois	6-14	15-15
10. Iowa	2-18	13-19
11. Indiana	1-19	10-22

2007 Quickfacts

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Iowa on the Web

Updated statistics, rosters, game notes, schedules and more can be found at the University of Iowa Athletic Department's website. The address is:

hawkeyesports.com

Media Information

PRACTICE ATTENDANCE - All practices are open to the media, and interviews may be conducted 15 minutes prior to or at the completion of practice. However, media must inform Aaron Blau of their intention to attend practice. The Hawkeyes practice daily from 12:30-3:30 p.m. at Carver-Hawkeye Arena.

PLAYER INTERVIEWS - All player interviews are coordinated through Aaron Blau of the Iowa Sports Information Office. Please contact Aaron (319-335-9268) so that he may set a time for an interview which does not interfere with the student-athlete's academic or practice schedules.

Iowa Tournament History • The Hawkeyes have hosted 23 tournaments in school history, winning 12 and finishing second in six.

Iowa has a 39-1 record in tournaments they have won and an 18-14 mark in tournaments where they have finished second or lower.

Scouting BYU • The 17th-ranked BYU Cougars return six starters from last year's squad that finished 25-6, including all-American outside hitter Chelsea Goodman. The Cougars were also picked as the pre-season favorite to win the Mountain West Conference.

BYU topped Iowa in the two teams' only other meeting back in 1984.

Scouting Marquette • The Marquette Golden Eagles were picked to finish fifth in the Big East pre-season poll. Kimberly Todd was a unanimous pre-season all-Big East selection after being named first team all-Big East last season. Todd averaged 4.81 kills per game in 2006.

Marquette defeated Iowa in the only previous meeting between the two teams in 2005.

Tough Schedule • Six of Iowa's opponents are ranked in the CSTV/AVCA pre-season Top 25, with three other teams receiving votes. Five of the six ranked teams are from the Big Ten.

Penn State (3rd), Minnesota (9th), Wisconsin (11), Purdue (13), Ohio State (16) and BYU (17th) all appear in the preseason poll. Iowa State, Michigan and Michigan State are receiving votes.

Iowa Tough in Openers Under Fredrick • Iowa is 3-0 in season opening games under Head Coach Cindy Fredrick. Iowa defeated Wright State in 2004, UW-Milwaukee in 2005 and Drake in 2006.

Current Hawkeyes in the Record Books • Three current players are attempting to move up the Hawkeye record books.

Senior **Stacy Vitali** ranks second in attacking percentage at .254, just .22 points behind first place Jen Barcus. Junior **Kiley Fister** is currently fifth on the all-time assist list with 2,486. Junior **Emily Hiza's** 1,017 digs is good for 12th all-time and is just 59 behind Ellen Mullarky for 11th place. Junior **Catherine Smale** starts the season with 807 kills which puts her 17th on the career kills list. Vitali also ranks 20th on that list with 701 kills.

Walters Ready • Redshirt freshman **Becky Walters** is ready to take the court after sitting out her freshman season.

Walters, a native of Parkersburg, IA, looks to have an immediate impact at the middle blocker position for the Hawkeyes this fall.

Welcome to Iowa City • Coach Fredrick welcomes six freshmen to her squad this season. Those freshmen include **Katie Kennedy, Samantha Brannigan, Aimee Huffman, Megan Eskew, Signe Mueller** and **Katie Wessels**.

Prep All-Americans • Two of Iowa's freshmen were named PrepVolleyball.com high school all-Americans. **Katie Kennedy** and **Aimee Huffman** both were named all-Americans before coming to Iowa.



Head Coach Cindy Fredrick



Cindy Fredrick is in her fourth season as head coach of the Iowa volleyball team.

The Hawkeyes have improved in every facet of the game since Fredrick arrived in 2004. In the first year of the Fredrick Era, the Hawkeyes began laying the foundation of a successful program. The team not only improved both their overall and Big Ten Conference record, but became more competitive in every aspect in the game. The coaching staff

worked hard to instill a new winning attitude in the team, which helped the Hawkeyes to an 8-3 start.

The Hawkeyes continued to make strides in 2005 recording more wins (14), Big Ten wins (4), kills (1,709), assists (1,527), service aces (161) and blocks (252) than Fredrick's first year. There were plenty of highlights on the year, including an 11-4 start and the team's first win over in-state rival Northern Iowa in 16 years.

Individually, Fredrick guided Catherine Smale to a spot on the Big Ten all-Freshman team in 2005 – the first Hawkeye to earn that honor. The coaching staff also made great strides in recruiting, pulling in the 30th-ranked class in the nation according to prepvolleyball.com.

The Hawkeyes broke two school attendance records during the 2006 season. Iowa averaged 1,008 fans, which broke the single-season average attendance record. Fredrick and her Hawkeyes also drew 1,690 fans to the Iowa State match, which shattered the single-match attendance school record. Fredrick and the Hawkeyes won 11 of their first 12 matches, including nine in a row.

Turning mediocre volleyball programs into winning programs has been a big part of Fredrick's past, most recently as head coach at Washington State University. During her 15 year tenure at Washington State, Fredrick earned more wins than any coach of a women's sport with a 278-192 record and in seven seasons she had 20 or more wins. In 1995, after guiding her squad to a national ranking of fifth, the highest rank of any men's or women's team in school history, she was named Pac-10 and AVCA District VIII Coach of the Year. Fredrick also led the Cougars to ten NCAA tournament appearances, including two Elite Eight finishes and one Sweet 16 berth. In 1992 her squad was the NIVC Champions. In the 2002 NCAA tournament, the Cougars posted a 3-0 victory over Northern Iowa to advance to the Elight Eight.

Prior to coaching at Washington State, Fredrick coached at Weber State (Ogden, UT). When Fredrick first took over the Wildcat program in 1985, she led her team to a sixth place finish in the Mountain West Conference. By the time she left after the 1988 season, her team had finished first in the Big Sky Conference, earned a NCAA tournament birth and Fredrick was named Big Sky Coach of the Year. Fredrick also guided Mt. Vernon, IA, native Kim Benesh to Big Sky Player of the Year honors. She left Weber State with a benchmark 86-60 record in four seasons.

Fredrick's volleyball ties to the state of Iowa run deeper than just the University of Iowa. Fredrick began her coaching career as the head coach at Davenport Central High School from 1974-82. In 1981, she led her squad to a 33-0 season record and a state championship. From 1983-1985 she was head coach of the USVA Junior Development team in eastern Iowa that won four state Midwest championships. In the summer of 1985, Fredrick was named head coach for the United States Volleyball Association team for the state of Iowa that competed throughout Canada.

Iron Women • Juniors **Kiley Fister** and **Emily Hiza** each started all 33 matches and played in all 116 games last season. Junior **Catherine Smale** played in 32 matches and 116 games.

Staying Home • Seven of the 14 players on the Hawkeye roster are from the state of Iowa.

Those players are **Laura Kremer** (LaMotte), **Christina Meister** (West Des Moines), **Katie Kennedy** (Iowa City), **Becky Walters** (Parkersburg), **Megan Schipper** (Aplington), **Signe Mueller** (Iowa City) and **Katie Wessels** (Manchester).

Walters and Schipper both attended Aplington-Parkersburg High School while Kennedy and Mueller both prepped at Iowa City High School.

St. Charles Connection • Juniors **Catherine Smale**, **Kiley Fister** and **Stacy Vitali** all hail from St. Charles, IL, but didn't attend the same high school.

Smale attended Rosary, Fister went to St. Francis and Vitali prepped at St. Charles East.

Rising Attendance in 2006 • The Hawkeyes saw two school attendance records fall last season.

Iowa averaged 1,008 fans which broke the single-season average attendance record. Fredrick's squad also drew 1,690 fans to the Iowa State match, which shattered the single-season attendance record.

The Hawkeyes saw the top seven crowds of all-time in Carver-Hawkeye Arena last season. Those crowds are listed below.

1. 1,690 vs. Iowa State (8/26/06)
2. 1,432 vs. Illinois (11/3/06)
3. 1,424 vs. Ohio State (9/23/06)
4. 1,339 vs. Penn State (9/22/06)
5. 1,312 vs. Northwestern (11/4/06)
6. 1,251 vs. Minnesota (10/20/06)
7. 1,196 vs. Wisconsin (10/21/06)

The Assistant Coaches • **Dr. Mashallah (Farokh) Farokhmanesh** and **Chad Hanson** will serve as assistants to Head Coach **Cindy Fredrick** again this season. Farokh, the associate head coach, is the husband of Coach Fredrick.

Katie McGuine is in her second season as the Director of Volleyball Operations.

