



University of Iowa

Volleyball

Hawkeye-Holiday Inn Challenge
September 8-9, 2006

Week Three

September 5, 2006

Hawkeye-Holiday Inn Challenge University of Iowa Hawkeyes

VS.



This Week • The University of Iowa volleyball team returns home to host the Hawkeye-Holiday Inn Challenge Friday and Saturday in Carver-Hawkeye Arena.

The tournament opens with UMKC and Florida-Atlantic playing a 4:30 p.m. game Friday. Iowa makes its debut at 7 p.m. against Tulane. Iowa and UMKC kick off Saturday's play with a 10 a.m. game, followed by Tulane vs. FAU at Noon and Tulane vs. UMKC at 5 p.m. Iowa and FAU end the tournament with a 7 p.m. game Saturday.

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 livestats will be available.

Play-by-play from the voice of Iowa volleyball Brian Wilson can be found by clicking on the Hawkeye All-Access link at hawkeyesports.com, then selecting the game you would like to listen to. To check out the livestats, just click on the "gametracker" link on the schedule page.

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.

Hawkeye fans can get in on the act and ask Coach Fredrick questions of their own by emailing them to AskCoachFredrick@yahoo.com. The coach will answer as many fan questions as possible.

Last Week • The Hawkeyes continued their hot start to the 2006 season by winning the Bluejay Invitational at Creighton University. Iowa defeated North Dakota State (30-20, 30-22, 25-30, 32-34, 15-10), Jacksonville State (30-26, 30-26, 30-22) and Creighton (23-30, 30-27, 30-28, 27-30 and 15-13).

After splitting the first four games against North Dakota State, the Hawkeyes came out in game five wanting to leave no doubt. Senior **Melanie Meister** served the Hawkeyes to a 6-0 lead to start the game, and Iowa cruised from there to take the match.

The Hawkeyes struggled early in game one against Jacksonville State, getting in a 17-10 hole before fighting back. Iowa slowly started chipping away at the Gamecock advantage, eventually taking its first lead at 22-21 with back-to-back kills by **Jen Barcus** and

2006 Schedule

Date	Opponent	Time
8/25-26	Hawkeye Challenge - 2nd Place	
8/25	Drake	W, 30-25, 30-22, 30-22
8/26	Chicago State	W, 30-11, 30-16, 30-17
8/26	Iowa State	L, 30-28, 30-26, 25-30, 22-30, 5-15
9/1-2	Bluejay Invitational - Champions	
9/1	vs. North Dakota St.	W, 30-20, 30-22, 25-30, 32-34, 15-10
9/2	vs. Jacksonville State	30-26, 30-26, 30-22
9/2	vs. Creighton	23-30, 30-27, 30-28, 27-30, 15-13
9/8-9	Hawkeye-Holiday Inn Challenge	
9/8	Tulane	7:00 PM
9/9	UMKC	10:00 AM
9/9	Florida Atlantic	7:00 PM
9/1-2	College of Charleston Invitational	
9/15	vs. Columbia	4:30 PM
9/16	vs. Eastern Michigan	11:00 AM
9/16	at College of Charleston	6:00 PM
9/22	Penn State	7:00 PM
9/23	Ohio State	7:00 PM
9/29	at Northwestern	7:00 PM
9/30	at Illinois	7:00 PM
10/6	Indiana	7:00 PM
10/7	Purdue	7:00 PM
10/13	at Michigan	6:00 PM
10/14	at Michigan State	6:00 PM
10/20	Minnesota	7:00 PM
10/21	Wisconsin	7:00 PM
10/27	at Purdue	6:00 PM
10/28	at Indiana	6:00 PM
11/3	Illinois	7:00 PM
11/4	Northwestern	7:00 PM
11/10	at Ohio State	6:00 PM
11/11	at Penn State	6:00 PM
11/17	at Wisconsin	7:00 PM
11/18	at Minnesota	7:00 PM
11/24	Michigan State	7:00 PM
11/25	Michigan	7:30 PM

Iowa's Probable Starters

Pos.	No.	Player	G	KPG	APG	DPG	BPG	SA
OH	2	Catherine Smale	24	3.17	0.12	3.38	0.25	3
OH	13	Tiana Costanzo	22	2.05	0.14	3.09	0.50	5
S	3	Kiley Fister	24	0.42	11.42	2.12	0.46	7
MB	24	Melanie Meister	23	2.70	0.00	1.09	1.30	4
MB	2	Jen Barcus	24	3.08	0.04	0.38	1.04	0
RS	14	Alicia Johnson	22	1.32	0.45	2.18	0.55	3
L	5	Emily Hiza	24	0.04	0.33	5.04	0.00	7



2006 Big Ten Standings

TEAM	BIG TEN	OVERALL
Michigan	0-0 .000	7-0 1.000
Purdue	0-0 .000	7-0 1.000
Illinois	0-0 .000	6-0 1.000
Michigan St.	0-0 .000	6-0 1.000
Ohio State	0-0 .000	6-0 1.000
Penn State	0-0 .000	6-0 1.000
Indiana	0-0 .000	5-1 .833
IOWA	0-0 .000	5-1 .833
Wisconsin	0-0 .000	4-1 .800
Northwestern	0-0 .000	2-1 .667
Minnesota	0-0 .000	1-2 .333

2006 Quickfacts

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Iowa on the Web

The media and public can find a valuable and timely source of information about Iowa athletics at its world wide web site. The address for the site is:



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 Tony Wirt of their intention to attend practice. The Hawkeyes practice daily from 12:14-3:45 p.m. at Carver-Hawkeye Arena.

PLAYER INTERVIEWS - All player interviews are coordinated through Tony Wirt of the sports information office. Please contact Tony (319-335-9411) so that he may set a time for an interview which does not interfere with the student-athlete's academic or practice schedules.

Alicia Johnson.

Jacksonville State wouldn't go easy, however, and the two teams traded the lead multiple times before the Hawkeyes pulled away for the win.

In game two, Iowa used three-straight kills by Barcus and **Catherine Smale** to take its first lead at 7-5, then the two teams traded points the rest of the way. Neither squad was able to pull more than two points ahead until a pair of Hawkeye kills gave Iowa a 27-23 advantage. Barcus' fifth kill of the game sealed the win for the Black and Gold.

Iowa led from wire-to-wire in game three, holding a comfortable lead the whole way. Kills by **Megan Schipper** and Barcus ended the match for Iowa.

Against Creighton, the decisive game five (like the entire match) was a barn-burner that went back-and-forth the entire way. Neither team took more than a two-point lead.

Trailing 11-12, Iowa rebounded to take the lead on a Meister block and Creighton attack error. Another Creighton error took the score to 14-12, but the Bluejays responded with a block to cut the Iowa lead to 14-13. Schipper ended things with her second kill of the night.

All-Tournament Team • The Hawkeyes had a pair of players on the all-tournament team at last weekend's Bluejay Invitational. Senior **Jen Barcus** was named tournament MVP, while sophomore setter **Kiley Fister** was on the all-tournament team.

That's a New Hawkeye Record • Senior middle blocker **Jen Barcus** set a new Iowa record for attack percentage in a five-game match when she hit a blistering .636 against North Dakota State. The Washington State transfer had 21 kills on 33 attempts and no errors.

The previous record was .607, which was set by Kari Hamel against Northwestern in 1986.

Scouting UMKC • The UMKC Kangaroos are 0-7 on the year. The team's offense is led by junior outside hitter Lauren Starks, who is averaging 2.79 kills per game.

The offense is run by setter Caitlin Koening, who is averaging 6.36 assists per game.

UMKC is coached by Chrissy Elder, who is in her first season as interim head coach. This will be the first meeting between the two schools.

Scouting Tulane • The Tulane Green Wave are 3-0 on the year and coming off a weekend off from competition.

The team is led by 2005 honorable mention all-America outside hitter Sara Radosevic, who is averaging a team-best 5.18 kills per game and has nine service aces in just three matches. Freshman Ksenija Vlaskovic is second on the team with 3.73 kills per game.

Luna Rebrovic is the team's primary setter, averaging 12.67 assists per game. The libero is Jenn Miller, who is digging up 4.91 per game.

Tulane is coached by Liz Kritza, who is in her second year. Iowa holds a 1-0 record against Tulane, with the only meeting coming in 1984.

Scouting Florida-Atlantic • The Florida-Atlantic Owls are 0-6 on the year and still looking for their first game win.

The offense is led by seniors Iana Andonova (5.22 kpg) and Janelle Sarauw (3.83 kpg). Andonova was an honorable mention all-American in 2004, but redshirted last season.

The Owls' primary setter is Casey LaRocca, who is averaging 11.61 assists per game.

Florida-Atlantic is coached by Iowa native Jody Brown. He is in his 12th season. This will be the first meeting between the two schools.



Head Coach Cindy Fredrick



Cindy Fredrick enters her third year at the helm of the Hawkeye program.

The Hawkeyes continued to make strides last season, 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.

In the first year of the Fredrick Era, the Hawkeyes 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 install a new winning attitude in the team, which helped the Hawkeyes to an 8-3 start.

The coaching staff also made great strides in recruiting, pulling in the 30th-ranked class in the nation according to prepvolleyball.com.

Turning struggling volleyball programs into winning programs has been a big part of Fredrick's past, most recently as head coach at Washington State University (Pullman, WA). 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 Elite Eight.

Fredrick's success also translated into individual accolades for three of her players. Fredrick recruited the only three all-Americans in Cougar volleyball history, setter Keri Killebrew (second team, 1992), setter Stephanie Papke (second team, 1996) and middle hitter Sarah Silvernail (second team, 1995 and first team, 1996). Silvernail was also named 1996 Pac-10 Player of the Year.

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 an NCAA tournament birth and Fredrick was named Big Sky Coach of the Year.

Fredrick's first collegiate coaching experience came as an assistant at the University of Iowa from 1982-84 under Sandy Stewart. The 1983 squad finished with a 22-9 record, which stood as the school's winningest record until 1994. The 1983 and 1984 Hawkeyes also placed third in the Big Ten Conference standings.

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 1983-85 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.

Career Highs • A pair of Hawkeyes set career-highs in Iowa's five-game match against North Dakota State. Sophomore setter **Kiley Fister** put up 70 assists, eight more than her previous best of 62 (9/9/05 vs. Texas-Arlington), while sophomore libero **Emily Hiza** dug out 29 balls, topping her previous high of 26 (10/4/05 vs. Michigan State).

Block Party • Senior middle blocker **Melanie Meister** has been a defensive force in the middle for Iowa this season, and leads the team with 30 blocks (1.30 per game).

Schipper in the Clutch • Freshman **Megan Schipper** has consistently come through when the Hawkeyes needed her. In her short career, two of her seven kills have been game-winners.

We Go WAY Back • A few Hawkeyes knew each other way before they got to Iowa City. **Stacy Vitali**, **Catherine Smale** and **Kiley Fister** all hail from the same hometown, St. Charles, IL, while **Melanie** and **Christina Meister** are sisters.

Smale Succeeds • **Catherine Smale**, an outside hitter, was the first Hawkeye to be named to the Big Ten all-freshman team last year. She ended with a team-best 3.61 kills per game average, and also averaged 2.56 digs per game on the defensive end.

Already No. 6 • Sophomore setter **Kiley Fister** is already among the all-time leaders at Iowa in assists. She has 1,536, good for sixth on the Hawkeyes' all-time list. **Jitka Stehnova** (2002-03) is in fifth with 2,159.

Janet Moylan (1987-90) is Iowa's all-time leader with 5,471.

Take Me To Your Leader • Senior middle blocker **Melanie Meister** and sophomore libero **Emily Hiza** are the Hawkeye captains this season.

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.

Welcome Aboard • The Hawkeye coaching staff has a new addition this year with **Katie McGuine** joining the team as the Director of Volleyball Operations.

McGuine will work closely with the Hawkeye volleyball staff, helping coordinate and carry out the day-to-day activities in the program.

McGuine joins the Hawkeyes after serving as the Human Resources Manager at Cardinal of Minnesota, Ltd., in Rochester, MN. She also served as head volleyball coach at Pine Island High School during the 2003 and 2004 seasons. In 2005 and 2006 she was head coach of the 16s Southern Minnesota Volleyball Club in Rochester, MN.





