



University of Iowa

Volleyball

at Michigan State • Nov. 4 • 6 p.m.
at Michigan • Nov. 5 • 5 p.m.

Week Eleven

October 31, 2005

University of Iowa Hawkeyes 14-11 (4-8)

VS.



Michigan State (10-12, 3-9)
Nov. 4, 2005 - 8 p.m.
East Lansing, MI



Michigan (10-11, 4-8)
Nov. 5, 2005 - 7 p.m.
Ann Arbor, MI

This Week • The University of Iowa volleyball team will hit the highway for a pair of Big Ten Conference road games this weekend. Iowa will battle Michigan State Friday at 6 p.m., then take on Michigan Saturday at 5 p.m. All times are Central.

Hawkeyes on the Small Screen • Iowa's game with Michigan State will be televised on a tape-delay basis by Comcast SportsNet Chicago (Channel 44 in Iowa City) Sunday at 4:30 p.m.

Hawkeyes on the Web • If you can't make it out to Michigan this weekend, you can still follow all of the action on www.hawkeyesports.com, where live stats will be available for every home game and select road games this season. Just click on the "gametracker" link on the schedule page.

Weekly Press Conference • Each week, Head Coach **Cindy Fredrick** will host a press conference Tuesday from 11:45-12:15 p.m. at the Iowa Football Complex. The press conference precedes Iowa Head Football Coach Kirk Ferentz's weekly press gathering.

Last Week • The Hawkeyes split a pair of Big Ten games last week, falling to No. 18 Minnesota 3-0 (24-30, 22-30, 26-30) on Wednesday and defeating Indiana 3-2 (30-28, 30-23, 23-30, 26-30, 15-7) on Friday.

Game one against Minnesota started off close, with Iowa taking a 9-8 lead on a bad set by the Golden Gophers. Minnesota then rattled off five-straight points to take a 13-9 lead. They never looked back and finished the game on a kill from middle hitter **Jessy Jones**.

Minnesota led game two wire-to-wire, at one time going on a seven-point scoring run. With the Gophers leading 26-17, the Hawkeyes mounted a comeback behind the serving of **Jacqueline Huguelet** and cut the lead to 26-21. It was too little, too late for the Hawkeyes, as Minnesota closed out the game 30-22.

2005 Schedule	
8/26-27	Hawkeye Challenge
8/27	Wis.-Milwaukee W, 3-2 (30-17, 30-18, 19-30, 23-30, 15-5)
8/27	Drake W, 3-0 (30-22, 30-18, 30-20)
9/2-3	at Marquette Challenge
9/2	vs. Marquette L, 1-3 (26-30, 22-30, 30-23, 21-30)
9/3	vs. New Hampshire W, 3-0 (30-24, 30-27, 30-22)
9/3	vs. IUPUI W, 3-2 (30-23, 18-30, 30-25, 21-30, 15-10)
9/9-10	at Texas-Arlington Invitational
9/9	vs. UT-Pan American W, 3-0 (30-16, 30-27, 30-21)
9/9	vs. UT-Arlington W, 3-1 (35-33, 25-30, 30-21, 30-27)
9/10	vs. Ark.-Little Rock L, 2-3 (30-25, 27-30, 32-30, 24-30, 12-15)
9/10	vs. Wake Forest L, 0-3 (27-30, 27-30, 26-30)
Sept. 16-17	at Coastal Carolina Tournament
Sept. 16	vs. Coastal Carolina W, 3-0 (30-23, 30-21, 30-20)
Sept. 17	vs. North Carolina A&T W, 3-0 (30-15, 30-24, 30-24)
Sept. 17	vs. East Tennessee State W, 3-1 (27-30, 30-25, 30-23, 30-24)
Sept. 23	at Northwestern W, 3-0 (30-26, 30-24, 30-28)
Sept. 25	at No. 10 Wisconsin L, 0-3 (28-30, 17-30, 21-30)
Sept. 27	Northern Iowa W, 3-2 (30-28, 26-30, 30-25, 24-30, 20-18)
Sept. 30	Michigan L, 1-3 (21-30, 30-26, 23-30, 27-30)
Oct. 1	Michigan State L, 2-3 (18-30, 26-30, 30-27, 30-24, 12-15)
Oct. 5	at No. 9 Minnesota L, 0-3 (22-30, 17-30, 15-30)
Oct. 8	at Indiana W, 3-1 (20-30, 30-20, 30-20, 30-27)
Oct. 14	at Illinois W, 3-0 (30-27, 30-26, 35-33)
Oct. 15	at No. 21 Purdue L, 0-3 (25-30, 23-30, 23-30)
Oct. 21	Penn State L, 0-3 (30-15, 30-21, 30-23)
Oct. 22	Ohio State L, 1-3 (27-30, 30-21, 30-23, 30-27)
Oct. 26	Minnesota L, 0-3 (24-30, 22-30, 26-30)
Oct. 28	Indiana W, 3-2 (30-28, 30-23, 23-30, 26-30, 15-7)
Nov. 4	at Michigan State 6 p.m.
Nov. 5	at Michigan 5 p.m.
Nov. 11	Wisconsin 7 p.m.
Nov. 12	Northwestern 7 p.m.
Nov. 18	at Ohio State 6 p.m.
Nov. 19	at Penn State 6 p.m.
Nov. 25	Purdue 7 p.m.
Nov. 26	Illinois 7 p.m.

Iowa's Probable Starters

Pos.	No.	Player	G	KPG	APG	DPG	BPG	SA
OH	13	Tiana Costanzo	81	2.51	0.30	2.95	0.27	18
OH	2	Catherine Smale	93	3.62	0.27	2.56	0.28	18
S	3	Kiley Fister	93	1.05	10.41	2.26	0.43	24
MB	24	Melanie Meister	91	2.00	0.09	0.64	0.96	8
	or 4	Megan Gatens	89	1.28	0.04	0.27	0.87	0
RS	8	Stacy Vitali	93	3.39	0.34	0.33	0.86	1
	or 12	Jaqueline Huguelet	83	0.31	0.29	1.92	0.05	15
L	5	Emily Hiza	93	0.16	0.41	3.65	0.01	27



2005 Big Ten Standings

TEAM	BIG TEN	OVERALL
Penn State	12-0	21-2
Purdue	9-3	20-3
Wisconsin	9-3	17-4
Minnesota	8-4	18-5
Ohio State	8-4	15-6
Illinois	4-8	13-10
IOWA	4-8	14-11
Michigan	4-8	10-11
Northwestern	3-9	12-10
Michigan State	3-9	10-12
Indiana	2-10	9-15

2005 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.

The third and final game was more of the same, with Iowa keeping things close but unable to put together a stretch that would see the Hawkeyes take the lead.

The Hawkeyes won the first two games against Indiana and looked to put things away in game three until the Hoosiers rattled off seven-consecutive points to take a commanding 23-26 lead en route to the win.

Iowa came out with a vengeance in game four, sprinting to a 10-2 lead. Indiana came right back to cut the lead to 13-10, eventually tying the game at 18-18. Things went back and forth until the Hoosiers gradually pulled away for the 30-26 win and forced game five.

Once again, Iowa came blasting out of the gates and took a 6-1 lead. This time, the Hawkeyes were able to put the Hoosiers away. At match point, **Laura Kremer** ripped her final kill of the night to give Iowa the win.

Scouting Michigan State • The Michigan State Spartans come into the week with a record of 10-12. They are tied for ninth in the Big Ten with a 3-9 conference mark.

The offense is led by sophomore outside hitter Katie Johnson, who is second in the Big Ten with 437 kills and 5.27 kills per game. Megan Wallin (3.25) and Ashley Schatzle (3.07) are also averaging over three kills per game.

The offense is run by setter Mickey Davis, who is averaging 12.93 assists per game - good for third in the Big Ten.

Libero Nicole Colaluca leads the conference with 464 digs and is third with 5.33 digs per game.

Michigan State leads the all-time series 27-22. Earlier this season, they defeated the Hawkeyes 3-2 in Carver Hawkeye Arena.

The Spartans are coached by Cathy George, who is in her first year.

Scouting Michigan • The Michigan Wolverines are currently 10-11 with a 4-8 mark in the Big Ten Conference.

Sophomore outside hitter Katie Bruzdinski leads the attack with 4.03 kills per game - a total good for fifth in the Big Ten. Lyndsay Miller (3.13) and Danielle Pflum (3.12) are each averaging over three kills per game.

Setter Mara Martin is fifth in the Big Ten with 12.36 assists per game, while libero Stesha Selsky is second with 5.60 digs per game.

The all-time series between these two schools is tied 24-24. Earlier this season, Michigan defeated Iowa 3-1 in Carver Hawkeye Arena.

Michigan is coached by Mark Rosen, who is in his 13th year.

Meister is a Monster • Junior middle blocker **Melanie Meister** had a huge game against Indiana last Friday. The West Des Moines native hit at a blistering .583 clip, recording 16 kills and five blocks. Meister hit 1.000 through the first two games - both Iowa wins.

Freshman Busts Out • Freshman **Laura Kremer** had her best game as a Hawkeye Friday against Indiana, recording nine kills, seven digs, five blocks - all career highs. She also posted a .333 hitting percentage.

A Move Outside • Sophomore middle blocker **Megan Gatens** slid over a spot and played outside hitter Friday night against Indiana. The move seemed to agree with her, as she tied a season-high with 10 kills.

Get Out the Brooms • Friday's win over Indiana completed the season sweep for the Hawkeyes. It is the first time an Iowa team has swept a Big Ten Conference opponent since 2000. That season, Iowa went 11-9 in Big Ten play and swept Purdue, Northwestern and Michigan.



Head Coach Cindy Fredrick



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

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. She left Weber State with a benchmark 86-60 record in four seasons.

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.

Twin Killers • Freshman **Catherine Smale** and sophomore **Stacy Vitali** are ranked seventh and eighth, respectively, in kills during conference play. Smale is averaging 3.65 kills per game, while Vitali is averaging 3.60 per game.

A Big Ten Ace • Junior hitter **Jacqueline Huguelet** has 15 aces on the season - 12 of which have come during Big Ten Conference play. That total ranks her tenth in the Big Ten for aces in conference play.

Freshman Hitter • Freshman outside hitter **Catherine Smale** leads the team with 317 kills and a 3.73 kills per game average, which is good for sixth in the Big Ten Conference.

In Big Ten play, Smale's average jumps to 3.91 kills per game. That total is good for fifth in the conference.

Vitali Pounds Out Season High • Sophomore **Stacy Vitali** recorded a team and season-high 23 kills last Friday against Indiana. The previous high was 22 kills, also by Vitali.

For the year, she has 315 kills and a team-best .301 attack percentage.

Already Better Than Last Year • The Hawkeyes have 14 wins this season, already giving them more than they had all of last year. Iowa's 3-2 win over Indiana last Friday gave them a 4-8 conference record, more wins than the last two seasons combined and the most since the 2000 season.

Ironwomen • Four Hawkeyes have played in all 93 games this season - **Stacy Vitali**, **Catherine Smale**, **Kiley Fister** and **Emily Hiza**.

Take Me To Your Leader • Junior middle blocker **Melanie Meister** and junior outside hitter **Tiana Costanzo** 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 **DeAnn Woodin** joining up as the programs first Director of Volleyball Operations.

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

She joins the staff after a successful run as the head coach at Kirkwood Community College. In her two seasons at the helm, she led Kirkwood to a 81-25 record, two undefeated conference seasons and the school's first-ever NJCAA Division II National Championship in 2003.

