



University of Iowa Volleyball

at Illinois • Oct. 14 • 7 p.m.
at No. 21 Purdue • Oct. 15 • 7 p.m.

Week Eight

October 10, 2005

University of Iowa Hawkeyes 12-7 (2-4)

VS.



Illinois Fighting Illini (11-6, 2-4)
Oct. 14, 2005 - 7 p.m.
Huff Hall
Champaign, IL



No. 21 Purdue Boilermakers (14-3, 3-3)
Oct. 15, 2005 - 7 p.m.
Intercollegiate Athletic Facility
West Lafayette, IN

This Week • The University of Iowa volleyball team will hit the road once again this weekend, playing a Friday match at the University of Illinois and a Saturday contest at Purdue. Both matches will start at 7 p.m.

Hawkeyes on the Web • If you can't follow the Hawkeyes on the road 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 the Minnesota Golden Gophers, 3-0, Wednesday (30-22, 30-17 and 30-15), then defeating Indiana, 3-1 (20-30, 30-20, 30-20, 30-27), on Saturday.

In game one against Minnesota, the Hawkeyes took an early 3-2 lead before Minnesota rattled off five-consecutive points to take a lead it would never relinquish. Juniors **Tiana Costanzo** and **Melanie Meister** led Iowa with three kills each in the first game. Costanzo finished the match with a team-high six kills.

The Golden Gophers controlled game two from the outset, allowing Iowa to tie the game just once (4-4) before cruising to victory. Freshman **Laura Kremer** was a bright spot for the Hawkeyes in game two, getting a team-best three kills.

In the third and final game, Minnesota came out of the gates blazing and took a 7-0 lead to force Iowa into a timeout. Things got no better for the Hawkeyes after the break, and the Golden Gophers held them to their lowest point output of the season.

Against Indiana, the Hawkeyes were put on their heels early

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 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	7 p.m.
Oct. 15	at Purdue	8 p.m.
Oct. 21	Penn State	7 p.m.
Oct. 22	Ohio State	7 p.m.
Oct. 26	Minnesota	7 p.m.
Oct. 28	Indiana	7 p.m.
Nov. 4	at Michigan State	7 p.m.
Nov. 5	at Michigan	6 p.m.
Nov. 11	Wisconsin	7 p.m.
Nov. 12	Northwestern	7 p.m.
Nov. 18	at Ohio State	7 p.m.
Nov. 19	at Penn State	7 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	65	2.71	0.28	3.14	0.32	15
OH	2	Catherine Smale	65	3.75	0.22	2.54	0.23	15
S	3	Kiley Fister	65	1.12	10.49	2.05	0.40	16
MB	24	Melanie Meister	63	2.00	0.10	0.76	0.97	8
	or 4	Megan Gatens	63	1.25	0.06	0.33	0.79	0
RS	8	Stacy Vitali	65	3.28	0.32	0.31	0.83	0
	or 12	Jaqueline Hugulet	56	0.29	0.38	1.93	0.05	7
L	5	Emily Hiza	65	0.11	0.43	3.75	0.02	17



2005 Big Ten Standings

TEAM	BIG TEN	OVERALL
Penn State	6-0	15-2
Wisconsin	5-1	13-2
Minnesota	5-1	15-2
Ohio State	3-3	10-5
Purdue	3-3	14-3
Michigan	3-3	9-6
IOWA	2-4	12-7
Illinois	2-4	11-6
Michigan State	2-4	9-7
Northwestern	1-5	10-6
Indiana	1-5	8-10

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.

in game one when Indiana set blistering pace, hitting well over .350 for the first half of the game to take a 15-5 lead. Iowa cooled the Hoosier hitters somewhat the rest of the way, but the hole was too deep to overcome. Sophomore middle blocker **Megan Gatens** had a pair of kills and a team-best .667 hitting percentage in game one.

With game one still fresh in their minds, the Hawkeyes came flying out of the gates in game two and raced to a 14-4 lead. Iowa stayed on top the rest of the way, hitting .476 en-route to a 30-20 win. **Catherine Smale** led the way with eight kills in the game, while **Stacy Vitali** added five.

The Hawkeyes carried the momentum from the second game into the third, methodically pulling away from the Hoosiers. Leading 26-20, junior **Jaqueline Huguelet** served out Iowa's final four points to give the Hawkeyes its second-straight 30-20 win. For the game, the Hawkeyes led the entire way after breaking the game's only tie at 6-6.

Game three was a back-and-forth affair with the two teams changing leads numerous times. With the score tied at 24-24, freshman **Emily Hiza** served Iowa to a 28-24 lead - using a pair of aces, a Vitali kill and an Indiana error. The Hoosiers attempted a comeback, cutting the lead to 29-27, but committed a net violation to end the game and give the match to the Hawkeyes.

Road Warriors • So far this season, Iowa has played 14-of-19 games on the road. The Hawkeyes have an 9-5 record away from Carver-Hawkeye Arena. The team's next two games will be on the road, followed by a two-week homestand.

Scouting Illinois • The Illinois Fighting Illini are 11-6 with a 2-4 mark in the Big Ten Conference.

Senior outside hitter Rachel VanMeter leads the Illini attack with 359 kills and a 5.70 per game average. Both totals lead the Big Ten Conference. She was an honorable mention all-Big Ten selection last season.

Redshirt freshman Kayani Turner has rebounded from the knee injury that kept her out all of last year to post 157 kills and a 2.80 per game average in her first collegiate action.

Illinois leads the all-time series 38-12, and has won the last five meetings. They are 19-4 in games played in Champaign.

The Fighting Illini are coached by Don Hardin, who is in his tenth season.

Scouting Purdue • The Purdue Boilermakers are 14-3 with a 3-3 Big Ten record. They are ranked 21st by the AVCA.

The Boilermaker offense is very diversified, with five players recording over 100 kills. Freshman hitter **Danita Merlau** leads the way with 197 kills and a 3.49 kill per game average. Sophomore **Samantha Mader** follows with 157 (3.02 per game), while **Stephanie Lynch** has 150 (2.68 per game).

Senior all-Big Ten setter Renata Dargan is in charge of distributing the ball throughout the offense, and is averaging 13.21 assists per game. She can also join the attack herself, and has recorded 90 kills and a team-best .451 attack percentage.

Purdue leads the all-time series 34-18, with a 18-6 advantage in West Lafayette.

The Boilermakers are coached by Dave Shondell, who is in his third season.

Heading to Hostile Environments • Iowa's two opponents this weekend rank in the top 15 in the nation for average attendance. Purdue is ranked fifth with an average attendance of 2,845, while Illinois is No. 15 with a 1,606 average.

Hard Working Hawkeyes • The Hawkeyes have played 72 games this season, more than any other team in the Big Ten. Indiana is second with 66. Wisconsin has played the fewest at 49.



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.

Freshman Hitter • Freshman outside hitter **Catherine Smale** leads the team with 267 kills and a 3.71 kills per game average, which is good for ninth in the Big Ten Conference.

In Big Ten play, Smale's average jumps to 3.95 kills per game. That total is good for sixth in the conference.

Already Better Than Last Year • The Hawkeyes have 12 wins this season, already giving them more than they had all of last year. Iowa's 3-1 win over Indiana last Saturday gave them a 2-4 conference record, tying the number of Big Ten wins from last season.

Iowa was 10-22 with a 2-18 record in Head Coach **Cindy Fredrick's** first season.

Making Them Count • Sophomore **Stacy Vitali** leads the team with a .287 attack percentage. She is second on the team with 233 kills (3.24 per game).

Ironwomen • Five Hawkeyes have played in all 72 games this season - **Stacy Vitali, Catherine Smale, Tiana Costanzo, Kiley Fister** and **Emily Hiza**.

Mess Around and Get a Triple Double • Freshman setter **Kiley Fister** became the first Hawkeye since 2000 to record a triple double when she pulled the feat against UNI. The St. Charles, IL, native had 53 assists, 11 kills and 10 digs.

The last Hawkeye to record a triple double was Fabiana de Abreu, who is now an assistant coach at Texas-Pan American.

Go-to Hitter • Outside hitter **Catherine Smale's** 57 attempts against Michigan was the second-most in a four-game match in the Big Ten this season. Penn State's Nicole Fawcett had 60 attempts in a 3-1 win over USC.

Prep All-Americans • Three members of the Hawkeye freshman class were named high school all-Americans by *PrepVolleyball.com*. **Kiley Fister, Catherine Smale** and **Emily Hiza** were all honored by the website.

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.

