



University of Iowa

Volleyball

at Northwestern - Sept. 29 - 7 p.m.
at Illinois - Sept. 30 - 7 p.m.

Week Seven

October 2, 2006

University of Iowa Hawkeyes 11-5 (0-4)



VS.



Indiana Hoosiers (10-6, 1-3)
Oct. 6, 2006 - 7 p.m.
Carver-Hawkeye Arena
Iowa City, IA

No. 9 Purdue Boilermakers (13-2, 3-1)
Oct. 7, 2006 - 7 p.m.
Carver-Hawkeye Arena
Iowa City, IA

This Week • The University of Iowa volleyball team (11-5, 0-4) returns to North Carver this weekend for a two-game homestand with Indiana and No. 9 Purdue.

The Hawkeyes will play the Hoosiers Friday night at 7 p.m., then battle the Boilermakers Saturday at 7 p.m.

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 Brian Wilson and former Iowa player Barb (Willis) Randall 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.

Looking For 400 • Iowa Head Coach **Cindy Fredrick** is one win away from a milestone - win number 400. Currently, the coach has a career record of 399-288.

Coach Fredrick will be one of just 43 active head coaches with 400 wins. She is 35-46 at Iowa, and posted records of 86-50 at Weber State and 278-192 at Washington State.

Last Week • The Hawkeyes had a rough first weekend on the road in Big Ten play, falling to Northwestern (30-18, 30-20, 30-25) and Illinois (30-22, 24-30, 30-21, 30-21).

In game one against the Wildcats, things remained close until Northwestern went on a torrid run, scoring 13-of-15 points to take a commanding 24-11 lead. Iowa fought back behind the serving of **Melanie Meister** and took six-consecutive points, cutting the lead

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 - 1st Place	
9/1	vs. North Dakota St.	W, 30-20, 30-22, 25-30, 32-34, 15-10
9/2	vs. Jacksonville State	W, 30-26, 30-26, 30-22
9/2	vs. Creighton	W, 23-30, 30-27, 30-28, 27-30, 15-13
9/8-9	Hawkeye-Holiday Inn Challenge - 1st Place	
9/8	Tulane	W, 30-23, 30-22, 30-24
9/9	UMKC	W, 30-17, 30-19, 30-18
9/9	Florida Atlantic	W, 27-30, 27-30, 39-37, 30-16, 15-10
9/1-2	College of Charleston Invitational - 1st Place	
9/15	vs. Columbia	W, 30-21, 30-22, 30-27
9/16	vs. Eastern Michigan	W, 26-30, 30-19, 30-25, 30-27
9/16	at College of Charleston	W, 27-30, 30-28, 30-27, 24-30, 15-11
9/22	Penn State	L, 25-30, 18-30, 26-30
9/23	Ohio State	L, 30-25, 25-30, 24-30, 26-30
9/29	at Northwestern	L, 18-30, 20-30, 25-30
9/30	at Illinois	L, 22-30, 30-24, 21-30, 21-30
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	58	3.00	0.16	3.21	0.26	13
OH	13	Tiana Costanzo	59	1.69	0.19	3.07	0.39	12
S	3	Kiley Fister	61	0.62	11.34	2.11	0.41	24
MB	24	Melanie Meister	60	3.17	0.07	1.07	1.18	12
MB	2	Jen Barcus	61	2.69	0.07	0.34	1.05	0
RS	12	Allison Smith	49	1.82	0.29	0.78	0.71	10
L	5	Emily Hiza	61	0.03	0.38	4.72	0.00	9



2006 Big Ten Standings

TEAM	BIG TEN	OVERALL
Penn State	4-0 1.000	15-0 1.000
Wisconsin	4-0 1.000	13-2 .867
Minnesota	4-0 1.000	10-4 .714
Purdue	3-1 .750	13-2 .867
Illinois	2-2 .500	11-3 .786
Ohio State	1-2 .333	11-2 .846
Indiana	1-2 .333	10-5 .667
Michigan St.	1-3 .250	10-4 .714
Northwestern	1-3 .250	7-6 .538
Michigan	0-4 .000	13-4 .765
IOWA	0-4 .000	11-5 .688

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:

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 Tony Wirt of their intention to attend practice. The Hawkeyes practice daily from 3:30-6:30 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.

to 24-17. The Wildcats had another run in them, however, and closed the game by taking six of the last seven points.

In game two, Iowa kept things close to until the closing moments when Northwestern scored eight of the final 10 points to take a 30-20 win.

Iowa came out of the break fired up, and looked like it was ready to take the third game. The Hawkeyes led until a pair of errors gave Northwestern its first lead at 21-20. Iowa was never able to re-gain the lead, and the Wildcats took the match with a 30-25 win.

In game one with Illinois, Iowa kept things tight early, and tied the game up at 16-16 after back-to-back kills from **Catherine Smale** and **Allison Smith** and an Illinois attack error. The Fighting Illini bounced back and began to pull away with a five-point run. A kill from Kayani Turner ended the game a 30-22.

The Hawkeyes jumped out to an early lead in game two, only to have Illinois come back and tie things up at 19-19. Iowa responded right away and re-took its lead behind a Meister kill. The Hawkeyes never looked back, and Smale pounded out Iowa's last three points for the 30-24 win. She had a team-high nine kills in the game.

The Illini came storming back in game three, trailing only after giving the Hawkeyes a 1-0 lead on a service error. Iowa managed to cut the lead to 12-11 with a **Kiley Fister** ace, but could get no closer and fell 30-21.

The Hawkeyes got into a hole early in game four when the Fighting Illini jumped out to a 7-2 lead and forced Iowa into a timeout. It didn't get any easier for the Black and Gold the rest of the way, as Illinois cruised to the win and took the match.

Scouting Indiana • The Indiana Hoosiers enter the week with a 10-6 record and 1-3 mark in Big Ten Conference play. They will host Purdue Wednesday night before traveling to Iowa City for Friday's game.

The Hoosier offense is led by sophomore outside hitter Erica Short, who is averaging 4.91 kills per game. That total is good for second in the conference. Last season as a freshman, Short broke the Hoosiers' all-time freshman single-season kills record.

On defense, middle blocker Annie Moddrell is tied for seventh in the Big Ten with 1.21 blocks per game. Senior libero Sara Diehl is averaging 3.35 digs per game.

The Hoosiers use a pair of setters to run their offense, Allison Regas (5.91 assists per game) and Caitlin Watts (5.65 assists per game).

Indiana is coached by Katie Weismiller, who is in her 13th season.

The Hoosiers lead the all-time series 29-23, but Iowa swept the season series last year and has won three-straight matches with Indiana.

Scouting Purdue • The Purdue Boilermakers enter the week with a 13-2 mark and a 3-1 record in Big Ten Conference play. They will travel to Bloomington, IN, Wednesday night for a game with Indiana before coming to Iowa City Saturday.

The Boilermakers are ranked ninth in the latest AVCA Coaches Poll.

Sophomore outside hitter Danita Merlau leads the offense with 3.90 kills per game, which is good for tenth in the Big Ten. Sophomore Stephanie Lynch is eighth in the conference with 1.21 blocks per game. Both Merlau and Lynch were members of the Big Ten All-Freshman team last season.

Purdue uses a pair of setters to run its offense, freshman Sam Gray (8.61 assists per game) and redshirt freshman Lindsay Shondell (5.45 assists per game).

The Boilermakers are coached by Dave Shondell, who is in his fourth season at the helm.

Purdue leads the all-time series 36-18, and has won the past four meetings.

Ace High • Hawkeye sophomore setter **Kiley Fister** is second in the Big Ten with 0.57 service aces per game in conference play. In 14 games, Fister has eight aces.



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.

Dig 'em Up • Sophomore libero **Emily Hiza** is fifth in the Big Ten with 4.70 digs per game. As a team, the Hawkeyes are second in the conference with 16.93 digs per game.

Block Party • In Big Ten Conference play, senior **Melanie Meister** is ranked third with 1.57 blocks per game.

Back-to-Back Grand Crowds • The Hawkeyes had crowds of over 1,000 people in back-to-back games for the first time in school history this weekend. Iowa had 1,339 fans in attendance against Penn State Friday, then drew 1,424 Saturday against Ohio State.

The crowds were the second and third biggest crowds in school history. Iowa set a school record with 1,690 fans for the August 26 game against Iowa State earlier this season.

Already No. 6 • Sophomore setter **Kiley Fister** is already among the all-time leaders at Iowa in assists. She has 1,954, 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.

Big Ten Player of the Week • Senior middle blocker **Melanie Meister** was named Big Ten Player of the Week Sept. 18. She was Iowa's first honoree since Sara Meyermann in 2001.

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.

