



University of Iowa Volleyball

at Drake - September 7 - 7:30 p.m.
vs. Iowa State - September 8 - 12:30 p.m.
vs. #21 LSU - September 8 - 5:30 p.m.

Week Three

September 4, 2007

University of Iowa Hawkeyes

4-1

VS.



Drake Bulldogs
September 7 - 7:30 p.m.
Knapp Center
Des Moines, IA



Iowa State Cyclones
September 8 - 12:30 p.m.
Knapp Center
Des Moines, IA



#21 LSU Tigers
September 8 - 5:30 p.m.
Knapp Center
Des Moines, IA

This Week • The University of Iowa volleyball team travels to Des Moines this weekend to compete in the Drake Classic. The Hawkeyes open the tournament against host school Drake Friday at 7:30 p.m. Iowa concludes the tournament Saturday against Iowa State at 12:30 p.m. and 21st-ranked LSU at 5:30 p.m.

Hy-Vee Cy-Hawk Series • Saturday's match against Iowa State will be the second event in the 2007-08 Hy-Vee Cy-Hawk series.

Iowa State took an early 2-0 lead in this year's series with a first place finish at the men's golf Big Four Championships in Cedar Rapids Tuesday.

Iowa won the inaugural event in 2004-05 along with last year's competition.

2007 Schedule

Date	Opponent	Time/Result
8/25-26	Hawkeye Challenge (2nd place)	
8/25	vs. #17 BYU	L, 30-21, 30-21, 19-30, 26-30, 13-15
8/26	vs. Marquette	W, 30-27, 28-30, 30-27, 30-21
8/31-9/1	at Northern Colorado Tournament (1-1st place)	
8/31	vs. UC Riverside	W, 26-30, 30-20, 30-28, 30-24
9/1	vs. St. Francis	W, 30-16, 30-24, 30-24
9/7-8	at Drake Classic	
	at Drake	7:30 p.m.
	vs. Iowa State	12:30 p.m.
	vs. #21 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.

Hawkeyes on the Web • Fans can follow all of the action from the Drake Classic this weekend on hawkeyesports.com, where a live audio broadcast will be available. Gametracker will not be available for the Drake Classic matches.

Play-by-play from the voice of Iowa volleyball Brian Wilson 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 week this season. She will address a variety of topics, from the state of the team to that week's opponents.

Tied For First at UNC Tournament • The Hawkeyes finished the Northern Colorado Tournament with a perfect 3-0 record to earn a share of first place. Florida Golf Coast also finished with a 3-0 record and was named the overall champion on point differential.

Iowa's Probable Starters

No.	Player	G	KPG	APG	DPG	BPG	SA
1	Laura Kremer	20	2.60	0.10	0.50	1.55	2
14	Megan Eskew	20	2.25	0.20	1.85	0.15	4
3	Kiley Fister	20	0.45	5.85	1.50	0.10	13
5	Emily Hiza	20	0.05	0.35	3.60	0.00	4
10	Becky Walters	20	2.50	0.00	0.10	1.20	0
13	Aimee Huffman	20	1.80	5.20	1.00	0.90	1
15	Megan Schipper	20	2.80	0.15	2.20	0.70	9



2007 Big Ten Standings

	CONF.	OVERALL
1. MICHIGAN	0-0	6-0
2. WISCONSIN	0-0	5-1
T3. Iowa	0-0	4-1
OHIO STATE	0-0	4-1
5. PENN STATE	0-0	3-1
T6. ILLINOIS	0-0	4-2
INDIANA	0-0	4-2
8. NORTHWESTERN	0-0	3-2
T9. PURDUE	0-0	3-3
MICHIGAN STATE	0-0	3-3
MINNESOTA	0-0	2-2

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.

Opening Win • Iowa opened the tournament with a 3-1 win against UC Riverside. The Hawkeyes roared back after dropping the first game to win three straight.

The Hawkeyes stormed out in game two and never trailed, winning 30-20. UC Riverside nearly tied the game at 15-14, but a 10-3 run gave the Hawkeyes a comfortable lead.

Game three stayed within two points until the Hawkeyes took a 12-8 lead. UC Riverside battled back to tie the score at 18-18, but a 6-0 run gave Iowa a 24-18 lead. The Highlanders fought back once again to tie the game at 28-18, but the Hawkeyes put away the Highlanders, 30-28.

The Hawkeyes sealed the win in game four with an 11-2 run midway through the game to take a 20-11 lead. Both teams traded points until Iowa took a 28-21 lead and eventually won the match.

Blinding the Flash • The Hawkeyes coasted past Saint Francis (PA), 3-0.

Iowa set the tone in game one, storming out to a 5-0 lead. The Hawkeyes took a commanding 21-9 lead later in game one and eventually won the game by a 30-16 score.

The Hawkeyes pushed the match to 2-0 after a 30-24 win in game two. Iowa went on an 11-2 run to take a 23-13 lead and brought up game point at 29-20.

Game three remained close, but Iowa closed the match on a 6-3 run for the win.

Taming the Bears • Iowa defeated host school Northern Colorado, 3-1 in the its final match Saturday night.

Game one remained close, with 12 ties and four lead changes. Northern Colorado eventually put the game away with a kill and took advantage of two Hawkeye errors for a 1-0 lead.

Iowa took an early 10-4 lead in game two and never looked back, stretching the advantage to 25-19. Back-to-back kills set up game point and Iowa tied the match.

The Hawkeyes went on a 7-1 run to end game three to take a 2-1 lead heading into the locker room.

The Hawkeyes took an overwhelming 10-0 lead in game four and never looked back to secure an undefeated record at the Northern Colorado Tournament.

Scouting Drake • The Drake Bulldogs are 2-2 overall.

The Bulldog offense is led by Mikayla Sims who has 50 kills and is averaging 3.12 kills per game. She also has a .316 attack percentage.

Sarah Schuster is Drake's primary setter with 169 assists (10.56 assists per game).

Drake is coached by Amy Farber Knowles. Iowa leads the all-time series, 19-11-1.

Scouting Iowa State • The Iowa State Cyclones are 2-4 overall.

Lauren Cummings leads the Cyclones with 69 kills (3.0 kills per game). Jen Malcom has 45 kills (1.96 kills per game) and a team-best .321 attack percentage.

Iowa State's primary setters include Kaylee Manns with 142 (11.83 assists per game) and Cassie Pratt (11.27 assists per game).

The Cyclones are coached by Christy Johnson. Iowa leads the all-time series, 21-17.

Scouting LSU • The 21st ranked LSU Tigers are 6-0 overall.

Lauren DeGirolamo leads the Tiger attack with 79 kills (3.43 kills per game) and a .441 attack percentage. Kyna Washington has 75 kills (3.41 kills per game).

LSU's primary setter is Maggie Lonergan with 178 assists (10.47 assists per game).

The Tigers are coached by Fran Flory. Iowa trails the all-time series, 0-1.



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 an 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.

Hawkeyes Named to All-Tourney Team • Junior **Laura Kremer** and sophomore **Megan Schipper** were named to the all-tournament team at the Northern Colorado Tournament.

Kremer on a Roll • Junior **Laura Kremer** recorded 37 kills (3.36 kills per game), a .431 attack percentage and 13 block assists (1.18 blocks per game) in Iowa's three wins at the Northern Colorado Tournament last weekend.

Kremer tallied a career-high 10 kills on her 20th birthday against UC Riverside Friday, only to set a new career high with 14 kills the next day against Saint Francis. The LaMotte, IA, native finished with a .722 attack percentage. She hit .833 in game one, 1.000 (6-6) in game two and .333 in game three.

Hitters Impressive Against Bears • Iowa's outside hitting tandem of freshman **Megan Eskew** and sophomore **Megan Schipper** along with middle blockers junior **Laura Kremer** and redshirt freshman **Becky Walters** tallied impressive attack percentages against Northern Colorado.

Walters led the team with a .600 percentage while Kremer hit .417. Schipper hit .407 and Schipper rounded out the attack at .355.

Iowa Ranks High in Attendance • Iowa's average home attendance of 1,252 fans is the 12th-highest average attendance in the nation.

In addition, Iowa's opening night crowd of 1,584 against BYU is the 24th largest single-game crowd thus far in 2007.

Hawkeyes in Big Ten Stats • As a team, Iowa ranks second in the Big Ten in blocking with 61 total blocks (3.05 blocks per game). The Hawkeyes have eight solo blocks and 106 block assists in 20 games played. Minnesota leads the conference with 70 total blocks (3.88 blocks per game).

Junior **Kiley Fister** is fourth in the Big Ten in service aces with 13 in 20 games played (0.65 service aces per game).

Junior **Laura Kremer** is fourth in Big Ten ranks in blocks. Kremer has a total of 31 block assists.

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**.

VolleyBlog • Hawkeye juniors **Catherine Smale** and **Emily Hiza** will be blogging throughout the season for hawkeyesports.com. Both student-athletes will be discussing everything from road trips to what it's like being an athlete at the University of Iowa.



Iowa's Record When...

3-MATCH GAMES:	1-0
4-Match Game:	3-0
5-MATCH GAMES:	0-1
IOWA WINS FIRST GAME:	2-1
OPPONENT WINS FIRST GAME:	1-0
IOWA WINS SECOND GAME:	3-1
OPPONENT WINS SECOND GAME:	1-0
IOWA WINS THIRD GAME:	4-0
OPPONENT WINS THIRD GAME:	0-1
IOWA WINS FOURTH GAME:	4-0
OPPONENT WINS FOURTH GAME:	0-1
IOWA TO EIGHT FIRST IN FIFTH GAME:	0-1
OPPONENT TO EIGHT FIRST IN FIFTH GAME:	0-0
AT HOME:	1-1
ON THE ROAD:	1-0
AT NEUTRAL SITE:	2-0
DAY MATCH:	3-0
NIGHT MATCH:	1-1
VS. RANKED OPPONENTS:	0-1
IOWA HAS MORE KILLS:	3-0
OPPONENT HAS MORE KILLS:	1-1
IOWA HAS HIGHER ATTACK %:	4-1
OPPONENT HAS HIGHER ATTACK %:	0-0
IOWA HAS MORE ASSISTS:	2-0
OPPONENT HAS MORE ASSISTS:	2-1
IOWA HAS MORE ACES:	2-1
OPPONENT HAS MORE ACES:	1-0
EQUAL NUMBER OF ACES:	1-1
IOWA HAS MORE DIGS:	2-0
OPPONENT HAS MORE DIGS:	2-1
IOWA HAS MORE BLOCKS:	3-1
OPPONENT HAS MORE BLOCKS:	1-0
WEARING WHITE/BLACK UNIFORMS:	2-1
WEARING BLACK/GOLD UNIFORMS:	2-0
IN MOUNTAIN TIME ZONE:	3-0
IN CENTRAL TIME ZONE:	1-1
IN EASTERN TIME ZONE:	0-0
IN IOWA:	1-1
IN COLORADO:	3-0
IN PENNSYLVANIA:	0-0
IN OHIO:	0-0
IN MICHIGAN:	0-0
IN ILLINOIS:	0-0
IN MINNESOTA:	0-0
IN INDIANA:	0-0
IN WISCONSIN:	0-0
ON WEDNESDAY:	0-0
ON FRIDAY:	1-0
ON SATURDAY:	0-1
ON SUNDAY:	3-0

2007 SEASON INFORMATION

IOWA'S SINGLE GAME MATCH INFORMATION

LONGEST WINNING STREAK:	4
LONGEST LOSING STREAK:	1
CURRENT STREAK:	WON 4
MOST KILLS (THREE GAME):	45 (vs. SAINT FRANCIS)
MOST KILLS (FOUR GAME):	63 (AT UNC)
MOST KILLS (FIVE GAME):	62 (vs. BYU)
HIGHEST ATTACK % (THREE GAME):	308 (vs. SAINT FRANCIS)
HIGHEST ATTACK % (FOUR GAME):	348 (AT UNC)
HIGHEST ATTACK % (FIVE GAME):	229 (vs. BYU)
MOST ASSISTS (THREE GAME):	40 (vs. SAINT FRANCIS)
MOST ASSISTS (FOUR GAME):	57 (AT UNC)
MOST ASSISTS (FIVE GAME):	55 (vs. BYU)
MOST ACES (THREE GAME):	9 (vs. SAINT FRANCIS)
MOST ACES (FOUR GAME):	8 (vs. MARQUETTE)
MOST ACES (FIVE GAME):	8 (vs. BYU)
MOST DIGS (THREE GAME):	31 (vs. SAINT FRANCIS)
MOST DIGS (FOUR GAME):	70 (vs. MARQUETTE)
MOST DIGS (FIVE GAME):	65 (vs. BYU)
MOST BLOCKS (THREE GAME):	5 (vs. SAINT FRANCIS)
MOST BLOCKS (FOUR GAME):	20 (vs. MARQUETTE)
MOST BLOCKS (FIVE GAME):	14.5 (vs. BYU)
HIGHEST HOME ATTENDANCE:	1,584 (vs. BYU)

IOWA'S INDIVIDUAL LEADERS

MATCHES PLAYED:	5 (10 PLAYERS)
MATCHES STARTED:	5 (5 PLAYERS)
GAMES PLAYED:	20 (7 PLAYERS)
KILLS:	56 (SCHIPPER)
KILLS PER GAME:	2.80 (WALTERS)
ATTACKING PERCENTAGE:	.327 (WALTERS)
ASSISTS:	117 (FISTER)
ASSISTS PER GAME:	5.85 (FISTER)
SERVICE ACES:	13 (FISTER)
SERVICE ACES PER GAME:	0.65 (FISTER)
DIGS:	72 (HIZA)
DIGS PER GAME:	3.60 (HIZA)
BLOCK SOLOS:	4 (WALTERS)
BLOCK ASSISTS:	31 (KREMER)
BLOCKS PER GAME:	1.55 (KREMER)

2007 Hawkeye Roster

No.	Name	Ht.	Cl.	Pos.	Hometown/Previous School
1	Laura Kremer	6-0	Jr.	MB	LaMotte, IA/Dubuque Senior HS
2	Catherine Smale	6-1	Jr.	OH	St. Charles, IL/Rosary HS
3	Kiley Fister	5-10	Jr.	S	St. Charles, IL/St. Francis
4	Christina Meister	5-9	So.	S/DS	West Des Moines, IA/Valley HS
5	Emily Hiza	5-7	Jr.	L	Swink, CO/Swink Academy
7	Katie Kennedy	6-1	Fr.	MB	Iowa City, IA/City High
8	Stacy Vitali	6-0	Sr.	OH	St. Charles, IL/East HS
10	Becky Walters	6-3	RS Fr.	MB	Parkersburg, IA/Aplington-Parkersburg
11	Samantha Brannigan	5-7	Fr.	DS	Palos Heights, IL/Amos Alonzo Stagg
13	Aimee Huffman	6-0	Fr.	RS/S	Poth, TX/Poth
14	Megan Eskew	5-9	Fr.	OH	Schererville, IN/Marist
15	Megan Schipper	5-11	So.	OH	Aplington, IA/Aplington-Parkersburg
16	Signe Mueller	5-7	Fr.	DS	Iowa City, IA/City High
24	Katie Wessels	5-10	Fr.	OH	Manchester, IA/West Delaware

Head Coach: Cindy Fredrick (fourth season)

Associate Head Coach: Dr. Mashallah Farokhmanesh (fourth season)

Assistant Coach: Chad Hanson (fourth season)

Director of Volleyball Operations: Katie McGuine (second season)

Pronunciation Guide

Catherine SMAY-ul
 Christina MY-stir
 Megan SHIP-er
 Megan ES-que
 SIG-KNEE MEW-LIR
 Mashallah fir-ROKE-muh-NESH

