



University of Iowa Volleyball

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

September 25, 2006

Week Six

University of Iowa Hawkeyes



VS.



Northwestern Wildcats (6-5, 0-2)
Sept. 29, 2006 - 7 p.m.
Welch-Ryan Arena
Evanston, IL

Illinois Fighting Illini (9-3, 0-2)
Sept. 30, 2006 - 7 p.m.
Huff Hall
Champaign, IL

This Week • The University of Iowa volleyball team make its first Big Ten road trip of the season, heading to Northwestern and Illinois this weekend.

Iowa will battle the Wildcats Friday at 7 p.m. in Evanston, IL, then take on the Fighting Illini Saturday at 7 p.m. in Champaign.

Hawkeyes on the Web • If you can't make the road trip 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 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.

Big Ten Season Preview • Hawkeye fans can check out what Iowa Head Coach **Cindy Fredrick**, senior **Melanie Meister**, sophomore **Emily Hiza** and freshman **Allison Smith**, think about the new Big Ten volleyball season on the Big Ten Season Preview video available on hawkeyesports.com. Just go to Hawkeye All-Access, click on "all sports", select volleyball and feature to view the show.

Last Week • The Hawkeyes faced some tough competition in their opening Big Ten weekend, falling to No. 2 Penn State (3-0) and No. 12 Ohio State (3-1).

In game one against the Nittany Lions, Iowa showed it wasn't going to be intimidated by Penn State's ranking and undefeated record (13-0), keeping the game close early. A **Melanie Meister** kill cut the Nittany Lion lead to 12-11 before Penn State began to pull

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	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	51	2.94	0.18	3.16	0.22	12
OH	13	Tiana Costanzo	52	1.88	0.21	3.06	0.44	11
S	3	Kiley Fister	54	0.67	11.56	2.13	0.46	21
MB	24	Melanie Meister	53	3.30	0.08	1.08	1.08	9
MB	2	Jen Barcus	54	2.76	0.07	0.33	1.11	0
RS	12	Allison Smith	43	1.88	0.28	0.81	0.74	10
L	5	Emily Hiza	54	0.04	0.41	4.72	0.00	9



2006 Big Ten Standings

TEAM	BIG TEN	OVERALL
Penn State	2-0 1.000	13-0 1.000
Purdue	2-0 1.000	12-1 .923
Wisconsin	2-0 1.000	11-2 .846
Minnesota	2-0 1.000	8-4 .667
Ohio State	1-1 .500	11-1 .917
Michigan St.	1-1 .500	10-2 .833
Indiana	1-1 .500	10-4 .714
Michigan	0-2 .000	13-2 .867
IOWA	0-2 .000	11-3 .786
Illinois	0-2 .000	9-3 .750
Northwestern	0-2 .000	6-5 .545

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.

away. Iowa pulled within three at 28-25, but freshman Megan Hodge ended things with back-to-back kills.

Penn State managed to shut down the Iowa attack in game two, holding the Hawkeyes to a -.073 attack percentage and just seven kills in the 30-18 win.

Iowa proved they wouldn't go quietly in the third and final game, keeping the score tight throughout. Back-to-back service aces from **Kiley Fister** tied things up at 10-10. Penn State looked to pull away with a 21-15 lead, but Iowa came storming back and tied the game at 23-23 on a Meister kill. The teams traded points, then Penn State took advantage of three Hawkeye miscues to take a 29-24 lead. A kill by **Catherine Smale** and an error from Hodge took it to 29-26, but Hodge ended the match with her match-high 23rd kill.

The Hawkeyes fell into an early hole at the start of game one against the Buckeyes, but came flying back and took a 17-16 lead on a **Tiana Costanzo** kill. Iowa never looked back, and allowed the Buckeyes just one tie (19-19) the rest of the way.

After hitting so well in the opening game, the Hawkeye attack struggled in the second game. Ohio State jumped out to an early lead and looked to put Iowa away early, but the Hawkeyes fought back to tie things up at 19-19 on a Smale kill. Smale then gave Iowa a 22-21 lead with an ace, but the Buckeyes responded with four-straight points to force the Black and Gold into a timeout. Ohio State took a 26-23 lead out of the break, then held on for the win.

Games three and four were tightly contested, but Ohio State managed to hold off the Hawkeyes to take the match.

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.

Scouting Northwestern • The Northwestern Wildcats are 6-5 on the season and 0-2 in the Big Ten. Three-of-the-Wildcats-five losses have come at the hands of ranked teams (No. 8 Stanford, No. 9 Hawaii and No. 14 Wisconsin).

The Wildcats feature a balanced attack with five players averaging over 2.20 kills per game. Junior outside hitter Lindsay Anderson leads the way with 3.38 kills per game.

On defense, Chelsy Hyser and Brittney Aldridge average a block per game, while libero Kate Nobilio leads the Big Ten with 5.20 digs per game.

Northwestern is coached by Keylor Chen, who is in his seventh year at the helm. The Wildcats lead the all-time series 28-23-1.

Iowa and Northwestern split a pair of matches last season, with each team winning on the road.

Scouting Illinois • The Illinois Fighting Illini are 9-3 on the year and 0-2 in Big Ten Conference play. During their opening weekend, Illinois fell to Minnesota and No. 14 Wisconsin.

The Illini are dangerous from the service line, and lead the Big Ten with 2.28 aces per game.

The Illinois attack is led by the dynamic duo of Kayani Turner and Vicki Brown. Turner, a sophomore outside hitter, is fifth in the conference with 4.60 kills per game. Brown, a junior middle blocker, is ninth in the conference with 4.07 kills per game and third with a .418 attack percentage.

Illinois is coached by Don Hardin, who is in his 11th season. The Fighting Illini lead the all-time series 39-13. The two teams split a pair of matches last season, with each team winning on the road.



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.

70-plus Assists • A Big Ten setter has posted 70+ assists just three times this season - two of those were by Hawkeye sophomore **Kiley Fister**. The St. Charles, IL, native put up a Big Ten high 73 against Florida-Atlantic. She also dished out 70 against North Dakota State. Ohio State's Marisa Main (71 vs. Iowa) is the only other setter to pull the feat.

Dig 'em Up • Sophomore libero **Emily Hiza** is fourth in the Big Ten with 4.70 digs per game. As a team, the Hawkeyes are second in the conference with 17.02 digs per game.

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.

Block Party • After not having a single player average more than a block per game last season, both Iowa starting middle blockers are this year. Seniors **Melanie Meister** (1.07) and **Jen Barcus** (1.19) are providing a strong defensive presence in the middle for Iowa.

Already No. 6 • Sophomore setter **Kiley Fister** is already among the all-time leaders at Iowa in assists. She has 1,886, 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.

