



University of Iowa

Volleyball

Hawkeye Challenge - Carver-Hawkeye Arena
August 25-26, 2006

Week One

August 16, 2006

2006 Hawkeye Challenge University of Iowa Hawkeyes



VS.



This Week • The University of Iowa volleyball team will kick-off the 2006 season by welcoming Drake, Chicago State and Iowa State for the Hawkeye Challenge this weekend.

The tournament opens with Iowa State and Chicago State Friday afternoon at 4:30, followed by the Hawkeyes and Bulldogs at 7 p.m. Iowa starts the day Saturday with a 10 a.m. game against Chicago State, followed by the Cyclones and Bulldogs at noon and Drake vs. Chicago State at 5 p.m. Iowa and Iowa State will wrap things up with a 7 p.m. game Saturday.

Cy-Hawk Series • Saturday's game with Iowa State will be the first event in the 2006-07 Hy-Vee Cy-Hawk Series, the annual contest between Iowa and Iowa State for collegiate dominance in the state.

The nine-sport series awards two points (except football, which is worth three) to the winning school in each head-to-head match-up between the two institutions. Additionally, two points are awarded to an institution if the graduation rate of its student-athletes is greater than the national average as reported each fall by the NCAA.

Hawkeyes on the Web • If you can't make it to Carver Hawkeye Arena 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 the voice of Iowa volleyball Brian Wilson 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.

2006 Schedule

Date	Opponent	Time
8/25-26	Hawkeye Challenge	
8/25	Drake	7:00 PM
8/26	Chicago State	10:00 AM
8/26	Iowa State	7:00 PM
9/1-2	Bluejay Invitational	
9/1	vs. North Dakota State	4:30 PM
9/2	vs. Jacksonville State	9:30 AM
9/2	vs. Creighton	7:00 PM
9/8-9	Hawkeye-Holiday Inn Challenge	
9/8	Tulane	7:00 PM
9/9	UMKC	10:00 AM
9/9	Florida Atlantic	7:00 PM
9/1-2	College of Charleston Invitational	
9/15	vs. Columbia	4:30 PM
9/16	vs. Eastern Michigan	11:00 AM
9/16	at College of Charleston	6:00 PM
9/22	Penn State	7:00 PM
9/23	Ohio State	7:00 PM
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 (2005 Stats)

Pos.	No.	Player	G	KPG	APG	DPG	BPG	SA
OH	2	Catherine Smale	122	3.61	0.30	2.56	0.27	20
or	13	Tiana Costanzo	82	2.48	0.29	2.93	0.27	18
or	15	Megan Schipper	--	--	--	--	--	--
S	3	Kiley Fister	122	1.06	10.34	2.32	0.40	29
MB	24	Melanie Meister	122	2.01	0.12	0.68	0.91	8
or	1	Laura Kremer	56	1.20	0.21	0.50	0.52	2
or	2	Jen Barcus	107	3.05	0.21	0.69	1.36	22
RS	14	Alicia Johnson	--	--	--	--	--	--
or	12	Allison Smith	--	--	--	--	--	--
L	5	Emily Hiza	122	0.12	0.37	3.87	0.01	35



2005 Big Ten Standings

TEAM	BIG TEN	OVERALL
Penn State	20-0	31-3
Wisconsin	15-5	26-7
Minnesota	14-6	25-8
Ohio State	14-6	22-9
Purdue	12-8	25-9
Northwestern	10-10	20-12
Illinois	7-13	16-15
Michigan	7-13	13-16
Michigan St.	5-15	12-18
IOWA	4-16	14-19
Indiana	2-18	9-23

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:



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.

Looking Back • In year two of the **Cindy Fredrick** era, the Hawkeyes started strong, then ran into a buzzsaw schedule during Big Ten play.

Iowa was still able to finish with a 14-19 record and a 4-16 mark in the Big Ten Conference, both improvements from the year before.

The Hawkeyes opened the season on a strong note, winning the Hawkeye Holiday Inn Challenge with wins over Wisconsin-Milwaukee and Drake. Iowa then headed to Milwaukee for the Marquette Challenge, where they fell to the host Warriors and defeated New Hampshire and IUPUI.

A trip to Texas was next, where Iowa split four games, defeating Texas Pan-American and Texas-Arlington before falling to Arkansas-Little Rock and Wake Forest.

The Hawkeyes won the Coastal Carolina Classic with wins over Coastal Carolina, North Carolina A&T and East Tennessee, pushing their record to 11-4 heading into the Big Ten season. It was the best start for an Iowa squad since 1994, when Iowa started 12-3.

The conference slate started at Northwestern, and the Hawkeyes responded with a 3-0 win. The Hawkeyes then traveled to No. 10 Wisconsin and suffered their first conference loss.

Iowa had one more non-conference game, a home match with in-state rival Northern Iowa. The Hawkeyes came ready to play and outlasted the Panthers in a thrilling five game set, including a 20-18 win in the decisive game five.

After that, the Hawkeyes ran an amazingly difficult gambit in the Big Ten Conference, which was once again one of the toughest in the nation. Iowa was able to win back-to-back road games for the first time since 2000, topping Indiana 3-1 and sweeping Illinois.

Starting Strong in 2005 • The Hawkeyes defeated Northwestern, 3-0, in it's Big Ten opener last season. It was the first time since 2000 Iowa opened Big Ten play with a win, and the first time in the program's history the team has opened conference play with a sweep.

Yearly Improvement • The 2005 Hawkeyes improved in almost every area over the Coach Fredrick's first season at Iowa. On top of recording more wins (14) and conference wins (4), the Hawkeyes also had more kills (1,709), assists (1,527), service aces (161) and blocks (252) than the year before.

Freshman Impact • The Hawkeyes got an amazing contribution from it's freshman class in 2005, with three first-year players (**Catherine Smale**, **Kiley Fister** and **Emily Hiza**) in the starting lineup all season.

A fourth freshman, **Laura Kremer**, worked her way into the starting lineup by the end of the year.

Smale Succeeds • **Catherine Smale**, an outside hitter, was the first Hawkeye to be named to the Big Ten all-freshman team last year. She ended with a team-best 3.61 kills per game average, and also averaged 2.56 digs per game on the defensive end.

Vitali Makes It Count • After two years of action, junior rightside hitter **Stacy Vitali** is second on Iowa's all-time attack percentage list with a .257 mark. Barb Willis (1987-90) is the Hawkeyes' all-time leader at .260.

Fister Sets 'em Up • Sophomore setter **Kiley Fister** served as Iowa's setter throughout the year and set a freshman record with 1,271 assists.

Smale Knocks 'em Down • Sophomore outside hitter **Catherine Smale** set an Iowa freshman record with 441 kills last season. That total is the highest single-season total by a Hawkeye since Sara Meyermann pounded out 578 in 2001.



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.

Hiza Digs 'em Out • Sophomore **Emily Hiza** was Iowa's libero in 2005, and set a freshman record with 472 digs. She served as Iowa's libero for every match but one - when she started at outside hitter.

Taking Down the Panthers • The Hawkeyes' thrilling, five-game win over Northern Iowa was the school's first over its in-state rival since 1989.

After splitting the first four games, the teams played a very dramatic deciding fifth game. Northern Iowa came out of the gates swinging and took an early 7-3 lead. The Hawkeyes came storming back behind the serving of libero **Emily Hiza** to tie the game at 7-7. From that point on, the two teams traded points the rest of the way, with neither team taking more than a two-point lead.

Iowa was the first team to serve a match point at 14-13, but UNI came back to tie things up. The Hawkeyes then faced elimination three times against a UNI serve, turning them back each time. With the game tied at 18-18, Iowa closed the door with back-to-back kills from **Stacy Vitali** and **Catherine Smale**.

Triple Double • In Iowa's win over UNI, setter **Kiley Fister** recorded the team's first triple double since Fabiana de Abreu pulled the feat in 2000. The St. Charles, IL, native dished out 53 assists, pounded out 11 kills and recorded 10 digs.

Already No. 6 • Sophomore setter **Kiley Fister** is already among the all-time leaders at Iowa in assists. She had 1,271 during her freshman season, good for sixth on the Hawkeyes' all-time list. Jitka Stehova (2002-03) is in fifth with 2,159.

Janet Moylan (1987-90) is Iowa's all-time leader with 5,471.

Ironwomen • Four Hawkeyes played in all 122 games last season - **Stacy Vitali**, **Catherine Smale**, **Kiley Fister** and **Emily Hiza**.

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.

