



# University of Iowa Volleyball

vs. No. 2 Penn State - Sept. 22 - 7 p.m.  
vs. No. 12 Ohio State - Sept. 23 - 7 p.m.

September 18, 2006

Week Five

## University of Iowa Hawkeyes

VS.



No. 2 Penn State (11-0, 0-0)  
Sept. 22, 2006 - 7 p.m.  
Carver Hawkeye Arnea  
Iowa City, IA



No. 12 Ohio State (11-0, 0-0)  
Sept. 23, 2006 - 7 p.m.  
Carver Hawkeye Arnea  
Iowa City, IA

**This Week** • The University of Iowa volleyball team will open the 2006 Big Ten Conference season by welcoming a pair of ranked teams to North Carver - No. 2 Penn State and No. 12 Ohio State.

Iowa will battle the Nittany Lions in the Big Ten opener Friday at 7 p.m., then take on the Buckeyes 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 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.

**Press Conference** • University of Iowa Volleyball Coach **Cindy Fredrick** will host a press conference Wednesday at 2:30 p.m. in the Press Room at Carver-Hawkeye Arena.

**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.

**Last Week** • The Hawkeyes (11-1) won their third-straight tournament of the 2006 season, taking the title at the College of Charleston Invitational last weekend. Iowa opened with a sweep of Columbia (30-21, 30-22, 30-27), topped Eastern Michigan in four games (26-30, 30-19, 30-25, 30-27) and defeated the College of Charleston in five (27-30, 30-28, 30-27, 24-30, 15-11).

Columbia jumped out to an early 5-3 lead in game one Friday, but the Hawkeyes came roaring back to take the lead on six-consecutive points and forced the Lions into a timeout. Iowa kept the pressure on the rest of the game until **Tiana Costanzo** ended things at 30-21 with an ace.

### 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	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

Pos.	No.	Player	G	KPG	APG	DPG	BPG	SA
OH	2	Catherine Smale	44	2.93	0.18	3.34	0.23	11
OH	13	Tiana Costanzo	45	1.93	0.22	3.09	0.40	11
S	3	Kiley Fister	47	0.70	11.66	2.17	0.38	16
MB	24	Melanie Meister	46	3.28	0.09	1.13	1.07	8
MB	2	Jen Barcus	47	2.89	0.06	0.32	1.19	0
RS	12	Allison Smith	36	1.92	0.25	0.86	0.64	10
L	5	Emily Hiza	47	0.04	0.38	4.74	0.00	18



## 2006 Big Ten Standings

TEAM	BIG TEN	OVERALL
Michigan	0-0 .000	13-0 1.000
Penn State	0-0 .000	11-0 1.000
Ohio State	0-0 .000	10-0 1.000
<b>IOWA</b>	<b>0-0 .000</b>	<b>11-1 .917</b>
Purdue	0-0 .000	10-1 .909
Illinois	0-0 .000	9-1 .900
Michigan St.	0-0 .000	9-1 .900
Wisconsin	0-0 .000	9-2 .818
Indiana	0-0 .000	9-3 .750
Northwestern	0-0 .000	6-3 .667
Minnesota	0-0 .000	6-4 .600

## 2006 Quickfacts

### Tony Wirt

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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.

The Hawkeyes led from wire-to-wire in game two, holding an 11-point lead at one point. Barcus ended things with back-to-back kills, giving Iowa the 30-22 win.

Fister served Iowa to an immediate 5-0 lead to start game three before a foot-fault gave Columbia its first side out. The Hawkeyes stretched their lead to 24-13 and looked to pull away, but the Lions wouldn't fold and clawed back into contention. Columbia closed game two within three at 28-25, but Iowa held on for the win.

The Hawkeyes struggled in game one against Eastern Michigan Saturday, trailing most of the way and eventually losing 30-26. The loss seemed to invigorate the Black and Gold, who turned around and routed the Eagles in game two, 30-19.

Games three and four were closely contested, but the Hawkeyes held on in both to take the match.

After splitting the first four games in the championship match, Iowa jumped out to a 10-6 lead in game five, only to have College of Charleston rattle off five-consecutive points to take a 11-10 lead. After a timeout, the Hawkeyes responded in kind when senior **Melanie Meister** served Iowa to five-straight of their own and the victory.

**All-Tournament Team** • The Hawkeyes had three players on the all-tournament team at last weekend's College of Charleston Invitational. Senior **Melanie Meister** was named tournament MVP, while seniors **Tiana Costanzo** and **Jen Barcus** were named to the all-tournament team.

**Big Ten Player of the Week** • Senior middle blocker **Melanie Meister** was named Big Ten Player of the Week Monday. Meister was named the Most Valuable Player for the second-straight tournament, after hitting .385 for the weekend at the College of Charleston Invitational. The Hawkeye senior had her best match of the weekend against Eastern Michigan when she posted 21 kills, a career-high seven digs and hit at a .528 clip.

**Hot Start** • At 11-1, the Hawkeyes are off to their best start in the history of the program. Iowa had started the 1986 season 11-2.

**Scouting Penn State** • The defending Big Ten Champion Penn State Nittany Lions are 11-0 and ranked No. 2 by the AVCA. They host Ohio State Wednesday night in State College, PA.

As a team, Penn State has a .364 attack percentage. Four players are ranked in the top 10 in the conference for attack percentage, with 2005 AVCA National Freshman of the Year Christa Harmotto leading the way at .489. All-American Nicole Fawcett is the team's leading hitter with 4.42 kills per game.

On defense, Penn State leads the conference by holding opponents to a .082 hitting percentage. They also lead the Big Ten in blocks with 3.78 per game. Individually, all-American Melissa Walbridge leads the conference with 1.76 blocks per game.

Penn State is coached by Russ Rose, who is in his 28th season. The Nittany Lions lead the all-time series 30-0.

**Scouting Ohio State** • The Ohio State Buckeyes enter the week 10-0 and are ranked 15th by the AVCA. They will play Penn State Wednesday night in State College, PA.

The Buckeyes lead the conference in team hitting percentage (.381) and are third in kills with 16.38 per game.

All-American Daniell Meyer leads the Big Ten with 5.16 kills per game and has a .377 attack percentage. Freshman middle hitter Meghan Simons is second in the Big Ten with a .457 attack percentage.

The offense is run by two-time all-American setter Marisa Main, who is averaging 13.00 assists per game.

Ohio State is coached by Jim Stone, who is in his 25th year. The Buckeyes lead the all-time series 43-8, and have won the last 10 meetings.



## 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.

**Big Ten Success** • For the first time since the 1998 season, all 11 Big Ten teams will enter conference play with an overall winning percentage of .600 or better. That year only one team began Big Ten play with an undefeated overall record and only three hovered above the .900 mark. This season, three conference squads are undefeated and an astounding seven teams enter the week with a winning percentage better than .900. In addition, the 2006 campaign also marks the first time since 2004 that all 11 conference teams have entered Big Ten play with a record of .500 or better.

**Dig 'em Up** • Sophomore libero **Emily Hiza** is fourth in the Big Ten with 4.74 digs per game. As a team, the Hawkeyes are second in the conference with 17.53 digs per game.

**Smale Sits** • Sophomore **Catherine Smale** saw limited action last weekend in South Carolina after sustaining an ankle injury during the week. Smale sat out the Columbia game, and was regulated to back-row duty for Iowa's final two games.

Smale is expected back this weekend for the Big Ten opener.

**Strong Up the Middle** • Iowa's starting middle blockers are both having great seasons, giving the Hawkeyes a strong presence in the middle. Senior **Melanie Meister** leads the team with 3.28 kills per game and a .333 attack percentage, while senior **Jen Barcus** is averaging 2.89 kills per game and a team-best 1.19 blocks per game. She is hitting at a .329 clip.

**Already No. 6** • Sophomore setter **Kiley Fister** is already among the all-time leaders at Iowa in assists. She has 1,810, 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.





