

October 22, 2007

University of Iowa Hawkeyes 9-12, 1-9

V5.



ek Ten



Ohio State Buckeyes 9-10, 3-7 October 26, 7 p.m. Carver-Hawkeye Arena Iowa City, IA #2 Penn State Nittany Lions 18-2, 11-0 Octobe 27, 7 p.m. Carver-Hawkeye Arena Iowa City, IA

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 (t-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
	at Northern Colorado W, 28-30, 30-24, 30-21
9/7-8	at Hampton Inn State of Iowa College Volleyball Challenge (3rd place)
	at Drake W, 27-30, 30-26, 30-25, 33-31
	vs. Iowa State L, 25-30, 22-30, 23-30
	vs. #21 LSU L, 30-27, 24-30, 26-30, 30-19, 17-19
9/14-15	Hawkeye-Holiday Inn Challenge (1st place)
9/14	Texas-Arlington W, 21-30, 30-28, 30-20, 30-23
9/15	Ball State W, 30-23, 30-26, 30-28
	College of Charleston W, 30-26, 30-24, 30-24
9/21	Indiana L, 31-29, 30-23, 21-30, 29-31, 13-15
9/22	Purdue L, 20-30, 24-30, 21-30
9/26	#12 Minnesota (Big Ten Network) L, 24-30, 17-30, 30-32
9/28	#11 Michigan W, 28-30, 29-31, 30-26, 30-28, 15-10
10/5	at #3 Penn State L, 23-30, 15-30, 24-30
10/6	at Ohio State L, 22-30, 21-30, 30-25, 25-30
10/12	Illinois L, 26-30, 28-30, 24-30
10/13	#9 Wisconsin L, 28-30, 30-26, 27-30, 21-30
10/19	at Michigan State L, 24-30, 26-30, 25-30
10/20	at Northwestern L, 29-31, 22-30, 19-30
10/26	Ohio State 7 p.m.
10/27	#2 Penn State 7 p.m.
10/31	at Minnesota (Big Ten Network) 7 p.m.
11/5	at Michigan (Big Ten Network) 6 p.m.
11/9	at Purdue 6 p.m.
11/10	at Indiana 6 p.m.
11/16	Northwestern 7 p.m.
11/17	Michigan State 7 p.m.
11/23	at Wisconsin 7 p.m.
11/24	at Illinois 7 p.m.
all times	listed are central.

This Week • The University of Iowa volleyball team returns home to face Ohio State and No. 2 Penn State this weekend. The Hawkeyes will face the Buckeyes Friday and the Nittany Lions Saturday. Both matches are scheduled for a 7 p.m. start.

Hawkeyes on the Web • Fans who can't make it to North Carver this weekend can follow the action on hawkeyesports. com, where a live video broadcast along with Gametracker will be available.

Live video complete with play-by-play from the voice of Iowa volleyball, Brian Wilson, can be found on the volleyball schedule page of hawkeyesports.com. Gametracker can also be found on the schedule page of hawkeyesports.com.

Live audio will be available for all 31 matches this fall while live video will be available for all of Iowa's home matches. All Big Ten matches require fans to pay a \$9.95 per month subscription fee.

This Weekend's Promotions • Friday night is "You Never Know Night" at Carver-Hawkeye Arena. Prizes will be given to the loudest fans at random points in the match.

Saturday's match against No. 2 Penn State is "Junior Hawk Night." Members of the Junior Hawk Club are encouraged to attend and take part in Halloween activities. The first 500 kids in costume will receive special Iowa volleyball trick-or-treat bags for candy located around the concourse. Members are also reminded to bring the coloring page included in the fall newsletter for a free popcorn.

Scouting Ohio State • The Ohio State Buckeyes are 9-10 overall and 3-7 in Big Ten play.

Danielle Meyer leads the Buckeyes and ranks eighth in the conference with 4.21 kills per game (282 total). Meyer also has a team-high 98 blocks and her 1.46 blocks per game is fifth in the Big Ten. Betsy Hone is 10th in the Big Ten with 9.1 assists per game (382 total).

The Buckeyes are coached by Jim Stone. Iowa trails in the all-time series, 45-8.

Iowa's Probable Starters							
No.	Player	G	KPG	APG	DPG	BPG	SA
1	Laura Kremer	78	2.63	0.09	0.40	1.38	7
2	Catherine Smale	41	2.37	0.22	1.90	0.37	3
3	Kiley Fister	78	0.59	7.81	1.83	0.32	20
4	Christina Meister	70	0.03	0.27	1.51	0.00	11
14	Megan Eskew	77	1.83	0.16	2.16	0.18	3
15	Megan Schipper	69	3.14	0.12	1.41	0.70	15
5	Emily Hiza	78	0.03	0.27	4.46	0.00	15



2007 Big Ten Standings

1. Penn State	Conf. 10-0	Overall 18-2
2. WISCONSIN	9-1	17-2
3. PURDUE	6-4	13-8
T4. MICHIGAN	5-5	17-5
INDIANA	5-5	14-8
MINNESOTA	5-5	12-8
T7. ILLINOIS	4-6	12-8
MICHIGAN STATE	4-6	13-9
T9. NORTHWESTERN	3-7	12-9
OHIO STATE	3-7	9-10
11. IOWA	1-9	9-12

Sports Information

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lowa 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 lowa 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. **Last Meeting** • Ohio State defeated Iowa, 3-1 (22-30, 21-30, 30-25, 25-30) October 6, in Columbus, OH.

Junior **Catherine Smale** led the Hawkeyes with 17 kills along with a .385 hitting percentage. Sophomore **Megan Schipper** added 13 kills along with six block assists while senior Stacy Vitali also had six block assists. Junior **Laura Kremer** tallied 11 kills with a .385 hitting percentage.

Scouting No. 2 Penn State • The second-ranked Penn State Nittany Lions are 18-2 and lead the Big Ten with a perfect 10-0 record. Penn State has won its last 10 matches and 16 of its last 17 contests.

Christa Harmotto leads the Big Ten with a .479 attack percentage and is also third with 1.59 blocks per game (110 total). Arielle Wilson's 1.89 blocks per game ranks first in the Big Ten and her .410 hitting percentage is second-best in the conference behind teammate Harmotto. Nicole Fawcett has 310 kills and her 4.56 kills per game ranks third in the Big Ten, followed by Megan Hodge's 4.49 kills per game (314 total).

Penn State is coached by Russ Rose. Iowa has never beat the Nittany Lions in 34 tries.

Last Meeting • Penn State swept Iowa (23-30, 15-30, 24-30) October 5, in State College, PA.

The Hawkeyes were led by junior **Laura Kremer** and sophomore **Megan Schipper**, who each had eight kills. Kremer added six block assists while junior **Kiley Fister** recorded four block assists.

Twin Killing at MSU • Junior Laura Kremer and sophomore Megan Schipper each finished with 10 kills along with impressive hitting percentages against Michigan State last Friday night.

Kremer led the Hawkeyes with a .368 hitting percentage while Schipper added a .310 percentage against the Spartans.

Attacking Story • The Hawkeyes are 4-0 this season when they record more kills than their opponent. In contrast, Iowa is 0-11 when their opponents tally a higher hitting percentage and 5-12 if the opposition has more kills.

Iron Women • Juniors Laura Kremer and Emily Hiza have each started and played in all 21 matches and 78 games this season.

Freshman **Aimee Huffman** has started all 21 matches while playing in 76 of the 78 games. Freshman **Megan Eskew** has also played in all 21 matches and 77 of the 78 games this season. Junior **Kiley Fister** and sophomore **Christina Meister** have also played in all 21 matches.

Hawkeyes on the Block • lowa has out-blocked 14 of its 21 opponents this season, including the last five of the last seven teams. Five of the 14 opponents were also ranked (BYU, LSU, Michigan, Penn State and Wisconsin).

Junior Laura Kremer leads the blocking attack with 108 total blocks (20 solo, 88 assists, 1.38 blocks per game). Freshman Aimee Huffman has 71 total blocks while sophomore Megan Schipper has 48.



Head Coach Cindy Fredrick



Cindy Fredrick is in her fourth season as head coach of the lowa 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 singleseason average attendance record. Fredrick and her Hawkeyes also drew 1,690 fans to the Iowa State match, which shattered the singlematch 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 In Big Ten Stats • Juniors Laura Kremer, Emily Hiza and Kiley Fister each rank in the top 10 of different Big Ten statistical categories.

Kremer is averaging 1.38 blocks per game (108 total), which is sixth-best in the conference. Hiza is seventh in the Big Ten in digs with 4.46 per game (348 total).

In Big Ten games only, Hiza ranks fifth in digs with 4.75 per game (171 total). Kremer is sixth in blocks with 1.42 per game (51 total), while Fister is ninth in assists with 9.78 per game (352 total).

Climbing the Records Ladder • Juniors **Emily Hiza** and **Kiley Fister** are making their mark on the Iowa volleyball records books.

Fister ranks fifth in career assists (3,095). She needs only 58 more assists to move past Barb Zvonek, who is currently fourth (3,153).

Hiza started the season ranked 12th in career digs, but has tallied 348 so far in 2007 to move her into fifth place (1,365). She needs only 18 more digs to pass Kari Hamel, who is in fourth place (1,383).

It's Been a While • Iowa's win over No. 11 Michigan was the program's first win over a ranked opponent since 2000. The Hawkeyes defeated No. 20 Michigan State, 3-2 on October 21, 2000. Iowa came back from a two-game deficit to defeat Michigan State, 3-2 as well.

Record Setting Night • Iowa shattered the single-game attendance record with 2,191 fans against Wisconsin October 13. The previous record of 1,690 fans was set last season against Iowa State.

Iowa Ranks High in Attendance • Iowa's average home attendance of 1,069 fans is the 33rd-highest average attendance in the nation. In addition, Iowa's record crowd of 2,191 fans against Wisconsin is the 99th-largest crowd in the country so far in 2007.

Walters Undergoes Surgery • Redshirt freshman Becky Walters underwent successful surgery to repair her injured knee, October 4.

Walters will miss the rest of the 2007 season after suffering a serious knee injury in Iowa's match against Indiana, September 21.

Walters was leading the team with a .265 hitting percentage and also had 113 kills along with 52 total blocks (10 solo, 42 assists).

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.



USA Today/CSTV Top 25

Rank	School To	otal Points	Record I	ast Week
1	Nebraska (60)	1500	19-0	1
2	Penn State	1418	18-2	2
3	Stanford	1381	19-1	3
4	Washington	1330	19-1	5
5	Texas	1228	14-3	6
6	USC	1189	17-3	4
7	UCLA	1119	16-4	7
8	Wisconsin	1091	17-2	8
9	California	1052	16-4	9
10	Florida	966	18-1	10
11	Hawai'i	891	16-4	11
12	San Diego	730	16-5	16
13	New Mexico St.	601	19-3	18
14	Duke	576	16-4	17
15	Kansas State	540	15-6	14
16	Oregon	468	15-6	19
17	Dayton	460	21-1	12
18	Colorado State	440	15-4	21
19	Ohio	420	17-4	20
20	Michigan	414	17-5	15
21	Oklahoma	394	16-5	23
22	Minnesota	337	12-8	13
23	St. John's	232	22-3	22
24	Cal Poly	167	13-7	24
25	Louisville	125	15-4	NR

Others Receiving Votes and appearing on two or more ballots: LSU 102; Sacramento State 92; Wichita State 76; Clemson 57; Missouri State 34; UNLV 22; Middle Tennessee 8; Purdue 8; Long Beach State 7; Miami (OH) 4.

Five schools were listed on only one ballot for a total of 21 points.

Dropped out: LSU (25)

Iowa Opponents in BOLD

Hawkeyes on the Big Ten Network

The lowa volleyball team will appear on the Big Ten Network two more times this season. For a complete listing of televised women's volleyball matches, visit bigtennetwork.com.

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Time</u>
Wed.	Oct. 31	at Minnesota	7 p.m.
Day Wed. Mon.	Nov. 5	at Michigan	6 p.m.

all times listed are central

Spartans Down Hawkeyes • Michigan State defeated lowa, 3-0 (24-30, 26-30, 25-30) Friday night in East Lansing, MI.

Junior Laura Kremer and sophomore Megan Schipper each finished with 10 kills. Kremer along with freshman Aimee Huffman each had four blocks.

Both teams struggled offensively in game one, with the Spartans recording a .146 hitting percentage to Iowa's .028 percentage.

lowa took an early 4-2 lead off of three Michigan State errors along with a Kremer kill. The Spartans tied the game at four, five and six before taking the lead for good at 7-6.

Four kills along with a .333 hitting percentage from Schipper in game two wasn't enough, as the Spartans tallied 36 kills with a .326 hitting percentage for the win.

Game two stayed close for most of the game, with 14 ties and seven lead changes. Both teams traded points until Iowa took a 10-9 lead and kept the advantage until a tie at 15. The game stayed within one point for 13-straight rallies before Michigan State took a two-point lead at 23-21.

Game three remained close to start, with ties at three, four and seven, before the Spartans took an 8-7 lead. Michigan State stretched its lead to 11-8 before a 3-0 Hawkeye run tied the game at 11. Michigan State then went on a 9-2 surge for a commanding 24-13 advantage.

Tough Match In Evanston • Northwestern handed Iowa a 3-0 (29-31, 22-30, 19-30) loss Saturday night at Welsh-Ryan Arena.

Sophomore **Megan Schipper** led the Hawkeyes with 10 kills while freshman **Katie Kennedy** added nine. Freshman **Aimee Huffman** put up seven total blocks.

The Hawkeyes held a comfortable lead to start game one, using a 9-4 run to gain a 15-10 lead, but Northwestern managed to knot the score at 16. The Wildcats took a 17-16 lead on the next rally and kept the advantage until Iowa took a 25-24 lead. Northwestern tied the game again at 27, but a **Laura Kremer** block followed by a Northwestern error gave Iowa game point at 29-27. Northwestern responded with four-straight points to earn the comeback victory.

The Wildcats took a 2-0 match lead with a 30-22 win in game two. Schipper recorded three kills with a .429 hitting percentage in the game, but four early Wildcat blocks set the tone. Iowa used three and a half blocks later in the match to cut the Wildcat lead to six, but couldn't push ahead.

lowa stormed out to an early 6-1 lead in game three, but Northwestern went on their own 6-1 surge to the game at seven. The Wildcats took a slim, 8-7 lead, but a Schipper kill knotted the score at eight. The game saw ties at nine and 10 before Northwestern took the lead for good at 11-10. The Hawkeyes kept the game within three points until the Wildcats finished the game on an 11-3 run to end the match.



lowa's Record When...

3-Match Games:	3-7
4-Матсн Game:	5-2
5-Матсн Games:	1-3
IOWA WINS FIRST GAME:	4-4
OPPONENT WINS FIRST GAME:	4-9
IOWA WINS SECOND GAME:	7-3
OPPONENT WINS SECOND GAME:	2-9
IOWA WINS THIRD GAME:	9-3
OPPONENT WINS THIRD GAME:	.0-11
IOWA WINS FOURTH GAME:	7-1
OPPONENT WINS FOURTH GAME:	0-3
IOWA TO EIGHT FIRST IN FIFTH GAME:	1-2
OPPONENT TO EIGHT FIRST IN FIFTH GAME:	0-1
Ат Номе:	5-6
ON THE ROAD:	
AT NEUTRAL SITE:	2-2
Day Матсн:	4-1
NIGHT МАТСН:	.5-11
VS. RANKED OPPONENTS:	1-5
IOWA HAS MORE KILLS:	4-0
OPPONENT HAS MORE KILLS:	5-12
IOWA HAS HIGHER HITTING %:	9-1
OPPONENT HAS HIGHER HITTING %:	
IOWA HAS MORE ASSISTS:	
OPPONENT HAS MORE ASSISTS:	
EQUAL NUMBER OF ASSISTS:	1-0
IOWA HAS MORE ACES:	4-5
OPPONENT HAS MORE ACES:	
EQUAL NUMBER OF ACES:	
IOWA HAS MORE DIGS:	
OPPONENT HAS MORE DIGS:	
IOWA HAS MORE BLOCKS:	
OPPONENT HAS MORE BLOCKS:	
WEARING WHITE/BLACK UNIFORMS:	
WEARING BLACK/GOLD UNIFORMS:	
IN MOUNTAIN TIME ZONE:	3-0
IN CENTRAL TIME ZONE:	6-9
IN EASTERN TIME ZONE:	0-3
In Iowa:	6-8
IN COLORADO:	3-0
IN PENNSYLVANIA:	0-1
Іл Оню:	0-1
IN MICHIGAN:	0-1
IN ILLINOIS:	0-1
IN MINNESOTA:	0-0
In Indiana:	0-0
IN WISCONSIN:	0-0
ON WEDNESDAY:	0-0
ON FRIDAY:	4-5
ON SATURDAY:	2-7
ON SUNDAY:	3-0

2007 Season Information

IOWA'S SINGLE GAME MATCH INFORMATION

LONGEST WINNING STREAK:
LONGEST LOSING STREAK:
CURRENT STREAK:LOST 5
MOST KILLS (THREE GAME): . 50 (VS. COFCHARLESTON)
MOST KILLS (FOUR GAME): 66 (VS. UT ARLINGTON)
Most Kills (Five Game):70 (vs. Michigan)
HIGHEST ATTACK % (THREE GAME): 308 (VS. SAINT FRANCIS)
HIGHEST ATTACK % (FOUR GAME):
HIGHEST ATTACK % (FIVE GAME):
MOST ASSISTS (THREE GAME): 44 (VS. COFCHARLESTON)
MOST ASSISTS (FOUR GAME): 58 (VS. UT ARLINGTON)
MOST ASSISTS (FIVE GAME):66 (VS. MICHIGAN)
MOST ACES (THREE GAME): 9 (VS. SAINT FRANCIS)
MOST ACES (FOUR GAME):8 (TWICE, LAST VS. UT ARLINGTON)
Most Aces (Five Game): 8 (twice, last vs. Indiana)
MOST DIGS (THREE GAME):57 (TWICE, LAST VS. PURDUE)
Most Digs (Four Game):71 (vs. Wisconsin)
Most Digs (Five Game):
MOST BLOCKS (THREE GAME):14 (VS. ILLINOIS)
MOST BLOCKS (FOUR GAME):20 (VS. MARQUETTE)
MOST BLOCKS (FIVE GAME):16.5 (VS. MICHIGAN)
HIGHEST HOME ATTENDANCE:1,584 (vs. BYU)

IOWA'S INDIVIDUAL LEADERS BLOCKS PER GAME: 1.38 (KREMER)

2007 Hawkeye Roster

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)

Pronuncation Guide

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