



University of Iowa

Volleyball

at Michigan - Oct. 13 - 7 p.m.
at Michigan State - Oct. 14 - 8 p.m.

Week Eight

October 9, 2006

University of Iowa Hawkeyes 12-6 (1-5)

VS.



Michigan Wolverines (15-4, 2-4)
Oct. 13, 2006 - 7 p.m.
Cliff Keen Arena
Ann Arbor, MI

Michigan State (11-5, 2-4)
Oct. 14, 2006 - 8 p.m.
Jenison Field House
East Lansing, MI

This Week • The University of Iowa volleyball team (12-6, 1-5) will hit the road this weekend for a pair of games in Michigan.

Iowa will battle the Michigan Wolverines at 7 p.m. Friday in Ann Arbor, then travel to East Lansing for an 8 p.m. game with Michigan State. All times are Eastern.

Hawkeyes on the Web • If you can't make it to Michigan and Michigan State 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 Dan Yopchick and 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.

Win Number 400 • Iowa Head Coach **Cindy Fredrick** won her 400th career collegiate game Friday with a 3-0 (30-20, 30-24, 30-23) win over Indiana.

Coach Fredrick is now 400-290 in her career, with a 36-47 record at the University of Iowa.

Last Week • The Hawkeyes split a pair of Big Ten games over the weekend, getting their first conference win with a sweep of Indiana (30-20, 30-24, 30-23), then falling to No. 9 Purdue in five games (30-28, 26-30, 31-33, 30-28, 11-15).

Iowa cruised in game one against Indiana, taking a 22-14 lead after scoring eight-of-ten points. The Hoosiers never threatened from that point on, and an Indiana attack error ended the game at

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	No. 2 Penn State	L, 25-30, 18-30, 26-30
9/23	No. 9 Ohio State	L, 30-25, 25-30, 24-30, 26-30
9/29	at Northwestern	L, 18-30, 20-30, 25-30
9/30	at Illinois	L, 22-30, 30-24, 21-30, 21-30
10/6	Indiana	W, 30-20, 30-24, 30-23
10/7	No. 9 Purdue	L, 30-28, 26-30, 31-33, 30-28, 11-15
10/13	at Michigan	6:00 PM
10/14	at Michigan State	7:00 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	66	3.26	0.15	3.12	0.26	13
OH	13	Tiana Costanzo	67	1.51	0.16	3.10	0.34	12
S	3	Kiley Fister	69	0.64	11.58	2.17	0.39	25
MB	24	Melanie Meister	68	3.13	0.07	1.01	1.10	14
MB	2	Jen Barcus	69	2.70	0.06	0.35	1.04	0
RS	12	Allison Smith	50	1.78	0.28	0.76	0.70	10
L	5	Emily Hiza	69	0.03	0.35	4.78	0.00	14



2006 Big Ten Standings

TEAM	BIG TEN	OVERALL
Penn State	6-0 1.000	17-0 1.000
Purdue	5-1 .833	15-2 .882
Minnesota	5-1 .833	11-5 .688
Wisconsin	4-2 .667	12-4 .750
Ohio State	3-3 .500	13-3 .812
Michigan	2-4 .333	15-4 .789
Northwestern	2-4 .333	8-7 .533
Michigan St.	2-4 .333	11-5 .688
Illinois	2-4 .333	11-5 .688
IOWA	1-5 .167	12-6 .667
Indiana	1-5 .167	10-8 .556

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.

30-20.

Games two and three remained close through the first half, but in each contest Iowa made a late charge to put things out of reach and take the win.

Iowa got out to a hot start against Purdue, coming back to take game one after falling into a six-point hole early.

The Boilermakers rebounded to take the next two games, including a thrilling game three that went to 33-31. With the score tied 28-28, Iowa took the game to game point on a kill from **Catherine Smale**. Purdue tied it up at 29-29, only to have Smale strike again to give Iowa a 30-29 lead. The Boilermakers got two-straight kills, but Iowa fought off game point again on yet another kill from Smale. Back-to-back kills from Danita Merlau gave game three to Purdue. Merlau ended with a match high 29 kills.

Iowa won game four behind a great effort from **Melanie Meister**, who had five kills and an .833 hitting percentage in the game.

The Boilermakers led game five wire-to-wire, but were forced to fend off several charges by the Hawkeyes, who just missed getting over the hump each time.

Scouting Michigan • The Michigan Wolverines are 15-4 on the year and 2-4 in the Big Ten Conference. The Wolverines will host Michigan State Wednesday night before taking on the Hawkeyes Friday.

The Wolverine offense is led by Katie Bruzdinski, who is seventh in the Big Ten with 4.48 kills per game.

On defense, Michigan is second in the Big Ten with a .128 opponent's hitting percentage. Megan Bowman leads the way with 1.20 blocks per game, while Stesha Selsky (4.22) and Kerry Hance (3.94) are ranked eighth and ninth in the conference in digs per game.

Selsky is Michigan's setter, and averages 12.87 assists per game.

The Wolverines are coached by Mark Rosen, who is in his eighth season. Michigan leads the all-time series 25-24, and have won the last 10 meetings.

Scouting Michigan State • The Michigan State Spartans are 11-5 with a 2-4 mark in the Big Ten. The Spartans will travel to Ann Arbor for a game with Michigan Wednesday night before hosting Iowa Saturday.

The Michigan State offense is one of the most potent in the conference, and leads the Big Ten in kills (17.39) and assists (15.95). The Spartans are third in team hitting percentage at .294.

Individually, Katie Johnson is second in the Big Ten with 4.98 kills per game, while Ashley Schatzle is eighth with 4.33 kills per game.

Michigan State has three players - Jessica Hol (.356), Vanezza King (.350) and Allison Ianni (.333) - in the top ten in hitting percentage.

On defense, Nicole Colaluca is third in the Big Ten with 4.98 digs per game.

Michigan State is coached by Cathy George, who is in her second season at the helm. The Spartans lead the all-time series 28-22, and swept the Hawkeyes last season.

Career High • Sophomore outside hitter **Catherine Smale** pounded out a career-high 27 kills Saturday in Iowa's loss to No. 9 Purdue.

Her previous career-high was 24, which she set earlier this season against Florida-Atlantic (Sept. 9). The St. Charles, IL, native leads the team with 3.26 kills per game.

Schipper Shines • Freshman outside hitter **Megan Schipper** had a monster game last Friday in Iowa's win over Indiana. Schipper recorded 13 kills and a career-high .423 attack percentage.

The freshman from Parkersburg, IA, followed that effort up with 14 kills in Iowa's loss against Purdue.



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.

Welcome Back • Junior rightside hitter **Stacy Vitali** saw her first action of the year Friday in Iowa's win over Indiana. The St. Charles, IL, native hit at a team-high .444 clip (five kills, nine attempts, one error). She had been out with a shoulder injury.

Meister 2.0 Released • Freshman **Christina Meister** saw her first extensive action this weekend, moving into the regular rotation as a defensive specialist. Meister had a career-high 10 digs and five assists against No. 9 Purdue.

Meister, who is also a setter, gives the Hawkeyes another good pair of hands on the attack when she is on the court.

Digstow • As a team, the Hawkeyes are second in the Big Ten with 17.00 digs per game. Michigan leads the way with 18.14 digs per game.

Meister in the Big Ten • Hawkeye senior middle blocker **Melanie Meister** has picked up her pace in Big Ten Conference play. The West Des Moines native, already enjoying a career season, is sixth in the conference with a .331 attack percentage in Big Ten play.

On defense, Meister is averaging 1.18 blocks per game in conference play, good for eighth in the Big Ten.

Dig 'em Up • Sophomore libero **Emily Hiza** is fourth in the Big Ten with 4.82 digs per game.

Already No. 6 • Sophomore setter **Kiley Fister** is already among the all-time leaders at Iowa in assists. She has 2,061, 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.





