



# University of Iowa

## Volleyball

vs. Minnesota - Oct. 20 - 7 p.m.  
vs. Wisconsin - Oct. 21 - 7 p.m.

**Week Nine**

**October 15, 2006**

### University of Iowa Hawkeyes

#### 12-8 (1-7)

**VS.**



No. 17 Minnesota Golden Gophers  
(13-5, 7-1)  
Oct. 15, 2006 - 7 p.m.  
Carver-Hawkeye Arena  
Iowa City



No. 11 Wisconsin (14-4, 6-2)  
Oct. 14, 2006 - 8 p.m.  
Carver-Hawkeye Arena  
Iowa City

**This Week** • The University of Iowa volleyball team (12-8, 1-7) will return to North Carver this weekend for a pair of Big Ten Conference matches.

Iowa will battle the 17th-ranked Minnesota Golden Gophers Friday night at 7 p.m., then take on the 11th-ranked Wisconsin Badgers Saturday night 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 and former Hawkeye 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.

**Last Week** • The Hawkeyes dropped a pair of Big Ten Conference matches over the weekend, getting swept by Michigan (30-27, 30-21, 30-19) and Michigan State (30-21, 30-20, 30-25).

In Friday's match with the Wolverines, Iowa came out of the gates hot in game one and built an early lead. The Hawkeyes held the advantage until a kill gave the Wolverines their first lead at 22-21. Iowa tied things up with a **Megan Schipper** kill, but Michigan responded with a point. Schipper came back with another kill to tie things at 23-23, but the Wolverines got three-consecutive kills to take a lead they would never relinquish. Iowa cut the lead to one at 26-25 with a kill from **Catherine Smale**, but it was as close as they would come.

Michigan took the momentum into game two and got six-

### 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	L, 27-30, 21-30, 19-30
10/14	at Michigan State	L, 21-30, 20-30, 25-30
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	72	3.18	0.17	3.04	0.28	14
OH	13	Tiana Costanzo	73	1.38	0.16	2.96	0.32	13
S	3	Kiley Fister	75	0.61	11.36	2.19	0.37	25
MB	24	Melanie Meister	74	2.96	0.07	0.96	1.14	16
MB	2	Jen Barcus	75	2.65	0.05	0.35	1.04	0
RS	15	Megan Schipper	48	1.92	0.06	0.79	0.48	3
L	5	Emily Hiza	75	0.03	0.33	4.69	0.00	15



## 2006 Big Ten Standings

TEAM	BIG TEN	OVERALL
Penn State	8-0 1.000	19-0 1.000
Minnesota	7-1 .875	13-5 .722
Wisconsin	6-2 .750	14-4 .778
Purdue	5-3 .625	15-4 .789
Michigan St.	4-4 .500	13-5 .722
Michigan	3-5 .375	16-5 .762
Illinois	3-5 .375	12-6 .667
Northwestern	3-5 .375	9-8 .529
Ohio State	3-5 .375	13-5 .722
<b>IOWA</b>	<b>1-7 .125</b>	<b>12-8 .600</b>
Indiana	1-7 .125	10-10 .500

## 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:

**[hawkeyesports.com](http://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.

straight kills to take a 6-1 lead and force Iowa into an early timeout. The Hawkeyes came out of the timeout with a kill from **Allison Smith** and two-straight from **Jen Barcus** to cut the lead to 6-4. The Wolverines took off from there, and slowly stretched their lead to as much as ten. Iowa attempted a comeback and cut the lead to 21-17, but Michigan held the Black and Gold at bay and ended up with a 30-21 lead.

The Wolverines controlled game three from the outset, never allowing the Hawkeyes into the game. A Michigan block ended the match with a 30-19 game three win.

On Saturday night, the Spartans led from wire-to-wire in the opening game, taking the first three points and never looking back. Michigan State hit a blistering .417 in the game. The highlight for Iowa was the play of Schipper, who had five kills and a .500 attack percentage in the game.

In game two, Michigan State once again jumped out to an early lead and held on throughout the game. Iowa managed to close within one at 9-8 on a Spartan attack error, but it was as close as the Hawkeyes would come. Iowa did manage to fight off a trio of game points before succumbing 30-20.

The Hawkeyes started off in a hole early in game three, as the team was penalized two points for delay of game when the team was late getting out of their lockerroom after intermission. The Spartans looked to run away with game three early, but the Hawkeyes clawed their way back into the game. A block from Barcus and **Kiley Fister** cut the lead to 18-17 and forced a Michigan State timeout.

Iowa brought the game to within one again at 21-20, but the Spartans responded with four-straight points. The Hawkeyes would come back again to cut the lead to 25-24, but once again Michigan State responded by fending Iowa off. A Spartan kill ended the match with a 30-25 game three win.

**Scouting Minnesota** • The Minnesota Golden Gophers are 13-5 overall and in second place in the Big Ten with a 7-1 record. They are ranked No. 17 by the AVCA.

The Golden Gopher offense is led by outside hitter Kyla Roehrig, who averages a team-best 3.52 kills per game.

Minnesota is very strong in the middle, where veteran middle blockers Meredith Nelson and Jessie Jones roam. Nelson puts down 3.32 kills per game and hits at a .299 clip, while Jones averages 2.78 kills per game and a team-best 1.50 blocks per game. That total is good for fourth in the Big Ten.

The Golden Gophers have moved from a 6-2 to a 5-1 lineup, and use sophomore Rachel Hartmann (13.15 assists per game) as their primary setter. Former first team all-American setter Kelly Bowman has moved to rightside hitter, where she is averaging 2.16 kills and 3.30 digs per game.

On defense, libero Malma Peniata leads the Big Ten with 5.64 digs per game.

Minnesota is coached by Mike Herbert, who is in his 11th season. The Golden Gophers lead the all-time series 47-12, and have won the last 21 matches.

**Scouting Wisconsin** • The Wisconsin Badgers are 14-4 on the year and have a 6-2 mark in the conference, good for third place. They are ranked No. 11 by the AVCA.

As a team, Wisconsin is ranked fourth in hitting percentage (.266) and third in opponent's hitting percentage (.154).

Individually, Brittany Dolgner leads the offense with 3.87 kills per game. Maria Carlini is second on the squad with 3.42. Five other players are averaging more than two kills per game, making their attack very diverse.

On defense, the Badgers have two players in the top five of the Big Ten in blocks. Taylor Reinke leads the conference with 1.74 per game, while Amy Bladow is fifth at 1.33.

Wisconsin is coached by Pete Waite, who is in his eighth year at the helm. The Badgers lead the all-time series 35-17-1, and have won the last 20 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.

**Smale in the Big Ten** • Sophomore outside hitter **Catherine Smale** has raised her game during conference play. The St. Charles, IL, native leads the Hawkeye attack with 3.57 kills per game, after averaging 3.28 in non-conference action.

Smale is also a key part of the Hawkeye defense, and is averaging 3.04 digs per game overall, 2.57 in conference play.

**Schipper Shines** • Freshman outside hitter **Megan Schipper** is continuing her strong play as she grows accustomed to her increased role. Schipper led the team in kills against Michigan, and is averaging 2.50 kills per game in conference play.

Since joining the starting lineup against Illinois, Schipper is averaging 2.94 kills per game.

**Digstown** • As a team, the Hawkeyes are second in the Big Ten with 16.71 digs per game. Michigan leads the way with 18.30 digs per game.

**Win Number 400** • Iowa Head Coach **Cindy Fredrick** won her 400th career collegiate game on October 6 with a 3-0 (30-20, 30-24, 30-23) win over Indiana.

Coach Fredrick is now 400-292 in her career, with a 36-49 record at the University of Iowa.

**Dig 'em Up** • Sophomore libero **Emily Hiza** is fifth in the Big Ten with 4.59 digs per game.

**Already No. 6** • Sophomore setter **Kiley Fister** is already among the all-time leaders at Iowa in assists. She has 2,114, 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.





