

# IOWA QUARTERBACKS

## CHUCK LONG

Chuck Long earned all-America honors while directing Iowa's prolific offense in the 1980's. Long completed his career by leading Iowa to the 1985 Big Ten title. He earned consensus all America honors and was runner up to Bo Jackson in the balloting for the 1985 Heisman Trophy. Long was the Detroit Lion's No. 1 selection in the 1985 NFL Draft. A three time all Big Ten selection and Big Ten Athlete of the Year, Long passed for 10,461 yards and 74 touchdowns in leading the Hawkeyes to four straight bowl appearances, including the 1986 Rose Bowl.

As a senior Long was the winner of the Maxwell Trophy, which goes to the College Football Player of the Year as chosen by the Maxwell Club of Philadelphia, the Seattle Golden Helmet Club's and Football News' College Player of the Year awards, and the Davey O'Brien Award from the Fort Worth Club as the nation's top quarterback. Long is a member of the College Football Hall of Fame.

## CHUCK HARTLIEB

Chuck Hartlieb followed with two outstanding years in 1987 and 1988 and, like Long, earned all-America recognition. Hartlieb completed 65 percent of his attempts for 3,092 yards and 19 touchdowns while leading the 1987 Hawkeyes to a then school record tying 10 victories. He threw for more than 300 yards in five games.

In 1988, Iowa's Big Ten Medal of Honor recipient continued his excellence by breaking Long's school records for completions (288) and yards (3,738) in a season. Hartlieb completed his career as only the second player in NCAA history to throw for more than 3,000 yards in two consecutive seasons.

## KYLE MCCANN

After sharing time at the quarterback slot earlier in his career, Kyle McCann led Iowa to the 2001 Alamo Bowl, where the Hawkeyes used a late field goal to earn a 19-16 win over Texas Tech, beginning a streak of six consecutive bowl games.

McCann took control in 2001 as Iowa's offense averaged 32.6 points per game to lead the Big Ten Conference in scoring. He completed 66.3% of his passes, a total that ranks third best among Iowa quarterbacks with over 1,500 yards in a season. McCann completed his first 12 passes of the game in leading Iowa to the Alamo Bowl win. He passed for 41 yards and ran for 16 on Iowa's final scoring drive in the closing minutes. McCann signed a free agent contract with the New York Jets following his senior season.





## AN ALL-BIG TEN TRADITION

The University of Iowa established itself as the premier offensive team of the Big Ten Conference during the 1980s under the direction of three of the league's most talented quarterbacks. That tradition continued through the 1990's and in the last 10 seasons under Coach Kirk Ferentz. Nine times since 1983 the all-Big Ten quarterback has been an Iowa Hawkeye, including 2002, when Brad Banks was named the Big Ten's Most Valuable Player.

### BRAD BANKS

Heading into the 2002 season, one of the biggest questions marks was the quarterback position, where senior Brad Banks, a junior college transfer who shared playing time with Kyle McCann in 2001, was the only Hawkeye quarterback with game experience.

Those questions marks turned to exclamation points from the very beginning of the season, as Banks stepped right in and led Iowa to the Big Ten title with a perfect 8-0 record. Banks and his teammates earned Iowa's first-ever invitation to a BCS bowl, as the Hawkeyes earned an invitation to the 2003 Orange Bowl.

After leading Iowa to a 3-1 non-conference record, Banks stepped into the national spotlight in his first conference game, leading Iowa to a 42-35 overtime win at Penn State. Iowa led throughout after taking a 17-0 lead in the first quarter before Penn State scored late to force overtime. Banks connected with C.J. Jones in overtime to give Iowa the win.

His magic continued the following week as he led his teammates on a game-winning drive in the final minutes of a 31-28 home win over Purdue. Banks engineered the 87-yard, eight-play drive that ended with a seven-yard touchdown pass to TE Dallas Clark on fourth down with just 67 seconds left in the game.

Later in the season Iowa earned a key 34-9 win at Michigan, and it was Banks who led the way. He completed 18-29 passes for 222 yards and three scores and ran for 53 yards. For the year, Banks threw for 26 touchdowns, with just five interceptions.

Banks reaped the benefits of his final college season. He was first team all-Big Ten and was also named Offensive Player of the Year and Big Ten Most Valuable Player. On the national scene, he placed second in the voting for the Heisman Trophy, while earning the Davey O'Brien Award as the top quarterback in the nation. He was the Associated Press Player of the Year and a Walter Camp first team all-American.

### NATHAN CHANDLER

Nathan Chandler paid his dues, and paid attention. After watching Brad Banks lead Iowa to the Big Ten title in 2002, Chandler took over as a senior the following season and led the Hawkeyes to a 10-3 overall record, including a 37-17 win over Florida in the 2004 Outback Bowl.

In his one season as a starter, Chandler passed for 2,040 yards and 18 touchdowns. While the Hawkeyes relied on a solid ground game throughout the season, Chandler passed for over 200 yards in three consecutive games near the end of the season. He was at his best in the bowl win over Florida, completing 13-25 passes for 170 yards.

### DREW TATE

Drew Tate, Iowa's starting quarterback for three straight seasons (2003-05), earned first team all-Big Ten honors in 2004 after leading the Hawkeyes to their second Big Ten title in three seasons. Tate led Iowa to wins in its final eight games, including a dramatic 30-25 win over LSU in the 2005 Capital One Bowl when he connected with Warren Holloway on a 56-yard touchdown pass on the final play of the game. That win over the defending national champions is one of the all-time great games in Iowa football history.

As a junior Tate led the Hawkeyes to their fourth straight January bowl game. Tate completed 219-352 passes (62.2%) for 2,828 yards and 22 touchdowns in 2005, while reducing his interception total to seven.

Tate battled through an injury-plagued senior season in 2006. Despite missing two games with injuries, Tate completed 58.8% of his passes while throwing for 2,623 yards and 18 touchdowns. Tate ended his career ranking second in passing yards (8,292), touchdown passes (61), completions (665), attempts (1,090) and total offense (8,427) and third in completion percentage (.610).





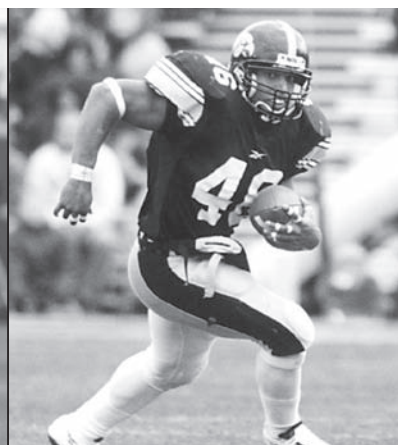
# IOWA RUNNING BACKS

LEADERS OF THE IOWA RUSHING ATTACK



**DAMIAN SIMS**

Boynton Beach, FL native Damian Sims was a key part of the Hawkeye rushing attack during his career, often filling in for the injured Young. Sims averaged five yards per carry while rushing for 664 yards in 2006. He added another productive season in 2007, rushing for 499 yards while averaging 4.9 yards per rush. Sims ranks 19th in career rushing with 1,504 yards after teaming with Young to give Iowa a solid one-two punch at the running back position.



**LADELL BETTS**

Paving the way for Iowa's Alamo Bowl appearance in 2001, Ladell Betts became the only Iowa player to lead the team in rushing for four straight seasons. Betts surpassed 1,000 yards in both 2000 and 2001. He totaled 3,686 career yards to rank second in career rushing and remains as one of the most durable runners in Iowa history.

Betts has played for the Washington Redskins for seven seasons since being a second round draft choice. He had his best season in the NFL in 2006 when he rushed for 1,154 yards. Betts has proven to be a versatile player in the NFL, as he is averaging over 900 all-purpose yards per season for the Redskins.



**DENNIS MOSLEY**

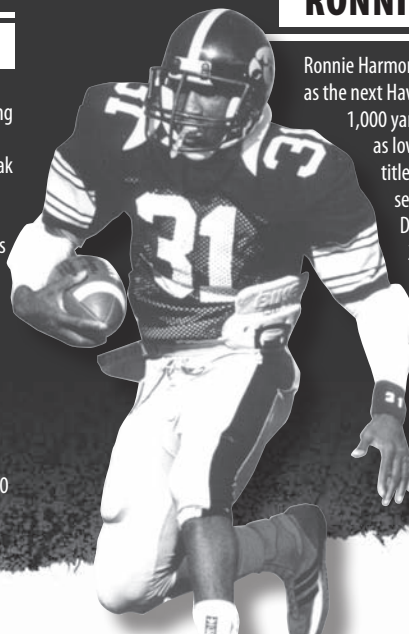
Dennis Mosley, as a senior in 1979, became the first Hawkeye to surpass 1,000 rushing yards in a season. A native of Youngstown, OH, Mosley ended his career with 2,133 rushing yards before being drafted by the Minnesota Vikings. He had a career-best 229 rushing yards in a 1979 win over Iowa State, which remains as the fifth-best single game performance in school history.

**SHONN GREENE**

Shonn Greene set Iowa records for rushing yards (1,850) and rushing touchdowns (20) in a season in 2008, earning the Doak Walker Award as the top running back in the nation. Greene earned consensus first team all-America honors and he was the only running back in the nation to rush for over 100 yards in every game during the 2008 season.

Greene was named the Most Valuable Player and the Offensive Player of the Year in the Big Ten Conference. He concluded the season by being named Most Outstanding Player in Iowa's 31-10 Outback Bowl win over South Carolina.

**RONNIE HARMON**



Ronnie Harmon followed Dennis Mosley as the next Hawkeye to rush for over 1,000 yards, gaining 1,166 yards as Iowa won the 1985 Big Ten title. Harmon was a first round selection in the 1986 NFL Draft. Along with rushing for 2,271 career yards, Harmon also had 2,045 career receiving yards. He ranks as one of just two players to lead Iowa in rushing and receiving in the same season. He was selected by Buffalo in the first round of the NFL Draft following his senior season.







Iowa's offensive success over the years has included a big, strong and physical offensive line that has led the way for a solid and efficient running game, featuring some of the top running backs in Iowa history.

Kirk Ferentz has been a member of the Iowa coaching staff for 19 seasons, including the last 10 as head coach. During that time, Iowa has featured a player that rushed for over 1,000 yards in seven seasons,

including a year ago when Shonn Greene established a school record by rushing for 1,850 yards.

Under Ferentz as Iowa's head coach, the Hawkeyes have featured a 1,000-yard running back in six of 10 years. During his tenure as the Hawkeye offensive line coach (1981-89), Iowa featured a 1,000-yard rusher in three different seasons.



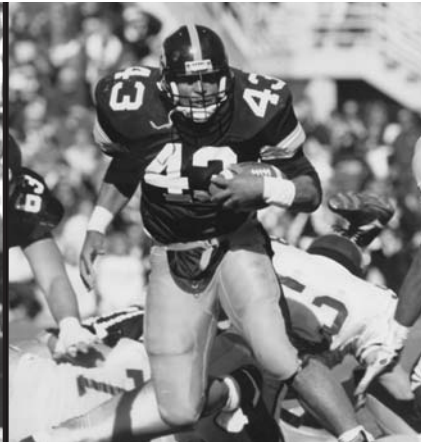
**RICK BAYLESS**

Rick Bayless in 1986 gave Iowa back-to-back years with a 1,000-yard rusher when he gained 1,150 yards. Bayless joined the Iowa program as a walk-on and made the most of his opportunity.



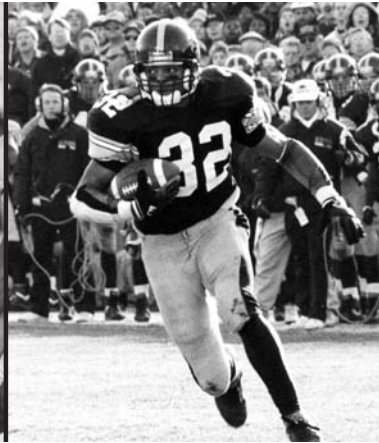
**TONY STEWART**

Tony Stewart, a native of Vauxhall, NJ, made an immediate impact on the Iowa program, leading the team in rushing as a sophomore in 1988 with 1,036 yards. Stewart was the first Iowa sophomore to gain over 1,000 yards. Despite a major knee injury during his career, Stewart gained 2,562 yards as a Hawkeye and was a senior leader when the Hawkeyes won the 1990 Big Ten title. He was selected by Seattle in the 1991 NFL draft.



**NICK BELL**

Nick Bell stepped in as Iowa's featured running back in 1990, rushing for 1,090 yards and 12 touchdowns as Iowa was the surprise of the Big Ten. The Hawkeyes earned the league title and a spot in the 1991 Rose Bowl. Bell gave a sign of good things to come during the 1989 season when he rushed for 217 yards and three touchdowns in a win at Wisconsin, the sixth best rushing performance in Iowa history. Bell was a second round selection of the Oakland Raiders.



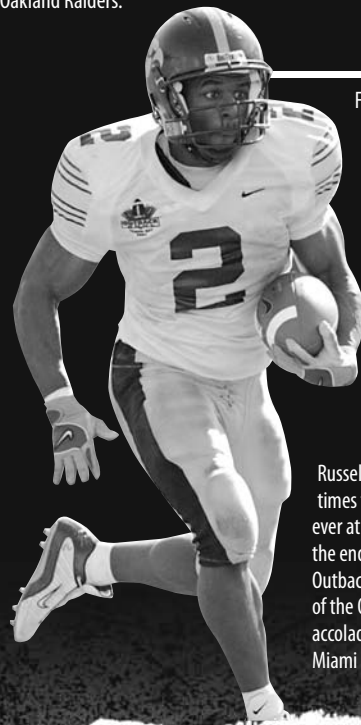
**MIKE SAUNDERS**

Mike Saunders took over as Iowa's top running back in 1991, rushing for 1,022 yards as the Hawkeyes reached double figures in wins (10) and advanced to the Holiday Bowl. The Hawkeyes posted a 7-1 record in Big Ten action, losing only to undefeated league champion Michigan.



**ALBERT YOUNG**

Albert Young surpassed 1,000 yards as a sophomore in 2005 (1,334) when he led the Big Ten in rushing yards per game in conference games. The native of Moorsetown, NJ battled major injuries in his first two seasons before his breakout season. He just missed the 1,000 yard mark in 2007 (968 yards) and ranks third in career rushing yards (3,173) and sixth in career all-purpose yards with 4,121 yards. Young signed a free agent contract with the Minnesota Vikings following his senior season.



**FRED RUSSELL**

Fred Russell had the luxury in 2002 of running behind one of the most dominating offensive lines in Iowa history. Russell served as Iowa's offensive catalyst as the Hawkeyes won 11 games (and shared the Big Ten title) in 2002 and 10 games in 2003, the best back-to-back seasons in Iowa football history. The native of Inkster, MI, burst on the scene during his sophomore season in 2002, leading Iowa to the 2003 Orange Bowl. Russell rushed 220 times for 1,264 yards that season, despite missing all of two games and parts of others due to injury.

Russell played in every game in 2003, rushing 282 times for 1,355 yards, the third best single season ever at Iowa, at the time. Russell was at his best at the end of the year, rushing for 150 yards in a 37-17 Outback Bowl win over Florida. He was the MVP of the Outback Bowl and later earned team MVP accolades at the Hula Bowl. Russell signed with the Miami Dolphins following his Hawkeye career.



# IOWA WIDE RECEIVERS

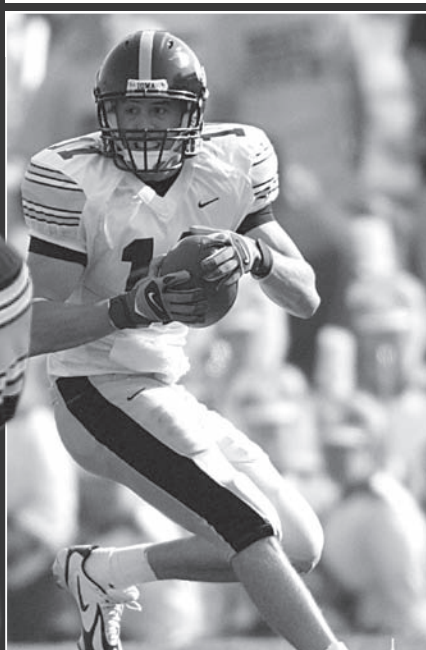
HAVE PROVEN VERSATILITY



## ANDY BRODELL

Ankeny, IA native Andy Brodell battled back from a major injury to rank as one of the top special teams players in the nation as a senior. The speedy wide receiver ranked second on the team in receptions and yards (36-533-4 TDs) a year ago and ended his career with 94 receptions for 1,369 yards and nine scores.

As a punt returner, Brodell averaged 10.6 yards on 36 returns as a senior, ranking third in the Big Ten. His 81-yard return for a touchdown sealed a win over Iowa State and ranks as the 10th longest in school history. Brodell averaged 11.5 yards per return throughout his career and signed an NFL free agent contract with Green Bay.



## ED HINKEL

Ed Hinkel completed his career in 2005. The native of Erie, PA was a steady and dependable receiver throughout his four-year career and, like Brodell, was a key player on Iowa's highly-regarded special teams.

As a senior, Hinkel was unable to compete when the Hawkeyes dropped narrow decisions to Michigan (in overtime) and Northwestern. With Hinkel back in action, Iowa won at Wisconsin and closed the season with a home win over Minnesota to earn a fourth straight January bowl invitation. In his final home game, Hinkel had career bests of seven catches for 151 yards while matching a school record with four touchdown receptions.

Hinkel's career numbers include 135 receptions for 1,588 yards and 15 touchdowns. He also recorded a rushing and punt return touchdown. He ranks 14th in career receiving yards and his 15 scoring receptions tie as the third-highest total in Iowa history. Hinkel signed a free agent contract with Indianapolis following his final season at Iowa.



## WARREN HOLLOWAY

Warren Holloway, a 2004 senior, stole the show at the end of the 2005 Capital One Bowl in Orlando, FL. A steady player who was never in the spotlight during his career, Holloway was a team player all the way. He had not scored a single touchdown in his Iowa career before the final seconds of the win over LSU. Then, with time running out, he grabbed a 56-yard strike from Drew Tate for a touchdown on the final play of the game -- and his career -- to give Iowa the 30-25 win.







The Iowa football program is known for its outstanding quarterbacks. While nine Hawkeye quarterbacks have earned all-Big Ten honors since 1983, those honors have been earned with a great cast of wide receivers playing a very supporting role. Most recently, quarterbacks Brad Banks (2002) and Drew Tate (2004) earned first team all-Big Ten honors due in part to a solid and dependable group of wide receivers.

The list of outstanding receivers has included highly recruited speedsters to walk-ons who have had their efforts result in the reward of a scholarship. The list includes players who have excelled as kickoff and punt return specialists as well, including 2008 senior Andy Brodell.



### MAURICE BROWN

As Iowa worked its way through an undefeated Big Ten season in 2002, wide receivers Maurice Brown and C.J. Jones, a pair of Florida natives, became favorite targets of quarterback Brad Banks. Brown led Iowa receivers in 2002 with 48 receptions for 966 yards and 11 touchdowns, averaging over 20 yards per reception. After fighting the injury bug the following year as a senior (he missed five games), Brown concluded his career with over 1,500 receiving yards before moving on to the NFL.



### C.J. JONES

C.J. Jones, a senior in 2002 and the cousin of QB Brad Banks, was second among Iowa's wide receivers with 38 catches for 468 yards and nine touchdowns. Jones also averaged 26.6 yards on kickoff returns and 8.7 yards on punt returns. He began the 2003 Orange Bowl in grand fashion, returning the opening kick 100 yards for a touchdown. His play on special teams earned Jones a spot in the NFL following his Hawkeye career as he was a member of the New England Patriots for the 2008 Super Bowl.



### KAHLIL HILL

Along with Hinkel, Jones and Kasper, Kahlil Hill made a name for himself as a return man as well as a wide receiver. As a Hawkeye, Hill totaled 152 catches for 1,892 yards and 15 touchdowns. As a senior in 2001 he led Iowa receivers with 59 receptions. He also led the team by averaging 24.3 yards on kickoff returns and 11.9 yards on punt returns. He was named the Mosi Tatupu Special Teams Player of the Year and was drafted by Atlanta in the sixth round of the NFL draft.



### KEVIN KASPER

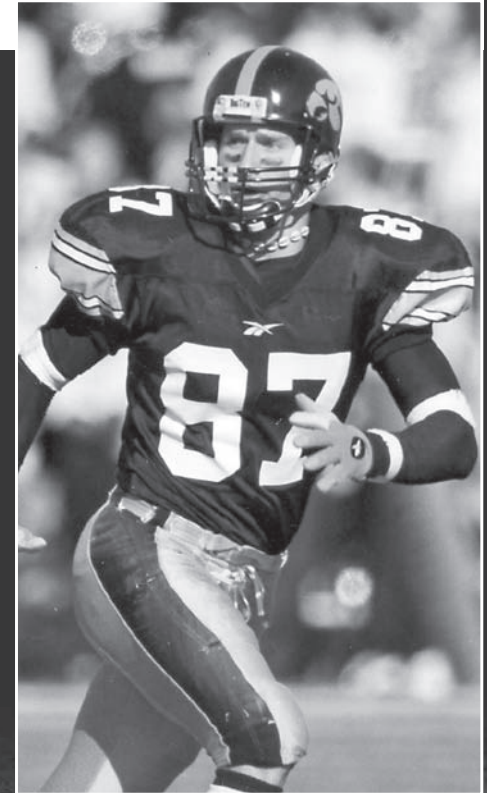
Playing his final two seasons under Coach Kirk Ferentz, Kevin Kasper is another example of a walk-on wide receiver that had his hard work pay off with an NFL contract. The native of Burr Ridge, IL led Iowa in receiving as both a junior and senior.

Kasper enjoyed a record-setting season as a senior with 82 receptions for 1,010 yards. The 82 receptions established a single-season mark for receptions and the 1,010 yards ranks as the second highest single-season total at Iowa. His career numbers include a school-record 157 receptions for 1,974 yards.

Following his senior year Kasper was rewarded by being drafted by the Denver Broncos. He averaged 26.6 yards on kickoff returns for the Broncos in 2001, he led both Denver and Arizona in KO returns in 2002 and played for Arizona in 2003. Kasper concluded the 2004 season with the Super Bowl champion New England Patriots.

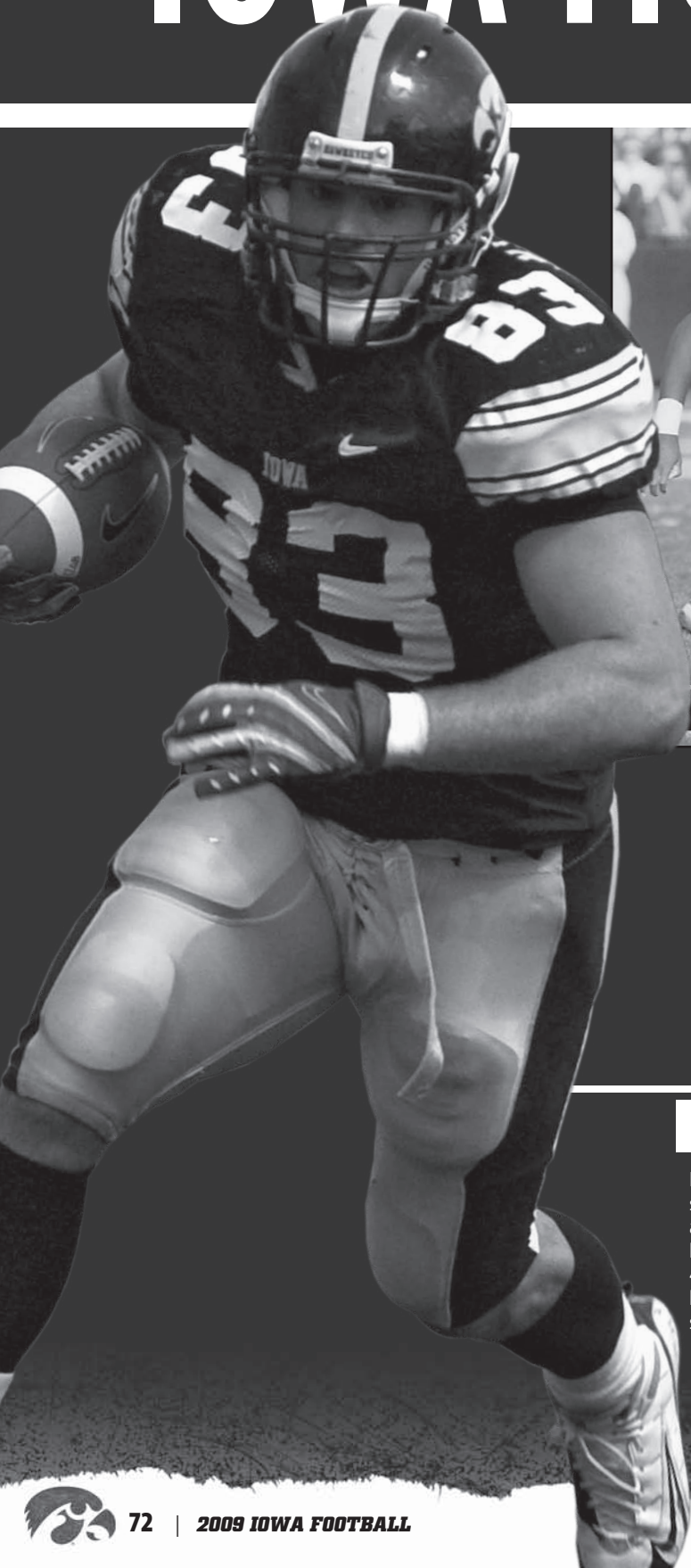
### CLINTON SOLOMON

Clinton Solomon, another 2005 senior, matched Hinkel with seven touchdown receptions that season. Solomon led the team with 800 receiving yards on 46 catches and proved to be a dangerous deep threat throughout his career. As a junior Solomon played a key role in Iowa's 2004 championship season, collecting 58 receptions for 905 yards and six scores. It was Solomon's 56-yard catch and run on the third play of the game that started Iowa on the way to its dramatic 30-25 win over LSU in the 2005 Capital One Bowl.



# IOWA TIGHT ENDS

EARN BIG TEN RECOGNITION



## TONY JACKSON

Tony Jackson started all 12 games during Iowa's 2004 championship season. He was a solid blocker with soft hands and was drafted by the Seattle Seahawks in the 2005 NFL draft.



## ZERON FLEMISTER

Zeron Flemister played in the NFL for six seasons, first with Washington and later with New England and Oakland. A native of Sioux City, Iowa, he was a high school sprint champion. Despite battling injuries throughout his Hawkeye career, Flemister (6-5, 240) had the size and speed that NFL scouts look for in tight end prospects. Flemister signed an NFL contract with Washington following his senior season. He saw considerable action for the Redskins for three seasons before joining the Oakland Raiders.

## BRANDON MYERS

Brandon Myers improved with age throughout his Hawkeye career, improving his statistics with each season. Myers joined the Iowa program after leading his Prairie City-Monroe high school basketball team to a state championship. After catching 21 passes for 208 yards and five touchdowns as a junior, Myers enjoyed his best season as a senior. Myers earned first team all-Big Ten honors in 2008 after catching 34 passes for 441 yards and four touchdowns. Myers led the team in scoring receptions as a junior and tied for the team lead as a senior, helping the Hawkeyes to a 9-4 overall record and Outback Bowl victory. Following his final season, Myers was selected by Oakland in the sixth round of the NFL draft.







Over the past 10 years, the tight end position has played a key role in the success of the Iowa offense. Under Coach Kirk Ferentz and his staff, the role of the Hawkeye tight end has followed the rich tradition of outstanding tight end play that was established by the likes of Jonathan Hayes and Marv Cook, who both earned all-America honors.

Over the past 10 seasons, six Iowa tight ends have been selected in the NFL draft, including 2003 first round draft choice Dallas Clark. Austin Wheatley was a fifth round selection (2000), Erik Jensen was taken in the seventh round (2004), Tony Jackson was a sixth round selection (2005), Scott Chandler was taken in the fourth round of the 2007 draft and Brandon Myers was selected by Oakland in the sixth round of the 2009 NFL draft. A seventh tight end, Zeron Flemister, joined the NFL after signing a free agent contract and enjoyed a successful career in professional football.



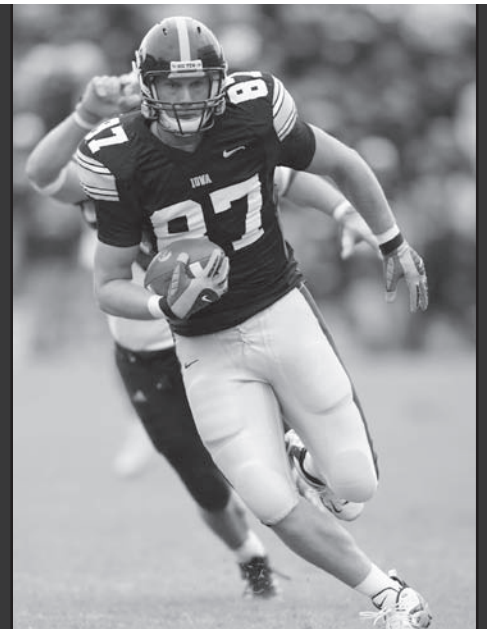
### AUSTIN WHEATLEY

Austin Wheatley concluded his Iowa career under Kirk Ferentz. Although he was hampered by injuries throughout his final season, Wheatley (6-5, 250) had the size and speed to draw attention of NFL scouts. Wheatley was selected by New Orleans in the fifth round of the NFL draft.



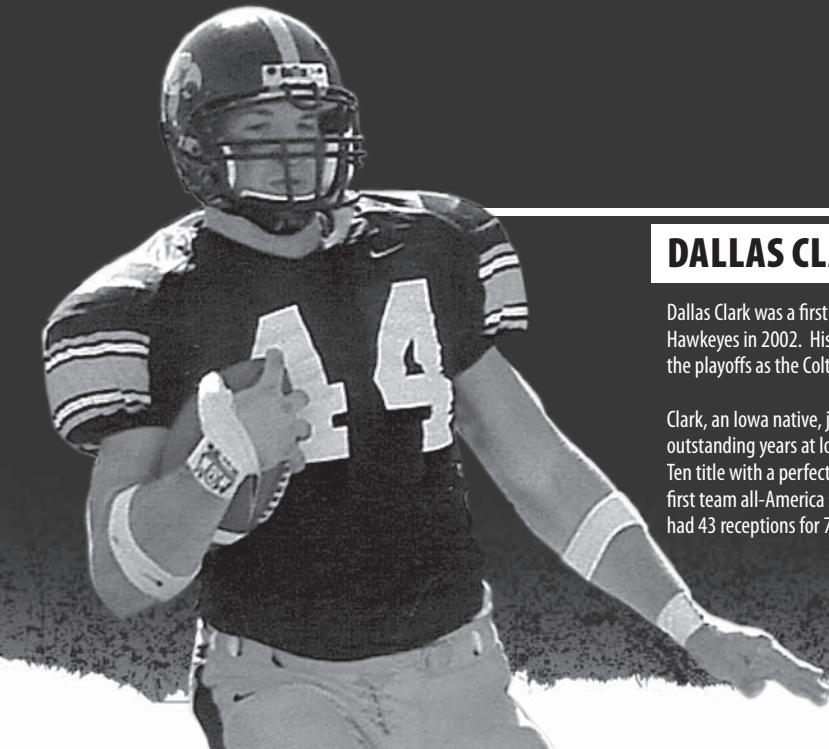
### ERIK JENSEN

Erik Jensen, a steady performer throughout his career, was known more for his blocking than his receiving. That reputation and the respect NFL teams have for the Iowa system, made Jensen a fifth round draft choice of the St. Louis Rams in the 2004 NFL draft. Jensen later earned a Super Bowl ring as a member of the Pittsburgh Steelers.



### SCOTT CHANDLER

Scott Chandler, who played wide receiver as a true freshman, moved to tight end for his final three seasons and made the most of his opportunity as he gained experience with his new position. Chandler had his best season as a senior, grabbing 46 passes for 591 yards and six touchdowns. He was selected by San Diego in the fourth round of the NFL draft.



### DALLAS CLARK

Dallas Clark was a first round selection of the Indianapolis Colts after earning consensus all-America honors with the Hawkeyes in 2002. His role has expanded in each of his six seasons, including the 2006 season when he came on strong in the playoffs as the Colts won the Super Bowl.

Clark, an Iowa native, joined the Hawkeye program as a walk-on. Moving to tight end from linebacker, Clark had two outstanding years at Iowa before heading to the NFL following his junior season. As a junior Clark helped Iowa earn the Big Ten title with a perfect 8-0 record. Clark earned consensus all-America honors while being named to no fewer than seven first team all-America squads. He earned the John Mackey Award as the top tight end in the nation. In his final year Clark had 43 receptions for 742 yards, raising his two-year career totals to 81 receptions for 1,281 yards and eight touchdowns.



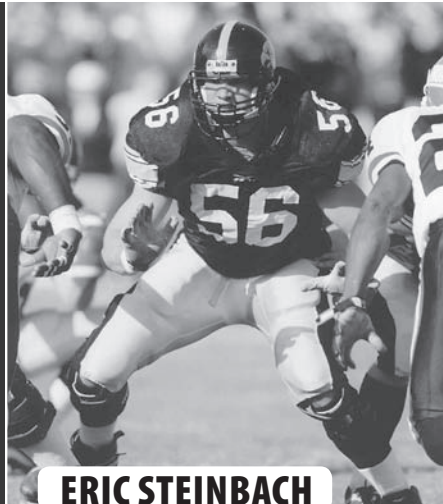


# IOWA OFFENSIVE LINEMEN



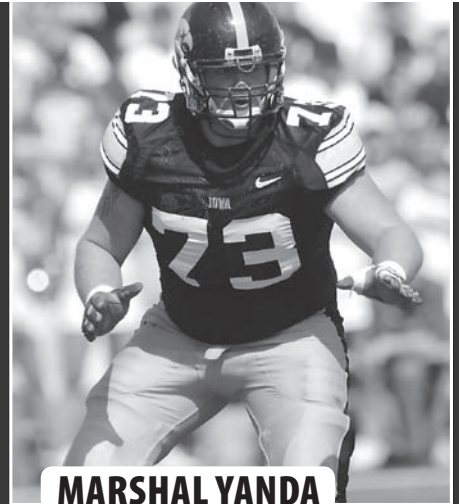
**SETH OLSEN**

Seth Olsen started 34 games during his Hawkeye career, showing the versatility to play both the guard and tackle positions. As a senior Olsen was named first team all-Big Ten by both the league coaches and media after leading the way for RB Shonn Greene to rush for a school-record 1,850 yards. Olsen earned all-America recognition and was also named academic all-Big Ten. The native of Omaha, NE was selected by Denver in the fourth round of the 2009 NFL draft.



**ERIC STEINBACH**

Eric Steinbach was named the Big Ten Offensive Lineman of the Year in 2002 as Iowa posted an 11-2 overall record and a perfect 8-0 mark in the Big Ten. Steinbach was the first player selected in the second round of the 2003 NFL draft. After several productive seasons in Cincinnati, Steinbach is in the midst of a multi-year contract with the Cleveland Browns.



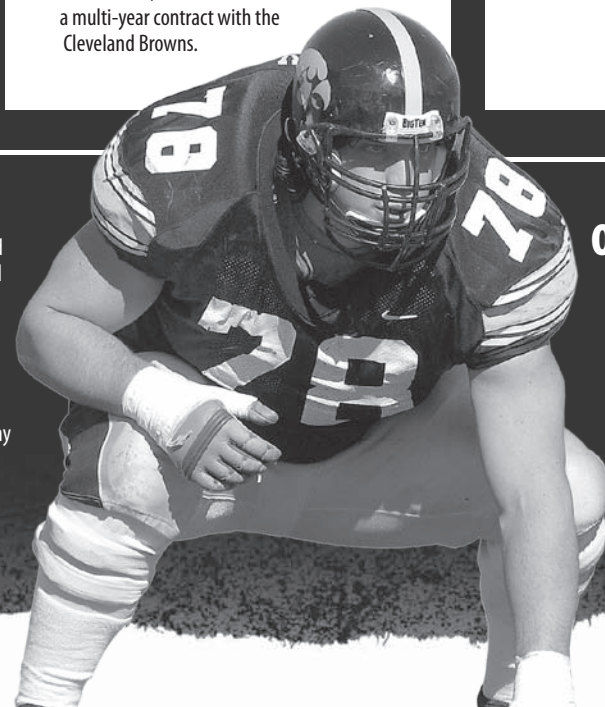
**MARSHAL YANDA**

Marshal Yanda was selected in the third round of the 2007 NFL draft. After playing two seasons in junior college, the durable Anamosa, IA native started every game during his two-year Hawkeye career. Yanda made an immediate impression in Baltimore, seeing action in all 16 games as a rookie while starting 12 games.

## ROBERT GALLERY

The list of Iowa offensive linemen selected recently is highlighted by Robert Gallery, Iowa's left tackle from 2001-03 and the second player selected in the 2004 NFL Draft. Gallery's selection by Oakland capped an outstanding senior year in which Gallery was awarded the Outland Trophy as the best lineman in the nation while earning consensus all-America honors.

Gallery became the third Iowa lineman to earn the Outland Trophy and he is the fifth Hawkeye to earn the Big Ten Lineman of the Year award. Eric Steinbach claimed the honor after helping Iowa post a perfect 8-0 Big Ten record in 2002.



## IOWA'S BIG TEN OFFENSIVE LINEMEN OF THE YEAR

- \* 2003 Robert Gallery
- \* 2002 Eric Steinbach
- 1992 Mike Devlin
- \* 1986 Dave Croston
- \* 1985 Mike Haight

\* - played under Coach Kirk Ferentz

## "O-LINE UNIVERSITY"

It isn't listed as an official major in the catalogue, but playing a position in the offensive line for the Hawkeye football team while earning a degree from the University of Iowa has certainly helped a large number of Iowa football graduates earn a job after college -- a high-profile, well-paying job in the National Football League.

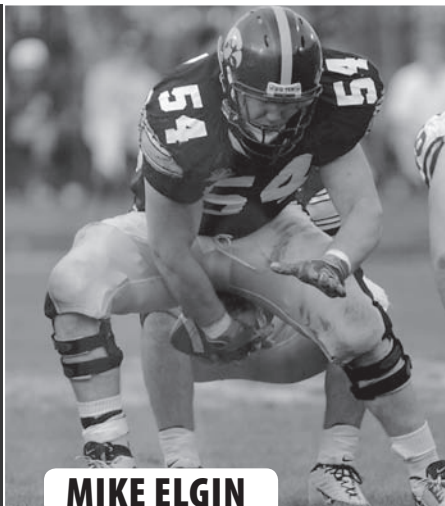
The success of Iowa's offensive linemen, both on the college and professional level, is well documented. Under the director of Hayden Fry and current Coach Kirk Ferentz, 26 Hawkeye offensive linemen have been drafted by NFL teams. That list includes eight players being selected in the last seven years.

While Ferentz has guided the Iowa program for the past 10 seasons, he also served as Iowa's offensive line coach under Fry for nine seasons (1981-89), molding many of the players who went on to enjoy successful careers in the NFL. Under Ferentz, Iowa featured the Big Ten Offensive Lineman of the Year in both 1985 and 1986.

As the Hawkeye head coach, Ferentz has seen Iowa players claim the same honor in both 2002 and 2003. Only one Big Ten opponent has had more offensive linemen earn the league honor. When Iowa earned the Big Ten title in 2002, four of five starting offensive linemen were seniors. Three of those seniors were selected in the first three rounds of the 2003 NFL draft, while the fourth signed an NFL free agent contract.

Iowa's list of offensive linemen who have enjoyed success in the NFL has included John Alt, who enjoyed a 13-year career with the Kansas City Chiefs, Mike Haight, who enjoyed a seven-year NFL career, Ross Verba, a 1997 first round selection, Mark Bortz (Chicago), Joe Devlin (Buffalo), Jay Hilgenberg (Chicago) and Joel Hilgenberg (New Orleans). Joel Hilgenberg was recently inducted into the New Orleans Saints Hall of Fame.

Center Casey Wiegmann, who earned all-Big Ten recognition in 1995, signed an NFL contract in the first few days following the 1996 draft. Wiegmann started the majority of games for the Chicago Bears in 1998 and has started 127 straight games for Kansas City (six years) and Denver (2008) over the past seven seasons, the longest current streak in the NFL. Wiegmann was named to the Pro Bowl roster following the 2008 season.



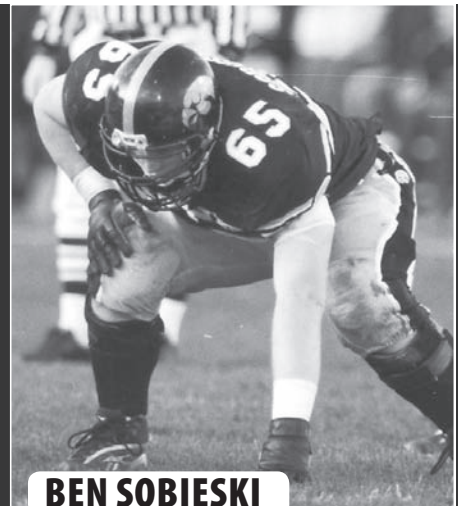
**MIKE ELGIN**

Mike Elgin was a seventh round selection of the New England Patriots in the 2007 NFL draft. Along with being a steady member of the Iowa offensive line throughout his career and a three-year starter, Elgin was twice recognized as an academic all-American.



**BRUCE NELSON**

Center Bruce Nelson started every game during his four-year playing career at Iowa. Nelson redshirted for one season after joining the Hawkeye as a walk-on before moving into the starting line-up in his very first game. As a senior in 2002 Nelson helped the Hawkeyes win the Big Ten before being selected in the second round of the 2003 NFL draft.



**BEN SOBIESKI**

Ben Sobieski was part of Iowa's dominant offensive line in 2002 as the Hawkeyes posted a perfect 8-0 Big Ten record and earned a spot in the 2003 Orange Bowl. Sobieski was a fifth round selection of the Buffalo Bills in the 2003 NFL draft.



**PETE MCMAHON**

Tackle Pete McMahon, a former walk-on, followed Robert Gallery's footsteps following the 2004 season. McMahon started every game in the offensive line as a senior, helping the Hawkeyes earn their second Big Ten title in three seasons. McMahon was rewarded for his play by being drafted in the sixth round -- also by the Oakland Raiders. Prior to joining the NFL, McMahon had a standout season while playing for Hamburg in the NFL Europe League. McMahon earned all-Europe recognition after starting all 11 games in helping his team to an 8-3 overall record. Hamburg then defeated Frankfurt to win the 2007 World Bowl, the Super Bowl of NFL Europe.

*"I owe all of my success at the University of Iowa and in the NFL to Coach Ferentz and Coach Fry. Kirk was an excellent technician, teacher and motivator. His knowledge of the game, and especially of offensive line play, was a great benefit to me and my career, and his expertise will assure future success for Iowa's offensive linemen."*

### JOHN ALT

Former Iowa Hawkeye  
Former All-Pro Lineman  
Kansas City Chiefs





# IOWA DEFENSIVE LINEMEN



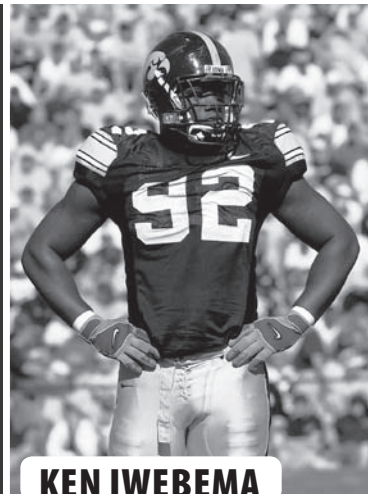
**MITCH KING**

Moving from linebacker to tackle as a redshirt freshman, Mitch King made the most of his opportunity. King earned his way into the starting line-up and had an outstanding career, including being named Big Ten Defensive Lineman of the Year as a senior. King was named to several first and second team all-America teams following his final season. He signed an NFL free agent contract with Tennessee immediately following the 2009 NFL draft.



**MATT KROUL**

Mt. Vernon native Matt Kroul set an Iowa record by starting all 50 games during his Hawkeye career. In fact, he never missed a practice. Kroul was one of the most consistent and dependable performers for the Hawkeyes. He earned all-Big Ten honors on the field and academic all-Big Ten recognition for his academic success. Kroul signed a free agent contract with the New York Jets immediately following the 2009 NFL draft.



**KEN IWEBEMA**

Ken Iwebema was a three-year starter at defensive end for the Hawkeyes, completing his career in 2007. Iwebema was selected by Arizona in the fourth round of the 2008 NFL draft and made the most of his opportunity in his rookie season. Playing under former Iowa assistant Ron Aiken in Arizona, Iwebema earned a spot with the Cardinals and played in the 2009 Super Bowl to end his rookie season.



**BRYAN MATTISON**

Defensive end Bryan Mattison started all 37 games over his final three seasons after helping the Hawkeyes win the Big Ten title as a redshirt freshman. He signed a free agent contract with the New York Jets following his Iowa career.

## IOWA'S BIG TEN DEFENSIVE LINEMEN OF THE YEAR

- 2008 Mitch King
- 1997 Jared DeVries
- 1991 LeRoy Smith
- 1987 Dave Haight
- 1984 Paul Hufford

## AARON KAMPMAN

Defensive lineman Aaron Kampman was selected in the fifth round of the 2002 NFL Draft by the Green Bay Packers. Playing well at the end of the 2003 season, Kampman totaled 14 solo tackles in Green Bay's two playoff games that season. In 2005, Kampman started all 16 games, recording a career-high 105 tackles. He was even more impressive in 2006 when he earned all-Pro recognition. He led the NFC with 15.5 sacks, third best in Packer history, and recorded 113 tackles. He repeated as an all-Pro in 2007 and has made the move from end to outside linebacker for the 2009 season.

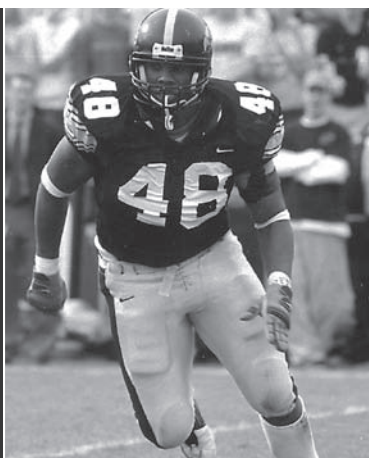


## FOLLOWING A GREAT TRADITION

When talk centers on the success of the Iowa football program over the past 30 years, the conversation has to include the play of the guys in the trenches – the defensive linemen. It doesn't matter if its Hawkeye fans who have seen their team win five Big Ten titles, or professional coaches and scouts talking about playing in the NFL, the conversation usually includes Iowa Hawkeyes.

The value of strong play by members of the defensive line has been evident in Iowa's success over the last 10 seasons under Kirk Ferentz. Iowa's 9-4 record of a year ago was built on a solid defense, as the Hawkeyes ranked among the national leaders in fewest yards and fewest touchdowns allowed.

Two standout senior tackles, Mitch King and Matt Kroul, led the way. The two combined to start 95 games over the past four seasons, with Kroul setting a school record with 50 consecutive starts, every game in his career. Each totaled over 200 career tackles and King was named the 2008 Big Ten Defensive Lineman of the Year. Iowa's success along the defensive front is well documented. For example, when the Big Ten Conference initiated its Big Ten Lineman of the Year Award in 1984, it did so by honoring the Hawkeyes' Paul Hufford. Dave Haight, Leroy Smith, and Jared DeVries have followed in the footsteps of Hufford, all being named the best in the Big Ten Conference. King, in 2008, became the fifth Hawkeye to earn the honor. Just one Big Ten opponent has had more defensive lineman recognized with the league honor.



**HOWARD HODGES**

Defensive end Howard Hodges teamed with Jared Clauss in a defensive front that did the dirty work as Iowa posted a 10-3 record in 2003, concluding the season with an Outback Bowl win over Florida. Hodges signed an NFL free agent contract with San Diego following his senior season in 2003.



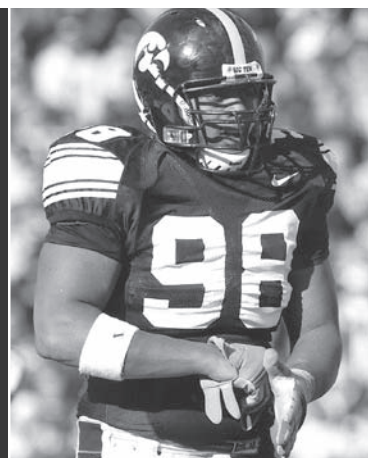
**JARED CLAUSS**

Jared Clauss was a senior starter at defensive tackle in 2003 as the Hawkeyes posted a 10-3 overall record. Iowa led the Big Ten in scoring defense and ranked seventh nationally. Iowa ranked eighth in the nation in scoring defense and concluded the year with a win over Florida in the 2004 Outback Bowl. Clauss was drafted by Tennessee in the 2004 NFL draft and played in the NFL for two seasons.



**COLIN COLE**

Tackle Colin Cole was a first team all-Big Ten selection who earned second team all-America honors as Iowa posted a perfect 8-0 Big Ten record in 2002. Three of Iowa's four interior defensive linemen, who helped the Hawkeyes rank fifth nationally in rushing defense, earned all-conference honors as Iowa earned a spot in the 2003 Orange Bowl and posted an 11-2 overall record. Cole played four seasons in Green Bay before signing a multi-year contract with Seattle prior to the 2009 season.



**DERRECK ROBINSON**

End Derreck Robinson teamed with Matt Roth and Jonathan Babineaux as part of Iowa's dominant defensive line in 2004 as the Hawkeyes won their second Big Ten title in three seasons. Robinson signed an NFL free agent contract with San Diego and had two productive seasons with the Chargers before joining the Miami Dolphins in 2008 and Dallas Cowboys in 2009.



## MATT ROTH AND JONATHAN BABINEAUX

End Matt Roth (31) and tackle Jonathan Babineaux (45) led Iowa's defensive front as the Hawkeyes earned the 2004 Big Ten title and defeated LSU in the 2005 Capital One Bowl. Roth joined the Iowa program as a linebacker before moving to defensive end early in his career. So dominant was Roth as a senior, he was the only defensive player in the Big Ten in 2004 to be a unanimous first team selection on the all-conference team voted on by league coaches. He has played in all but three games for the Miami Dolphins over the last four seasons after being a second round selection in the 2005 NFL draft. Roth moved to outside linebacker a year ago and started 14 games in helping Miami's return to the playoffs.

Babineaux, like Roth, was a second round selection in the 2005 NFL draft after an outstanding senior season in 2004. Moving from fullback to defensive tackle, Babineaux proved to be one of the quickest down linemen to play for the Hawkeyes, earning all-America honors as a senior. Since being drafted he has had four productive seasons with the Atlanta Falcons. Babineaux played in every game for the Falcons in his first two seasons and has been a key defensive player in each of his four seasons.





# HAWKEYE LINEBACKERS

ARE DEFENSIVE LEADERS



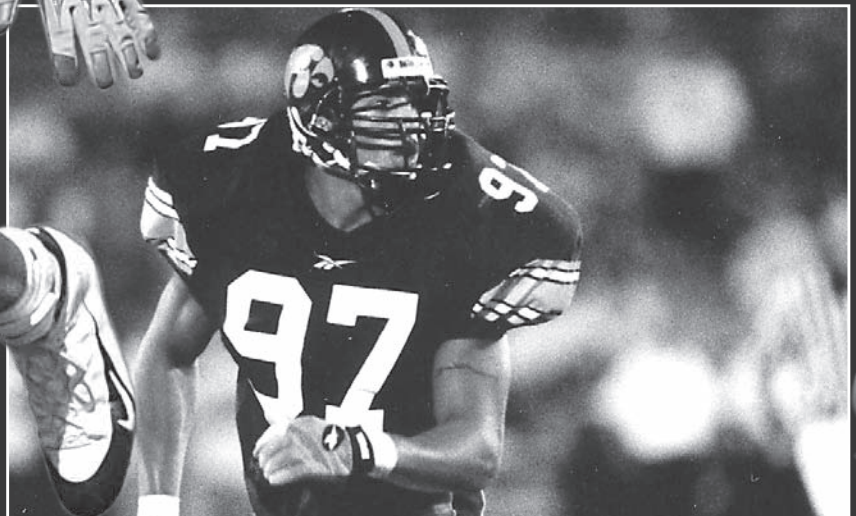
## ABDUL HODGE

Abdul Hodge, from Fort Lauderdale, FL, led the Big Ten in tackles in 2003 with 141 stops. He was first team all-Big Ten as a sophomore and junior, second team as a senior while starting all 37 games over the three seasons. Hodge ranks third on Iowa's career tackle chart with 453 tackles and he holds the record for tackles in a game for both the Capital One Bowl and the Outback Bowl. He was selected by Green Bay in the third round of the NFL draft. Hodge played in eight games and earned one start as a rookie, recording 12 tackles in that contest against Seattle. He missed the 2007 season due to injury before joining the Cincinnati Bengals a year ago.



## CHAD GREENWAY

Chad Greenway, from Mt. Vernon, SD, earned first team all-conference honors as a junior and senior and was an all-America selection in his final year. His 416 tackles rank fifth on Iowa's career chart. He was a first round selection of the Minnesota Vikings in the 2006 NFL draft, but missed the entire season after suffering a knee injury in a pre-season exhibition game. Greenway made an impact with the Vikings in the last two seasons. After recording 130 tackles in 2007, Greenway led the team with 150 tackles in 2008, helping the Vikings rank first in the NFL in rushing defense and sixth in overall defense.



## LEVAR WOODS

As the Kirk Ferentz era began at Iowa, one of the leaders was OLB LeVar Woods. Woods led the team in tackles in 2000, helping set the foundation for an Iowa defense that has ranked among the best in the nation in recent years. Woods signed an NFL contract with the Arizona Cardinals, where he played four seasons. Woods also played for the Detroit Lions and Tennessee Titans before returning to Iowa City as a member of the Hawkeye football staff.





Defensive players looking for a challenge should consider playing linebacker for the Iowa Hawkeyes. Iowa ranks among the Big Ten's best in total defense over the past three decades, and a major reason for that ranking is the outstanding play of the Hawkeye linebackers throughout the years.

Larry Station (1982-85) set the standard for linebacker play for the Hawkeyes, as he twice earned first team all-America honors. Station also excelled in the classroom, earning academic all-America honors as

well in each of his final two seasons. Station is a member of the 2009 College Football Hall of Fame.

More recently, in the past 10 seasons under Coach Kirk Ferentz, Iowa linebackers have continued to excel. As the Hawkeyes participated in seven bowl games in the past eight seasons, Iowa's linebackers have played a key role in that success, both as defensive leaders and as key special team performers. Iowa, in 2009, returns two linebackers who earned all-Big Ten recognition a year ago.



## MIKE KLINKENBORG

Mike Klinkenborg was also a senior in 2007. Klinkenborg earned first team academic all-America honors in each of his last two seasons. In 2007 he was named a National Football Foundation Scholar-Athlete and was one of 15 finalists for the prestigious Draddy Award. On the field, he ranked third on the team in tackles, despite missing three games due to injury and playing the final three games with a broken bone in his right hand. He totaled 224 tackles during his Hawkeye career.



## GRANT STEEN

After joining the team as a walk-on, Grant Steen started at outside linebacker for three straight seasons, helping the Hawkeyes to three straight bowl games and 21 victories in his last two seasons. Steen signed an NFL contract with New England following his Hawkeye career.



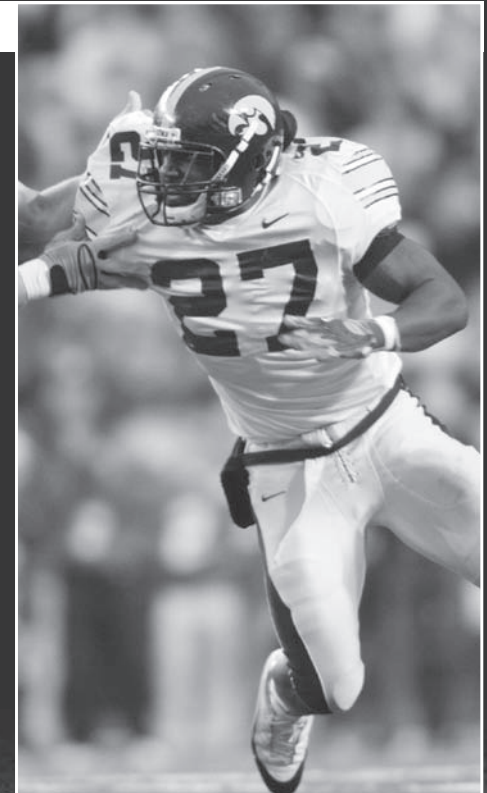
## FRED BARR

Fred Barr, a senior who led Iowa in tackles in 2002, earned first team all-Big Ten honors as Iowa posted an 8-0 record in league play while earning the Big Ten title. Barr ended his career with 376 career tackles and ranks sixth on Iowa's career list. Barr signed an NFL contract with the Tennessee Titans following the 2003 NFL draft.



## ED MILES

Ed Miles moved into the starting spot at the outside linebacker position in 2005 and played the weak side position in 2006. A native of Tallahassee, FL, Miles ranked eighth in the Big Ten in tackles as a senior and started every game over his final two seasons. Miles signed a free agent contract with the Miami Dolphins and saw action in 11 of 16 games in 2007, recording 17 tackles and a forced fumble.



## MIKE HUMPAL

Mike Humpal moved into the starting line-up his final two seasons, playing outside linebacker as a junior before moving to the weak side position as a senior in 2007. He earned co-MVP honors as a senior after leading the team with 123 tackles, which ranked 25th nationally.

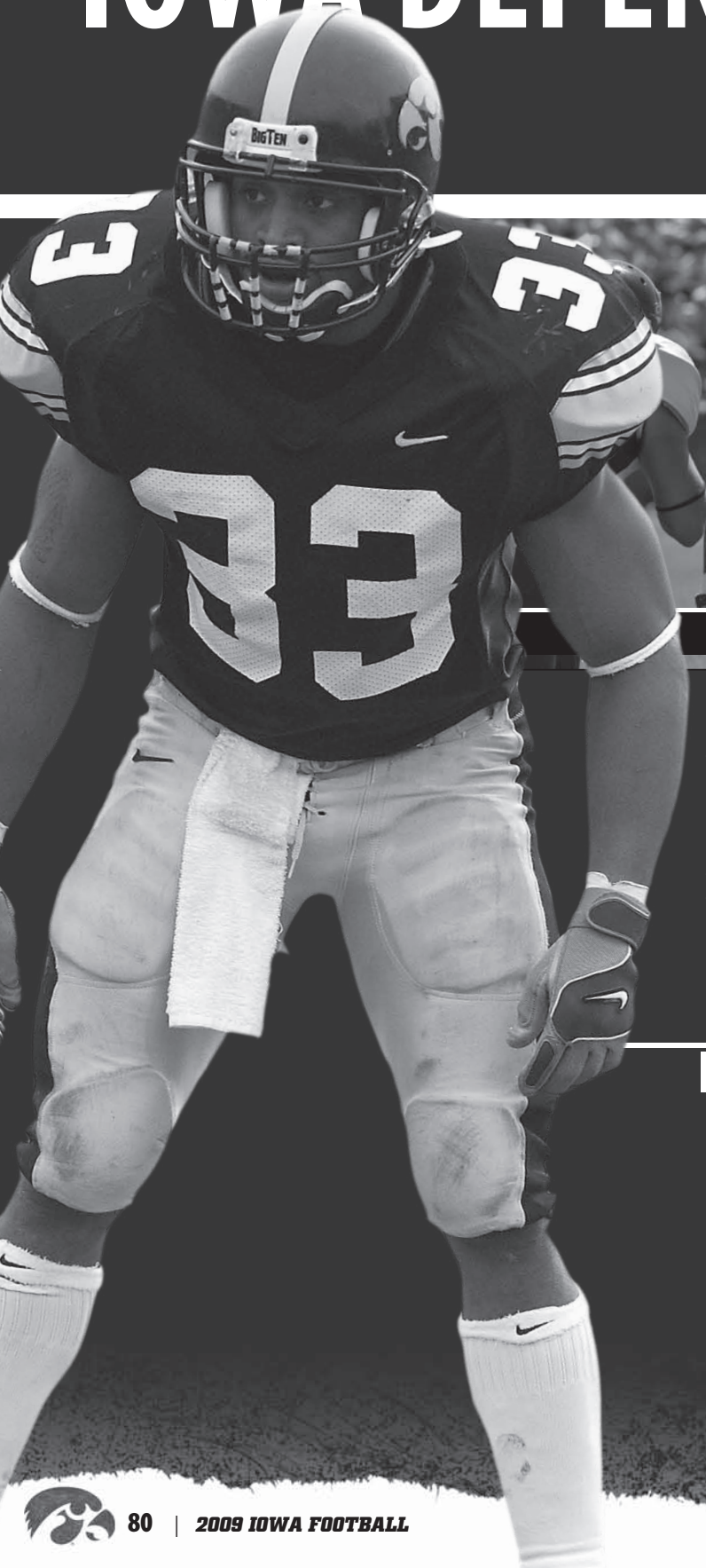
Humpal earned second team all-Big Ten recognition and was named the Big Ten Conference and Bronko Nagurski national Player of the Week for his play (18 tackles) in an upset win over Illinois. He was later selected by Pittsburgh in the sixth round of the 2008 NFL draft.





# IOWA DEFENSIVE BACKS

 REFLECT HARD-HITTING ACTION



## BRADLEY FLETCHER

Bradley Fletcher completed his Iowa career in 2008 as the Hawkeyes posted a 9-4 record that included an impressive win in the 2009 Outback Bowl. Fletcher played his best football as a senior, starting all 13 games while collecting 60 tackles and three interceptions. Fletcher continued to impress NFL scouts following the season and was a third round selection of the St. Louis Rams in the 2009 NFL draft.

## JOVON JOHNSON

Like Sanders, Jovon Johnson is a native of Erie, PA who was lightly recruited. And again, the Hawkeye coaching staff was rewarded for having faith in a tough, hard-nosed player. Johnson earned his way into the starting lineup in his first season and started 38 games in his four seasons. His 17 career interceptions ranks third on Iowa's career list, just one shy of career leaders Nile Kinnick and Devon Mitchell. He earned first team all-Big Ten honors as a senior. Johnson played for both Pittsburgh and the New York Jets in the NFL.

## BOB SANDERS

Bob Sanders joined the Indianapolis Colts in the NFL, earning all-Pro honors and a spot in the Pro Bowl in 2005 in just his second season. In 2006 he played a major role during the playoffs in helping the Colts win the Super Bowl. He continued to gain recognition for his solid play and leadership in 2007, earning NFL Defensive Player of the Year honors. Sanders missed more than half of the 2008 season due to injury, but returned to record a season high 13 tackles vs. New England and 10 tackles vs. San Diego in the playoffs.

## MATT BOWEN

After joining the Iowa program as a quarterback, Matt Bowen successfully made the switch to the defensive secondary. Bowen came to Iowa from Glen Ellyn, IL, and led the team in tackles in each of his final two seasons. His 70-yard interception for a touchdown against Indiana in 1997 ranks as one of the longest in Iowa history. Bowen ended his Hawkeye career with 222 tackles. He was selected in the sixth round of the 2000 NFL Draft by the St. Louis Rams. After one season in St. Louis, he moved on to the Green Bay Packers in 2001 and 2002. After starting six games during the 2002 season, Bowen signed a multi-year contract with the Washington Redskins and started all 16 games in 2003. Bowen started the first five games of the 2004 season in Washington before a knee injury ended his season.

The University of Iowa's success on the football field has been built on a hard-hitting, aggressive style of play, especially on defense. When the Hawkeyes won three Big Ten championships between 1980 and 1990, the play of the defense was a major reason for the success.

That was the case as well in 2002 and 2004, as the Hawkeyes posted a combined Big Ten record of 15-1 in those two seasons. Iowa posted a perfect 8-0 Big Ten record (11-2 overall) in 2002 and a 7-1 league mark record in 2004, winning its final seven Big Ten games. Iowa ranked second in the Big Ten in rushing defense in both 2002 and 2003 and led

the league in 2004. Iowa's run defense ranked fifth nationally in 2002 and 2004 and seventh in 2003.

While Iowa has featured strong play in all phases of its defense, the hard-hitting style of play displayed by the Hawkeye secondary has often set the tone for Iowa's success. Tough, physical play, displayed by the likes of Merton Hanks, Tom Knight, Damien Robinson, Kerry Cooks, Matt Bowen, Derek Pagel, Sean Considine, Jovon Johnson, Charles Godfrey and Bradley Fletcher has helped build Iowa's defensive reputation.

But, when talking about Iowa's defense under Kirk Ferentz, you

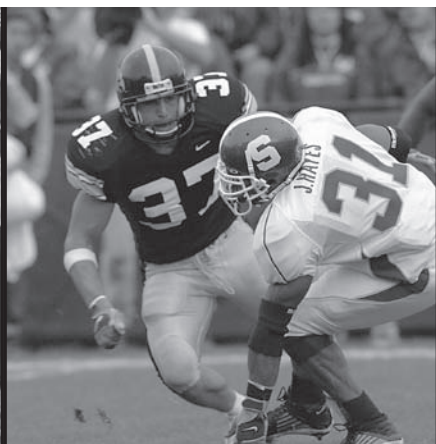
have to begin with Bob Sanders. Lightly recruited out of Erie, PA, Sanders made an immediate impact on the Iowa defense. Moving into the starting line-up for the final four games of his freshman season, Sanders made an impact as the Hawkeyes defeated Penn State and Northwestern in two of its final three games.

That success carried over to his next three seasons, as Iowa won the Alamo Bowl in 2001, earned a bid to the 2003 Orange Bowl after winning the 2002 Big Ten title and posted a 10-3 record in 2003, including a win in the 2004 Outback Bowl. From the time Sanders was first in Iowa's starting line-up, through the 2003 season, the Hawkeyes posted a 30-12 record.



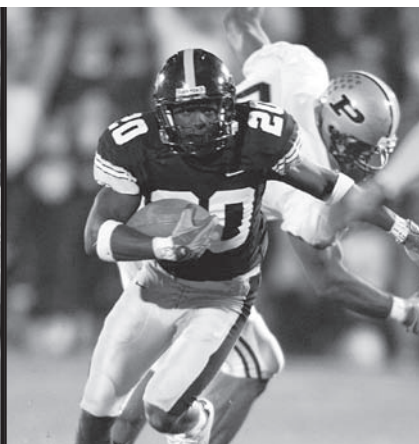
## DEREK PAGEL

Derek Pagel teamed with Bob Sanders to give Iowa two outstanding safeties. Pagel is an Iowa native who joined the program as a walk-on. Pagel started the final five games of his junior year and all 13 games during Iowa's 2002 championship season. After earning second team all-Big Ten honors in his final season, Pagel was selected by the New York Jets in the fifth round of the 2003 NFL draft. He played for both the Jets and Dallas Cowboys before a shoulder injury forced his retirement from professional football.



## SEAN CONSIDINE

Sean Considine, as an understudy to Bob Sanders and Derek Pagel learned his lessons well. A great special teams player throughout his career, Considine had his best season as a senior in 2004 as a part of Iowa's veteran defense. Along with being a solid defender, Considine continued his solid play on special teams, concluding his career with a touchdown return of a blocked punt in the 2005 Capital One Bowl. As the first player selected by Philadelphia in the fourth round of the 2005 NFL draft, Considine became the fourth Iowa safety under Kirk Ferentz to be selected in the NFL draft.



## ANTWAN ALLEN

Antwan Allen (2002-05) started at cornerback in a January bowl game in each of his four seasons. He amazed 235 career tackles and had eight interceptions on some of the most successful teams in Iowa football history.



## MARCUS PASCHAL

Marcus Paschal performed well as a safety in 2005 and 2006, coming back from a major knee injury suffered in the 2005 Capital One Bowl. Paschal was also a key contributor on special teams throughout his career. Paschal signed an NFL free agent contract with Philadelphia following the 2007 NFL draft.



## CHARLES GODFREY

Charles Godfrey moved to cornerback for his final two seasons at Iowa and developed into an outstanding defender. Godfrey led the Hawkeyes with five interceptions in 2007 and ranked fifth on the team in tackles (65) while starting all 12 games. Godfrey was the first Hawkeye selected in the 2008 NFL draft, being selected by Carolina in the third round. He started all 16 games in which he played as a rookie, collecting 61 tackles and a pass interception.





# IOWA'S KICKING GAME

## THE IMPORTANCE OF SPECIAL TEAMS



### REGGIE ROBY

Reggie Roby, a Waterloo native, was one of the first key in-state recruits signed by Coach Hayden Fry, as he was a member of Coach Fry's first recruiting class. Roby paid off immediately, earning the punting job and becoming a favorite for Hawkeye fans when he trotted on the field.

His punting numbers, some 25 years following the completion of his career, still rank among the all-time best ever. He averaged 49.8 yards per kick in 1981, including a single-game best of 55.8 yards in a 10-7 win over Nebraska. His career average stands at 45.4 yards per punt.

Roby, at one time, held NCAA records for punting average in a game, season and career.

Roby earned nearly every honor possible during his Hawkeye career. He twice earned first team all-America honors and he was a consensus selection in 1981. He was all-Big Ten as a junior and senior and was selected in the sixth round of the NFL draft following his final season. Roby punted in the NFL from 1983-1998. In 2000, he was named to the Walter Camp Foundation all-Decade College Football Team.

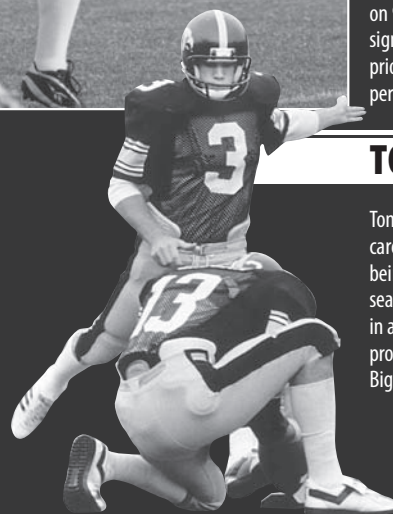


### JASON BAKER

Jason Baker stepped in to handle Iowa's punting duties from 1997 through 2000. Baker averaged 42.3 yards per punt as a junior and 42.5 yards per kick as a senior. He holds Iowa records for punts in a career (272) and career punting yardage (11,304) and set a Sun Bowl record with a 76-yard punt vs. Arizona State in the 1997 Sun Bowl. The Ft. Wayne, IN, native signed an NFL contract with San Francisco for the 2001 season and handled all of the 49'er punting duties during his rookie season. He later joined Kansas City and handled all punting duties for the Chiefs in 2003. Baker joined Carolina for the 2005 season, averaging 43.3 yards per kick as the Panthers advanced to the NFC championship game. In 2006 Baker improved his average to 45.7 yards on 98 punts to rank sixth in the NFL. Baker signed a long-term contract with the Panthers prior to the 2007 season, averaging 44.1 yards per punt over the last two seasons.

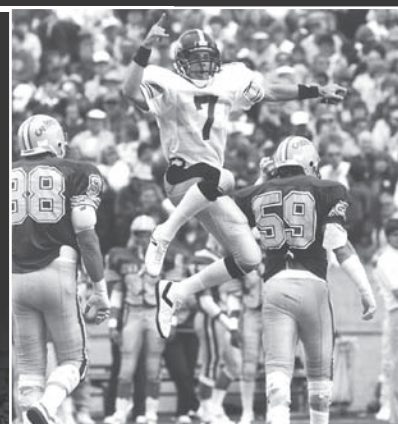
### TOM NICHOL

Tom Nichol scored 277 career points and held Iowa's career records for PATs and PAT attempts until being surpassed by Nate Kaeding. In his freshman season, Nichol stepped up to make three field goals in a 9-7 win at Michigan in 1981, a victory that propelled Fry and the Hawkeyes to a share of the Big Ten title and a berth in the 1982 Rose Bowl.



### ROB HOUGHTLIN

Rob Houghtlin ranks second in career scoring behind Nate Kaeding, despite kicking for the Hawkeyes for just three seasons. In his first year at Iowa, Houghtlin kicked a 29-yard field goal on the final play of the game to lift top-ranked Iowa to a 12-10 win over second-ranked Michigan in Kinnick Stadium. Iowa would earn a share of the Big Ten title and a second invitation to the Rose Bowl under Hayden Fry.



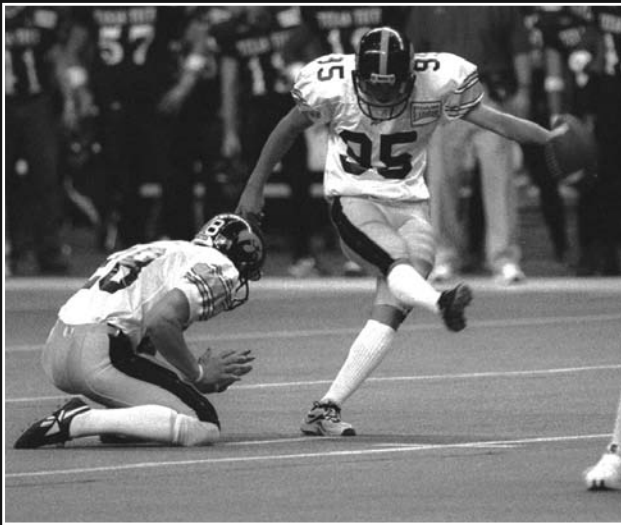


Kirk Ferentz and Hayden Fry, Iowa's only two head football coaches over the past 30 years, have a lot in common as successful football coaches while heading the Hawkeye program.

The success of Iowa football under Ferentz for the past 10 seasons, and Fry, for 20 years, has been based on balance. A balanced offense, featuring a solid running game and an efficient passing attack. A balanced defense, equally efficient in stopping the run and defending the pass. And, great special teams play.

Under the two head coaches who have led the Hawkeyes to five Big Ten titles, Iowa's kicking game has featured some of the top punters and kickers in the history of the program. That includes career punting leader David Baker and career scoring leader in PK Nate Kaeding.

Iowa's punt and kickoff return teams throughout the years have featured all-American speedsters who have excelled in helping the Iowa offense take the field with better than average field position, and those return teams have featured a number of role players who have taken great pride in their play on special teams.



## NATE KAEDING

Nate Kaeding, who grew up in the shadows of Kinnick Stadium and attended West HS in Iowa City, was a two-time all-American as Iowa's placekicker. He earned the Lou Groza Award as the top placekicker in the nation in 2002. Kaeding earned consensus all-America honors as a senior in 2003 and also earned honors as a District VII first team academic all-American.

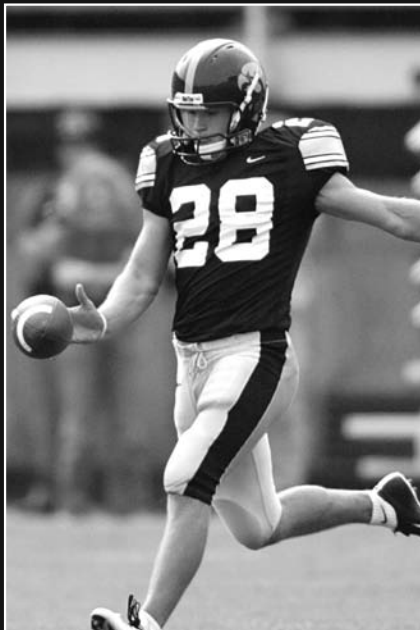
Kaeding ended his Hawkeye career as Iowa's record holder in 14 statistical categories. In addition, he shares the Big Ten Conference record for career kick scoring with 367 points. He converted 167-169 career PATs and 67-83 career field goals while scoring 373 career points (he rushed for one touchdown as well).

Kaeding was selected by the San Diego Chargers in the third round of the 2004 NFL Draft and handled all of the San Diego placement duties the past five seasons. In 2006, he connected on all 58 of his PAT attempts and made 26-29 field goals. He earned a spot in the Pro Bowl and provided the winning points in the game with a late field goal. He scored 118 points in 2007 as the Chargers returned to the AFC title game. He made 27-32 field goals a year ago, including a career-best 57-yarder, and was successful on all 46 PAT attempts.



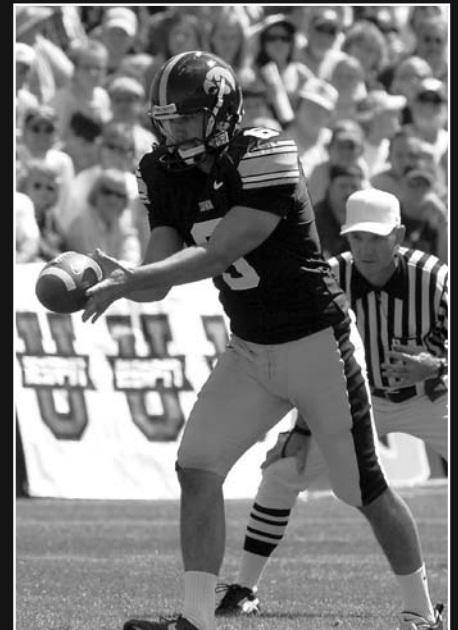
## KYLE SCHLICHER

Taking over for Nate Kaeding in 2004, Ankeny native Kyle Schlicher concluded his Iowa career in 2006 with 260 points, ranking fourth in career scoring. His made 54 career field goals to rank third on Iowa's all-time list.



## DAVID BRADLEY

David Bradley (2001-04) averaged over 40 yards per kick as a senior and earned honorable mention all-Big Ten recognition. Bradley handled Iowa's punting duties in all four seasons, assisting a solid Iowa defense with a punting game that relied on hang time and poor field position for the opponents. Thanks to solid defensive play and strong special teams, Iowa shared Big Ten titles in both 2002 and 2004.



## ANDY FENSTERMAKER

Andy Fenstermaker, who joined the Iowa program as a walk-on, earned the punting job in his final two seasons. The Mt. Pleasant, IA native averaged 37.6 yards per kick as a senior, a total that doesn't tell the entire story. In 2006, Iowa allowed its opponents just 33 punt return yards on 14 returns. Opponents called for a fair catch on 25 of his 56 punts and 19 of his kicks were downing inside the opponent 20-yardline.





During Iowa's return to one of the top football programs in the nation over the past 10 years under Kirk Ferentz, a large number of walk-ons have made major contributions to Iowa's success. They have been named team captains at the end of the year and shared the honor of Most Valuable Player. And they have worked their way to the NFL and other professional leagues.



# WALK ONS

## A KEY TO IOWA'S SUCCESS

*"There's no question about the importance of walk-ons to this program. It's been that way since I first arrived on campus in 1981. The walk-ons at Iowa are very talented and always get a serious look and evaluation from our entire staff. Iowa's success in football, over the years, wouldn't have been nearly so impressive without the contributions of walk-ons.*

*Along with the three players selected in the 2003 NFL Draft, we had great examples of that on our 2004 squad with such players as defensive back Sean Considine, offensive lineman Pete McMahon and defensive lineman Tyler Luebke. Conversely, some of our most important walk-ons are the ones you never hear or read about. They're the players that show up everyday for practice, for four or five years, and do everything in their power to make us a better team. Those are the athletes you've got to be really proud of. They're very special to me as a coach.*

*I fully expect our success with student-athletes who join our program as walk-ons to continue. With the reduction in scholarships over the past few years, walk-on players have more opportunity to impact our program than ever.*

*Joining the University of Iowa football team as a walk-on gives a young player the chance to grow and mature as an athlete, as well as an opportunity to earn an education from an outstanding institution of higher education."*

**KIRK FERENTZ**  
Head Coach  
The University of Iowa



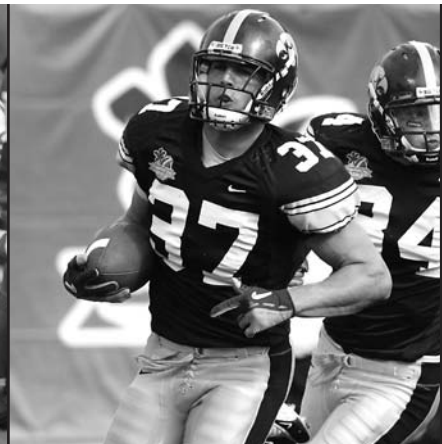
**ROB BRUGGEMAN**

Center Rob Bruggeman is the latest walk-on to join the NFL after a stellar career with the Hawkeyes. Bruggeman suffered a major knee injury and missed nearly his entire junior season as the Iowa offense struggled for consistency. As a senior a year ago, Bruggeman started every game as the Hawkeyes posted a 9-4 record while featuring Doak Walker Award winner Shonn Greene and one of the top running games in college football. Bruggeman signed a free agent contract with the Tampa Bay Buccaneers immediately following the 2009 NFL draft.



**DAN OLSZTA**

Dan Olszta is a recent example of the value of every position on the team. The native of New Lenox, IL excelled as a long-snapper, handling the center duties on all Iowa punt attempts for the final three years of his career. While handling his duties on special teams, Olszta was named a permanent team captain as a senior. The pharmacy major earned academic all-Big Ten recognition in each of his last three years.



**SEAN CONSIDINE**

Sean Considine played a key role in the Iowa secondary and on special teams throughout his career. He started all 13 games in 2003, ranking fourth on the team with 64 tackles. As a senior Considine had three interceptions and, despite being a key defensive starter, continued his outstanding play on special teams. Considine was rewarded with a touchdown in his final game, returning a blocked punt for a score in the 30-25 win over LSU in the 2005 Capital One Bowl. Considine has played in the NFL (Philadelphia and Jacksonville) since signing as a free agent.



*"Coming out of high school, if you are overlooked, the Iowa football program is the place. Everyone involved in the program has the same philosophy, its equal opportunity for everyone; they're going to put the best 11 players on the field.*

*It takes a lot of hard work and sacrifice; you have to be ready to work hard every day. It's not always fun, but the values you learn with the experiences and rewards, it's priceless."*

**DALLAS CLARK**  
2002 John Mackey Award  
University of Iowa  
Indianapolis Colts,  
2007 Super Bowl Champions

When the Iowa football program had five players drafted in the first five rounds of the 2003 NFL Draft, the Iowa walk-on program became unique in the success enjoyed by former walk-on student-athletes. Three of the five players selected, including TE Dallas Clark, C Bruce Nelson and DB Derek Pagel, joined the Iowa program as walk-ons before eventually earning scholarships. That trio helped the Hawkeyes post an 8-0 record in the Big Ten during the 2002 season before hearing their names called on draft day.

Under Coach Kirk Ferentz the last 10 years, 68 of 78 seniors who have been starters have advanced to NFL training camps, either

by being drafted or signing NFL contracts following the draft. Ten of those players, including TE Dallas Clark, center Bruce Nelson and DB Derek Pagel in 2002 and DB Sean Considine and OL Pete McMahon in 2004, joined the Iowa football program as walk-ons.

Clark (first round), Nelson (second) and Pagel (fifth) were all selected in the first five rounds of the 2003 NFL Draft. Considine (fourth) and McMahon (sixth) were taken in the 2005 draft. LB Grant Steen signed a free agent contract with New England following the 2004 NFL draft and DL Tyler Luebke signed an NFL contract with Washington following the 2005 draft. Following

the 2009 NFL draft, center Rob Bruggeman signed a free agent contract with Tampa Bay.

Based on an unofficial survey of major college conferences, Iowa is the only football program to have three former walk-on student-athletes drafted in the same NFL draft.

At the University of Iowa, the walk on football player is welcomed by every member of the coaching staff, starting at the very top with Head Coach Kirk Ferentz. It is a policy that has rewarded the Hawkeyes handsomely over the years.



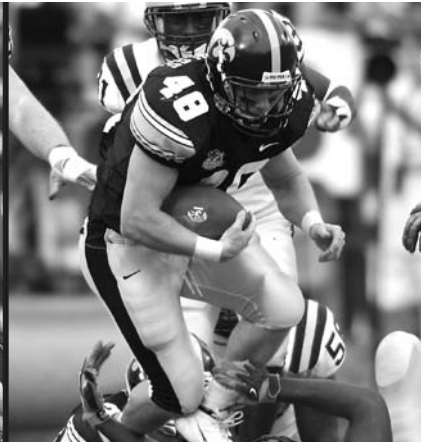
## PETE MCMAHON

Offensive lineman Pete McMahon started all 25 games in his final two seasons and was drafted in the sixth round by the Oakland Raiders. McMahon later played in Jacksonville after earning all-league honors in NFL Europe while helping his team win the 2007 World Bowl.



## TYLER LUEBKE

Defensive lineman Tyler Luebke joined the Iowa program from West HS in Iowa City. As a senior he was a starter in the defensive line as the Hawkeyes earned a share of the 2004 Big Ten title. Luebke signed a free agent contract with Washington following his career and is now a successful businessman in the Iowa City area.



## SAM BROWNLEE

When Iowa's running back position was hit with the injury bug in 2004, former walk-on RB Sam Brownlee was the last man standing. Brownlee started the final six games of the year and led Iowa in rushing as the Hawkeyes won the Big Ten title and defeated LSU in the 2005 Capital One Bowl.



## GRANT STEEN

Grant Steen was a three-year starter at outside linebacker after joining the program as a walk-on. He set an NCAA record for linebackers with three interceptions in a 2002 win at Indiana. Steen completed his career with Iowa's win over Florida in the 2004 Outback Bowl and signed a free agent contract with New England.



*"I joined the Iowa football program under Coach Fry, but nothing changed when Coach Ferentz and his staff came in. It was always the same philosophy. It was equal opportunity, and the best players will play. No one on the coaching staff looks at scholarship players and walk-ons as being any different. You can join the program as a walk-on, work hard to improve, and get your scholarship later."*

## BRUCE NELSON

Started all 48 games in Iowa Career  
2002 All-American  
Second round draft selection, Carolina Panthers



*"Iowa had every necessary ingredient I needed. A great head coach and a coaching staff that was very helpful throughout the entire process. When you add the outstanding strength and conditioning staff and the facilities, there is nothing missing. My experiences at Iowa, on and off the playing field, the education, you're not going to find a better situation. I would not trade my experiences at the University of Iowa for anything."*

## DEREK PAGEL

Fifth round selection by New York Jets  
2003 NFL Draft





# IOWA STRENGTH AND CONDITIONING

The University of Iowa Football Program is committed to providing the ultimate training experience for each student-athlete. Our focus is building the total athlete while reducing the risk of injury through individual evaluation and program design.

**MISSION STATEMENT** | Strength and Conditioning Program | University of Iowa



Iowa's strength and conditioning program is under the direction of Chris Doyle and his staff. Iowa's success on the field over the last eight years, including seven bowl invitations, five January bowl games and two Big Ten championships, is due in part to the effort and work ethic of Hawkeye players in the areas of strength and conditioning.

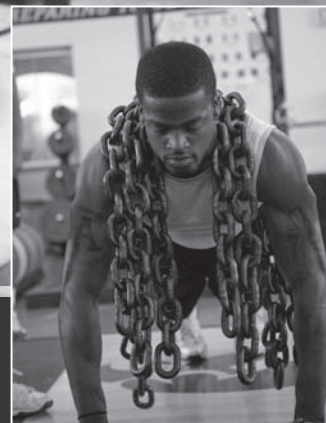
Every member of the Iowa football program has the opportunity to improve, due to their efforts in the strength and conditioning program. As an example, three players who joined the Iowa program as walk-ons from prep programs in the state of Iowa, were selected in the first five rounds of the 2003 NFL Draft, a feat that had never been accomplished by any other football program in the nation.

## FACILITY HIGHLIGHTS

- 10,000 square foot weight room designed solely for the football program
- 100 yard indoor training facility
- 20 Power Stations
- 20 Olympic platforms
- 20 competition Eleiko and Uesaka Bumper Sets

## STAFF

At the University of Iowa we are fortunate to have the unique advantage of four full-time strength and conditioning coaches for the football program. We are able to focus our complete attention to serving the football program on a daily basis. It is the individual attention to details that ensures our athletes are maximizing their potential.



## BUILDING THE TOTAL ATHLETE

Improving athletic performance while reducing the risk of injury is the primary objective of our strength and conditioning program. We are driven by improved performance on the field. It is our goal to promote and foster an atmosphere that is conducive to the mental and physical development of each individual athlete.

## ACCELERATION

Acceleration is the ability to reach maximum speed in the shortest amount of time. In football, acceleration is more critical to success on the field than top running speed. Top speed is rarely reached in a game, however a football player will cut and accelerate many times during a play.

### Acceleration is improved by:

- Strengthening the legs.
- Developing explosive power with the application of exercises such as cleans, snatches, jerks and plyometrics.
- Training at the proper work to rest ratios (Specificity of Conditioning).
- Teaching proper speed mechanics.





*"Iowa's Athletic Department is committed to providing the very best training environment for our football program."*

## **CHRIS DOYLE**

Strength and Conditioning Coach  
University of Iowa



## **AGILITY**

Agility is the ability to change direction without losing speed. Research shows that the vast majority of injuries occur during deceleration. The development of eccentric strength (ability to control your own body weight and come under control) is critical to change of direction and preventing injuries.

### **We employ two types of agility training in our program:**

- Programmed agility. Consists of cone, line and bag drills.
- Reactive agility. Consists of drills requiring the athlete to change direction reacting to a visual stimulus.

### **Agility is improved by:**

- Strengthening the legs.
- Improving acceleration.
- Development of eccentric strength.
- Running football specific change of direction drills at the proper work to rest ratio.
- Teaching proper change of direction mechanics.

## **EXPLOSIVE TRAINING**

Football requires quick and explosive movement. Training explosively with free weights, plyometrics and medicine balls stimulates the recruitment of fast twitch muscle fibers, thus developing power. If you train slowly you will become slow. The biggest difference between strength and power is speed of movement. Strength alone is useless, power wins football games. Developing the ability to apply force rapidly improves on field performance.



*"Our strength and conditioning program is a real key to the progress and development of our athletes. Two areas of importance, where strength and conditioning plays an important role in the success of our football program, are in injury prevention and the development of players."*

*Proper strength and conditioning training will help make our athletes better players and keep them as healthy as possible.*

*Chris Doyle has a coaching background and works with our coaching staff on a daily basis in regards to our strength and conditioning programs. Chris and his staff have a solid grasp of where strength training fits in the total success of our football program."*

## **KIRK FERENTZ**

Head Football Coach | University of Iowa







## FLEXIBILITY

Flexibility is critical to enhanced physical performance and preventing injuries. There are three methods of improving flexibility. We incorporate Dynamic movement (athletic movement through a full range of motion) during our warm up. We incorporate Static stretching and Partner Assisted stretching after the Dynamic movement or post workout while the muscles are warm.

## GROUND BASED MOVEMENTS

Movements that are performed with the athlete's feet on the ground are more productive than movements performed while sitting or lying down. Virtually all football skills are executed with the athlete's feet on the ground. The greater the force an athlete generates against the ground, the faster he will run and the higher he will jump. Ground based power is critical to football success. Training with your feet on the ground requires the athlete to stabilize his own body structure which in turn increases proprioception and strengthens stabilization muscles reducing the risk of injury.

## INDIVIDUAL PROGRAM DESIGN

Evaluation is the first step in developing individualized strength and conditioning programs. Each athlete comes to Iowa with a unique training maturity and medical history. Proper identification of strengths and weaknesses allows us to design specific training protocol for each athlete. This requires individual testing in a variety of areas. Individual program design promotes both injury prevention, as well as maximum performance.

### Functional

Torso Stability  
Flexibility

Static  
Dynamic

Posterior Chain

(Glute/Hamstring/Erector)

Posterior Shoulder Girdle

Body Composition

Unilateral Strength

### Performance

10-yard dash

40-yard dash

20-yard shuttle

Vertical Jump

### Strength

Hang Clean

Squat

Bench Press

*"Chris Doyle and his staff are the best, period. He's smart and he knows what it takes to prepare. There is no one like him. When I came in and started working with him, he knew my body better than I did.*

*He is one of the main reasons the Iowa football program has had the success it has over the last 10 years. I know from the time I started at Iowa, Chris and the strength and conditioning program are one of the main reasons for the success the program has had.*

*Chris prepared me for a career in the NFL. He knew my potential and took me to the next level. I would not be in the position I am in today if not for Chris Doyle and the strength and conditioning program at the University of Iowa."*

**BOB SANDERS** | 2007 NFL Defensive Player of the Year  
All-Big Ten Defensive Back, 2001, 2002, 2003 | NFL all-Pro, 2005  
Super Bowl Champion, 2006

## MULTIPLE JOINT MOVEMENTS

Exercises that work more than one joint at a time are the most productive exercises for athletes. Athletic skills require multiple joint actions timed in the proper neuromuscular recruitment patterns. Our strength program is built around multiple joint movements. Multiple joint movements promote the most lean body mass gains. In order to take a 275-pound redshirt freshman and build him into a 315-pound junior we must stimulate the metabolism through utilizing multiple joint movements such as the squat.

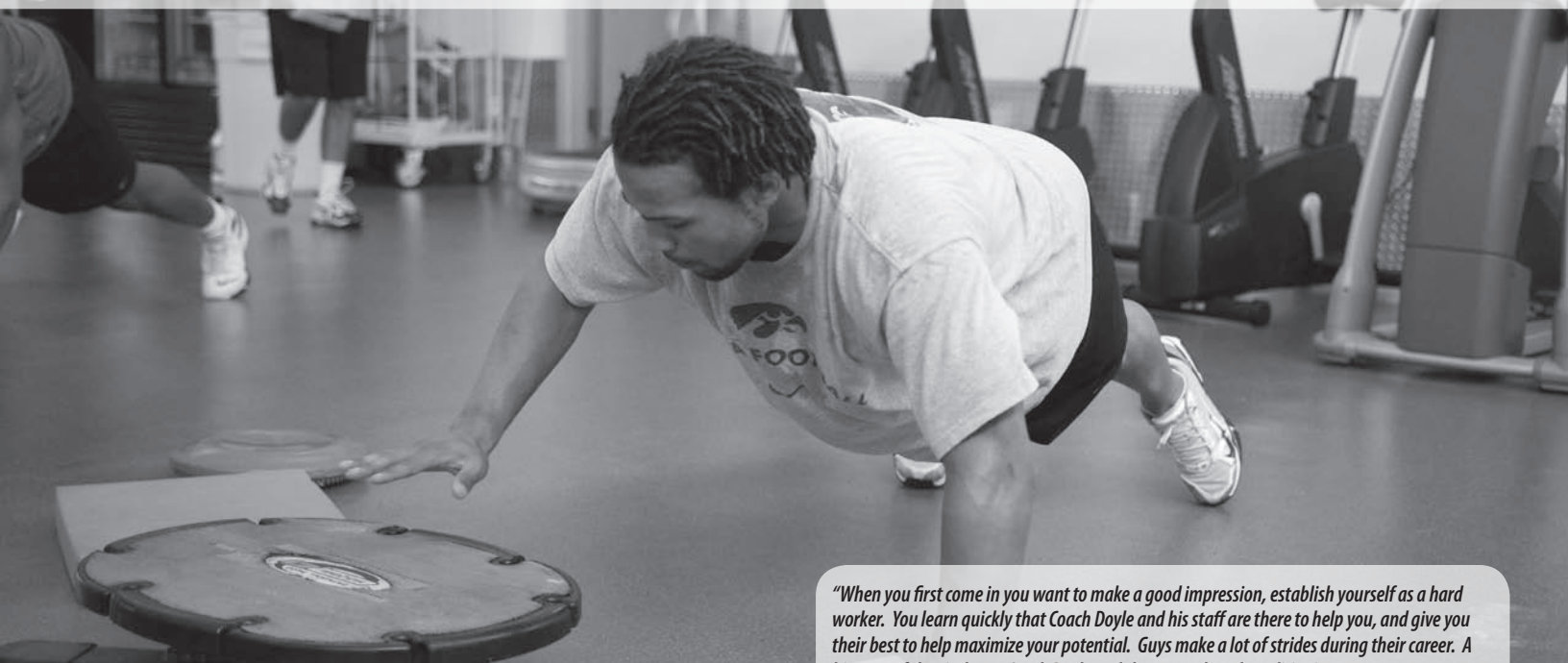
## NUTRITION AND SUPPLEMENTATION

Without proper nutrition our athletes will struggle to make progress. We educate our players to make good choices and eat properly. In some cases we will use a dietary analysis of individual athletes. The schedule of a student-athlete is very demanding. Supplementation of an athlete's diet can help bridge the gap to proper nutrition. Through our supplementation program we can improve recovery ability to add lean body mass, thus improving performance. The intelligent use of supplement provides a distinct advantage for our program.

## POSITION SPECIFIC CONDITIONING

The objective of conditioning is to improve energy capacity of an athlete during competition. The initial step in designing a conditioning program is to determine the energy system used in the specific sport. The system used in football is the ATP system. ATP provides the energy for explosive bouts of exercise lasting up to eight seconds.





*"When you first come in you want to make a good impression, establish yourself as a hard worker. You learn quickly that Coach Doyle and his staff are there to help you, and give you their best to help maximize your potential. Guys make a lot of strides during their career. A big part of that is due to Coach Doyle and the strength and conditioning program.*

*I always felt that strength and conditioning were not a concern when we took the field for a game, we knew we were in the best shape we could be in; that we could just go out and play on game day.*

*After your senior season, you aren't forgotten. Chris continues to give attention to the seniors who elect to stay and prepare. He wants to be able to help us succeed at the next level. He puts programs together for each individual to continue to improve. We're very fortunate to have such a great strength staff at Iowa."*

**MIKE HUMPAL | Senior Linebacker, 2007**  
**Sixth round selection in 2008 NFL draft | Pittsburgh Steelers**



A football player must develop tremendous efficiency within the ATP system. Research has shown that building an aerobic base can be counter productive to development of strength, speed and power. We will invest our time in the development of the ATP system.

The demands of specific positions in football differ greatly. We must condition our athletes according to the position they play. For example, an offensive lineman must be conditioned to perform explosively and efficiently in a five-yard area. Our defensive backs must incorporate a great amount of backpedaling in their training. We will apply position specific training during off-season and pre-season programs. These sessions will include the Contrast method of combining resistive, assistive and free movements designed specifically for each position as well as basic position drills executed at the proper work to rest interval.

## SPEED

Speed is Stride Length + Stride Frequency. Stride Length is the distance covered between each step. Stride Frequency is the number of steps per second.

### Speed is improved by:

- Increasing Stride Length through power development resulting in increased force application.
- Increasing Stride Frequency by improving running mechanics and neuromuscular coordination.
- Contrasting method: combining resistive, assistive and free sprinting.
- Strengthening the legs with ground based power movements resulting in increased force application.
- Specificity of Conditioning.
- Teaching proper linear speed mechanics.

## THREE DIMENSIONAL MOVEMENTS

Athletic skills involve movement in three planes simultaneously: side to side, up and down, forward and backward. We must develop functional strength in all three planes. The only way to accomplish this is with free weights. Using free weights develops the primary muscles as well as the stabilization muscles. For example squatting with free weights strengthens the stabilization muscles of the torso, hip, knee and ankle. Machines do not develop the stabilization structures supporting the major joints. By developing stabilization strength we prevent injuries and improve functional strength.

## TRAINING THE INJURED ATHLETE

Injuries are a part of the game of football. Our players understand that when they are injured they have an injured body part and not an injured body. We have constant communication with our Sports Medicine Staff. We design programs employing alternative exercises, in conjunction with the Sports Medicine Staff, to train through or around the injury in order to expedite return to the field. There are three phases in the rehabilitation process where we work with the Sports Medicine Staff to help the athlete return:

- Pre-Rehabilitation period prior to corrective surgery or treatment.
- Rehabilitation treatment, re-establishing movement, flexibility and strengthening.
- Reconditioning – transition from rehabilitation to full participation.





# IOWA FACILITIES: AMONG THE NATIONS BEST



Facilities play an important role in helping today's student-athlete enjoy his collegiate experience and develop both his academic and athletic potential to its fullest. The facilities available to members of the football program at the University of Iowa compare favorably with the nation's finest, and in many cases are the standard of excellence by which others are measured.

*"Kinnick Stadium is one of the great places to play college football. It's something I'll tell my kids and grandkids about."*

## **BEN ROETHLISBERGER**

**Former Miami, Ohio Quarterback**

**Quarterback, Super Bowl Champion Pittsburgh Steelers**

*The Sporting News, in 2007 and 2009 named Kinnick Stadium the best in the Big Ten Conference.*

## **KINNICK STADIUM: HOME OF THE HAWKEYES**

Iowa home games are played in Kinnick Stadium, named after 1939 Heisman Trophy winner Nile Kinnick. With a capacity of 70,585, Kinnick Stadium ranks as one of the 25 largest college-owned stadiums in the nation. Iowa's home stadium, opened in 1929, has undergone many changes in its 80-year history. Some of the biggest changes were completed prior to the 2006 season, while the most recent took place this past year.

When the Hawkeyes open the 2009 season, they will do so by playing on a completely new surface in Kinnick Stadium, as Field Turf was installed in the spring. The project included an entirely new drainage system under the playing surface. The playing surface in Kinnick Stadium now matches the artificial surface on one of the three practice field within the Kenyon Practice Facility and the surface on Iowa's indoor practice facility.



A \$90 million renovation project for Kinnick Stadium was completed prior to the 2006 season. The south endzone was completely re-done and entirely new for the 2005 season. An entirely new press box and hospitality addition, stretching from goal line to goal line, was used for the first time in 2006. An additional phase of the project included a complete upgrade of the concession and restroom facilities throughout the stadium, also completed for the start of the 2006 campaign.

Part of the renovation to Kinnick Stadium included all new, and additional, video boards and scoreboards, along with a complete new sound system. The large scale video display units offer live game action, instant replays, statistics and other features such as highlights from other college football games being played across the nation.

Iowa began the 2005 season with the fourth longest active home win streak in Division I football, a streak that reached 22 games before an overtime loss. The Hawkeyes have won 44 of the last 53 games played in Kinnick Stadium dating back to the 2002 season.

Capacity at Kinnick Stadium was expanded in the summer of 1990 to 70,397 to meet the demand for season tickets by fans of the Hawkeyes. With the completion of the latest renovation, current capacity stands at 70,585.



Iowa has consistently ranked among the top 25 in the nation in home attendance. Dating back to 2003, Iowa held a string of 36 straight sellouts in Kinnick Stadium. Iowa ranked 22nd in the nation in home attendance last season. The Iowa football program is one of just a handful in the country which routinely sells out virtually all of its home games. Simply put, tickets to Iowa football games are hard to come by.

**“Iowa City ranks as the No. 1 college football city in America, based on football success, tradition, history, fans and the city’s atmosphere on game days.”**

## Sporting News

### IOWA’S “NEW HOME” IN KINNICK STADIUM

Iowa’s “Game Day” facilities in Kinnick Stadium were used for the first time during the 2005 season. Located under the south endzone, the locker room, athletic training facilities and equipment room are all completely new. The area also includes post-game interview areas for Coach Kirk Ferentz, the Iowa players and the visiting coach and team. Coach Ferentz’ post-game media session can be seen and heard throughout the stadium on the video boards and throughout the press facility as well.

Also new in 2005 was the Iowa entrance to the playing field. The Hawkeye entrance is now located in the southwest corner of the playing field, surrounded by the sections in the stadium where thousands of Iowa students and the Hawkeye Marching Band are located, offering full support for their Hawkeyes.

*“We go all over the country doing these games, we saw Ohio State and Texas, and that was a great atmosphere. This setting, here in Kinnick Stadium, right now, is as good as it gets all across America. These are great fans.”*

**BOB DAVIE**  
ABC/ESPN Television  
Ohio State at Iowa, Sept. 30, 2006



### KENYON PRACTICE COMPLEX





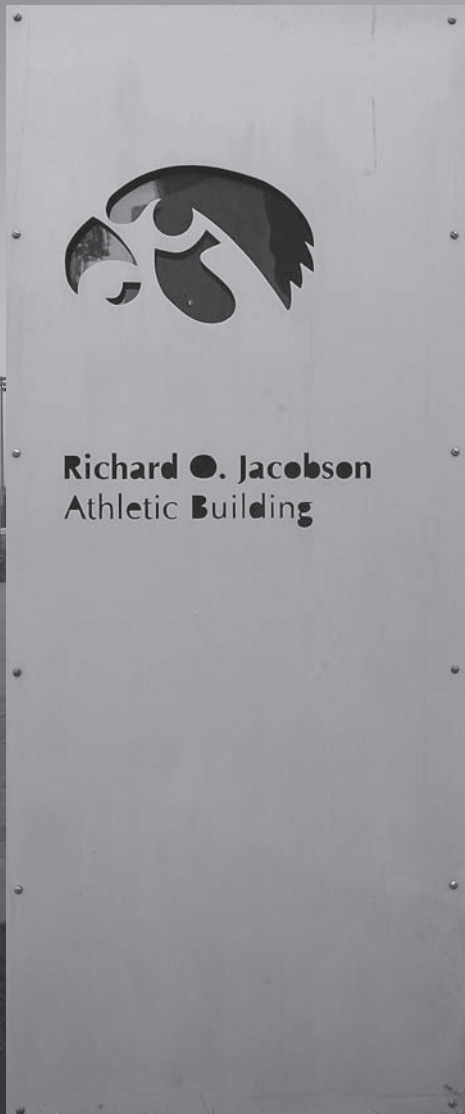
# KENYON FOOTBALL PRACTICE FACILITY

One of the most recent additions to the Iowa football complex is the Ronald D. and Margaret L. Kenyon Football Practice Facility, located immediately west of the Jacobson Athletic Building and the Hayden Fry Football Complex. The \$1.8 million practice facility, completed in August, 2002, includes three practice fields, including two natural turf fields and one artificial surface field. A gift of \$1.5 million from the Kenyon family provided the majority of funding for the project.

The artificial surface field features the "Prestige" state-of-the-art artificial surface that covers a playing area of 140 yards in length. The two natural turf fields are 100 yards in length. The entire area features the latest in outdoor lighting, provided by Musco Lighting, the worldwide leader in providing permanent and temporary lighting.

Along with the three practice areas, the facility includes an on-site medical training facility and privacy fencing to eliminate distractions.





## HAYDEN FRY FOOTBALL COMPLEX AND RICHARD O. JACOBSON ATHLETIC BUILDING

Following his retirement at the conclusion of the 1998 football season, Iowa's football facilities were named the Hayden Fry Football Complex in honor of Fry, who guided Iowa's football team from 1979-1998. This includes the football coaches and administrative offices, indoor practice facility and outdoor practice areas.

The Richard O. Jacobson Athletic Building opened in 1995. As part of the \$7 million "Hawkeye Horizons" project, the Jacobson Building is a 35,000-square-foot facility for use by the football team, trainers, physicians and coaches.

### The Jacobson facility features:

- an advanced sports medicine facility
- weight training room
- football locker rooms
- player meeting rooms
- coach's locker room
- academic center
- player's reception area and lounge





# IOWA FOOTBALL EQUIPMENT FACILITY



University of Iowa equipment and apparel provided by NIKE.



University of Iowa football equipment and apparel is provided by NIKE. The Hawkeye uniforms feature the traditional black jerseys for home games and white jerseys for road games. Iowa wears gold pants for all games, along with the signature black helmet with a Tigerhawk logo on each side.

**Hawkeye football players take the field every day knowing they are equipped with the latest in design and technology in their NIKE apparel, and the safest equipment available in college football.**

The Iowa football practice locker room in the Jacobson Building features plush carpeting and large, individual lockers for every member of the football program.

The Iowa football locker room features this cold hydro-therapy whirlpool, set at 55 degrees, used for icing muscles after practice to assist in the recovery process, before heading for the spacious shower facility within the locker room.



## INDOOR PRACTICE FACILITY

Iowa's indoor practice facility was completed in 1985. Underneath "The Bubble" is a full-size, 120-yard football field on which practices are conducted, uninterrupted by inclement weather. As part of the Hayden Fry Complex the indoor facility is connected to the Jacobson Building.

As part of the on-going improvement and upgrading of Iowa's facilities, the playing surface in "The Bubble" was recently replaced. The new surface, "Prestige XT," is the latest version of the "Prestige" state-of-the-art artificial surface that covers one of the three outdoor fields in the Kenyon Practice Facility.

Few of the nation's top football programs offer the unique combination of a customized indoor practice area, complete locker rooms, training rooms and weight training rooms, and an office and meeting room complex integrated into one comprehensive facility.



(left) The position meeting rooms in the Jacobson Building include private rooms for all positions, each featuring their own dry erase boards, video board and video tape machines for private viewing sessions. The room can also be used by the entire squad for team meetings.

(below) The Jacobson Building includes the team conference room, which is also used for Coach Kirk Ferentz' media conferences throughout the year.





# IOWA FOOTBALL PLAYERS LOUNGE



## IOWA PLAYERS LOUNGE

The Jacobson Athletic Building includes a player's lounge, located adjacent to the locker room. The lounge features multiple large-screen televisions (equipped with PlayStation) and pool tables so that Hawkeye players have the chance to relax and unwind before and after practice. VCRs are also set up so that players can watch game tape of upcoming opponents.

*"Our outstanding facilities are evidence of our commitment to have a first class program. We aspire to create the best possible environment so that our student-athletes may have success."*

*We enjoyed a major growth and improvement in football facilities in the 1980's. That commitment to improvement is continued by our recently completed Jacobson Athletic Building, the Kenyon Practice Facility, the Gerdin Athletic Learning Center and the renovation of Kinnick Stadium. We are proud to feature one of the best football facilities in the Big Ten Conference and the nation, and our student-athletes benefit from that commitment."*

**KIRK FERENTZ**  
Head Football Coach



# IOWA STRENGTH TRAINING



## University of Iowa

The Iowa weight room is a 10,000-square foot facility located in the Jacobson Athletic Building. Some of its features include:

**10,000 square foot weight room designed solely for the football program**

**100 yard indoor training facility**

**20 Power Stations**

**20 Olympic platforms**

**20 competition Eleiko Sets**

**Three sets of Iron Grip Dumbbells up to 150 pounds**

**20 Tendo Power Output units**

**Eight Power Plate units**

The largest football only weight room in the Big Ten, and one of the largest football only complexes in the nation, is staffed by four fulltime strength coaches who work exclusively with football student-athletes.

*"The University of Iowa football program benefits from training in a unique environment. Our 10,000-square foot weight room has been designed for the sole purpose of training football athletes. The University is constantly upgrading equipment in order to serve the needs of our athletes. In addition to our state of the art weight room, we also benefit from the use of our 120-yard indoor facility and an outdoor facility that includes both grass practice fields and an artificial field that matches the surface of Kinnick Stadium and our indoor facility. The combination of outstanding facilities, along with four football strength coaches, creates a tremendous atmosphere for the development of our football players."*

**CHRIS DOYLE**

**Strength and Conditioning Coach  
University of Iowa**







Members of the football video staff shoot aerial video of Iowa practices on a daily basis, both during the regular season and on the road during bowl game preparation.

## VIDEO DEPARTMENT

The University of Iowa football program boasts a video department which rivals that of top NFL programs and helps Iowa's coaching staff and the Hawkeyes maintain a competitive advantage.

The Iowa football program uses XOS Sports Pro Editing System and Smart Acquisition Technology (SAT) hard drives. The Iowa program is one of the first to shoot up to five cameras at practice and four at games. This system gives the coaching staff a new way to teach, educate and evaluate. It is a tapeless environment that includes 21 coaches stations connected to the video office for coaches and players to instantaneously view on demand. Coaches and players can create their own video clips and re-arrange video to share with others associated with the football program.

The XOS system's portability allows for use at bowl sites every year. Coaches and players are able to view practice and game video with the same easy access as they would on campus in Iowa City.

This scouting software produces cuts of opponent and self-scout video for game preparation and instruction. Hawkeye coaches and players have, available on-line, three years of practice, opponent and self-scout video.

In addition, the video staff is able to produce recruiting and highlight videos, promotional videos of players for award nominations and NFL scouts, and instructional pieces for coach's use at clinics.

The video department also assists in the promotion of Iowa football and its talented student-athletes by creating highlight videos for distribution to television stations via satellite on a weekly basis during the season and to scouts for National Football League teams.

The staff also produces and directs the Kirk Ferentz and Todd Lickliter television shows, the weekly half-hour highlights and interview television shows on the Iowa football and basketball programs. The University of Iowa athletic department distributes the weekly shows to all major markets in Iowa and more than 15 cable television systems around the state. In addition, the Big Ten Network delivers the coaches shows to cable systems throughout the entire nation.



Players and coaches can view practice and game video from any of 21 stations located within the Iowa football complex.



The three-lane lap pool is located in the Jacobson Athletic Building, adjacent to the Iowa Athletic Training room.

## ATHLETIC TRAINING FACILITIES

The Iowa Sports Medicine staff caring for football is comprised of three full-time Athletic Trainers, three Team Physicians, 10 Athletic Training Students, and part-time Physical Therapists, working together to prevent injury and oversee successful rehabilitation and return to participation activities. Student-athlete medical care is managed through a combined effort of Athletic Training Services, The University of Iowa Sports Medicine Center and The University of Iowa Hospitals and Clinics. The Head Team Physician coordinates specialists throughout The University of Iowa Hospitals and Clinics capable of managing any medical need of the student athletes.

The Athletic Training Room, located in the Jacobson Athletic Building, includes 10,000 square feet of space and is equipped with the most advanced medical and rehabilitation equipment available.

The Athletic Training Room is staffed by three full-time Athletic Trainers and 10 to 11 Athletic Training Students enrolled in The University of Iowa's Athletic Training Education Program.



The Athletic Training room in the Iowa football complex encompasses nearly 10,000 square feet.

A three-lane lap pool

A complete Cybex weight training system

Computerized force plates for rehabilitation and testing

Biodex Isokentic equipment for muscle testing and rehabilitation

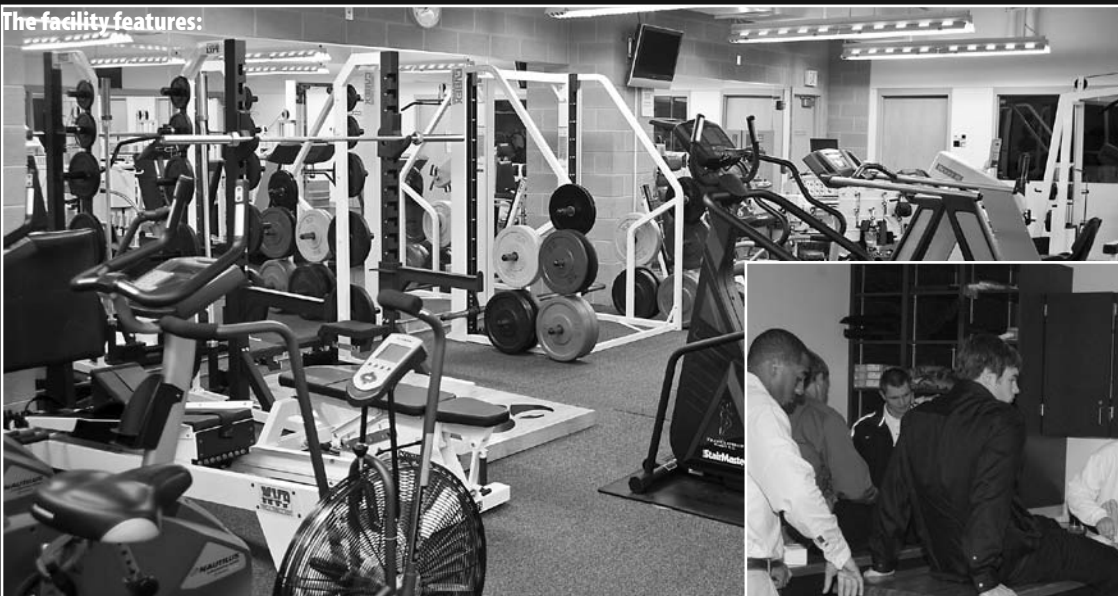
A hydro-therapy room with six whirlpools

A private physician's examination room for consultation and treatment

Cardiovascular equipment including Stairmaster, Pre-Cor, Cybex, Nautilus and Biodex products

In addition, the facility includes a Sports Medicine Conference Room for presentations and consultations with Athletic Training staff, physicians, student-athletes and families, coaches and administrators.

## The facility features:



(above) Cardiovascular equipment including Stairmaster, Pre-Cor, Cybex, and Woodway products. (right) Hawkeye players receive attention from the UI athletic training staff in Kinnick Stadium prior to a home contest.





# UNIVERSITY OF IOWA HOSPITALS AND CLINICS



A spinning power take-off shaft severely injures and almost severs the left arm of Kristi Ruth as the teenager helped her father dig postholes on the family's farm near Chariton, Iowa. Specialists with University of Iowa Children's Hospital perform a complex vein graft to replace a severed artery in her mangled arm, repair three totally different kinds of fractures, and reattach damaged muscles, tendons and nerves, saving her life and avoiding amputation of her arm.

Ayden Gendreau, the firstborn child of Ryan and Patsy Gendreau of Independence, Iowa, is born with not one, but two serious heart defects. Specialists in the UI Heart and Vascular Center save Ayden's life when he becomes the first patient in Iowa to receive hybrid heart surgery, which combines the talents of heart surgeons, interventional cardiologists and echocardiographers.

Alex Foell, a teacher in his mid-20's at North Polk Middle School just north of Des Moines, learns that a rare cancer called a sarcoma is present in the his left humerus, the long bone in the upper arm. Oncologists with Holden Comprehensive Cancer Center at The University of Iowa treat Foell with chemotherapy and surgery that removes the cancer and saves his arm.

These dramatic stories are just a few of the many examples of the myriad benefits that Iowans and others receive from the world-class health sciences expertise available from the University of Iowa's integrated academic medical center, University of Iowa Health Care, a partnership that includes:

University of Iowa Hospitals and Clinics, located directly across Hawkins Drive from Kinnick Stadium and one of the nation's top-ranked teaching hospitals

University of Iowa Roy J. and Lucille A. Carver College of Medicine, an internationally recognized medical school

University of Iowa Physicians and its network of outreach services to Iowans across the state

For more than 160 years, University of Iowa Health Care partners have pioneered an impressive array of medical achievements. Researchers in the UI Carver College of Medicine led breakthroughs in areas such as blood banking and buffered aspirin. That legacy of bold innovation continues today through efforts such as the use of cochlear implants that help the deaf to hear and cancer treatments that supercharge the patient's own immune system to more aggressively attack tumor cells.

UI Hospitals and Clinics provides a host of services that are not available at other hospitals in the state, including Iowa's only verified Burn Treatment Center, the state's most advanced NICU and only National Cancer Institute (NCI)-designated comprehensive cancer center, Holden Comprehensive Cancer Center. The Department of Emergency Medicine is home to Iowa's only emergency medicine residency program. The UI Trauma Center is the only facility in Iowa verified by the American College of Surgeons for treating both adults and children affected by the most severe, traumatic injuries.

University of Iowa Health Care specialists rank high when it comes to serving patients. In *U.S. News & World Report's* survey of "America's Best Hospitals", UI Hospitals and Clinics scored high marks across a range of clinical services, including the specialties of otolaryngology, ophthalmology and orthopaedics. More than 260 UI physicians appear on the "America's Best Doctors" database. UI Hospitals and Clinics was also the first hospital in Iowa to earn the prestigious Magnet Award that recognizes excellence in nursing care, and this year became the first hospital in Iowa to earn that recognition a second time.

This combination of a dedication to innovative research and devotion to excellent service helps achieve patient-centered outcomes that are unsurpassed. Teams of University of Iowa Health Care professionals are using techniques based on medical evidence to reduce mortality, decrease errors and maximize the quality of care received by patients.



Prior to the 1998 football regular season, the Atlantic Coast, Big East, Big Ten, Big 12, Pacific-10 and Southeastern Conferences and the University of Notre Dame joined with the Rose, Fiesta, Orange and Sugar Bowls to form the Bowl Championship Series (BCS).

The BCS was established to create a matchup between the No. 1 and No. 2 teams in a bowl game and to produce other exciting matchups while maintaining and enhancing the bowl system which has provided significant support to college football for nearly a century. The BCS has quickly become a showcase for the sport, matching the premier teams of any particular year in the culminating games of the season.

In the first eight years of the system, the Rose, Fiesta, Orange and Sugar Bowls rotated as the host of the championship game. The BCS debuted a new format at the conclusion of the 2006 regular season which included the above four bowls and a stand-alone BCS National Championship Game, which is held approximately one week after the other BCS games. The first BCS National Championship Game was hosted by the Fiesta Bowl, followed by the Sugar Bowl (2007) and the Orange Bowl last season. The 2010 BCS National Championship Game will be held in Pasadena, CA on Jan. 7, 2010, six days after the Rose Bowl is held in the same location on Jan. 1.

The BCS format provides for the determination of a national champion using a traditional bowl lineup featuring more flexibility and regional consideration regarding team selection. Conferences with automatic berths include the Atlantic Coast, Big East, Big Ten, Big 12, Pacific-10 and Southeastern Conferences. Also, the champion of any other Football Bowl Subdivision (FBS) conference will earn automatic qualification if (a) it is ranked in the top 12 of the BCS standings or (b) it is ranked in the top 16 of the BCS Standings and its ranking in the final BCS Standings is higher than that of a champion of a conference that has an annual automatic berth in one of the BCS bowls.

Regional tie-ins include the Big Ten and Pac 10 champions in the Rose Bowl, the Big 12 champion in the Fiesta Bowl, the ACC champion in the Orange Bowl and the SEC champion in the Sugar Bowl. Should one of the above conference's representatives be ranked number one or two in the final BCS standings, that team shall move to the BCS National Championship Game and the bowl shall select a replacement team from the BCS pool of eligible teams. The pool will consist of any FBS team that is ranked among the Top 14 in the final BCS standings and has achieved nine wins during the regular season excluding NCAA-exempted contests.

Through a conference revenue sharing plan, the BCS has distributed over \$1 billion to Division I institutions during its 10-year history.

## BCS TITLE GAME RESULTS

1998 Season: Tennessee 23, Florida State 16 (Fiesta)  
 1999 Season: Florida State 46, Virginia Tech 29 (Sugar)  
 2000 Season: Oklahoma 13, Florida State 2 (Orange)  
 2001 Season: Miami, FL 37, Nebraska 14 (Rose)  
 2002 Season: Ohio State 31, Miami, FL 24 (20T) (Fiesta)  
 2003 Season: LSU 21, Oklahoma 14 (Sugar)  
 2004 Season: USC 55, Oklahoma 19 (Orange)  
 2005 Season: Texas 41, USC 38 (Rose)  
 2006 Season: Florida 41, Ohio State 14 (BCS in Glendale, AZ)  
 2007 Season: LSU 38, Ohio State 24 (BCS in New Orleans, LA)  
 2008 Season: Florida 24, Oklahoma 14 (BCS in Miami, FL)

## FUTURE BCS NATIONAL CHAMPIONSHIP GAMES

2009 Season BCS (Pasadena, CA)  
 2010 Season BCS (Glendale, AZ)



**National Championship Game**  
 January 7, 2010  
 Pasadena, CA



**Rose Bowl Game**  
 January 1, 2010  
 Pasadena, CA



**Allstate Sugar Bowl**  
 January 1, 2010  
 New Orleans, LA



**Tostitos Fiesta Bowl**  
 January 4, 2010  
 Phoenix, AZ



**FedEx Orange Bowl**  
 January 5, 2010  
 Miami, FL

