

IOWA HAWKEYES SOCCER

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University of Iowa Athletic Department Mission Statement

The mission of the Department of Athletics is to provide the administrative and coaching support, facilities, resources, and equipment necessary for student athletes to graduate from The University of Iowa while participating in broad based championship caliber athletic competition. The overall well-being of the participant and integrity of the program will be paramount in all that we do.

Credits

The 2009 Iowa Hawkeye Women's Soccer Media Guide is a publication of the University of Iowa. The guide was written, designed and edited by Sports Information soccer contact Stephanie Dittmer and Brad Rudner. Photographs provided by the University Relations Photo Unit and the UI Visual Center's Photographic Services. Cover artwork designed by Mindy Heidkerger. Printing done by University of Iowa Printing Services in Iowa City, IA.

General Information

Location: Iowa City, IA
 Founded: 1847
 Enrollment: 30,561
 Nickname: Hawkeyes
 Conference: Big Ten
 School Colors: Black and Gold
 President: Sally Mason
 Director of Athletics: Gary Barta
 Home Field/Capacity: Iowa Soccer Complex/3,000
 Soccer Administrator: Jane Meyer

Coaching Information

Head Coach: Ron Rainey
 Alma Mater/Year: Wilkes University/1992
 Overall Record/Years: 113-95-28 (11)
 Record at Iowa/Years: 23-30-7 (3)
 2008 Record: 9-11-1
 2008 Conference Record: 3-6-1 (8th)
 E-Mail Address: ron-rainey@uiowa.edu
 Assistant Coach: Shane Meridith
 Alma Mater/Year: Earlham/1989
 Years at Iowa: First Season
 E-Mail Address: shane-meridith@uiowa.edu
 Assistant Coach: Eileen Narcotta
 Alma Mater/Year: Vermont/2000
 Years at Iowa: Fourth Season
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Player Interviews

All player interviews are coordinated through the University of Iowa Sports Information Office. Contact Stephanie Dittmer at 319-335-9411 to set up interview times that will not interfere with the student-athlete's academic or practice schedules. The Hawkeyes practice Tuesday-Thursday from 3-5 p.m.



IOWA HAWKEYES SOCCER

2009 Roster

<u>No.</u>	<u>Name</u>	<u>Pos.</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
00	Emily Moran	GK	So.	Kent, OH (Theodore Roosevelt)
0	Erica Clausen	GK	Sr.	Portland, OR (Sunset)
1	Kali Feiereisel	GK	Jr.	Libertyville, IL (Libertyville)
2	Jade Grimm	F/M	Fr.	Cedar Rapids, IA (Kennedy)
3	Gabrielle Tinner	D	So.	Quantico, VA (Quantico)
4	Alyscha Mottershead	M	Fr.	Brampton, Ontario (Cardinal Leger)
5	Alyssa Cosnek	F	So.	Aliquippa, PA (Hopewell Area)
6	Alexandria Seydel	M	Sr.	San Diego, CA (Westview)
7	Morgan Showalter	M/F	So.	Cedar Rapids, IA (Xavier)
8	Kelsey Sandon	M/F	So.	Urbandale, IA (Urbandale)
9	Jackie Kaeding	MF	RS Sr.	Coralville, IA (Iowa City West)
10	Amanda Martin	F	Jr.	Lewis Center, OH (Olentangy)
11	Suzy Levett	D	So.	Cedar Rapids, IA (Xavier)
12	Sarah Langlas	M	So.	Wheaton, IL (Wheaton Warrenville South)
13	Rachel Blakesley	D	So.	Peoria, IL (Notre Dame)
14	Kim White	F	Sr.	Providence, UT (Iowa Western C.C.)
15	Nicole Slevin	D	Sr.	San Pedro, CA (Bishop Montgomery)
16	Keli McLaughlin	F	Jr.	Alsip, IL (Shepard)
17	Allison Bellmer	F	So.	Wheaton, IL (Wheaton Warrenville South)
18	Jenny Kahler	M	Fr.	Ankeny, IA (Ankeny)
19	Heather Windsor	M	Sr.	Temecula, CA (Chaparral)
20	Emily Jaffe	M	Fr.	Ann Arbor, MI (Pioneer)
21	Jenna Aleo	D	Jr.	Tinley Park, IL (Andrew)
22	Mandy Heimann	D	Jr.	Naperville, IL (Neuqua Valley)
23	Kelsey McCarron	F	Sr.	Delray Beach, FL (Atlantic Community)
24	Dana Dalrymple	D/M	Fr.	Cincinnati, OH (Anderson)
25	Katherine Lewis	D/M	Fr.	Cedar Rapids, IA (Kennedy)
26	Stefani Campbell	F/D	Fr.	Arlington, TX (Summit)
27	Stephanie Swanson	GK	Jr.	Downers Grove, IL (Downers Grove North)
28	Gabrielle Ainsworth	D	Fr.	Coralville, IA (Shattuck's St-Mary's Academy)
30	Rachel Spellerberg	GK	Fr.	Cedar Rapids, IA (Kennedy)

Head Coach: Ron Rainey (Wilkes University, 1992)

Assistant Coach: Shane Meridith (Earlham, 1989)

Assistant Coach: Eileen Narcotta (Vermont, 2000)

Athletic Trainer: Doug West

Student Athletic Trainer: Erika Kuhr

Hawkeyes By Class

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Pronunciation Guide

Jenna Aleo	AL-ay-OH
Alyssa Cosnek	COZ-neck
Dana Dalrymple	DOLL-rim-pul
Kali Feiereisel	FI-er-EYES-el
Mandy Heimann	HY-man
Emily Jaffe	Jay-FEE
Jackie Kaeding	KAY-ding
Alexandria Seydel	SY-dell



RECORD

Last season, Iowa finished with a record of 9-11-1, the club's most wins since 2002. The Hawkeyes went 3-6-1 in Big Ten Conference play.

POSTSEASON PLAY

For the second year in a row, the Hawkeyes earned a berth to the Big Ten Tournament, only the second time in school history the club has made it to the tournament in back-to-back seasons. Iowa fell to top-seed Penn State, 2-1.

INDIVIDUAL STANDOUTS

Underclassmen led the way for the Hawkeyes on the field in 2008. Freshman **Alyssa Cosnek** led the team in goals (nine), while freshman **Morgan Showalter** led the team in assists (nine). Sophomore **Keli McLaughlin** led the team in points (20), scoring seven goals and dishing out six assists.

Goalkeeping duties were split between freshmen **Kali Feiereisel** (25 saves in 13 matches) and **Emily Moran** (74 saves).

FOUR AMONG THE CONFERENCE'S BEST

Sophomore defender **Jenna Aleo** was a second team all-Big Ten selection last season. She started all 21 matches.

Moran and Showalter were named to the Big Ten's all-freshman team last season. Cosnek was named to the all-tournament team at the Big Ten Tournament after netting Iowa's lone goal in its opening round loss to Penn State.

STATE SUPREMACY

Since **Ron Rainey** was hired in 2006, Iowa is undefeated in contests against in-state rivals Drake, Northern Iowa and Iowa State (7-0-1). Last season, Iowa claimed road wins at Iowa State (3-2) and Northern Iowa (2-0), while defeating Drake at home (4-0).

MORE RECORDS SHATTERED

After just one season, Cosnek and Showalter put their names in Iowa's record books. Cosnek is tied for second in season game-winning goals (six), tied for fourth in career game-winning goals (six), and tied for eighth for goals in a single-season (nine).

After dishing out three assists in her first collegiate match against Drake (Aug. 23), Showalter became Iowa's all-time leader for most assists in a single match. She ended the season with nine assists, putting her in a four-way tie for most assists in a single-season.



Kelsey Shaw started all 56 games of her career and was named to the 2008 Pepperdine Nike Challenge All-Tournament Team.

HOME SUCCESS

The Hawkeyes went 7-5 last season at the UI Soccer Complex, a new school record for most home wins in a season. Iowa is 14-10-2 at home over the last three seasons.

ACADEMIC SUCCESS

Twelve Hawkeyes were named academic all-Big Ten: **Erica Clausen** (second selection), **Kali Feiereisel** (first selection), **Mandy Heilmann** (first selection), **Stephanie Hyink** (first selection), **Jackie Kaeding** (third selection), **Amanda Martin** (first selection), **Kelsey McCarron** (second selection), **Alexandria Seydel** (second selection), **Nicole Slevin** (second selection), **Katie Smeltzer** (second selection), **Stephanie Swanson** (first selection) and **Heather Windsor** (first selection).



IOWA HAWKEYES SOCCER

Head Coach Ron Rainey



Ron Rainey

Head Coach
Fourth Season

Ron Rainey is in his fourth year as head coach of the Hawkeyes.

Last season, Rainey coached the Hawkeyes to a record of 9-11-1, including a 7-5 record at home and a second-straight berth to the Big Ten Tournament. Rainey has continued his success with the rebuilding of Iowa Soccer as the nine wins were the most since 2002 and Iowa's seven home wins were a school record.

The rebuilding effort continued in 2007, Rainey's second season at the helm of the Hawkeyes. Rainey coached the Hawkeyes to a record of 8-8-4, the program's best record since 2001. Iowa also earned a trip to the Big Ten Conference tournament for the first time since 2001.

Rainey joined the Hawkeyes from Ball State University before the start of the 2006 season, where he served as the school's head coach since the program's inaugural season in 1999. Under his tutelage, the Cardinals posted a 70-52-17 record in seven seasons.

Ball State showed swift improvement under Rainey's guidance, and amassed a 62-25-14 record in his last five years. In 2001, he coached the third-year program to a 12-6-2 mark and was named Mid-American Conference Coach of the Year. In 2005, Rainey guided Ball State to a 15-3-2 record and advanced to the Mid-American Conference Tournament for the fifth-consecutive year.



The Rainey family (l-r): Ron, Sally (6), Mary (4), Margaret, Wade (8)



Before starting the program at Ball State, Rainey served as an assistant coach at the University of Iowa for the first two seasons of the Hawkeye program (1997-98). In Iowa's first year of varsity soccer, Rainey and the Hawkeyes were named the No. 1 first-year program by *Soccer Buzz Magazine*.

Prior to his stint with Iowa, Rainey was the head women's coach at Towson State University for one year, where his team was 10-7-2 and won the America East Tournament. He has also served as an assistant coach at the University of Cincinnati (1995-96), and head coach and sports information director at the University of Wisconsin-Parkside (1994-1995), where his first year team finished with a 10-6-2 record. Rainey was also the graduate assistant coach at Trenton State College (1992-94).

Outside the collegiate ranks, Rainey has served as a regional staff coach for the Region II Girls Olympic Development Program every summer since 1994. Currently, Rainey is the coach of Region II National team liaison. He received his United States Soccer Federation (USSF) "A" License in 1996. He has also written articles for leading soccer publications such as *Soccer Coaching Magazine* and presented at numerous coaching clinics around the Midwest. He has also served on the NCAA and NSCAA ranking committees.

Rainey graduated from Wilkes University in 1992 with degrees in Mathematics and English. He went on to get his Master of Education degree from Trenton State College in 1994.

As a player, Rainey was a two-time captain and team MVP for Wilkes University. In 1990, he was a second team National Soccer Coaches Association of America (NSCAA) all-region pick.

Rainey's wife Margaret earned her Masters degree in education at Iowa and played collegiate soccer at the University of Wisconsin. They have three children: Wade (8), Sally (6) and Mary (4).



Shane Meridith

Assistant Coach
First Season

Shane Meridith is in his first season as an assistant coach at Iowa. His duties will include coaching the midfield and forwards, coordinate recruiting and administrative duties.

Meridith spent the previous two seasons as an assistant at Miami of Ohio. He has prior experience with Rainey, as he was an assistant on Rainey's staff at Ball State from 2000-01. He also spent one year at Indiana University-Purdue University Indianapolis (IUPUI) during the 2003-04 season.

He was previously the head coach for the Carmel United Soccer Club (2002) and has worked as Director of Coaching at Cincinnati's (OH) West-side Soccer Club. In addition, Meridith was a longtime staff coach for the Indiana Youth Soccer Association (1994-2007) and serves as a Region II staff coach for the United States Youth Soccer Federation. He has a USSF National "A" License.

Meridith, a four-year letterwinner at Earlham (84-87), coached at his alma mater for six years leading the Quakers to a 53-56-5 record between 1994-2000. He was named North Coast Athletic Conference (NCAC) Coach of the Year in 1998 and served on the NSCAA Great Lakes Region and Coaches Ranking Committee.

He earned his bachelor's degree in education from Earlham (1989) and has completed coursework towards a master's degree in sports psychology from Ball State. Meridith and his wife, Darcey, have a daughter, Josie (6).



Eileen Narcotta

Assistant Coach
Fourth Season

Eileen Narcotta is in her fourth season as an assistant coach for the Hawkeyes. Her duties at Iowa include coaching the defenders and goalkeepers, managing travel arrangements, video coordination, conditioning and recruiting.

Narcotta joined the Iowa program from Ball State, where she was an assistant coach with Ron Rainey for four seasons. While at Ball State, Narcotta was in charge of coaching goalkeepers and defenders, while assisting in practice planning and recruiting. In 2005, Narcotta helped the Cardinals to a 15-3-2 record and advanced to the Mid-American Conference Tournament for the fifth-consecutive year. She has coached two goalkeepers to all-MAC honors, including Ali Becker, who transferred to Iowa from Ball State and finished her playing career in 2007. Narcotta also coached Becker to NSCAA All-Great Lakes region honors.

Narcotta received her masters in sports administration from Ball State in 2006. She graduated from Vermont in 2000 with a degree in nutritional and food sciences and was a member of the Vermont soccer team for five seasons. She was an assistant at Vermont for one season before accepting an assistant coaching at Bowdoin College in Brunswick, ME, in August of 2000.

Narcotta currently serves as a Regional Staff Coach for the Region II Girls' Olympic Development Program and for the Iowa Olympic Development Program. She holds both a United States Soccer Federation (USSF) "B" License and an Advanced National Diploma from the National Soccer Coaches Association of America (NSCAA).



IOWA HAWKEYES SOCCER

Season Preview

The University of Iowa soccer team finished 9-11-1 during the 2008 season, improving yet again after a program-boosting 2007 season. Iowa's nine wins are the most the program has recorded since the 2002 season, including three against Big Ten Conference teams. For the second year in a row, the Hawkeyes earned a berth to the Big Ten Tournament, marking only the second time in school history the club has made it to the tournament in back-to-back seasons. This season's expectations are higher than ever for head coach **Ron Rainey's** team.

"The last three years we've made strides with our competitive level and in the Big Ten," Rainey said. "We've been in more games that could go either way and that is a huge improvement from three years ago. We want to get greedy. We've made little jumps every year and now we want to make a big jump. There has to be a huge commitment from the team to get better every day in practice. There also has to be a huge commitment from the student-athletes how they handle classes and take care of themselves."

Co-captains this year will be **Jackie Kaeding** and **Heather Windsor**. The senior duo, along with five fellow seniors, will lead the team that consists of a good mix of experience and competitiveness. Rainey expects every position to be competitive for the starting spots, as many freshmen and sophomores have 20 games or more experience on the field. The squad will welcome nine freshmen that bring a range of knowledge about the game from high school to international competition.

This season, the Hawkeyes will welcome a new assistant coach. **Shane Meridith** comes to Iowa from Miami of Ohio and will reunite with Rainey after serving as his assistant at Ball State in 2000-01. Meridith, a graduate of Earlham College, has many years of coaching experience in the collegiate and club level. **Eileen Narcotta** returns for her fourth year at Iowa.

"Shane coming in will add a new set of eyes and a different outlook for the coaches and the team," said Rainey of his new assistant coach. "He's an excellent coach and he has a great personality, so I think that will help on the field. Eileen has done a good job with the goalkeepers and defenders, so that will help with continuity."

GOALKEEPERS

The Iowa roster this year includes five goalkeepers-**Emily Moran**, **Kali Feiereisel**, **Erica Clausen**, **Stephanie Swanson** and **Rachel Spellerberg**. Feiereisel and Moran were the leaders in the net last year, but Rainey expects good competition this year for the starting position.

"We think Kali and Emily have separated themselves a little bit," Rainey said. "**Stephanie Swanson** has also pushed people in practice and some Big Ten games. **Erica Clausen** and **Rachel Spellerberg** will help with that dynamic as well. It is going to be a strong position for us."

Feiereisel's season was cut short after breaking her arm in the match against North Dakota State, but Rainey looks for her to come back strong.

"We're looking forward to having Kali back from her arm injury, which caused her to miss the last seven games of the year. We're also interested to see if Emily can keep her strong play up from the fall and spring," Rainey said. "What was a young group of goalkeepers is now an experienced group, so we will call on them to make big saves for us this year."

DEFENDERS

Following a season with young defenders, the Hawkeyes look to their 2008 MVP, junior **Jenna Aleo**, to lead the backfield. Sophomores **Suzy Levett** and **Rachel Blakesley** will also bring experience for the defense. Blakesley started every match as a freshman, while Levett recorded minutes in all 21 matches. Junior **Mandy Heimann** will also add depth to the starting lineup, with 31 starts in her career as a Hawkeye, but Rainey expects competition at this position as well.

"They will be pushed by some of our newcomers, so that will be a competitive position through the preseason," Rainey said.

Incoming freshmen slated to record minutes in the back line include **Gabby Ainsworth**, **Dana Dalrymple**, **Stefani Campbell** and **Katherine Lewis**.

MIDFIELDERS

Possibly the most experienced group on the field, the midfielders, will be led by seniors **Jackie Kaeding** and **Alex Seydel**, who have each started every game of their career for an impressive combined 102 starts. Kaeding has been versatile playing minutes in the midfield and on defense.

"Alex has just been a rock for us out there and Jackie has shown the athletic and tactical ability to play both on defense and in the midfield," explained Rainey. "Those will be the two that will do a lot of positive things for us."

Morgan Showalter, a member of the 2008 all-Big Ten Freshmen team, leads the attack from midfield in her sophomore season. Showalter looks to improve her defensive play in the 2009 season, as well as continue to excel on the offensive side of play.

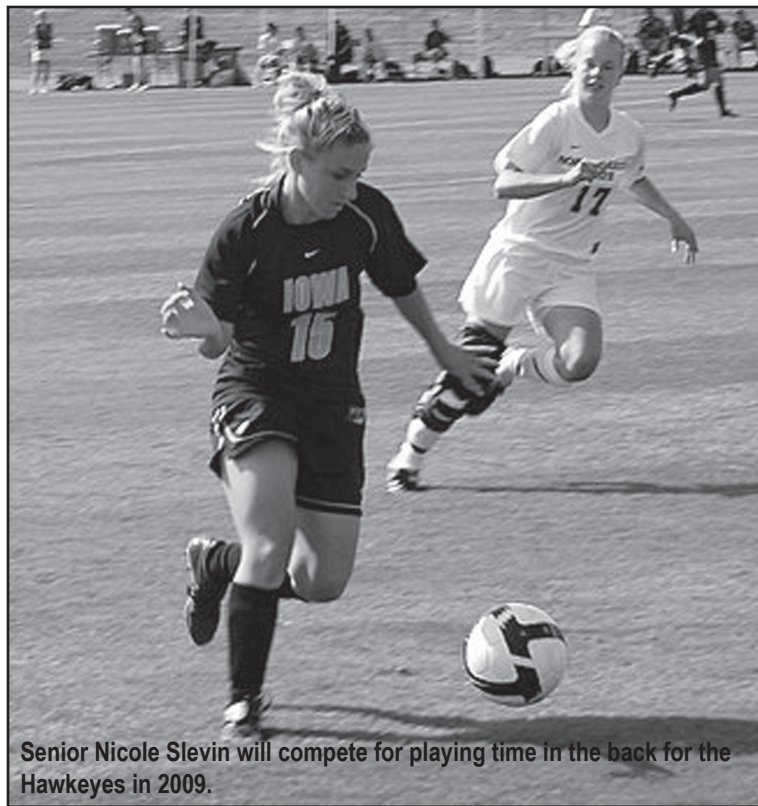
"We've told her her challenge this year is to become an all-Big Ten player," Rainey said. "She has to step up her game even more offensively and add a defensive presence to the game. She has been working hard through the spring and summer on these things."

IOWA HAWKEYES SOCCER

Season Preview/Meet the Hawkeyes



The Hawkeyes will welcome six new midfielders to the team including **Dana Dalrymple**, **Jade Grimm**, **Emily Jaffe**, **Jenny Kahler**, **Katherine Lewis** and **Alyscha Mottershead**. Freshmen midfielders will bring an array of experiences to the squad led by Mottershead, who has competed in many international tournaments for the Canadian Under-17 National team.



Senior Nicole Slevin will compete for playing time in the back for the Hawkeyes in 2009.

FORWARDS

Junior **Keli McLaughlin** and sophomore **Alyssa Cosnek** will be the main threats up front. McLaughlin is currently tied for fifth in school history for assists in a single-season (6) and Cosnek started every match as a freshman. **Ron Rainey** looks for these two to be big playmakers on the field.

"We feel that those players with 40 and 20 games experience, and a couple springs under their belt, will be able to step up their games a little bit," said Rainey. "They need to know when they get scoring opportunities. We're counting on them to finish."

Rainey also looks for players such as **Alli Bellmer**, **Kim White** and **Amanda Martin** to help through the season with team competition, and be able to come off the bench to play solid minutes. Many players on this year's squad have game experience that Rainey expects to be crucial in the overall production of the team.



Erica Clausen

Senior
Goalkeeper
Portland, OR

2008 as a Junior... Did not see any action during the season.

2007 as a Sophomore... Did not see any action during the season.

2006 as a Freshman... Did not see any action during the season.

High School... Three time all-metro selection... first team all-state as a sophomore and honorable mention all-state as a senior... two-year team captain... led high school team to Metro League championship and third place finish at Oregon State Tournament in 2003... allowed only one goal in Metro League play as a sophomore... played eight years with the LOSC Rain Devils club team... led club team to three state finals appearances in 2001, 2003 and 2005 including a state title in 2001... member of Olympic Development Program for four years.

Personal... Born December 25, 1987... daughter of Marc Clausen... political science major... attended Sunset High School and was coached by Joy Boswell and Tim Bennet.

GETTING TO KNOW ERICA

Nickname: E

Favorite Soccer Player: Michelle Akers

Favorite Soccer Team: None. I just enjoy watching a good match!

Favorite Food: Pad Thai

Favorite Movie: *The Devil Wears Prada*

Favorite TV Show: *Grey's Anatomy*

Favorite Musical Artists: Rock music

Favorite Vacation Spot: Europe

Favorite Book: Too many of them!

Hobbies: Ceramics, student government, Hawkeye Pride!

Surprising Fact: I am terrified of the dark and scary movies.

I Am Most Thankful For... My loving family, and most importantly my father who has dedicated his life to seeing that I have a happy and successful one.

WHY IOWA?

Upon reaching town, it was not long before I realized the tremendous amount of pride that the community of Iowa City has in the university. The academic and athletic atmosphere on campus encompasses the true essence of a full college experience. Given the high ranking of my major within the school and the ability to play soccer at a top notch level in the Big Ten, Iowa was an obvious standout.



IOWA HAWKEYES SOCCER

Meet The Hawkeyes



Jackie Kaeding

Senior (RS)

Midfielder

Coralville, IA

2008 as a Redshirt Junior... Academic all-Big Ten... made the transition to defense from midfielder after the 2007 season... started all 21 matches during the season... scored game-winning goal against nationally-ranked

Illinois (Oct. 10)... had seven shots on the season.

2007 as a Redshirt Sophomore... Academic all-Big Ten... appeared and started in 18 matches... recorded three goals and one assist on the season... recorded game-winning goals against Creighton (Sept. 21) and Michigan State (Sept. 28)... also recorded goal against Michigan (Sept. 30)... recorded 18 shots, including 10 shots-on-goal.

2006 as a Sophomore... Academic all-Big Ten... redshirted... missed the entire season with an injury.

2005 as a Freshman... Appeared in seven matches with two starts... scored first collegiate goal at Indiana (Oct. 23)... recorded first collegiate assist at Purdue (Oct. 21).

High School... Two-time first team elite all-state and member of the state all-tournament team... three-time first team all-conference selection... team captain as a junior and senior... led her high school team to a state and conference championship in 2004... member of the Iowa City Alliance, Cedar Rapids Heartland and Iowa City Soccer Club teams... served as team captain for all three club teams.. voted Iowa City Soccer Club MVP... academic all-conference selection and member of the National Honor Society... also lettered four years in basketball and was a two-time all-conference selection... voted Iowa City West High Female Athlete of the Year in 2005.

Personal... Born March 24, 1987... daughter of Terry and Larry Kaeding... journalism and mass communication major... sister of former Hawkeye all-American and current San Diego Chargers kicker Nate Kaeding... attended Iowa City West High School and was coached by Dave Rosenthal and Jon Cook.

KAEDING'S CAREER STATISTICS

Year	GP/GS	SH	G	A	PTS
2005	3/3	1	1	3	5
2006		Redshirted			
2007	18/18	18	3	1	7
2008	21/21	7	1	0	2
Totals	42/42	26	5	4	14

WHY IOWA?

Growing up in Coralville, I was one of many adolescents who dreamed of being a Hawkeye. That kind of following says a lot about the quality of a university. Not only were both of my brothers graduates from the U of I, but as I became interested in a career in journalism - it was Iowa's school of Journalism and Mass Communication's stellar reputation that really sold me. Lastly, I really saw a lot of potential in the soccer program. I remember thinking how amazing it would be to be a part of a transformation into something really monumental.



GETTING TO KNOW JACKIE

Nickname: Jack

Favorite Soccer Player: Pele

Favorite Soccer Team: Brazil

Favorite Food: Ice Cream

Favorite Movie: Casino

Favorite TV Show: The Sopranos

Favorite Musical Artists: Billy Joel, Frankie Valli & The Four Seasons

Favorite Vacation Spot: Las Vegas, NV

Favorite Book: Flamingo Rising

Hobbies: Watching movies, shopping, laughing, having an all-around good time.

Surprising Fact: I have bunions.

I Am Most Thankful For...: My amazing family!



Alexandria Seydel

Senior

Midfielder

San Diego, CA

2008 as a Junior... Academic all-Big Ten... started all 21 matches... scored two goals and had two assists on the season... converted penalty kick against Missouri (Sept. 19)... also scored against Wisconsin (Oct. 26)... two assists came at Iowa State (Sept. 21) and in Iowa's Big Ten Tournament match against Penn State (Nov. 6)... recorded 14 shots.

2007 as a Sophomore... Academic all-Big Ten... started all 20 matches... led team in assists (four)... recorded first collegiate goal against South Dakota State (Sept. 23), which was also game-winner... recorded 23 shots.

2006 as a Freshman... Started all 19 matches... tallied 16 shots, including five shots on goal.

High School... Four-year team captain... three-time all-CIF and three-time all-league selection... named league Player of the Year as a sophomore... recipient of the Coca-Cola Golden Kick Award as a junior... two-time team MVP... led high school team to division II championship as a junior... member of the PQ Premier club team for nine years and San Diego Surf SC club team for two years.

Personal... Born November 10, 1987... daughter of Ann and Eric Seydel... business finance major... attended Westview High School and was coached by Peter Stogsdill and Colin Chesters.

SEYDEL'S CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2006	19	19	16	0	0	0
2007	20	20	23	1	4	6
2008	21	21	14	2	2	6
Career	60	60	53	3	6	12

WHY IOWA?

I fell in love with Iowa City on my official visit - the campus, the town, and the people! I needed and wanted a change of scenery after growing up in Southern California. My parents also grew up in Iowa City. With a majority of extended family still living here, Iowa City had always been sort of my second home.



GETTING TO KNOW ALEXANDRIA

Nickname: Al

Favorite Soccer Player: Frank Lampard

Favorite Soccer Team: English National Team, Chelsea

Favorite Food: Ice Cream

Favorite Movie: *When Harry Met Sally*

Favorite TV Show: *Brothers & Sisters*

Favorite Musical Artists: Garth Brooks, The Fray

Favorite Vacation Spot: Catalina Island, CA

Favorite Book: *The Fountainhead*

Hobbies: Basketball, lacrosse

Surprising Fact: I never wear matching-colored socks.

I Am Most Thankful For...: My family, my friends and my health



IOWA HAWKEYES SOCCER

Meet The Hawkeyes



Kim White

Senior

Forward

Providence, UT

Hawk Item... Transferred to Iowa after playing two seasons at Iowa Western Community College.

2008 as a Junior... Did not play (injury).

2007 as a Sophomore at Iowa Western Community College... Played in 22 games as a sophomore, tallying 26 goals and 15 assists... set school record for most goals in a season... set IWCC record for most goals, assists and points in a career... National Soccer Coaches Association of America (NSCAA) first team all-American.

2006 as a Freshman at Iowa Western Community College... Played 17 games as freshman, tallying 24 goals and 17 assists... set school record for most assists in a season... NSCAA first team all-American selection... ICCAC first team all-Region selection...

High School... Two-time second-team all-state selection at Mountain Crest... two-time all-conference selection... scored 15 goals and 10 assists as a senior... played club soccer for Valencia Soccer Club in 2005 and Extreme 87 Soccer Club from 2003-05... National Honor Society member.

Personal... Born December 8, 1987... daughter of Gary and Jane Olsen... interdepartmental studies major... attended Mountain Crest High School and was coached by Amber Smith and Megan Thunell... club soccer coach was Dennis Gilles.

GETTING TO KNOW KIM

Nickname: Kipper

Favorite Soccer Player: Cristiano Ronaldo

Favorite Soccer Team: Manchester United

Favorite Food: Mom's homemade chicken noodle soup

Favorite Movie: *How To Lose A Guy In 10 Days*

Favorite TV Show: *Everybody Loves Raymond*

Favorite Musical Artists: Rascal Flatts

Favorite Vacation Spot: Lake Powell

Favorite Book: *Twilight*

Hobbies: Scrapbooking, wake surfing, snowboarding

Surprising Fact: I used to be obsessed with the Backstreet Boys.

I Am Most Thankful For...: My parents

WHY IOWA?

I chose Iowa because I believe that playing for a good coach and being surrounded by girls that are your friends and not just your teammates is more important than winning games. I was sold on Iowa when I got to meet the coaches and see how the players interacted with the team.





Kelsey McCarron

Senior

Forward

Delray Beach, FL

2008 as a Junior... Played in career-high nine matches... did not record any statistics.

2007 as a Sophomore... Academic all-Big Ten... played in two matches... saw action against in-state foes Iowa State and Northern Iowa.

2007 as a Freshman... Played in six matches... saw first collegiate action and recorded first collegiate shot at Missouri (Aug. 25).

High School... Played for the Florida Renegades club team... led team to state championship in 2005 along with regional championships in 2002-04... first team all-Palm Beach County selection in 2004... scored 16 goals and tallied four assists as a junior... three-year letterwinner in basketball... also competed in gymnastics for 10 years, including a first place finish on vault at the 2002 AAU Nationals.

Personal... Daughter of Kathy and Brian McCarron... integrative physiology major... attended Atlantic Community High School and was coached by Kelley Winslow.

McCARRON'S CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2006	6	0	1	0	0	0
2007	2	0	0	0	0	0
2008	9	0	0	0	0	0
Career	17	0	1	0	0	0

GETTING TO KNOW KELSEY

Nickname: McCarron

Favorite Soccer Player: Cristiano Ronaldo

Favorite Food: Sushi, mint chocolate chip ice cream

Favorite Movie: *Cool Runnings*

Favorite TV Show: *Sportscenter*

Favorite Musical Artists: T.I., Barenaked Ladies

Favorite Vacation Spot: Any place warm with a beach

Favorite Magazine: *Sports Illustrated*

Hobbies: Painting/drawing, sports, outdoor activities

Surprising Fact: I am scared of the dark.

I Am Most Thankful For...: My loving family and friends

WHY IOWA?

I chose Iowa because it's a great school. It's a prestigious medical research institution and we get to compete in the Big Ten Conference. Football seasons are great and there are tons of nice people everywhere.





IOWA HAWKEYES SOCCER

Meet The Hawkeyes



Heather Windsor

Senior

Midfielder

Temecula, CA

2008 as a Junior... Academic all-Big Ten... Played in career-high 19 matches as a midfielder... recorded four shots on the season (two shots-on-goal).

2007 as a Sophomore... Appeared in 14 matches... recorded first collegiate goal against Northern Iowa... recorded two shots.

2006 as a Freshman... Named team's Most Improved Player... did not see any action in the field.

High School... Two-time first team all-league selection... all-valley and all-CIF picks as a junior... Puma Scholar Athlete of the Year as a freshman and junior... team defensive MVP all four years of high school... led her high school team to a CIF finalist appearance in 2004 and were undefeated league champions in 2005... played three years of club soccer with the Rancho Santa Fe Attack... also played with CYSA in the South Premier League... captain of both club and high school teams as a senior... club team was WAGS champions in 2004.

Personal... Born March 14, 1988... daughter of Howard and Lori Windsor... interdepartmental studies major... high school coaches were Amy Literra, Jenny Lawler and Jimmy Murphy.

WINDSOR'S CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2006	0	0	0	0	0	0
2007	14	0	2	1	0	2
2008	19	0	4	0	0	0
Career	33	0	6	1	0	2

GETTING TO KNOW HEATHER

Nickname: Heath Beath, Heathy, Keather

Favorite Soccer Player: John Terry

Favorite Soccer Team: Iowa Hawkeyes, Chelsea

Favorite Food: Mexican

Favorite Movie: *American Beauty*, *Caddyshack*

Favorite TV Show: *The Office*

Favorite Musical Artists: Jason Mraz, Counting Crows, John Mayer

Favorite Vacation Spot: Hawaii

Favorite Book: *Kite Runner*, *The Alchemist*, *Catcher in the Rye*

Hobbies: The beach, all sports, the outdoors, movies, time with friends and family, my dogs, napping

WHY IOWA?

A combination of factors brought me to Iowa. I loved the campus and the whole college atmosphere offered at Iowa. I was also impressed by the athletic environment with high-quality facilities and staff, and the appeals of the challenging competition of the Big Ten Conference. Additionally, the amount of support that the various teams and the athletic department receive from the community was evident and something that I wanted to be a part of. Finally, the prestigious medical and nursing programs, in addition to the soccer program, made Iowa a good fit for me. In the end, I think I made a great choice. I love my teammates, my coaches, and the challenging academic and athletic environment that pushes me to grow as a person and a player. Go Hawks!



Surprising Fact: I have participated twice in the University of Iowa's 24-hour Dance Marathon to raise money for children with cancer at the U of I Hospital & Clinics.

I Am Most Thankful For...: Being blessed with loving and supportive family and friends.



Nicole Slevin

Senior
Defender
San Pedro, CA

2008 as a Junior... Played in career-high five matches... did not record any statistics.

2007 as a Sophomore... Academic all-Big Ten... played in three matches... saw action against Northern Iowa, Wisconsin and Northwestern.

2006 as a Freshman... Played in one match... made first collegiate appearance and recorded first career shot at Michigan (Oct. 13).

High School... Two-time all-league pick, including first team selection as a junior... named team offensive MVP as a junior... scored 10 goals and recorded 18 assists as a junior... netted 12 goals and tallied 20 assists as a senior... played for the Palos Verdes Breakers Soccer Club for five years.

Personal... Born August 5, 1988... daughter of Anne Ingalls and Jim Slevin... mother ran track at Illinois... marketing and management major... attended Bishop Montgomery High School and was coached by Shannon and Dan Martinez along with Traci Arkenberg.

SLEVIN'S CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2006	1	0	1	0	0	0
2007	3	0	1	0	0	0
2008	5	0	0	0	0	0
Career	9	0	2	0	0	0

GETTING TO KNOW NICOLE

Nickname: Nic, Slevin

Favorite Soccer Player: Roberto Carlos

Favorite Soccer Team: The Big Green Machine

Favorite Food: Pasta

Favorite Movie: *The Boondock Saints*

Favorite TV Show: *Grey's Anatomy, Law & Order SVU*

Favorite Musical Artists: No favorite!

Favorite Vacation Spot: The Bahamas

Favorite Book: *The Perks of Being a Wallflower*

Hobbies: Drawing, reading, taking pictures, going to the beach!

I Am Most Thankful For...: My family and friends!

WHY IOWA?

When I started looking at schools I was only considering schools in California that were relatively close to home. After a recruiting visit, I decided getting out of California was a good idea. It was a great choice and now I love Iowa!



Stephanie Swanson

Junior
Goalkeeper
Downers Grove, IL

2008 as a Sophomore... Saw action in one match, at Penn State (Oct. 19)... made a career-high eight saves against Penn State.

2007 as a Freshman... Saw first collegiate action as a starter in regular-season finale at Minnesota (Nov. 2)... named Big Ten co-Defensive Player of the Week for efforts against Minnesota... recorded three saves.

High School... All-conference selection twice... team captain as a senior... honorable mention all-area team as a senior... honorable mention all-sectional during junior season ... member of 2006 West Suburban Silver Conference championship team.

Personal... Born July 27, 1989... daughter of Susan and Brian Swanson... Illinois State scholar... National Honor Society member... mechanical engineering major... attended Downers Grove North High School and was coached by Lois Graham.

SWANSON'S CAREER STATISTICS

Year	GP/GS	SV	GA	SO	REC	SV%	MIN
2007	1/1	3	0	1	1-0-0	1.000	90:00
2008	1/0	8	1	0	0-1-0	.889	75:49
Career	2/1	11	1	1	1-1-0	.916	165:49

GETTING TO KNOW STEPHANIE

Nickname: Swany

Favorite Soccer Player: Peter Schmeichel

Favorite Soccer Team: Manchester United

Favorite Food: Steak

Favorite Movie: *Anchorman*

Favorite TV Show: *Mythbusters, Grey's Anatomy*

Favorite Musical Artists: Mostly everything

Favorite Vacation Spot: Michigan's upper peninsula

Favorite Book: *Slaughterhouse-Five, It's Not About The Bike*

Hobbies: Golf, snowboarding, relaxing, hanging out with friends

Surprising Fact: I am a huge Green Bay Packers fan.

I Am Most Thankful For...: My mom and also the people and opportunities that have gotten me to where I am and continue to help me grow.

WHY IOWA?

I really liked the campus and the environment of the university. Also, the small engineering college at a Big Ten university was additionally appealing. And of course, my teammates and coaches are a plus.



IOWA HAWKEYES SOCCER

Meet The Hawkeyes



Jenna Aleo

Junior

Defender

Tinley Park, IL

2008 as a Sophomore... Named second team all-Big Ten as a defender... named to Pepperdine Nike Challenge All-Tournament team... started all 21 matches as a defender... dished out one assist (Northern Iowa; Sept. 12)... recorded six shots (four shots-on-goal).

2007 as a Freshman... Saw action in 13 matches, starting nine as a defender... started first collegiate match in opener against Navy (Aug. 31)... recorded one assist on the season.

High School... All-state selection three times... all-conference and all-area selection during all four high school years... SICA West's Top Defender of the Year during sophomore season... all-sectional selection during freshman season... played club soccer for Windy City Pride for seven years... was two-time team MVP and also won WCP Defender of the Year.

Personal... Born March 21, 1989... daughter of John and Debbie Aleo... interdepartmental studies major... attended Andrew High School and was coached by Nick Kolliniatis.

ALEO'S CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2007	13	9	0	0	1	1
2008	21	21	6	0	1	1
Career	34	30	6	0	2	2

GETTING TO KNOW JENNA

Nickname: Gayleo, Jaleo, J

Favorite Soccer Player: Fabio Cannavaro

Favorite Soccer Team: Chicago Fire

Favorite Food: French toast sticks with syrup

Favorite Movie: *Antitrust*

Favorite TV Show: *8 Simple Rules*

Favorite Musical Artists: Trevor Hall, O.A.R., country music!

Favorite Vacation Spot: Florida

Favorite Book: *The Kite Runner*

Hobbies: Baking, playing tennis, singing, and taking naps

Surprising Fact: I used to be good at gymnastics.

I Am Most Thankful For...: My family and friends.

WHY IOWA?

I chose Iowa because I liked the campus and soccer program. The university was also a decent distance from home for me.





Kali Feiereisel

Junior

Goalkeeper

Libertyville, IL

2008 as a Sophomore... Academic all-Big Ten... played in 13 matches (10 starts) before sustaining season-ending arm injury against North Dakota State (Oct. 5)... split time in goal with freshman Emily Moran and the two combined for seven shutouts... made 25 saves on the season... only allowed seven goals, with her goals-against-average being 1.08... went 4-3-1 during the season.

2007 as a Freshman... Saw action in nine matches, including six starts in conference play... finished the season ranked fourth in the Big Ten in saves-per-game (4.11)... made first collegiate appearance in goal against Northern Iowa (Sept. 18) and started first collegiate match against Purdue (Oct. 12)... corralled 37 saves... recorded first collegiate shutout against Ohio State (Oct. 21).

High School... All-conference selection twice... defensive MVP as a sophomore... honorable mention as a freshman... member of Eclipse Select club team for two years... part of USYSA national championship team in 2006... also earned four letters in basketball including all-Conference and all-area honorable mention as a senior.

Personal... Born December 3, 1988... daughter of Mark and Lise Feiereisel... international studies major... member of National Honor Society... attended Libertyville High School and was coached by Scott Schinto.

FEIEREISEL'S CAREER STATISTICS

Year	GP/GS	SV	GA	SO	REC	SV%	MIN
2007	9/6	37	13	1	1-6-0	.740	658:55
2008	13/10	25	7	0	4-3-1	.781	581:39
Career	22/16	62	20	1	5-9-1	.756	1240:57

GETTING TO KNOW KALI

Nickname: K, Fire

Favorite Soccer Player: Edwin Van der Sar

Favorite Soccer Team: Manchester United

Favorite Food: Hummus, guacamole

Favorite Movie: *The Italian Job*

Favorite TV Show: *Grey's Anatomy, Brothers and Sisters, House*

Favorite Musical Artists: Jack Johnson, Coldplay, Goo Goo Dolls

Favorite Vacation Spot: London, England

Favorite Book: *Angels & Demons*

WHY IOWA?

I chose the University of Iowa over other schools because of the wide range of academics, players and coaches on the soccer team and the overall atmosphere of the campus. After my freshman year, I could not be happier about my decision. The classes are enjoyable and interesting, players and coaches have turned into a second family and Iowa City feels like home.



Hobbies: Traveling, Watching or playing tennis, ceramics, music

Surprising Fact: I do not like chocolate. It makes me sick.

I Am Most Thankful For... The great support my family and friends give me and the opportunities I've had so far in my life.



IOWA HAWKEYES SOCCER

Meet The Hawkeyes



Mandy Heimann

Junior

Defender

Naperville, IL

2008 as a Sophomore... Academic all-Big Ten... started all 21 matches as a defender... recorded two shots (one shot-on-goal).

2007 as a Freshman... Saw action in all 20 matches, including 10 starts as a defender... started nine of 10 regular season conference matches... ended the season with one goal, the first of her collegiate career, against Northern Iowa (Sept. 18).

High School... Team captain and defensive MVP during senior season... team MVP as a sophomore... led team to Class AA Regional championship during junior and senior seasons... was part of Upstate 8 Championship team in 2004... played club soccer for Naperville Soccer Association for 11 years... captain of team for past five years.

Personal... Born November 10, 1988... daughter of Lynette & Jim Heimann... interdepartmental studies major... attended Neuqua Valley High School and was coached by Joe Moreau.

HEIMANN'S CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2007	20	10	3	1	0	3
2008	21	21	2	0	0	0
Career	41	31	5	1	0	3

GETTING TO KNOW MANDY

Nickname: Mandy

Favorite Soccer Player: Michael Ballack

Favorite Soccer Team: Germany

Favorite Food: Bread

Favorite Movie: *Breakfast At Tiffany's*

Favorite TV Show: *Gilmore Girls*

Favorite Musical Artists: Kenny Chesney

Favorite Vacation Spot: Ixtapa, Mexico

Favorite Book: *The Polar Express*

Hobbies: Drawing, writing, running

Surprising Fact: I love old black and white movies!

I Am Most Thankful For...: The close relationship I have with my parents.

WHY IOWA?

The University of Iowa is the TOTAL PACKAGE for me... it has a great, and rising soccer program with coaches and teammates who are very dedicated. The location is only three hours from my hometown, so my family can attend most of my games. The campus is gorgeous and the size of the student body was exactly what I was looking for.





Amanda Martin

Junior

Forward

Lewis Center, OH

2008 as a Sophomore... Played in 12 matches... recorded an assist against North Dakota State (Oct. 5) and against Purdue (Oct. 12)... recorded five shots (two shots-on-goal).

2007 as a Freshman... Saw action in 20 matches, starting 10... was credited with first collegiate assist against Northern Iowa (Sept. 18)... recorded five shots-on-goal.

High School... Four-year letterwinner... three-time all-county selection... two-time first team all-Ohio Capital Conference selection... two-time second team all-district selection... named team's Offensive Player of the Year twice... co-captain during senior year... started every game during high school career... scored 52 career goals... team leader in goals and assists in three of four high school years... played club soccer for Ambassador S.C. and Blast F.C... also earned three letters in basketball... holds record for most points scored in a varsity game by a freshman.

Personal... Born February 14, 1989... daughter of Garth & Cindy Cox... stepfather Garth played football for Ohio State... four-time scholar athlete award winner... National Honor Society member... Magna Cum Laude graduate... communication studies major... attended Olentangy High School and was coached by Josh Brader.

MARTIN'S CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2007	20	10	11	0	1	1
2008	12	0	5	0	2	2
Career	32	10	16	0	3	3

GETTING TO KNOW AMANDA

Nickname: Boo, Weezy, AMart

Favorite Soccer Player: Thierry Henry

Favorite Soccer Team: Iowa Hawkeyes!

Favorite Food: Cheese

Favorite Movie: *Heavyweights*

Favorite TV Show: Anything on VH1 or ESPN

Favorite Musical Artists: Everything

Favorite Vacation Spot: Mexico

Favorite Book: *Copycat*

WHY IOWA?

I have grown up around Ohio State and I knew I would like to play Big Ten soccer. I wanted to go somewhere that was big, but not too big. I had never been to Iowa before, but once I visited it I fell in love with the campus, coaches, and team!



Hobbies: Attending sporting events, hanging out with friends

Surprising Fact: My front teeth were once knocked out from playing basketball.

I Am Most Thankful For...: The opportunities I have had.



IOWA HAWKEYES SOCCER

Meet The Hawkeyes



Keli McLaughlin

Junior
Forward
Alsip, IL

Hawk-Item... Tied for fifth in school history for assists in a single-season (six).

2008 as a Sophomore... Named Iowa's Offensive Player of the Year... started all 21 matches... led team in points (20)... second on team in goals (seven) and assists (six)... recorded at least one point in 12 of Iowa's 21 matches... second on team with 31 shots.

2007 as a Freshman... Appeared in all 20 matches, starting three... recorded first collegiate goal in Big Ten Tournament quarterfinal loss to Penn State (Nov. 8)... recorded six shots-on-goal.

High School... All-State selection during junior and senior years... was named to all-conference, all-area and all-sectional teams during every year of high school... team MVP during all four years... team captain during senior season... scored 72 goals and 38 assists during high school career... led team to conference championship during senior season... holds school records for most goals scored, most shots on goal and most assists... played club soccer for Chicago Magic for five years and America's Soccer Club for three years... also earned four letters in basketball.

Personal... Born June 20, 1989... daughter of Denise & Brian McLaughlin... Honor Roll student... interdepartmental studies major... attended Shepard High School and was coached by Dustin Defrates.

MCLAUGHLIN'S CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2007	20	3	10	1	0	3
2008	21	21	31	7	6	20
Career	41	24	41	8	6	23

GETTING TO KNOW KELI

Favorite Soccer Player: I like watching all the players

Favorite Food: Chicken tenders

Favorite Movie: *Dumb & Dumber*

Favorite TV Show: *Law & Order*

Favorite Musical Artists: Lil' Wayne

Favorite Vacation Spot: Mexico

Surprising Fact: I don't like chocolate

I Am Most Thankful For...: My family

WHY IOWA?

I chose Iowa mainly for soccer purposes. In general, Iowa is just a great place. The soccer field is what really won me over from other schools. I wanted to be a part of a growing program and that is exactly what the soccer program here is doing. We made a name for ourselves this past year and that name is going to continue to become known.





Allison Bellmer

Sophomore

Forward

Wheaton, IL

2008 as a Freshman... Played in 14 matches... recorded eight shots (three shots on-goal).

High School... Three-time DuPage Valley all-Conference team selection... all-sectional team selection during junior year... Offensive Player of the Year during freshman and senior season... led team to Class AA Regional Championship as a junior and senior... led team to DuPage Valley Conference Championship as a senior and second-place finishes as junior and sophomore... played in 67 games during high school career, including 63 starts... scored 24 goals and tallied 19 assists during high school career... four-time DuPage Valley Conference academic all-Conference selection... played club soccer and was team captain for Chicago Fire Juniors from 2007-08... IHSA Scholastic Achievement Award recipient as a senior... also played guard for the basketball team in high school.

Personal... Born August 8, 1989... daughter of Herb and Stacia Bellmer... elementary education interest major... attended Wheaton Warrenville South and was coached by J. Guy Callipari... high school teammate of fellow Hawkeye Sarah Langlas... club soccer coach was Daryl Shore.

BELLMER'S CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2008	14	0	8	0	0	0

GETTING TO KNOW ALLISON

Nickname: Alli

Favorite Soccer Player: Wayne Rooney

Favorite Soccer Team: Chicago Fire

Favorite Food: Pasta

Favorite Movie: *How To Lose A Guy In 10 Days*

Favorite TV Show: *Keeping Up With The Kardashians*

Favorite Musical Artists: Keith Urban

Favorite Vacation Spot: Marco Island

Favorite Book: *My Sisters Keeper*

Hobbies: Scrapbooking

Surprising Fact: I love asparagus.

I Am Most Thankful For...: My family and friends

WHY IOWA?

I chose the University of Iowa because it's close to home. Also, I loved everything about the soccer program and the coaches. The school is the perfect size for me.





IOWA HAWKEYES SOCCER

Meet The Hawkeyes



Rachel Blakesley

Sophomore

Defender

Peoria, IL

2008 as a Freshman... Started all 21 matches for the Hawkeyes... recorded four shots (one shot on-goal).

High School... Two-time IHSSCA all-state selection during sophomore and senior years... four-time all-conference selection... four-time all-area selection... all-sectional selection during junior year... Team Gatorade Rookie of the Year as a freshman... named team MVP as a senior... named team captain during senior season... helped lead Notre Dame to four consecutive conference championships and two State Elite Eight appearances... team went 79-17-5 during a four year span... netted 65 goals and 42 assists during four years at Notre Dame... made final penalty kick in double overtime to win the Sectional Final in 2006... member of Illinois ODP Team and was State Select Player from 2002-2004... played club soccer for John Gaspar Academy from 2004-2008 and the Sporting Futbol Club from 1995-2004... also played two years of golf and was a sectional qualifier in as a freshman and sophomore... recipient of Presidential Award for Academic Excellence in Education... Honor Roll recipient during all four high school years... National Honor Society member.

Personal... Born May 23, 1990... daughter of Scott and Debbie Blakesley... pre-business major... attended Peoria Notre Dame and was coached by Matt Blackford... club soccer coaches were John Gaspar and Lou Basso.

BLAKESLEY'S CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2008	21	21	4	0	0	0

GETTING TO KNOW RACHEL

Nickname: RachBlakes

Favorite Soccer Player: Lionel Messi

Favorite Soccer Team: Portugal

Favorite Food: Ice Cream

Favorite Movie: *What Happens In Vegas*

Favorite TV Show: *Grey's Anatomy*

Favorite Musical Artists: Kate Voegele, Dave Matthews Band

Favorite Vacation Spot: Amelia Island, FL

Favorite Book: *The Notebook*

Hobbies: Running, reading, listening to music, golfing

Surprising Fact: I once drank Miracle Grow when I was little.

I Am Most Thankful For...: My friends and family.

WHY IOWA?

I chose the University of Iowa because of the academic reputation of their business school. The location was appealing and reminded me of my hometown. After meeting Coach Rainey, and speaking with the soccer staff members and team, I was convinced this was the right place for me.





Alyssa Cosnek

Sophomore

Forward

Aliquippa, PA

2008 as a Freshman... Named to Big Ten all-Tournament team... started every match of the season for the Hawkeyes... led team in goals (nine)... tied for eighth all-time in Iowa's record

books for most goals in a season... led the Big Ten in game-winning goals (six)... finished 10th in the Big Ten in points (18)... scored two goals in first collegiate match against Drake (Aug. 23)... recorded 30 shots, including 18 shots-on-goal.

High School... Three-time all-section team selection... two-time WPIAL selection... two-time team captain... named Team MVP of senior season... section MVP during senior season... led Hopewell in scoring sophomore, junior, and senior seasons... led team in assists during freshman season with 16... set school record for most career goals scored (85)... tallied 67 assists during high school career... played club soccer for Northern Steel Ice from 2004-2007... was a member of the U.S. Club Regional Qualifiers in 2006 and 2007... also four-year letterwinner in gymnastics and track... placed in Top 10 at Pennsylvania State Championships as a gymnast in the silver division and also competed in four events for track... Student Athlete Award recipient during all four years of high school.

Personal... Born August 23, 1989... daughter of John and Paula Cosnek... pre-pharmacy major... attended Hopewell Area High School and was coached by Martin Byrnes... club soccer coach was Blair Gerlach.

COSNEK'S CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2008	21	21	30	9	0	18

GETTING TO KNOW ALYSSA

Nickname: Coz

Favorite Soccer Player: My brothers

Favorite Soccer Team: Brazil

Favorite Food: Grilled food and pirogies

Favorite Movie: *Troy*, *Indiana Jones*

Favorite TV Show: *NCIS*

Favorite Musical Artists: Everything

Favorite Vacation Spot: Camping or beaches

Favorite Book: *The Hobbit*

Hobbies: Cutting grass, hanging out with friends

Surprising Fact: I have been to all but four states.

I Am Most Thankful For...: My family and everything God has blessed me with.

WHY IOWA?

I chose Iowa because the school had a full pharmacy program. I also love the campus and how it is landscaped. Lastly, the group of girls on the team that I met were awesome and I would love to be apart of the team!

#5





IOWA HAWKEYES SOCCER

Meet The Hawkeyes



Sarah Langlas

Sophomore

Midfielder

Wheaton, IL

2008 as a Freshman... Played in 19 matches as a midfielder... finished fifth on the team in points (seven)... recorded goals against Drake (Aug. 23), Iowa State (Sept. 21) and Northwestern (Oct. 24)... recorded game-winning goal against Iowa State... had one assist (Oct. 17 at Ohio State).

High School... All-conference, all-area, and all-sectional selection her senior year... team captain as a senior... helped lead her team to Dupage Valley Conference championship in 2008 and second place finishes in 2006 and 2007... team went 19-2-1 during Langlas' senior season, including Class AA Regional champions... Heart & Hustle Award and Rookie Most Valuable Player during sophomore season... member of ASC Eagles club team from 2006-08 and Glen Ellyn Raiders from 2002-06... four-time academic all-Conference selection... member of National Honor Society, Student Council, Senior Class Council and Athletic Leadership Council... also gained four letters in basketball and was named all-conference, all-area, all-sectional and all-state honorable mention during senior year.

Personal... Born June 3, 1990... daughter of Julie and Don Langlas... business-undeclared major... attended Wheaton Warrenville South High School and was coached by Guy Callipari... high school teammate of fellow Hawkeye Allison Bellmer... club soccer coach was Angel DiBernardo.

LANGLAS' CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2008	19	0	8	3	1	7

GETTING TO KNOW SARAH

Nickname: Slang

Favorite Soccer Player: Kristine Lilly

Favorite Soccer Team: Chicago Fire

Favorite Food: Sushi

Favorite Movie: *I Am Legend*

Favorite TV Shows: *Lost*, *Friends*

Favorite Musical Artists: Carrie Underwood, Dave Matthews Band

Favorite Vacation Spot: Mexico

Favorite Books: *Nineteen Minutes*, *The Millionaire Next Door*

Hobbies: Basketball, scrapbooking, rollerblading

Surprising Fact: I can write with my feet.

I Am Most Thankful For...: My family and friends

WHY IOWA?

In addition to the amazing campus and the great people I met on campus, I loved the soccer program and the many opportunities for the future. I have no idea what I want to study, but Iowa offers so many resources to help me figure it out.





Suzy Levett

Sophomore

Defender

Cedar Rapids, IA

2008 as a Freshman... Played in all 21 matches as a defender... started one match (Oct. 12 vs. Purdue)... recorded two shots on the season (one shot on-goal).

High School... Member of Xavier High School team that won three State championships from 2006-2008... elite all-state team selection as a senior... two-time all-state selection... captain of all-tournament team... three-time first-team all-conference selection... three-time all-metro selection... area leader in scoring and points twice... set a school record for goals in a season (37) as a sophomore... tallied 99 goals, 36 assists and 234 points during high school career... member of Iowa Olympic Development team from 2002-07, and was named co-captain in 2004 and 2005... member of Regional II ODP team from 2004-06... member of Cedar River Soccer Association for seven years, including state championship teams in 2003, 2005 and 2006... member of National Honor Society... 2007 leader nominee for National Council on Youth Leadership.

Personal... Born July 12, 1990... daughter of Jim and Paula Levett... pre-business major... attended Xavier High School and was coached by Raven Blackwell... high school teammate of fellow Hawkeye freshman Morgan Showalter... club soccer coaches are Shaun Howe, Kerry Brimmo and Alen Kudumovic.

LEVETT'S CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2008	21	1	2	0	0	0

GETTING TO KNOW SUZY

Nickname: Scuz

Favorite Soccer Player: Cristiano Ronaldo

Favorite Soccer Team: Manchester United

Favorite Food: Anything that is Greek

Favorite Movie: Zoolander

Favorite TV Show: The O.C.

Favorite Musical Artists: Dave Matthews Band

Favorite Vacation Spot: Italy

Favorite Book: Nineteen Minutes

Hobbies: Reading, running, playing different sports

Surprising Fact: I love gymnastics and volleyball

I Am Most Thankful For...: My family and my friends.

WHY IOWA?

Ever since I was a little kid, I wanted to be a Hawkeye. Living in Iowa really gave me a real love for the University and the Hawkeyes. What really sold me, though, was the program and the coaching staff. I had been coached by Coach Rainey previously through ODP and I really had a great respect for him and his coaching style. Along with the program and the staff, the location was also a plus. Iowa City is such a great place to live with a variety of things to do and places to go.





IOWA HAWKEYES SOCCER

Meet The Hawkeyes



Emily Moran

Sophomore

Goalkeeper

Kent, OH

2008 as a Freshman... Named to Big Ten all-Freshman Team... played in all 21 matches, including eight starts... split time with sophomore Kali Feiereisel until Feiereisel suffered season-ending arm injury against North Dakota State (Oct. 5)... made a career-high 10 saves against Purdue (Oct. 12), which is tied for ninth on Iowa's all-time list for most saves in a single match... finished fourth in the Big Ten in save percentage (.822), sixth in saves (74) and seventh in goals-against-average (1.12)... recorded two shutouts on the season (Oct. 10 vs. Illinois; Oct. 26 vs. Wisconsin).

High School... Ranked as one of the Top 200 college recruits for the 2008 season by SoccerBuzz Magazine, coming in at No. 132... three-time first team all-league and all-district selection... Most Valuable Player of freshman/sophomore team during freshman year... member of Ohio Olympic Development State Team from 2001-2007 and ODP Regional Team from 2005-2007... has a Class-D coaching license and was goalkeepers coach for Ohio ODP Team in 2007... earned three letters in football as a kicker, including first-team all-league and all-district selections... also an all-state honorable mention.

Personal... Born October 29, 1989... daughter of Mike and Diane Moran and Elizabeth Taylor... athletic training major... attended Theodore Roosevelt High School and was coached by Steve Mitchell... club soccer coach was Sean McNamara.

MORAN'S CAREER STATISTICS

Year	GP/GS	SV	GA	SO	REC	SV%	MIN
2008	21/8	74	16	2	5-7-0	.822	1321:25

GETTING TO KNOW EMILY

Favorite Soccer Player: Brianna Scurry

Favorite Soccer Team: Manchester United

Favorite Food: Chicken enchiladas

Favorite Movie: *August Rush*

Favorite TV Show: *Army Wives*

Favorite Musical Artists: Carrie Underwood, Jason Aldean

Favorite Vacation Spot: Hilton Head, NC

Favorite Book: *Zink*

Surprising Fact: I played football in high school.

I Am Most Thankful For...: My family.

WHY IOWA?

I chose Iowa because it had everything I was looking for. The soccer team and coaches were one big deciding factor. The university of Iowa has my major, athletic training, which was another determining factor. I also love Iowa City; it is a beautiful, small city.





Kelsey Sandon

Sophomore

Midfielder/Forward

Urbandale, IA

2008 as a Freshman... Played in 18 matches... saw first collegiate action Aug. 23 against Drake and recorded first collegiate assist... five of Sandon's eight shots were on-goal.

High School... Elite all-state team selection as a senior... Class 2A first-team all-state selection as a senior... three-time all-state selection... two-time all-state honorable mention... co-captain during senior season... four-time recipient of Team Hustle Award... started 69 of 70 matches during high school career... scored 59 career goals and 26 assists during high school career... led Urbandale in total points scored, goals and assists during junior and senior seasons... played club soccer for Urbandale Premier from seven years and for Johnston-Urbandale Premier for one year... earned four letters in both track and volleyball... conference champion in 100-meter hurdles as a member of the track team... also named to the elite all-state team and the Class 4A all-state team as a member of the track team.

Personal... Born April 6, 1990... daughter of Debbie and Mark Sandon... pre-business major... attended Urbandale High School and was coached by Jim Wright... club soccer coach was John "Shedzy" Sheridan.

SANDON'S CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2008	18	0	8	0	1	1

GETTING TO KNOW KELSEY

Nickname: Kels

Favorite Soccer Player: Cristiano Ronaldo

Favorite Soccer Team: Manchester United

Favorite Food: Pasta

Favorite Movie: *Never Back Down*

Favorite TV Show: *One Tree Hill*

Favorite Musical Artists: Chris Brown, T-Pain

Favorite Vacation Spot: San Diego

Favorite Book: Any mystery or action-packed story

Hobbies: Track, volleyball

Surprising Fact: I curl my toes inside my shoes when I run

I Am Most Thankful For...: Having a family that is always very supportive in everything I do and in every decision I make.

WHY IOWA?

I chose Iowa because of the good reputation of the accounting and business college as well as the soccer program. The business college is nationally recognized and it will help me in my opportunities upon graduation. The soccer facilities are excellent with some of the best practice and game fields in the Midwest. I feel the soccer program has a good future and will eventually get into the NCAA tournament while I am attending.





IOWA HAWKEYES SOCCER

Meet The Hawkeyes



Morgan Showalter

Sophomore
Midfielder/Forward
Cedar Rapids, IA

Hawk-Item... Iowa's all-time leader for most assists in a single match (three - Aug. 23, 2008 vs. Drake)... Iowa's all-time leader for most assists in a single-season (nine), tied with Linzy Wolman (2000), Sarah Kiefer (2000), and Julie Atkocaitis (1999).

2008 as a Freshman... Started every match of the season for the Hawkeyes (21/21)... named to Big Ten all-Freshman Team as a midfielder... tied for second in Big Ten in assists and led team in assists (nine)... scored first collegiate goal at Ohio State (Oct. 17)... finished fourth on the team in points with 11 (1 G, 9 A).

High School... Ranked as one of the Top 200 college recruits for the 2008 season by SoccerBuzz Magazine, coming in at No. 190... helped lead Xavier to three Class 1A state championships and a second place finish in 2005... Iowa Class 1A Player of the Year as a senior and tied for the honor as a sophomore... five-time Class 1A all-tournament team selection, including team captain as a sophomore... four-time Elite Team all-State selection... four-time first team all-conference selection... started every game in her high school career (89/89)... upon completing eighth grade, scored three goals and tallied two assists in final six games for Xavier in 2004 (6-0), including being named to all-tournament team... scored 107 career goals and tallied 84 assists during high school career, in which Xavier's record was 84-5... member of Cedar River Soccer Association for 12 years, including six state championship titles... member of Iowa Olympic Development Program for four years... first freshman in state history to be named to Elite All-State team in soccer... helped lead Xavier to 3A state basketball championship as a junior and third-place finish as a sophomore.

Personal... Born October 9, 1989... daughter of Dave and Cathy Showalter... attended Xavier High School and was coached by Raven Blackwell... high school teammate of fellow Hawkeye freshman Suzy Levett... club soccer coaches are Kerry Brimmo, Alen Kudumovic, John Keating and Diane Dodds.

SHOWALTER'S CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2008	21	21	24	1	9	11

WHY IOWA?

I chose Iowa because it was just far enough away from home. Also I liked the coaching staff, the campus layout, and the current girls on the team. Also, I've been a lifelong Hawkeye fan, along with the rest of my family.



GETTING TO KNOW MORGAN

Nickname: Sho

Favorite Soccer Player: Deco

Favorite Soccer Team: Manchester United

Favorite Food: Steak

Favorite Movie: *The Wedding Date*

Favorite TV Show: *One Tree Hill*

Favorite Musical Artists: Band Of Horses

Favorite Vacation Spot: San Diego, CA

Favorite Book: *Slash*

Hobbies: Drawing

Surprising Fact: I was a farm girl who showed cattle at county fairs.

I Am Most Thankful For...: My friends



Gabrielle Tinner

Sophomore
Defender
Quantico, VA

2008 as a Freshman... Appeared in three matches... saw first collegiate action against Drake (Aug. 23).

High School... Team captain and named team's Most Valuable Player during senior season... first team all-conference selection and co-captain as junior... led team in goals during junior and senior years, scoring 17 and 16, respectively... tallied eight assists as a senior... member of MPS Freedom Elite club team... National Honor Society member and secretary... recipient of the Presidential Academic Award.

Personal... Born June 8, 1990... daughter of Tim and Petra Tinner... history major... attended Quantico High School and was coached by Cheryl Duff... club soccer coach was Mike Jordan.

TINNER'S CAREER STATISTICS

Year	GP	GS	SH	G	A	PTS
2008	3	0	0	0	0	0

GETTING TO KNOW GABRIELLE

Nickname: Gabby

Favorite Soccer Players: Sergio Ramos and Fernando Torres

Favorite Soccer Team: Real Madrid

Favorite Food: Calamari

Favorite Movie: *Never Been Kissed*

Favorite TV Show: *Ugly Betty*

Favorite Musical Artists: Say Anything, Yelle

Favorite Vacation Spot: Amsterdam

Favorite Book: Harry Potter!

Hobbies: Playing sports, playing guitar, learning different languages and cultures.

Surprising Fact: I have moved 13 times.

I Am Most Thankful For...: The support of the people around me and the time and effort they put into me to ensure that I am the best I can be.

WHY IOWA?

I chose Iowa because of the people and the structure of the school. I have not encountered anyone that is not willing to help when there is a problem. The environment of the school allows me to know that I will grow immensely. Picking this school over any other was easy because of the homelike feeling given off by the coaches and teammates. I am positive that my game will be at its peak when I leave Iowa due to the dedication that the coaching staff has to the girls. That is probably my number one reason for becoming a Hawkeye.



Gabrielle Ainsworth

Freshman
Defender
Coralville, IA

High School... Attended Shattuck-St Mary's Academy in Faribault, MN, for the last three years... plays for Shattuck's U-18 team... played in 2006 Brondby Cup in Denmark with

fellow freshman Jenny Kahler... captain of Iowa Olympic Development team from 2005-2007... first team all-conference selection as a freshman at West (H.S.) in Iowa City... high school and club soccer coach is David Linenberger.

Personal... August 10, 1990... parents are Kim and Steve Ainsworth... open major.

GETTING TO KNOW GABRIELLE

Nickname: Gabby

Favorite Soccer Players: Kaka

Favorite Soccer Team: New Jersey Sky Blues

Favorite Food: Chicken Fingers

Favorite Movie: *Transformers*

Favorite TV Show: *House and Prison Break*

Favorite Musical Artists: Jason Mraz

Favorite Vacation Spot: Florida

Favorite Book: Kite Runner

Hobbies: Videography and Photography

Surprising Fact: My mom and dad are my best friends.

I Am Most Thankful For...: My family and the people that surround me.

WHY IOWA?

I chose Iowa because it was close to home. I felt they have a good program and I would be a good fit for it.



IOWA HAWKEYES SOCCER

Meet The Hawkeyes



Stefani Campbell

Freshman
Forward/Defender
Arlington, TX

High School... Part of Summit (H.S.) team that won 4A-5A District Championship from 2006-08... team captain as a senior... all-around District MVP as a midfielder... first team

all-district, all-area as a sophomore... second team all-district as a freshman... scored 59 goals and 48 assists in her high school career... played club soccer for Solar 91 for three years... named to the Red Bull NL all-Tournament Team as a defender... high school coach is Kirby Davis... club coach is Randy Shaw.

Personal... Born May 15, 1991... parents are John and Toni Campbell... chemistry major... National Honor Society member.

GETTING TO KNOW STEFANI

Nickname: Soupy

Favorite Soccer Players: Wayne Rooney

Favorite Soccer Team: Chelsea

Favorite Food: Steak

Favorite Movie: *Mary Poppins*

Favorite TV Show: *Friends*

Favorite Musical Artists: Anyone

Favorite Vacation Spot: Boston

Favorite Book: *Sisterhood of the Traveling Pants*

Hobbies: Singing or Drawing

Surprising Fact: When I was young, I was a ballerina.

I Am Most Thankful For... My family and friends, as they have always supported me through the countless soccer games in the blistering heat and the freezing cold. Also, God, for blessing me with such a passion and love for the game of soccer to carry me forth throughout my life.

WHY IOWA?

I chose Iowa because everything fit like a puzzle. At first I just had a bunch of pieces, but when I turned them all in the right direction the picture was IOWA. When I stepped on campus I immediately fell in love. Then meeting everyone, from the girls to the coaches and local Iowans, everyone was so nice, which made everything a breeze. I'm overly excited about my decision and can't wait to finally take field with the Hawkeyes!



Dana Dalrymple

Freshman
Defender/Midfielder
Cincinnati, OH

High School... Three-time first team all-conference selection... three-time Division-I first team all-southwest Ohio honoree... team captain as a senior... was named Applebee's Athlete of

the Week as a junior... received team's Most Improved Player award as a freshman... helped Anderson (H.S.) to district championship from 2005-07 and sectional championship in 2008... played club soccer for Cardinals Soccer Club (seven years), Classics Futbol Club (two years) and Ohio Elite Soccer Academy (two years)... high school coach is Bill Miller... club soccer coach is Doug Bracken.

Personal... Born March 5, 1991... parents are Dorne Dalrymple and Beth Anderson; step-parents are Lynn Dalrymple and Jim Anderson... open major... National Honor Roll member all four years... member of National Honor Society, Spanish Honor Society and Student Council.

GETTING TO KNOW DANA

Nickname: "D"

Favorite Soccer Player: Michelle Akers

Favorite Soccer Team: Manchester United

Favorite Food: Mashed potatoes

Favorite Movie: *Pretty Woman*

Favorite TV Show: *It's Always Sunny in Philadelphia*

Favorite Musical Artists: Pete Dinklage, The Strokes, Bruce Springsteen

Favorite Vacation Spot: Cancun

Favorite Book: *The Glass Castle*

Hobbies: Photography, waterskiing, reading

Surprising Fact: I am an only child.

I Am Most Thankful For... My stepsiblings

WHY IOWA?

I chose Iowa because I like the coaching staff and the campus. I am an open major and Iowa is a big school, so I have many study options. I also wanted to get out of Ohio.



Jade Grimm

Freshman
Forward/Midfielder
Cedar Rapids, IA

High School... Iowa High School Player of the Year as a sophomore and senior... two-time Elite first team all-state selection... two-time conference Player of the Year... three-time first

team all-conference honoree... Metro Player of the Year as a junior... was part of a Kennedy (H.S.) team that won three-straight conference championships... second in Kennedy (H.S.) history in career goals, assists, goals scored in a single-game and assists in a single season... member of Region II Olympic Development team from 2005-2009, including playing experience in France and Brazil... member of Iowa Olympic Development Team from 2001-2008... played club soccer for West Des Moines Soccer Club (2007-2009) and Cedar River Soccer Association (1996-2006)... high school coach is Homer Screws... club soccer coach is Frank Gurnick... high school teammate of freshmen Katherine Lewis and Rachel Spellerberg.

Personal... Born March 19, 1991... parents are Lance and Jill Grimm... pre-medicine major... National Honor Society member... also on the Honor Roll of Excellence from 2005-2008, which rewards those in the Top 5% of their class.

GETTING TO KNOW JADE

Nickname: Jade

Favorite Soccer Player: Mia Hamm

Favorite Soccer Team: Hawkeyes

Favorite Food: All Seafood

Favorite Movie: *Twilight*

Favorite TV Show: *One Tree Hill*

Favorite Musical Artists: Beyonce

Favorite Vacation Spot: San Diego

Surprising Fact: I have never been stung by a bee or broken anything.

I Am Most Thankful For...: My Family

WHY IOWA?

When looking at where I wanted to go on to school, I focused on three priorities. The first was to find a large school that offered an exceptional pre-med education combined with an opportunity to explore the medical field during the undergraduate years. The second was to find an environment that I would like to call home for the next 4-8 years. Coach Ron did an excellent job of helping me understand where the university ended and the city began. Last was to play for a coaching staff that I respected and could relate to. The coaching staff at Iowa was very easy to communicate with and having Ron as an assistant coach on the Region II ODP team gave me a chance to really get to know him as a coach and a person.



Emily Jaffe

Freshman
Midfielder
Ann Arbor, MI

High School... Three-time all-conference and all-district selection... all-state selection as a junior... named team's most valuable player as a junior... team captain as junior and senior...

member of Michigan Olympic Development team since 2003... member of Region II regional pool team in 2005 and 2006 and Region II regional team in 2007 and 2008... played club soccer for Michigan Hawks for six years... high school coach is Lumumba Shabazz... club soccer coach is Doug Landefeld.

Personal... Born May 31, 1991... parents are Craig Jaffe and Michele Gerber... open major... National Honor Society member.

GETTING TO KNOW EMILY

Nickname: Em

Favorite Soccer Players: Gerard

Favorite Soccer Team: Manchester United

Favorite Food: Sushi, Middle eastern food and Italian

Favorite Movie: *Love Actually*

Favorite TV Show: *Gilmore Girls*

Favorite Musical Artists: Keith Urban, Taylor Swift and The Shins

Favorite Vacation Spot: UP North Michigan (the homestead)

Favorite Book: *Kite Runner*

Hobbies: Yoga/Pilates, running, biking and traveling

Surprising Fact: I want to work with underprivileged kids after college.

I Am Most Thankful For...: Growing up in Ann Arbor

WHY IOWA?

I chose Iowa because I felt comfortable on campus right away. The students work hard and are competitive, but balance it well by relaxing and helping each other out. The soccer team was also very welcoming and friendly. Also, I knew Ron's personality and coaching style was a good fit for me because I had played for him in previous soccer camps.



IOWA HAWKEYES SOCCER

Meet The Hawkeyes



Jenny Kahler

Freshman
Midfielder
Ankeny, IA

High School... All-state honorable mention as a junior... two-time all-conference selection... team captain as a junior... led team in goals (13) and assists (11) as a sophomore... led Ankeny

to conference championship as a junior, when team went 13-2... four-time recipient of CIML's All-Academic Award.

Personal... Born January 28, 1991... parents are Harold Kahler and Sheryl Knuth... pre-medicine major... four-year Honor Roll recipient.

GETTING TO KNOW JENNY

Nickname: Jen

Favorite Soccer Players: Christiano Ronaldo

Favorite Soccer Team: Manchester United

Favorite Food: Tacos

Favorite Movie: *The Notebook*

Favorite TV Show: *That 70's Show*

Favorite Musical Artists: Kanye West

Favorite Vacation Spot: Anywhere warm!

Favorite Book: The Twilight series

Hobbies: Hanging out with friends

I Am Most Thankful For...: My family and friends.



Katherine Lewis

Freshman
Defender/Midfielder
Cedar Rapids, IA

High School... Part of a Kennedy (H.S.) team that won three-straight conference championships from 2006-08... team captain as a junior... two-time first team all-metro, all-conference se-

lection... named first team all-state as a junior and to the second team as a sophomore... named to all-tournament team as a junior... played club soccer for Ankeny Soccer Club for two years... high school coach is Homer Screws... club soccer coach is Daryl Brazeau... high school teammate of freshmen Jade Grimm and Rachel Spellerberg.

Personal... Born August 30, 1990... parents are Norman and Stephanie Lewis... open major... four-year Honor Roll recipient.

GETTING TO KNOW KATHERINE

Nickname: Kat

Favorite Soccer Player: Fernando Torres or Cristiano Ronaldo

Favorite Food: Pasta salad

Favorite Movie: *Without Limits*

Favorite TV Show: *Friends*

Favorite Musical Artists: Black Eyed Peas, Rihanna, Chris Brown, Michael Buble

Favorite Vacation Spot: Cancun

Favorite Book: The Lovely Bones

Hobbies: Movies, Reading, Music

I Am Most Thankful For...: My parents support and love.

WHY IOWA?

I really think the soccer team is great, and the school all-around seems like a very fun atmosphere.

WHY IOWA?

Iowa is a great school to succeed and further my future. The atmosphere is great and the team seems very close.



Alyscha Mottershead

Freshman
Midfielder
Brampton, Ontario

High School... Member of Team Canada's U-17 National Team... played in 2007 CONCACAF World Cup Qualifier as a junior... was named team captain for the Bronze Medal Game

against Mexico, which Canada won, 1-0, giving Canada its first-ever selection to the U-17 World Cup ... played in all four games for Canada at the 2008 FIFA U-17 World Cup in New Zealand, including captaining team against Denmark... selected to National Training Center in Ontario as a junior... selected to Canada U-15 and U-16 National Teams... won national championship as a member of the U-15 team with Team Ontario... started and played in nine matches for Toronto Lady Lynx... coach of the Lynx is Danny Stewart... also played club soccer for Brams United Girls SC... selected as high school Female Athlete of the Year... not allowed to play high school soccer due to national team commitments.

Personal... Born May 25, 1991... parents are Lucy and Colin Mottershead... open major... earned academic honors as a freshman and sophomore.

GETTING TO KNOW ALYSCHA

Nickname: Leash

Favorite Soccer Player: Kaka and Marta

Favorite Soccer Team: Manchester United

Favorite Food: Steak (Medium Well) & Fries

Favorite Movie: *Step Brothers* and *P.S. I Love You*

Favorite TV Show: *Still Standing*, *Family Guy*, *Grey's Anatomy* & *Without a Trace*

Favorite Musical Artists: The Fray

Favorite Vacation Spot: Florida

Favorite Book: Harry Potter

Hobbies: Snowboarding, Flag-football, Volleyball, Facebook

Surprising Fact: I used to be in the Pre-Olympic gymnastics program at the age of 7.

I Am Most Thankful For...: My family, friends and my health!

WHY IOWA?

The campus is beautiful, the people are great, the academics are good, soccer is on the climb and it feels like home. Who wouldn't wanna be a Hawkeye?!



Rachel Spellerberg

Freshman
Goalkeeper
Cedar Rapids, IA

High School... Named goalkeeper of the all-tournament team all four years at Kennedy (H.S.)... three-time Elite first team all-state goalkeeper... three-time first team all-conference

and all-metro selections... three-time team captain... holds Kennedy all-time records for goals-against average in a season, saves per game and shutouts (all from 2006-2008)... helped lead Kennedy to three-straight conference championships (2006-2008)... goalkeeper for Iowa Olympic Development team for six years... played club soccer for Cedar River Soccer Association (nine years) and West Des Moines Soccer Club (two years)... also played basketball for Kennedy... high school coaches are Sean McCoy and Homer Screws... club soccer coach is Frank Gurnick.

Personal... Born November 30, 1990... parents are Susan and Michael Spellerberg... pre-pharmacy major... Honor Roll of Excellence selection all four years at Kennedy.

GETTING TO KNOW RACHEL

Nickname: Rach

Favorite Soccer Players: Mia Hamm

Favorite Soccer Team: UAS/DC United

Favorite Food: Pasta

Favorite Movie: *Big Daddy*

Favorite TV Show: *E.R.*

Favorite Musical Artists: Backstreet Boys

Favorite Vacation Spot: Florida

Favorite Book: Anything Non-Fiction

Hobbies: Playing sports, rock climbing, skiing, boating, card games.

Surprising Fact: I'm so scared of spiders that I have to have someone else kill them. I also enjoy flowers and gardens.

I Am Most Thankful For...: My family

WHY IOWA?

Iowa has an excellent soccer program and is known to have a strong pharmacy program, which I plan to major in. It's been a dream to come play and go to school at Iowa ever since I was a kid! Iowa is close enough where I can go visit my family, which is very important to me.