

IOWA'S QUARTERBACKS

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 has continued through the 1990's and into the 2000's. Nine times since 1983 the all-Big Ten quarterback has been an Iowa Hawkeye.

Under Coach Hayden Fry, Chuck Long and Chuck Hartlieb led Iowa's prolific offense in the 1980's, as both earned all-America recognition. 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 pick 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 Long led Iowa to the 1985 Big Ten title while ranking as the top quarterback in the nation and placing second in the voting for the Heisman Trophy.

Chuck Hartlieb followed with two outstanding years in 1987 and 1988. 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, earning all-America honors. Five times he threw for more than 300 yards.

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.

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 the current 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.

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 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



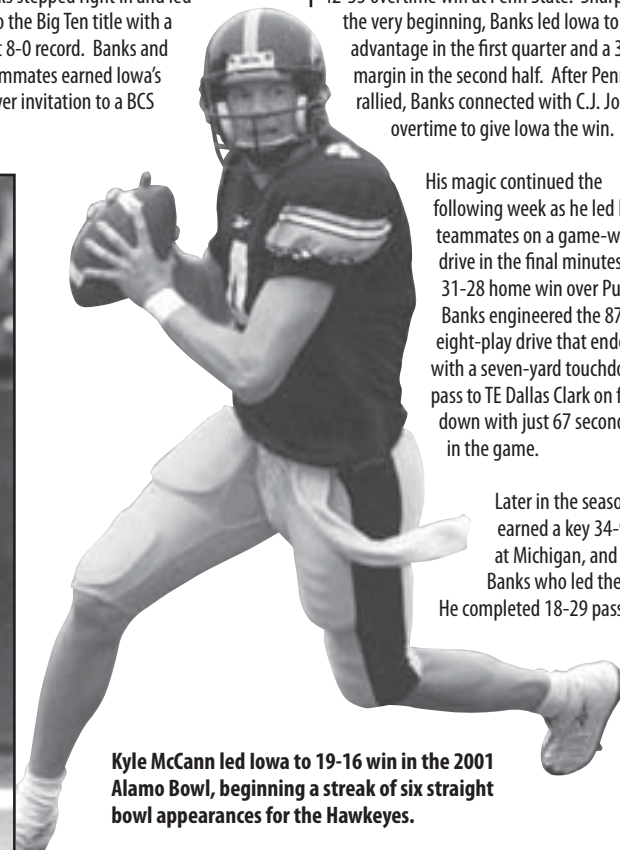
Chuck Hartlieb led Iowa's high powered offense in 1987 and 1988, earning all-America honors on the field and academic all-America recognition as well.

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. Sharp from the very beginning, Banks led Iowa to a 17-0 advantage in the first quarter and a 35-13 margin in the second half. After Penn State rallied, 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.

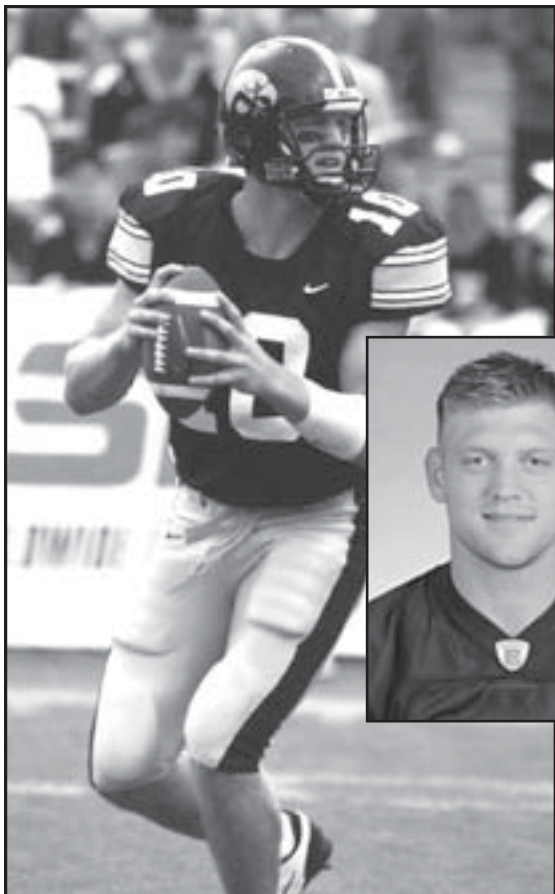
Later in the season Iowa earned a key 34-9 win at Michigan, and it was Banks who led the way. He completed 18-29 passes for



Kyle McCann led Iowa to 19-16 win in the 2001 Alamo Bowl, beginning a streak of six straight bowl appearances for the Hawkeyes.

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Nathan Chandler led Iowa to 10 wins in his only season as a starter, including a victory in the 2004 Outback Bowl.

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.

As Brad Banks had done before him, Nathan Chandler paid his dues, and paid attention. After watching 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.



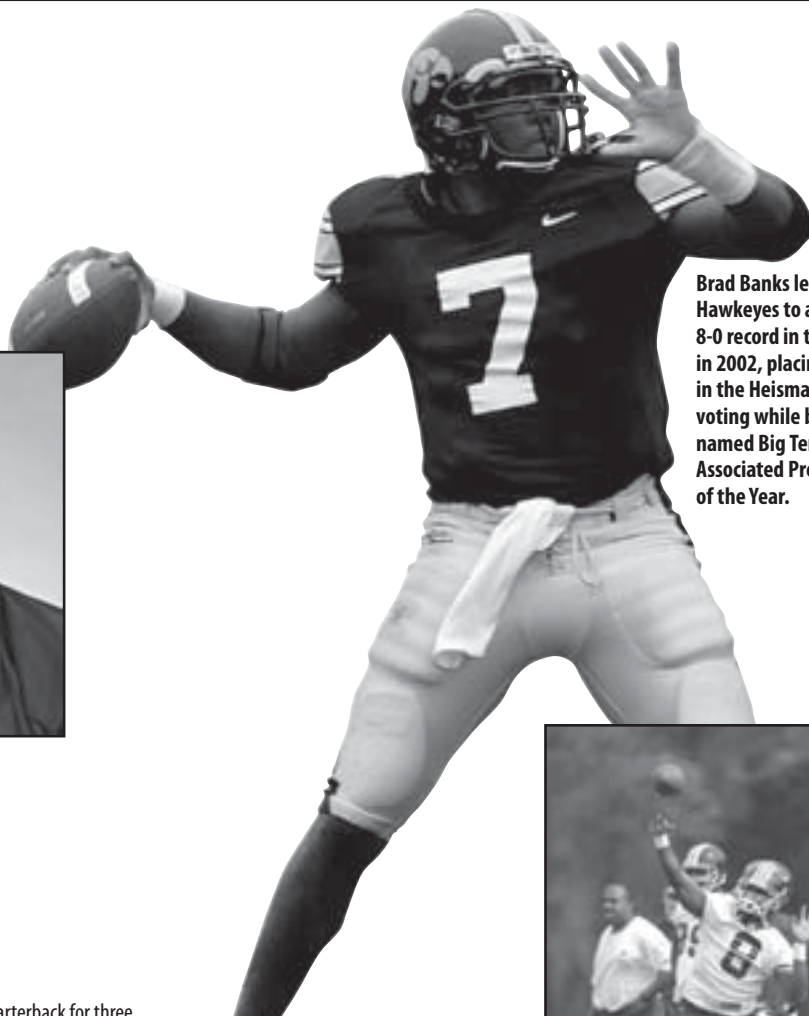
Drew Tate, Iowa's starting quarterback for three straight seasons (2003-05), earned first team all-Big Ten honors in 2004 after leading the Hawkeyes to their second Big Ten title in three seasons. Tate led Iowa to wins in its final eight games, including a dramatic 30-25 win over LSU in the 2005 Capital 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).



Drew Tate led the Hawkeyes to the 2004 Big Ten title and ranks second in a majority of Iowa's career statistical rankings.



Brad Banks led the Hawkeyes to a perfect 8-0 record in the Big Ten in 2002, placing second in the Heisman Trophy voting while being named Big Ten MVP and Associated Press Player of the Year.



IOWA'S RUNNING BACKS

LEADERS OF THE IOWA RUSHING ATTACK

From Dennis Mosley in 1979 to Albert Young over the last three seasons, Iowa's top running backs over the last quarter-century have two things in common; rushing for over 1,000 yards in a season while learning under one of the best coaches in the business, Carl Jackson.

With Carl Jackson on Hayden Fry's staff in 1979, Dennis Mosley became the first Hawkeye running back to rush for over 1,000 yards in a season. Since that time, Jackson was Iowa's running backs coach in 11 of the 15 seasons in which an Iowa player rushed for over 1,000 yards.

Jackson coached Iowa running backs from 1979 through 1991, when he joined the San Francisco 49'ers in the NFL. When Coach Kirk Ferentz took over the Iowa program following the 1998 season, Jackson returned to the Hawkeye coaching staff. He coached nine of the top 12 running backs on Iowa's career rushing charts, based on total yardage. Jackson retired following the 2007 season.

Three of the most recent Hawkeyes to gain over 1,000 yards include Albert Young (2005), Fred Russell (2002 and 2003) and Ladell Betts (2000 and 2001). Betts currently ranks second in career rushing



Sharing time with Albert Young throughout his career, Damian Sims averaged 5.6 yards per carry for his career and gained 1,504 career rushing yards.

contract with the Minnesota Vikings.

Young's rushing totals were amazed despite fighting injuries throughout his career. While a setback to you, the injuries allowed Damian Sims to give the Hawkeyes a solid one-two punch. Sims, a Boynton Beach, FL native, 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 carry. Sims ranks 19th in career rushing with 1,504 yards.

Paving the way for Iowa's Alamo Bowl appearance in 2001, Betts became the only Iowa player to lead the team in rushing for four straight seasons. Playing for the Washington Redskins in the NFL since 2002, Betts had his best season in the NFL in

2006 when he rushed for 1,154 yards.

Russell had the luxury in 2002 of running behind one of the most dominating offense lines in Iowa his-



Ladell Betts led Iowa in rushing in each of his four seasons and gained over 1,100 yards for the Washington Redskins in 2006.



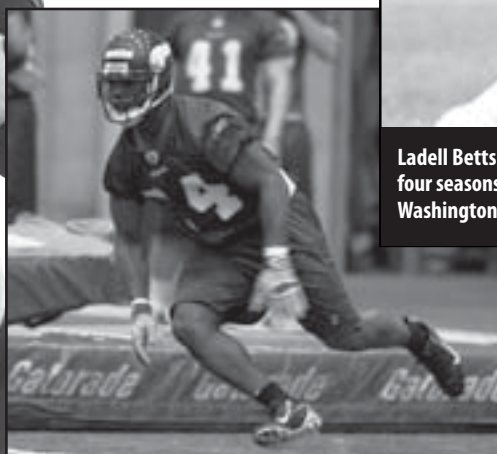
tory. Russell served as Iowa's offensive catalyst as the Hawkeyes won 11 games (and shared the Big Ten title) in 2002 and 10 games in 2003, the best back-to-back seasons in Iowa football history. The native of Inkster, MI, burst on the scene during his sophomore season in

rushing yards. Along with rushing for over 3,000 yards, Young ranks sixth in career all-purpose yards with 4,121 yards. Young signed a free agent

(3,686 yards and Young is third (3,173).

After working his way back from major injuries

in his first two years, Young rushed for over 1,000 yards as a sophomore and led the Big Ten in rushing yards per game in league games. Young, a native of Moorestown, NJ, led the Hawkeye rushing attack a year ago with 968

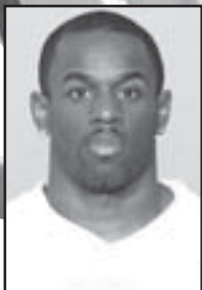
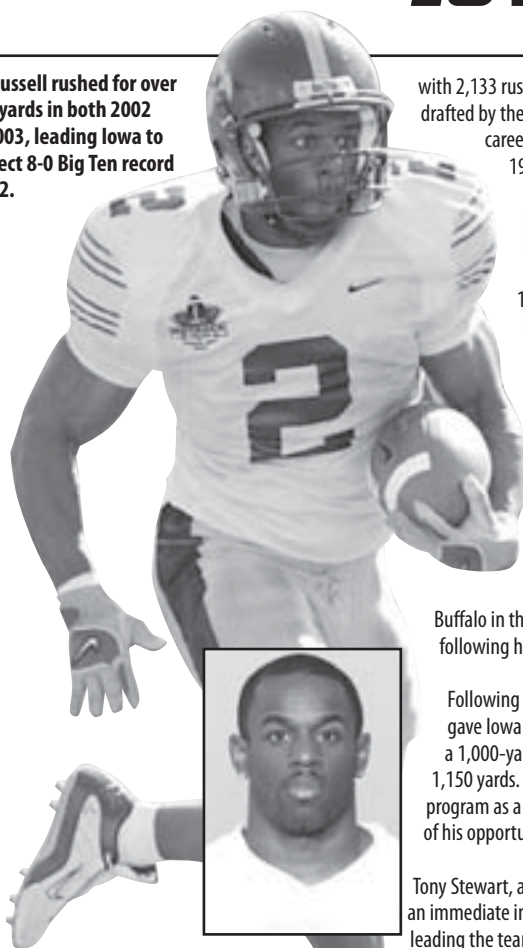


Albert Young totaled over 3,000 rushing yards and over 4,000 all-purpose yards during his Hawkeye career.

IOWA'S RUNNIN' GBACKS

LEADERS OF THE IOWA RUSHING ATTACK

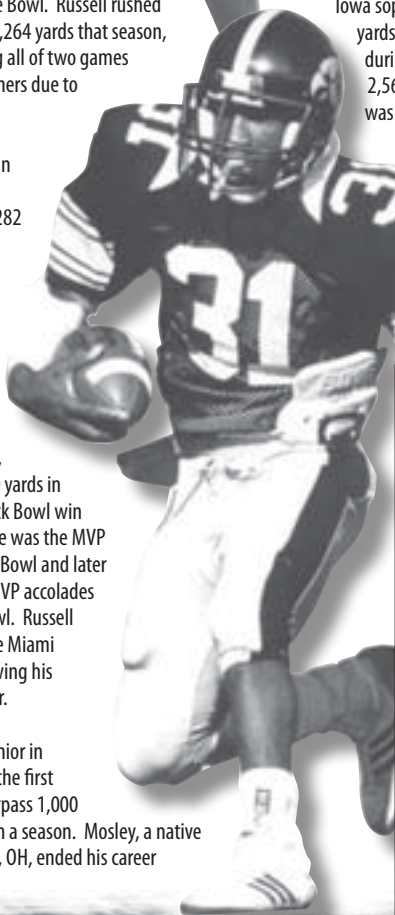
Fred Russell rushed for over 1,000 yards in both 2002 and 2003, leading Iowa to a perfect 8-0 Big Ten record in 2002.



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. 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.

Mosley, as a senior in 1979, became the first Hawkeye to surpass 1,000 rushing yards in a season. Mosley, a native of Youngstown, OH, 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.

Ronnie Harmon was the next Hawkeyes to rush for over 1,000 yards as he rushed for 1,166 yards as Iowa won the Big Ten in 1985. 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.

Following Harmon, 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, 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, becoming 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.



Ronnie Harmon rushed for over 1,000 yards in 1985 as Iowa won the Big Ten, becoming one of just two Hawkeye players to lead the team in both rushing and receiving in the same season.

Two additional Hawkeyes to rush for over 1,000 yards in a season under Jackson's guidance include Nick Bell and Mike Saunders. Bell stepped in as the featured running back in 1990, rushing for 1,090 yards and 12 touchdowns as Iowa was the surprise of the Big Ten by winning the league title and earning a spot in the 1991 Rose Bowl. Bell was a second round selection of the Oakland Raiders.



Tony Stewart (21) became the first sophomore to surpass 1,000 yards when he rushed for 1,036 yards in 1988.



Rick Bayless is a former walk-on who rushed for over 1,000 yards in 1986.



Dennis Mosley (18), in his first season under Carl Jackson in 1979, became Iowa's first player to rush for over 1,000 yards in a season.



Mike Saunders (32) battled back from a major knee injury to rush for over 1,000 yards in 1991, leading Iowa to a 10-1-1 record.



Nick Bell led Iowa to the 1990 Big Ten title when he rushed for 1,009 yards in his senior season.

IOWA'S WIDE RECEIVERS

HAVE PROVEN VERSATILITY



Ed Hinkel completed his outstanding Iowa career with 135 receptions for 1,588 yards. Also a key player on special teams, he signed an NFL contract to play for the Indianapolis Colts following his Iowa career.

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.

The most recent name added to Iowa's list of top receivers is Ed Hinkel, who completed his career in 2005. The native of Erie, PA was a steady and dependable receiver throughout his four-year career and he also was a key player on Iowa's highly-regarded special teams.

Hinkel's value was magnified in his senior season when he was injured in a win at Purdue and forced to miss three games. 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.

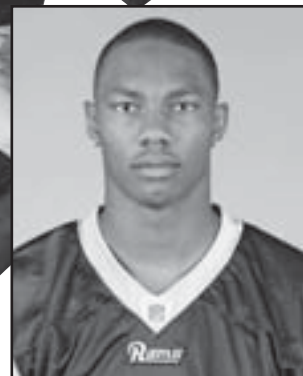
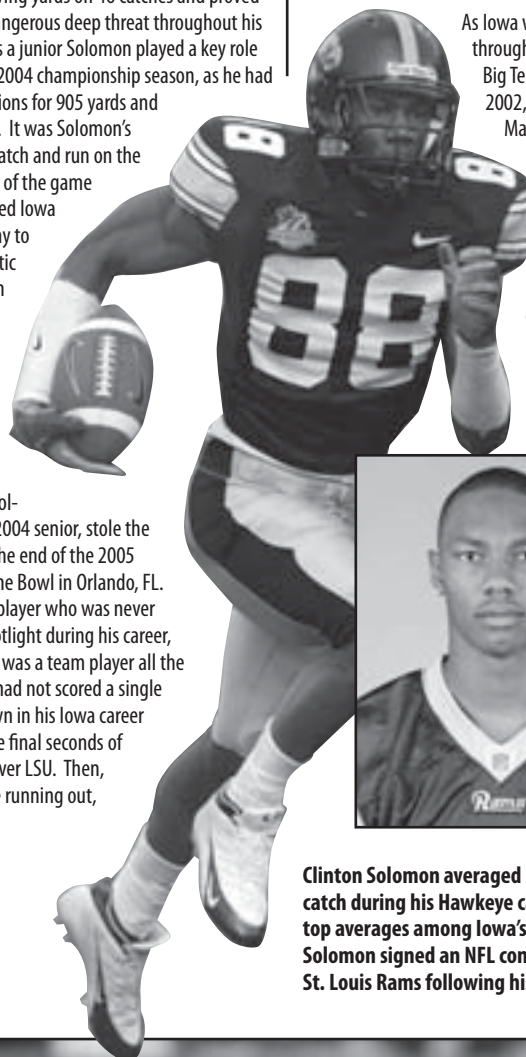
Hinkel's career numbers include 135 receptions for 1,588 yards and 15 touchdowns. He also recorded a rushing and punt return touchdown. He ranks 14th in career receiving yards and his 15 scoring receptions tie as the third-highest total in Iowa history. Hinkel ranks 23rd in career scoring with 102 points. He signed a free agent contract with Indianapolis.

Clinton Solomon, also a senior in 2005, 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, as he had 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.

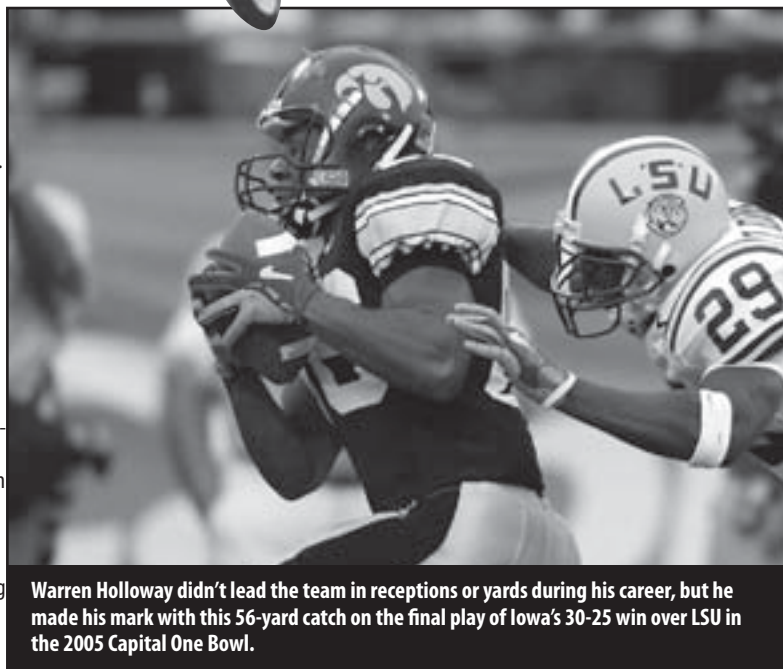
Warren Holloway, a 2004 senior, stole the show at the end of the 2005 Capital One Bowl in Orlando, FL. A steady player who was never in the spotlight during his career, Holloway was a team player all the way. He had not scored a single touchdown in his Iowa career before the final seconds of the win 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.

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, a junior, led Iowa receivers in 2002 with 48



Clinton Solomon averaged 15.8 yards per catch during his Hawkeye career, one of the top averages among Iowa's career leaders. Solomon signed an NFL contract with the St. Louis Rams following his college career.



Warren Holloway didn't lead the team in receptions or yards during his career, but he made his mark with this 56-yard catch on the final play of Iowa's 30-25 win over LSU in the 2005 Capital One Bowl.

IOWA'S WIDE RECEIVERS

HAVE PROVEN VERSATILITY



WR Maurice Brown was a top target for QB Brad Banks during Iowa's 2002 championship season.

receptions for 966 yards and 11 touchdowns, as he averaged 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.

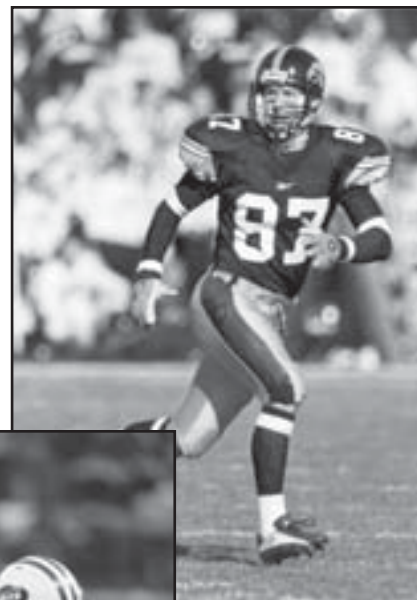
Jones, a senior in 2002 and the cousin of Brad Banks, was second among Iowa's wide receivers with 38 catches for 468 yards and nine touchdowns. Jones also averaged 26.6 yards on kickoff returns and 8.7 yards on punt returns. He began the 2003 Orange Bowl in grand fashion, returning the opening kick 100 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.

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.

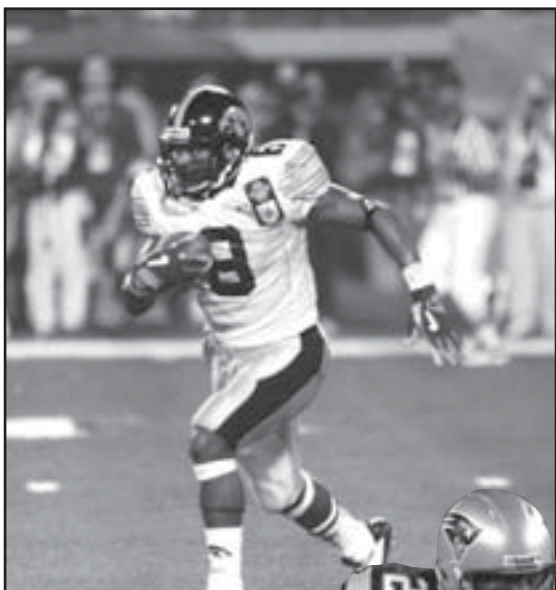
Kasper enjoyed a record-setting season as a senior with 82 receptions for 1,010 yards. The 82 receptions established a single-season mark for reception and the 1,010 yards ranks as the second highest single-season total at Iowa. His career numbers include a school-record 157 receptions for 1,974 yards.

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 the Cardinals in 2003. Kasper concluded the 2004 season with the Super Bowl champion New England Patriots and begins his eighth season in the NFL in 2008 with the Cleveland Browns.

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 catches and 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, who joined the Iowa program as a walk-on, holds Iowa records for single-season and career receptions and has enjoyed success in the NFL over the past seven years.



WR C.J. Jones set an Iowa record with a 100-yard kickoff return vs. Southern Cal in the 2003 Orange Bowl.



WR Kahlil Hill was named the Mosi Tatupu Special Teams Player of the Year as a senior in 2001.

IOWA'S TIGHT ENDS

EARN BIG TEN RECOGNITION

Over the past nine 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 nine seasons, five 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) and Scott Chandler was taken in the fourth round of the 2007 draft. A sixth tight end, Zeron Flemister, joined the NFL after signing a free agent contract and enjoyed a successful career in professional football.

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.

Wheatley concluded his career under Ferentz, although he was hampered by injuries throughout his final season. Still, he was



Austin Wheatley concluded his career by being selected by New Orleans in the fifth round of the 2000 NFL draft.

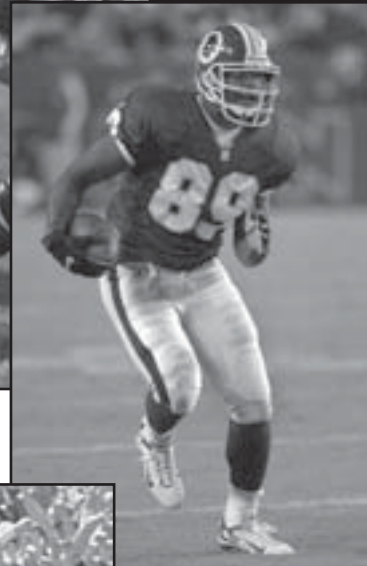
selected by New Orleans in the fifth round of the NFL draft.

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 five 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 Iowa 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. Along with earning consensus all-America honors



Zeron Flemister played for the Washington Redskins and Oakland Raiders in the NFL after signing as a free agent following his Hawkeye career.



Dallas Clark earned all-America honors as a junior before being a first round selection of the Indianapolis Colts. Clark played a key role as the Colts won the 2007 Super Bowl.

IOWA'S TIGHT ENDS

EARN BIG TEN RECOGNITION

while being named to no fewer than seven first team all-America squads, Clark 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.

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.

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.

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 and heads into his second season in San Diego in 2008.



Erik Jensen was a member of the Super Bowl champion Pittsburgh Steelers after being a seventh round selection in the 2004 NFL draft.



Tony Jackson helped the 2004 Hawkeyes win the Big Ten title before being selected by Seattle in the 2005 NFL draft.



Scott Chandler was a fourth round selection of the San Diego Chargers in the 2007 NFL draft after earning second team all-Big Ten honors as a senior.

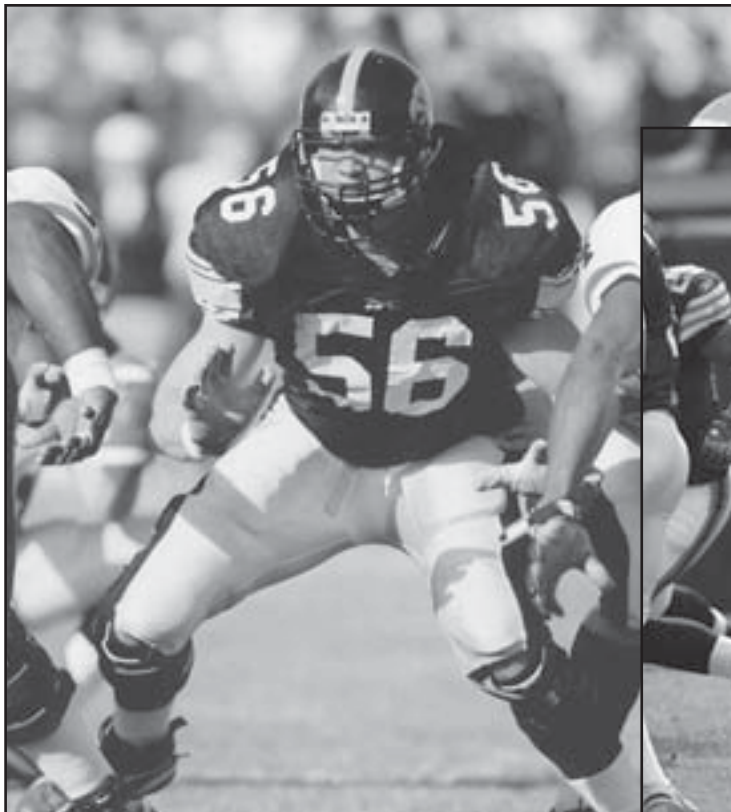
IOWA'S OFFENSIVE LINEMEN

"O-LINE UNIVERSITY"

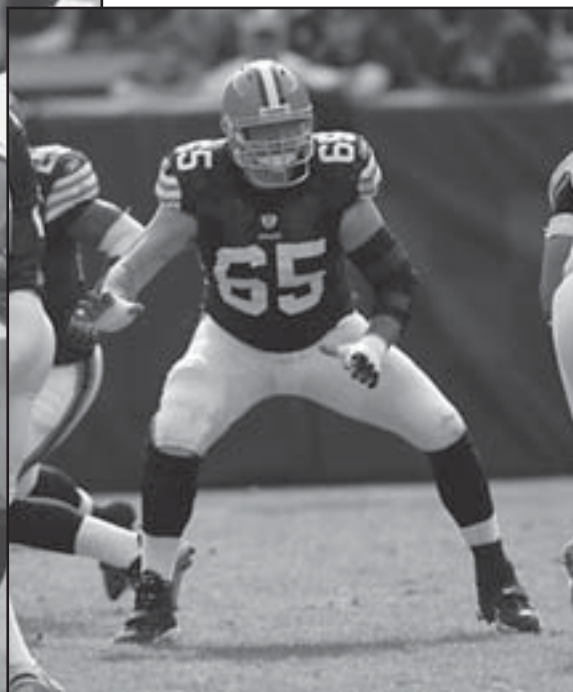
It isn't listed as an official major in the catalogue, but playing a position in the offensive line for the Hawkeye football team while earning a degree from the University of Iowa has certainly helped a large number of Iowa football graduates earn a job after college -- a high-profile, well-paying job 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, 25 Hawkeye offensive linemen have been drafted by NFL teams. That list includes seven players being selected in the first seven rounds in the last six years.

The list of offensive linemen taken 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.



Eric Steinbach was Lineman of the Year in the Big Ten in 2002 and was the first player selected in the second round of the 2003 NFL Draft. Steinbach signed a seven-year, multi-million dollar contract with Cleveland prior to the 2007 season and started every game for the Browns a year ago.



Robert Gallery earned the 2003 Outland Trophy as the best lineman in the nation. Gallery was the second player drafted in the 2004 NFL Draft.

Gallery is the third Iowa lineman to earn the Outland Trophy and he became the fifth offensive player to earn the Big Ten Lineman of the Year award. An Iowa player has earned the Big Ten honor in two of the last six seasons, as guard Eric Steinbach claimed the honor after helping Iowa post a perfect 8-0 Big Ten record in 2002.

More recently, NFL teams selected two Hawkeye offensive linemen in the 2007 draft. Marshal Yanda was selected in the third round and Mike Elgin was a seventh round selection. Yanda made an immediate impression in Baltimore, seeing action in all 16 games as a rookie while starting 12 games.

Elgin split time in his rookie year on the practice squad of the New England Patriots and later the New York Jets. Elgin begins the 2008 season with the Indianapolis Colts.

Tackle Pete McMahon, a former walk-on, followed Gallery's footsteps following the 2004 season. Starting every game in the offensive line, McMahon was rewarded for his play by being drafted in the sixth round -- also by the Oakland Raiders. Now a member of the Jacksonville Jaguars, 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.

IOWA'S OFFENSIVE LINEMEN

"O-LINE UNIVERSITY"



Center Bruce Nelson started every game during his four-year career at Iowa. After joining the program as a walk-on, Nelson was a second round draft selection of the Carolina Panthers in the 2003 NFL draft.



Marshal Yanda started every game in his two-year career at Iowa. He was selected by Baltimore in the third round of the 2007 NFL draft. He started 12 games for the Ravens during his rookie season.

Ferentz has played a major role in the careers of many Iowa offensive linemen. As Iowa's offensive line coach from 1981-89, he molded many of the players who went on to enjoy successful careers in the NFL.

Iowa's drive to an undefeated Big Ten campaign in 2002, which included an overall record of 11-2 and an Orange Bowl invitation, was driven by outstanding play from the interior line on both offense and defense. While Steinbach was the Big Ten Offensive Lineman of the Year, center Bruce Nelson and tackle David Porter earned all-conference honors. Steinbach (second round), Nelson (second round) and guard Ben Sobieski (fifth round) were all selected in the 2003 NFL Draft, while Porter signed an NFL contract with Green Bay.

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.



Mike Elgin was selected by New England in the seventh round of the 2007 NFL draft. Along with being a three-year starter, Elgin twice earned academic all-America honors during his Iowa career. Elgin is now a member of the Indianapolis Colts.

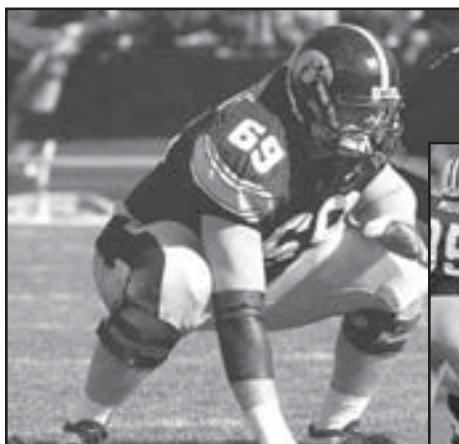


Ben Sobieski was part of Iowa's dominant offensive line as the Hawkeyes posted a perfect 8-0 record in the Big Ten Conference in 2002. Sobieski was a fifth round selection of the Buffalo Bills in the 2003 draft.

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 111 straight games for Kansas City over the past six seasons. Wiegmann now is a member of the Denver Broncos.

IOWA'S BIG TEN OFFENSIVE LINEMEN OF THE YEAR

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



Pete McMahon had a standout senior season in 2004, helping the Hawkeyes win the Big Ten title. McMahon closed his college career in Iowa's 30-25 win over LSU in the 2005 Capital One Bowl and was later drafted by Oakland in the 2005 NFL draft. McMahon is now with Jacksonville after an all-star season in NFL Europe in 2007.

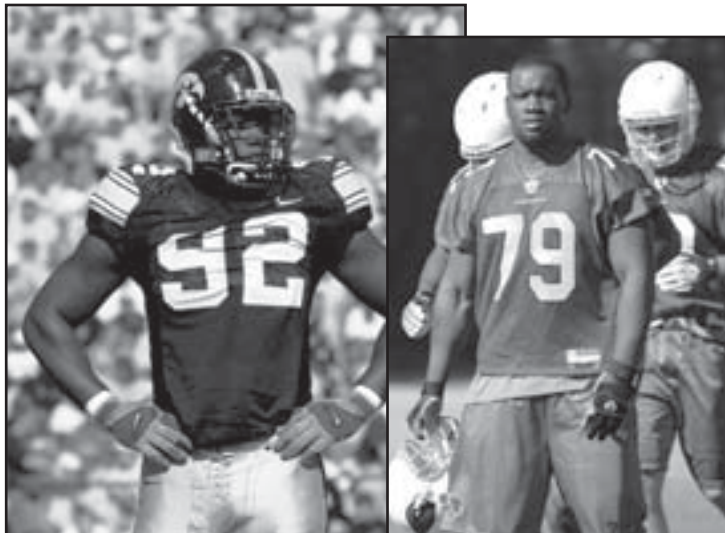


"I owe all of my success at the University of Iowa and in the NFL to Coach Ferentz and Coach Fry. Kirk was an excellent technician, teacher and motivator. His knowledge of the game, and especially of offensive line play, was a great benefit to me and my career, and his expertise will assure future success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

JOHN ALT
Former Iowa Hawkeye
Former All-Pro Lineman
Kansas City Chiefs

IOWA'S DEFENSIVE LINEMEN

FOLLOW A GREAT TRADITION



Ken Iwebema was a three-year starter for the Hawkeyes who was drafted in the fourth round of the 2008 NFL draft by Arizona.

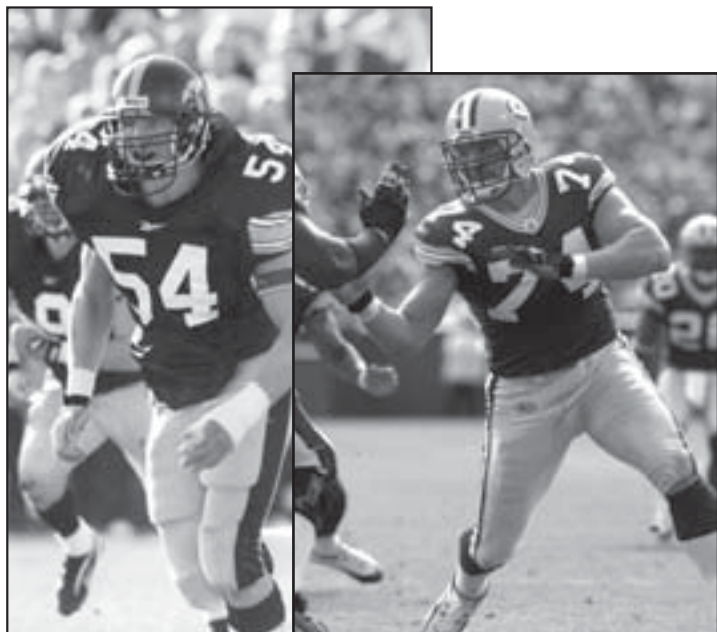
When talk centers on the success of the Iowa football program over the past 25 years, the conversation has to include the play of the guys in the trenches -- the defensive linemen. It doesn't matter if it's Hawkeye fans who have seen their team win five Big Ten titles, or professional coaches and scouts talking about playing in the NFL, the conversation usually includes Iowa Hawkeyes.

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.

Strong play by the defensive line has continued the past nine seasons under Coach Kirk Ferentz. Most recently, Ken Iwebema and Bryan Mattison, seniors in 2007, have moved from Iowa to the NFL after being three-year starters for the Hawkeyes.

Iwebema was selected by Arizona in the fourth round of the 2008 NFL draft, while Mattison signed a free agent contract with the New York Jets.

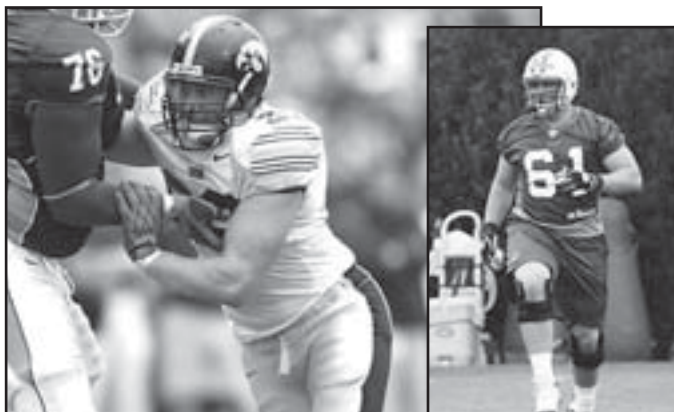


Aaron Kampman, a key player in the defensive line throughout his Hawkeye career, is in the midst of a standout career in the NFL with the Green Bay Packers, earning all-Pro honors the last two seasons.

Iowa's defensive line led the way in 2004 when the Hawkeyes won their second Big Ten title in three seasons while posting a 10-2 record. Four seniors, Matt Roth, Jonathan Babineaux, Tyler Luebke and Derreck Robinson, started all 12 games, leading the way for the best defense in the Big Ten. Iowa led the Big Ten and ranked fifth in the nation in rushing defense. Roth and Babineaux were both second round selections in the 2005 NFL draft, while Luebke and Robinson signed NFL contracts the first day following the draft. Robinson was one of just two un-drafted players to make the roster of

Babineaux was also a second round selection in the 2005 draft and he has had three productive seasons with the Atlanta Falcons. After earning all-America honors as a senior, Babineaux played in every game for the Falcons in his first two seasons before seeing action in 13 games a year ago.

In 2003, tackle Jared Clauss and end Howard Hodges keyed a defensive front that did the dirty work as Iowa posted a 10-3 record. Creating havoc amongst opponent offensive linemen, Iowa's defensive front kept blockers



Bryan Mattison had a solid career with the Hawkeyes, starting all 37 games over the past three seasons. He has signed a NFL contract with the New York Jets.

the San Diego Chargers in 2005 and his playing time increased in his second season.

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 three seasons.

off the linebackers, leaving them free to step up and make tackles. The Hawkeyes led the Big Ten in scoring defense and ranked seventh nationally. Iowa was also second in the league and eighth in the nation in rushing defense.

Clauss was drafted by Tennessee in the 2004 NFL draft and played for two seasons. Hodges signed a free agent contract with San Diego following his senior season in 2003, concluding his Hawkeye career with a win in the 2004 Outback Bowl.



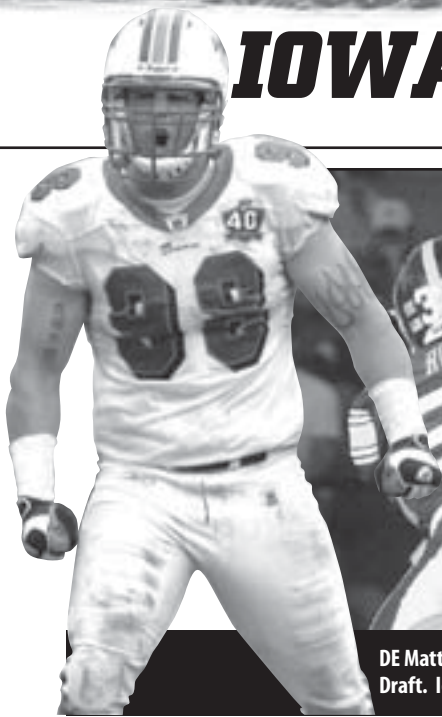
Colin Cole was a dominant defensive lineman at Iowa and he has enjoyed success in the NFL with the Green Bay Packers.

Iowa's drive to an undefeated Big Ten campaign in 2002 included an overall record of 11-2 and an Orange Bowl invitation.

Tackle Colin Cole was a first team all-Big Ten selection who earned second team all-America honors. Three of Iowa's four interior defensive linemen, who helped Iowa rank fifth nationally in rushing

IOWA'S DEFENSIVE LINEMEN

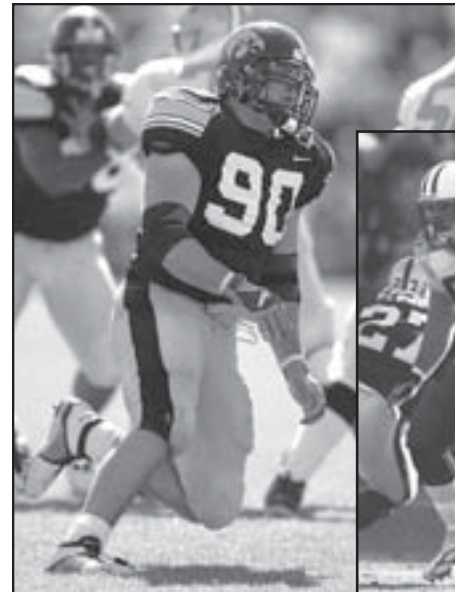
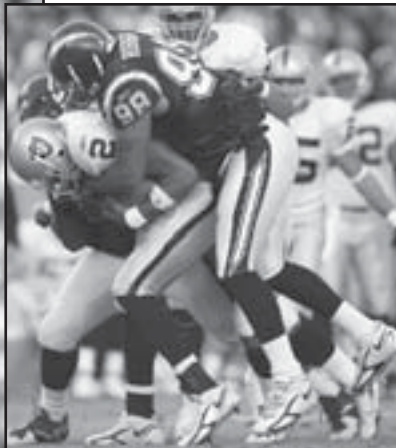
FOLLOW A GREAT TRADITION



DE Matt Roth (31) and DT Jonathan Babineaux (45) led Iowa's defense in 2004 and both were second round selections in the 2005 NFL Draft. Iowa's defense in 2004 led the Big Ten and ranked fifth in the nation in rushing defense.



Derrick Robinson was a member of Iowa's defensive front in 2004. He signed a free agent contract with San Diego and had two productive seasons with the Chargers.



Jared Clauss played his first two seasons in the NFL in Tennessee after being a seventh round draft pick.



defense in 2002, earned all-conference honors. Cole has played for Green Bay the past four seasons.

Defensive lineman Aaron Kampman was selected in the fifth round of the 2002 NFL Draft by the Green Bay Packers. Kampman has played well in six seasons with the 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 last season.



DE Howard Hodges played a key role for Iowa's championship defense in 2002 before concluding his career with a win over Florida in the 2004 Outback Bowl.

IOWA'S BIG TEN DEFENSIVE LINEMEN OF THE YEAR

1997	Jared DeVries
1991	LeRoy Smith
1987	Dave Haight
1984	Paul Hufford

IOWA'S LINEBACKERS

ARE DEFENSIVE LEADERS



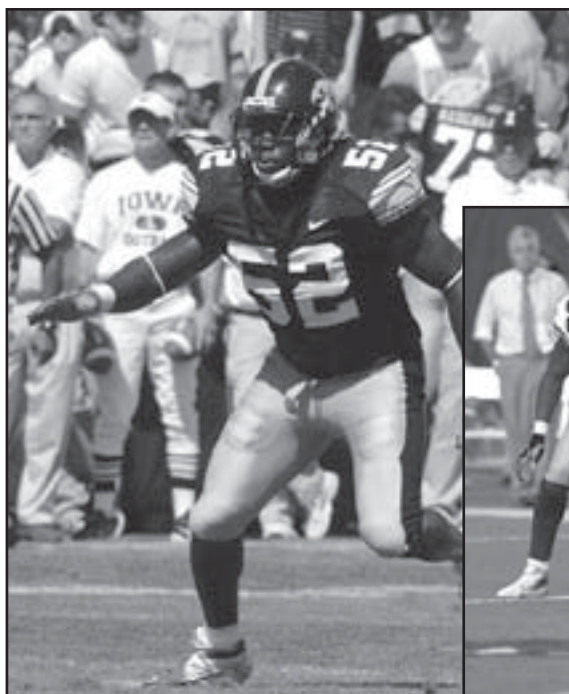
Mike Klinkenborg was a two-year starter and twice earned first team academic all-America recognition.

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 two 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.

More recently, in the past nine seasons under Coach Kirk Ferentz, Iowa linebackers have continued to excel. As the Hawkeyes participated in six straight bowl games from 2001-06, Iowa's linebackers played a key role in that success, both as defensive leaders and as key special team performers.

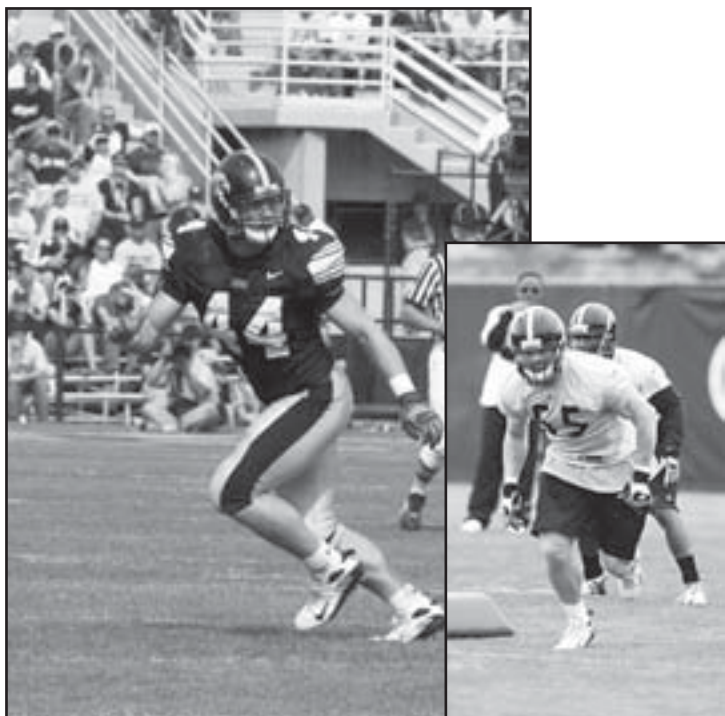
Iowa's most recent success stories at the position include Mike Klinkenborg and Mike Humpal, who were seniors in 2007. Klinkenborg earned first team academic all-America honors in each of his last two seasons. In 2007 he was named a National Football



Abdul Hodge ranks third in career tackles at Iowa with 453 career stops.

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 amassed 224 tackles during his Hawkeye career.

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. He earned co-MVP honors as a senior after leading the team with 123 tackles, which ranked 25th nationally.



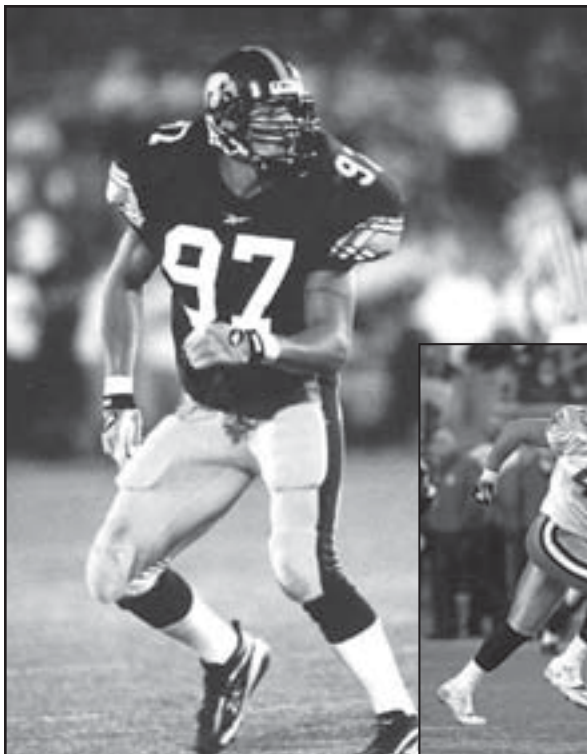
Mike Humpal earned national recognition for his play as a senior and was selected by Pittsburgh in the 2008 NFL draft.



Chad Greenway was a first round draft selection of the Minnesota Vikings after earning all-America honors as a senior in 2005.

IOWA'S LINEBACKERS

ARE DEFENSIVE LEADERS



LeVar Woods has had a productive career in the NFL over the last six years after performing as one of Iowa's defensive leaders as a senior in 2000.

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.

During their careers, Chad Greenway and Abdul Hodge were part of Iowa teams that won two Big Ten titles and earned invitations to four straight January bowl games. Each started all 37 games over the final three years of their careers.

Hodge, from Fort Lauderdale, FL, also 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. 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.



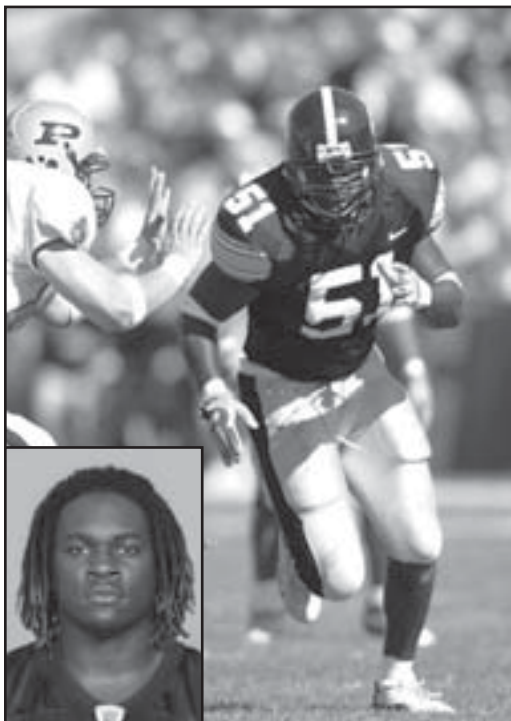
Greenway, from Mt. Vernon, SD, earned first team all-conference honors as a junior and senior and was an all-America selection in his final year. His 416 tackles rank fifth on Iowa's career chart. He was a first round selection of the Minnesota Vikings in the 2006 NFL draft, but missed the entire season after suffering a knee injury in a pre-season exhibition game. Greenway made an impact with the Vikings a year ago, ranking second on the team with 130 tackles. He collected two pass interceptions and tied for the NFL lead with four fumble recoveries.

While Hodge and Greenway were learning the ropes, they were able to learn from a veteran in Grant Steen. After joining the team as a walk-on, 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.

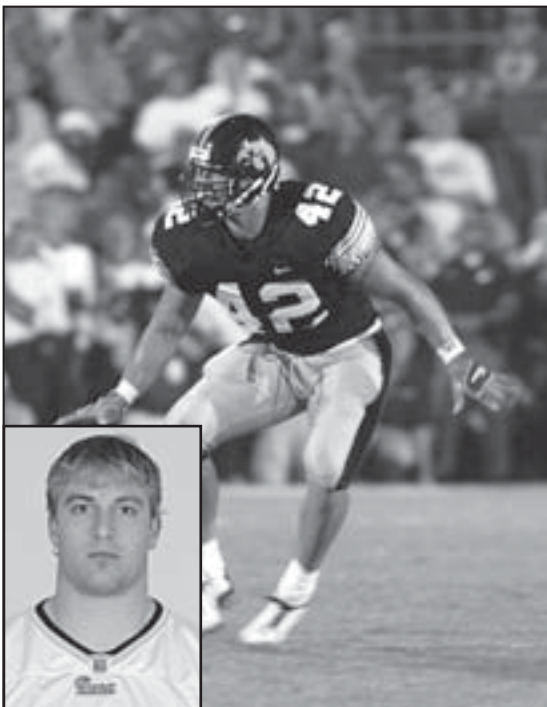
Ed Miles moved into the starting spot at the outside linebacker position in 2005 and played the weak side position in 2006. A native of Tallahassee, FL, Miles ranked eighth in the Big Ten in tackles as a senior and started every game over his final two seasons. Miles signed a free agent contract with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

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 before joining the Tennessee Titans in 2006 and 2007.

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 now ranks sixth on Iowa's career list. Barr signed an NFL contract with the Tennessee Titans following the 2003 NFL draft.



Fred Barr earned first team all-Big Ten honors in 2002 as Iowa posted a perfect 8-0 record while winning the Big Ten Conference and earning a spot in the 2003 Orange Bowl.



After joining the program as a walk-on, Grant Steen became a three-year starter, concluding his career in Iowa's win over Florida in the 2004 Outback Bowl.

IOWA'S DEFENSIVE BACKS

REFLECT HARD-HITTING ACTION

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 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 league 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 and Charles Godfrey has helped build Iowa's defensive reputation.

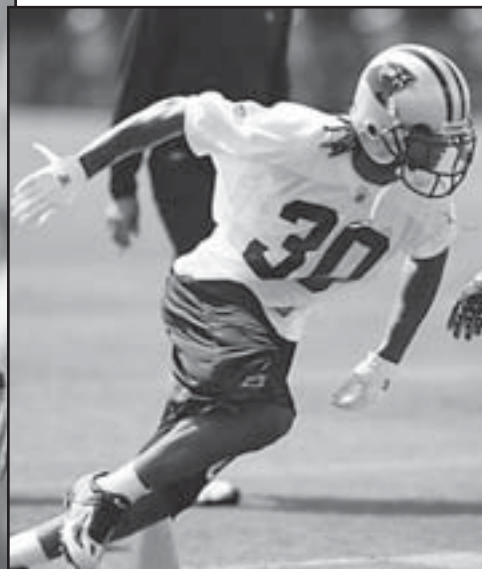
But, when talking about Iowa's defense under Kirk Ferentz, you have to begin with Bob Sanders. Lightly recruited out of Erie, PA, Sanders made an immediate impact on the Iowa defense. Moving into the starting line-up for the final four games of his freshman season, Sanders made an impact as the Hawkeyes defeated Penn State and Northwestern in two of the 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.



Charles Godfrey was selected by Carolina in the third round of the 2008 NFL draft.

Iowa's secondary in 2007 was led by senior cornerbacks Charles Godfrey and Adam Shada. Godfrey moved to corner for his final two seasons. 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.



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 ago 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 a year ago, earning NFL Defensive Player of the Year honors.

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 line-up 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 earned first team all-Big Ten honors for three consecutive seasons and was named the 2007 Defensive Player of the Year.



Pagel teamed with 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.

An understudy to Sanders and Pagel, Considine, also a walk-on, 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.

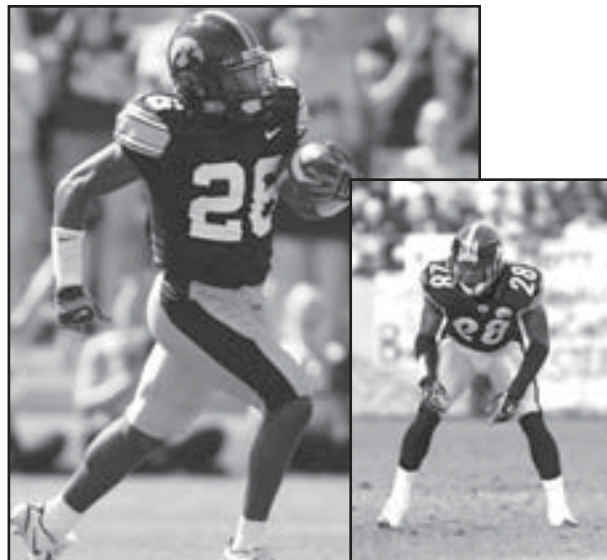
After joining the Iowa program as a quarterback, Bowen successfully made the switch to the defensive secondary. Bowen came to Iowa from Glen Ellyn, IL, and led the team in tackles in

IOWA'S DEFENSIVE BACKS

REFLECT HARD-HITTING ACTION



Derek Pagel joined the Iowa program as a walk-on and left as a fifth round selection in the NFL draft and a with Big Ten championship ring.



Jovon Johnson, a senior in 2005, ranks third on Iowa's career list with 17 interceptions.



Matt Bowen made the move from quarterback to defensive back and led Iowa in tackles in both of his final two seasons.

each of his final two seasons. His 70-yard interception for a touchdown against Indiana in 1997 ranks as the seventh 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 during the 2003 season. Bowen started the first five games of the 2004 season in Washington before a knee injury ended his season.

Several additional defensive backs have also made their mark as part of Iowa's defense over the past few seasons. D.J. Johnson (1998-02) came back for his final two seasons after a major knee injury and was a starter in the 2002 championship season. Antwan Allen (2002-05) started at cornerback in a January bowl game in each of his four seasons. Marcus Paschal and Miguel Merrick performed well at the safety positions in 2005 and 2006 and both were key contributors on special teams throughout their careers. Johnson signed a free agent contract with the New York Jets. Merrick (San Diego) and Paschal (Philadelphia) also signed NFL contracts. Paschal saw action for the Eagles in his rookie season.

Adam Shada (2004-07) was a three-year starter who earned first team academic all-America honors as both a junior and senior. Shada had 20 career starts, despite missing games at the end of his junior and senior seasons due to injury.



Antwan Allen was a starting cornerback throughout his career and started in a January bowl game in each of his four seasons.



Sean Considine moved from walk-on to NFL draft pick during his Iowa career, being the first player selected in the fourth round of the 2005 NFL draft.

IOWA'S KICKING GAME

THE IMPORTANCE OF SPECIAL TEAMS



Reggie Roby was a two-time all-American and a consensus all-America selection in 1981.



Former walk-on Andy Fenstermaker earned Iowa's punting job in 2005 and 2006 and earned a reputation for his high kicks that allowed very few punt return yards.

The success of the Iowa football program throughout the last 25 years has depended 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.

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.

As a member of the Iowa coaching staff under Hayden Fry, current Hawkeye Coach Kirk Ferentz understood the importance of a solid kicking game and the role special teams played in Iowa's success under Fry. In his nine years as Iowa's head coach, Ferentz has continued to demand that excellence from the Hawkeye special teams.

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 55.8 yards in a 10-7 win over Nebraska in 1981. He averaged 49.8 yards per kick in 1981 and 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.

While Ferentz served as Iowa's offensive line coach during the 1980's, the Hawkeyes also benefited from the kicking talents of Tom Nichol and Rob Houghtlin. Nichol scored 277 career points and held Iowa's career records for PATs and PAT attempts until being surpassed by Nate Kaeding. Houghtlin, whose field goal on the final play of the game in 1985 lifted top-ranked Iowa to a 12-10 win over second-ranked Michigan, ranks second in career scoring behind Kaeding.

Under Ferentz, outstanding play from Iowa's special teams has continued. 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.

Kaeding's 47-yard field goal in the final minutes lifted Iowa to a win over Texas Tech in the 2001 Alamo Bowl. Kaeding earned all-America honors in each of the next two seasons, earning the Lou Groza Award as the top placekicker in the nation in 2002. He earned consensus all-America honors as a senior in 2003 and also earned honors as a District VII first team academic all-American.



Nate Kaeding was a consensus all-American in 2003. He holds 14 kicking and scoring records and was a third round selection (San Diego) in the 2004 NFL draft. He earned all-Pro recognition in just his third season in the NFL.

IOWA'S KICKING GAME

THE IMPORTANCE OF SPECIAL TEAMS

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 four 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 last season as the Chargers returned to the AFC title game.

Taking over for Kaeding in 2004, Ankeny native Kyle Schlicher concluded his Iowa career in 2006 with 260 points, ranking fourth in career scoring.

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 Jaguars prior to the 2007 season and averaged 44.2 yards per punt last season.

Two punters who followed Baker, David Bradley (2001-04) and Andy Fenstermaker (2005-06), also fit Iowa's model for consistency in the kicking game. Bradley averaged over 40 yards per kick as a senior and earned honorable mention all-Big Ten recognition.

Fenstermaker, who joined the program as a walk-on, earned the punting job in his final two seasons. The Mt. Pleasant 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.



Kyle Schlicher, a senior in 2006, ranks fourth in career scoring with 260 career points.



After averaging over 42 yards per punt as a junior and senior, Jason Baker handled all of the punting duties for San Francisco in 2001, Kansas City in 2003 and Carolina the last three seasons.



David Bradley had a steady four-year career as Iowa's punter, earning all-Big Ten recognition in his final season.

IOWA'S WALK-ONS

A KEY TO IOWA'S SUCCESS



Long-snapper Dan Olszta is the latest walk-on to complete his Hawkeye playing career. Handling all punt snaps over the past three seasons, Olszta was named a permanent team captain following the 2007 season and he is a three-time academic all-Big Ten honoree.

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.

In the last nine years, 60 of 70 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.

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.

"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

During Iowa's return to one of the top football programs in the nation over the past nine 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.

Dallas Clark, drafted by Indianapolis in the first round (24th pick) of the 2003 NFL Draft, is an Iowa native who joined the program as a walk-on. Clark moved from linebacker to tight end earlier in his career and in 2002 earned the John Mackey Award as the top tight end in America while earning consensus all-America honors.

Offensive lineman Bruce Nelson joined the Iowa program as a walk-on. After a redshirt season, Nelson started every game during his career, which concluded in 2002 with a Big Ten championship. Nelson was a second round selection of the Carolina Panthers in the 2003 NFL draft.

Dan Olszta is a very 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 over the last three years. 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.

"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

"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
2002 All-American
Second round draft selection, Carolina Panthers



Dallas Clark earned the John Mackey Award as the best tight end in the nation in 2002 and was a consensus all-American. He has played his entire professional career with Indianapolis, the 2007 Super Bowl champion.

IOWA'S WALK-ONS

A KEY TO IOWA'S SUCCESS

"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

WALK-ON SUCCESS CONTINUES IN HAWKEYE PROGRAM

The recent streak of successful former walk-ons continues on a yearly basis. Three former walk-ons played key roles in Iowa's run to the 2004 Big Ten title. OL Pete McMahon and DT Tyler Luebke started all 12 games, while DB Sean Considine started 10 games, missing two contests due to injury.

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 now plays for Philadelphia in the NFL.

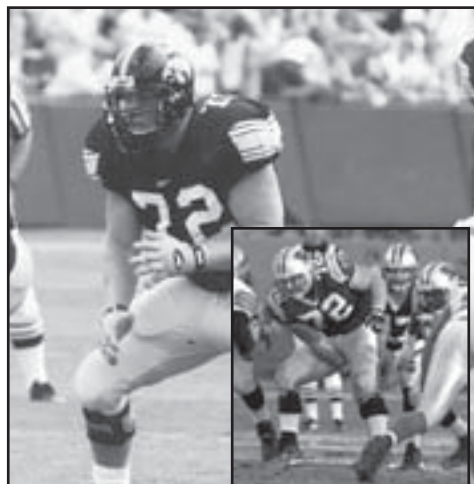
McMahon and Luebke are former prep players from the state of Iowa. McMahon started all 25 games in his final two seasons and was drafted in the sixth round by the Oakland Raiders. McMahon is now with Jacksonville after earning all-league honors in NFL Europe while helping his team win the 2007 World Bowl.

When Iowa's running back position was hit with the injury bug in 2004, RB Sam Brownlee led Iowa in rushing as the Hawkeyes won the Big Ten title.

Grant Steen was a three-year starter at outside linebacker after joining the program as a walk-on. Steen completed his Iowa career with the win over Florida in the 2004 Outback Bowl and signed a free agent contract with New England.



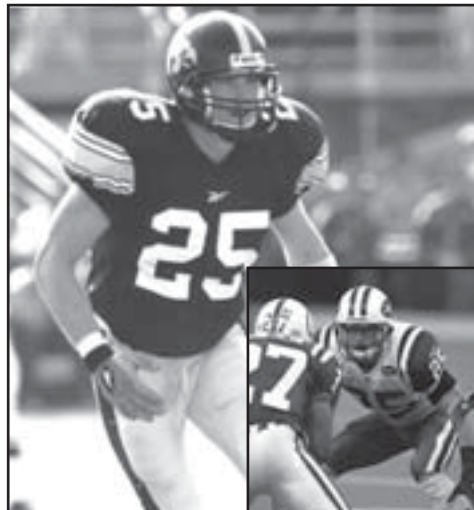
Dubuque native Pete McMahon started every game in the offensive line in 2003 and 2004 and was a sixth round NFL draft selection following his senior season.



Bruce Nelson started every game in his career and was selected in the second round of the 2003 NFL draft.



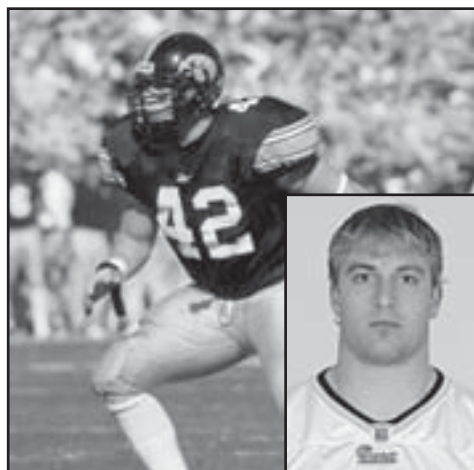
RB Sam Brownlee started the final six games of the 2004 season and led the team in rushing yards in 2004 as the Hawkeyes won the Big Ten title.



DB Derek Pagel was a fifth round selection in the 2003 draft after starting in the defensive secondary for Iowa's 2002 Big Ten championship team.



Safety Sean Considine was drafted in the fourth round of the 2005 NFL draft and played a key role for the Philadelphia Eagles in each of the last two seasons.



Grant Steen was a three-year starter at outside linebacker. He set an NCAA record for linebackers with three interceptions in a 2002 win at Indiana.

IOWA STRENGTH & CONDITIONING

BUILDING THE TOTAL ATHLETE

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



"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

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 five years, including five bowl invitations, four consecutive 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

IOWA STRENGTH & CONDITIONING

BUILDING THE TOTAL ATHLETE



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.

"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

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.

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.



IOWA STRENGTH & CONDITIONING

BUILDING THE TOTAL ATHLETE



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

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.

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.



IOWA STRENGTH & CONDITIONING

BUILDING THE TOTAL ATHLETE

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.

"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**

"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**

IOWA FACILITIES

AMONG THE NATIONS BEST



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 77-year history. Some of the biggest changes were completed prior to the 2006 season.

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 38 of the last 46 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. All seven home games a year ago were complete sellouts as Iowa tied its season attendance record. Dating back to 2003, Iowa holds a current string of 30 straight sellouts in Kinnick Stadium heading into 2007 season. The Hawkeyes ranked 21st 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.

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, Pittsburgh Steelers

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

IOWA FACILITIES

AMONG THE NATIONS BEST

"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."

The 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 both Coach Kirk Ferentz and the Iowa players. 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.

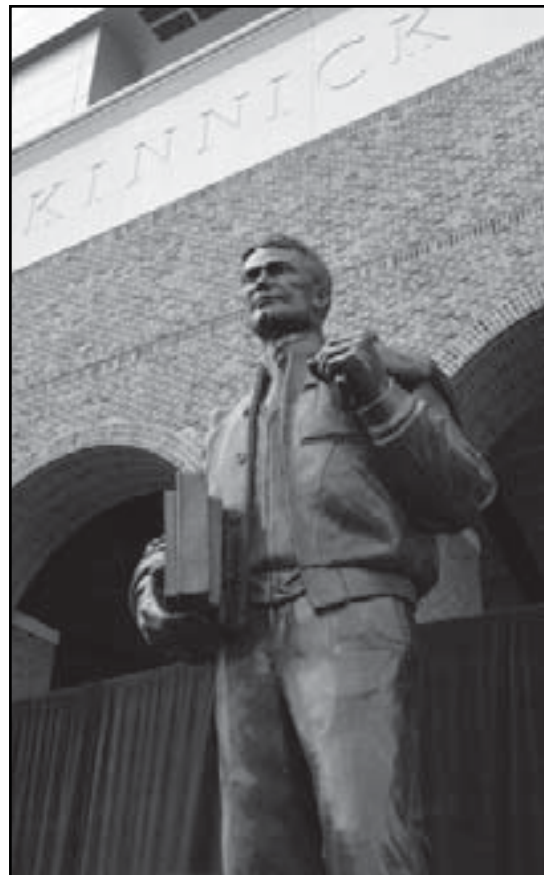
Also new in 2005 was the Iowa entrance to the playing field. The Hawkeye entrance is now located in the southwest corner of the playing field, surrounded by the sections in the stadium where thousands of Iowa students and the Hawkeye Marching Band are located, offering full support for their Hawkeyes.

"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



IOWA FACILITIES

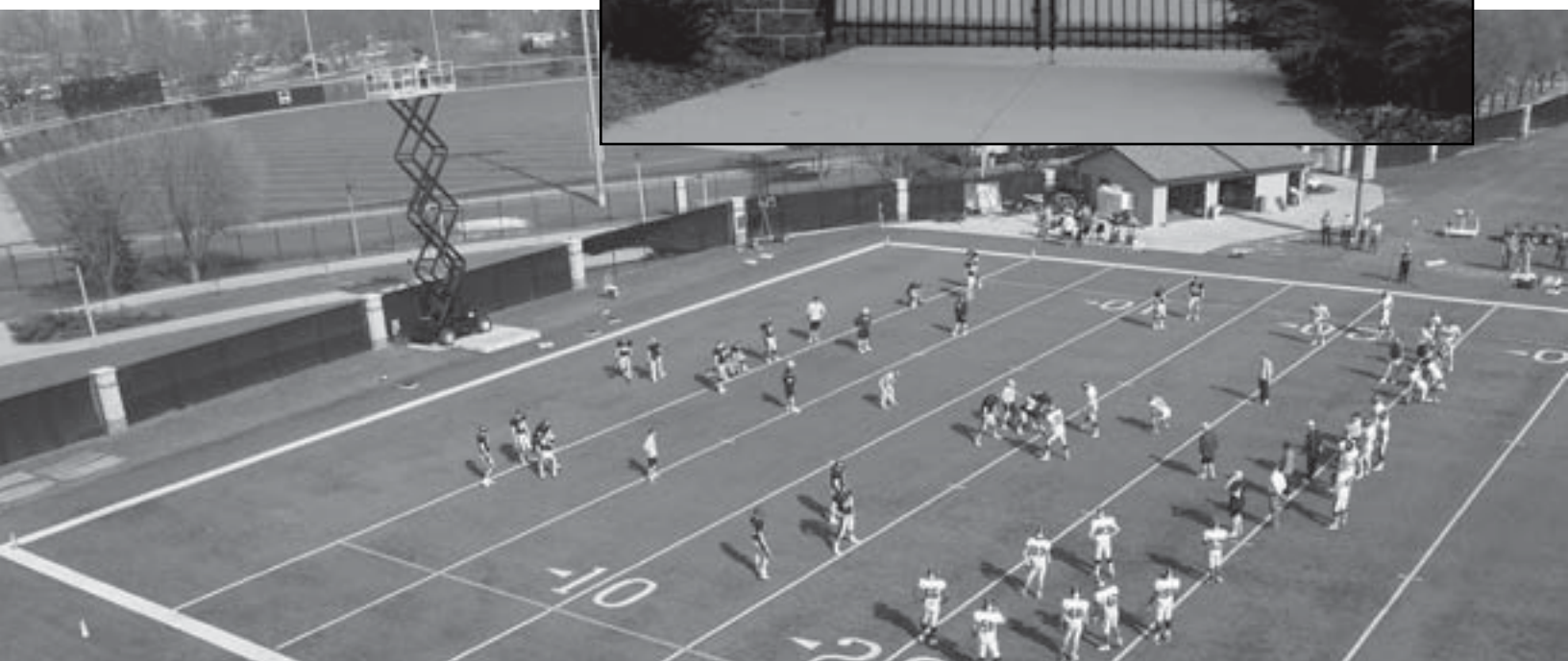
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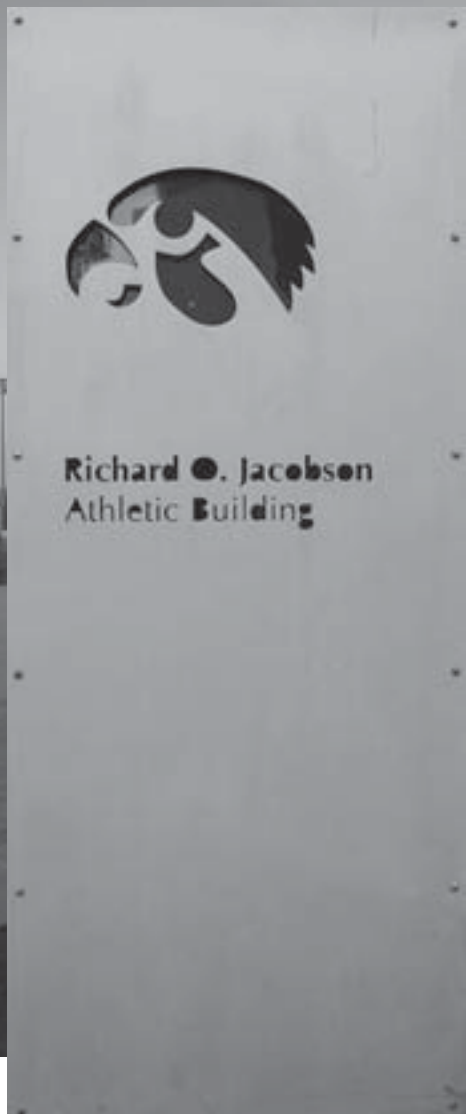
KENYON PRACTICE COMPLEX

The newest addition 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 FACILITIES

LOCKER ROOMS



University of Iowa equipment and apparel provided by NIKE.



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 equipment check-out area is conveniently located next to the locker room.

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.



IOWA FACILITIES

INDOOR PRACTICE FACILITY

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.



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.



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

WHY IOWA FACILITIES

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 Play Station) 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
University of Iowa

IOWA FACILITIES

IOWA STRENGTH TRAINING



IOWA STRENGTH TRAINING

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 five grass practice fields. 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



WHY IOWA FACILITIES

VIDEO DEPARTMENT



Iowa's state of the art XOS Sports Pro System gives the Hawkeye football team the edge it needs in video preparation.



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

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.



Members of the football video staff shoot aerial video of Iowa practices on a daily basis.



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.

THE FACILITY FEATURES:

- 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, and Woodway 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.



Cardiovascular equipment including Stairmaster, Pre-Cor, Cybex, and Woodway products.



Hawkeye players receive attention from the UI athletic training staff in Kinnick Stadium prior to a home contest.

IOWA FACILITIES

UNIVERSITY OF IOWA HEALTH CARE



Two newborn baby specialists at University of Iowa Children's Hospital faced a serious dilemma early in the morning of December 11, 2007.

Janel Orgovanyi had given birth to a premature, 26-week old baby girl shortly after 6 a.m. that day in Mount Pleasant. Normal births occur at about 40 weeks. Because special equipment is needed to care for such a premature infant, the baby would have normally been transported from the place of her birth, the Henry County Health Center, to UI Children's Hospital. However, an ice storm grounded AirCare, the emergency medical helicopter based at University of Iowa Hospitals and Clinics in Iowa City. In addition, the icy conditions prevented ground ambulances from traveling to Mount Pleasant.

The physicians' solution? Go to the baby. Neonatologists Michael Acarregui, MD, and John Dagle, MD, PhD, grabbed an emergency kit designed to care for premature infants and drove Acarregui's car to Mount Pleasant. They treated the baby's underdeveloped lungs to help them function better and placed umbilical lines. A mechanical ventilator was not available, so they used a hand bag to help her breathe.

By the time the physicians completed those life-saving steps, the roadways were more passable. A Henry County Ambulance crew helped assemble a carrier to safely transport the baby to Iowa City. The ambulance arrived just before 1 p.m. and the care team took the infant directly to the Neonatal Intensive Care Unit (NICU).

This dramatic story is just one of the many examples of the many benefits that Iowans and others receive from the world-class health sciences expertise available from University of Iowa, an integrated academic medical center that includes: is the home of 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
- UI 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.

University of Iowa Health Care specialists rank high when it comes to serving patients. In *U.S. News & World Report's* 2008 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.

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.

How is the baby who was rescued by those dedicated physicians doing now? Her parents named her Dorotea. The name means "gift of God." She went home with her family to Fairfield, Iowa, in March 2008. It's all part of the mission of the people of University of Iowa Health Care to change medicine and lives.

BOWL CHAMPIONSHIP SERIES



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 while the second title game was managed by the Sugar Bowl last season. The 2009 BCS National Championship Game will be held in Miami, Fla., on Jan. 8, 2009, one week after the Orange Bowl is held in the same location on Jan. 1. The Rose Bowl will have the right to host the 2010 title game to conclude the third four-year BCS cycle.

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 nearly \$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 (2OT) (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)

FUTURE BCS NATIONAL CHAMPIONSHIP GAMES

2008 Season BCS (Miami, FL)
2009 Season BCS (Pasadena, CA)



NATIONAL CHAMPIONSHIP GAME | January 8, 2009

Miami, FL



ROSE BOWL GAME | January 1, 2009

Pasadena, CA



FEDEX ORANGE BOWL | January 1, 2009

Miami, FL



ALLSTATE SUGAR BOWL | January 2, 2009

New Orleans, LA



TOSTITOS FIESTA BOWL | January 5, 2009

Phoenix, AZ