

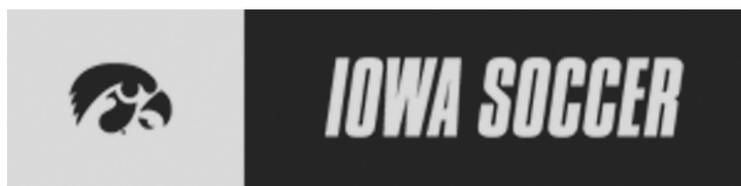
IOWA SOCCER

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University of Iowa Athletic Department Mission Statement

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

Credits

The 2008 Iowa Hawkeye Women's Soccer Media Guide is a publication of the University of Iowa. The guide was written, designed and edited by Sports Information Women's Soccer Contact Brad Rudner. Photographs provided by the University Relations Photo Unit and the UI Visual Center's Photographic Services. Cover artwork designed by Mindy Heidkerger. Printing done by University of Iowa Printing Services in Iowa City, IA.

Player Interviews

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

General Information

Location: Iowa City, IA
Founded: 1847
Enrollment: 30,409
Nickname: Hawkeyes
Conference: Big Ten
School Colors: Black and Gold
President: Sally Mason
Director of Athletics: Gary Barta
Home Field/Capacity: Iowa Soccer Complex/1,000
Soccer Administrator: Jane Meyer

Coaching Information

Head Coach: Ron Rainey
Alma Mater/Year: Wilkes University/1992
Overall Record/Years: 104-84-27 (10)
Record at Iowa/Years: 14-19-6 (2)
E-Mail Address: ron-rainey@uiowa.edu
Assistant Coach: Eric Golz
Alma Mater/Year: Grove City College/2002
Years at Iowa: Third Season
E-Mail Address: eric-golz@uiowa.edu
Assistant Coach: Eileen Narcotta
Alma Mater/Year: Vermont/2000
Years at Iowa: Third Season
E-Mail Address: eileen-narcotta@uiowa.edu
Volunteer Assistant: Stacy Welp
Alma Mater/Year: Tulsa/1994
Soccer Office Phone: (319) 335-9257

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Mailing Address: 157 Carver-Hawkeye Arena
Iowa City, IA 52242



IOWA SOCCER

2008 Roster

No.	Name	Pos.	Yr.	Hometown/Last School
00	Emily Moran	GK	Fr.	Kent, OH/Theodore Roosevelt HS
0	Erica Clausen	GK	Jr.	Portland, OR/Sunset HS
1	Kali Feiereisel	GK	So.	Libertyville, IL/Libertyville HS
2	Katie Smeltzer	D	RS Jr.	Fort Collins, CO/Rocky Mountain HS
3	Gabrielle Tinner	D	Fr.	Quantico, VA/Quantico HS
4	Stephanie Hyink	F	Sr.	Temecula, CA/Chaparral HS
5	Alyssa Cosnek	F	Fr.	Aliquippa, PA/Hopewell Area HS
6	Alexandria Seydel	M	Jr.	San Diego, CA/Westview HS
7	Morgan Showalter	M/F	Fr.	Cedar Rapids, IA/Xavier HS
8	Kelsey Sandon	M/F	Fr.	Urbandale, IA/Urbandale HS
9	Jackie Kaeding	D	RS Jr.	Coralville, IA/Iowa City West High HS
10	Amanda Martin	F	So.	Lewis Center, OH/Olentangy HS
11	Suzy Levett	D	Fr.	Cedar Rapids, IA/Xavier HS
12	Sarah Langlas	D	Fr.	Wheaton, IL/Wheaton Warrenville South HS
13	Rachel Blakesley	M	Fr.	Peoria, IL/Notre Dame HS
14	Kim Olsen	F	Jr.	Providence, UT/Iowa Western C.C.
15	Nicole Slevin	D	Jr.	San Pedro, CA/Bishop Montgomery HS
16	Keli McLaughlin	F	So.	Alsip, IL/Shepard HS
17	Allison Bellmer	F	Fr.	Wheaton, IL/Wheaton Warrenville South HS
19	Heather Windsor	M	Jr.	Temecula, CA/Chaparral HS
20	Kelsey Shaw	M	Sr.	Chino Hills, CA/Ruben Ayala HS
21	Jenna Aleo	D	So.	Tinley Park, IL/Andrew HS
22	Amanda Heimann	D	So.	Naperville, IL/Neuqua Valley HS
23	Kelsey McCarron	F	Jr.	Delray Beach, FL/Atlantic Community HS
24	Kathleen Smokowski	M/F	Jr.	Silverado, CA/Santa Margarita HS
27	Stephanie Swanson	GK	So.	Downers Grove, IL/Downers Grove North HS

Head Coach: Ron Rainey (Wilkes University, 1992)
Assistant Coach: Eric Golz (Grove City College, 2002)
Assistant Coach: Eileen Narcotta (Vermont, 2000)

Volunteer Assistant Coach: Stacy Welp
Athletic Trainer: Doug West
Student Athletic Trainer: Erika Kuhr

Pronunciation Guide

Jenna Aleo	AL-ay-OH
Alyssa Cosnek	COSE-neck
Kali Feiereisel	FI-er-EYES-el
Amanda Heimann	HY-man
Stephanie Hyink	HY-ink
Jackie Kaeding	KAY-ding
Alexandria Seydel	SY-dell

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Last season, the University of Iowa soccer program turned a corner in their rebuilding process under the tutelage of Head Coach **Ron Rainey**. Iowa finished with a record of 8-8-4 (best mark since 2002) and qualified for the Big Ten Tournament for the first time since 2001. In 2008, Rainey expects his team to build on the success of last year and take another positive step forward.

"We were excited about the progress we made last year," said Rainey, who is entering his third season at the helm of the Hawkeyes. "We put in a lot of hard work during the spring and with the new players we are bringing in, it is our hope that we will be able to keep moving in the right direction."

The 2008 Hawkeyes are led by a pair of seniors in forward **Stephanie Hyink** and midfielder **Kelsey Shaw**. The duo from California has combined for 19 goals and 11 assists in their three seasons in Iowa City. Shaw is currently rehabbing a knee injury suffered last October, and her availability for the start of the season is in question. Nevertheless, Rainey believes the leadership shown from his two seniors will be an important factor for this year's team.

"We obviously want them to have great senior seasons, special seasons," Rainey said. "They will both play great roles on and off the field for us."

And while only two seniors appear on this year's roster, nine incoming freshmen and one junior-college transfer will don the black and gold for the first time. The Hawkeyes may not have much experience on paper, but Rainey thinks otherwise.

"We have a lot of people back that have played collegiate soccer," said Rainey. "It will be essential for those returning players to help the freshmen get acclimated. I am excited to see that leadership happen and we are going to try and make those newcomers comfortable in our system."

Rainey retains his entire coaching staff from a year ago in **Eric Golz**, **Eileen Narcotta** and volunteer assistant **Stacy Welp**. All three are entering their third season as assistants for the Hawkeyes.

With competition predicted to occur at every spot on the field, Rainey acknowledges that in order for the Hawkeyes to progress, they will have to keep doing the same things that got them to this point: an organized defense, maintaining ball control and aggression in the attacking third.

"Those are the things we need to work hard at every day because that is how we can be successful," Rainey said. "We want to keep branding ourselves. We want people to say, 'That is how Iowa soccer should be played.'"

GOALKEEPERS

The Hawkeyes enter the 2008 season with four goalkeepers, including sophomores **Kali Feiereisel** and **Stephanie Swanson**, who both received playing time as true freshmen. Feiereisel took over for **Lindsey Boldt** midway through the 2007 season and started six conference games while corralling 37 saves. And in her only action of the 2007 season, Swanson shutout Minnesota in the season finale and earned the Big Ten co-Defensive Player of the Week award for her efforts.

Like last season, Rainey once again suspects a strong competition at the goalkeeper spot this fall.

"It's exciting because we feel that we have a group of goalkeepers that understands it is going to be a competition," Rainey said. "Each and every one of them has to raise their level of play."

Freshman **Emily Moran** joined the Hawkeyes early this past January and was with the team for spring practice. The native of Kent, OH, was ranked as one of the Top 200 recruits for the 2008 season by SoccerBuzz Magazine, coming in at No. 132. Junior **Erica Clausen** also returns for Iowa.

DEFENDERS

In 2007, the defensive back line was a huge strength for the Hawkeyes, but replacements will be sought out this fall after three seniors graduated last May. Sophomores **Jenna Aleo** and **Amanda Heimann** saw playing time as freshmen and figure to be starters on defense. With two spots seemingly up for grabs, Rainey recognizes that the defense may be the biggest question mark entering the season.

"It will be something we focus on in the first couple weeks of camp," Rainey said. "Once we get the right configuration of people back there, we will train them up quite a bit."

Newly-converted defender **Jackie Kaeding**, who spent the last two seasons as a midfielder, but trained this past spring as a defender, could garner playing time as a centerback. Also in the mix for playing time are freshmen **Sarah Langlas**, **Suzy Levett** and **Gabrielle Tinner**.

Junior **Katie Smeltzer**, who sat out the 2007 season while rehabbing a knee injury, is the wildcard on defense. Rainey noted that Smeltzer's rehab is going well and continues to look better and better, but also said she might not be ready for the start of the season.

MIDFIELDERS

While Shaw remains the anchor for the Iowa midfield, the Hawkeyes are looking at a few different players to join her, most notably junior **Alexandria Seydel**, who could be in line for a breakout season. Seydel has started every game in her two years as a Hawkeye and led Iowa in assists last year with four.

In order to improve the offensive attack, Rainey knows the midfielders will need to be on top of their game all season long.

"We need to keep working on our organization so we can enter the attacking third with numbers to create more scoring opportunities," Rainey said. "We had more scoring chances last year than we did the year before and we have to keep that going in 2008."

Juniors **Kathleen Smokowski** and **Heather Windsor** will vie for playing time in the midfield along with freshmen **Rachel Blakesley**, **Kelsey Sandon**, and **Morgan Showalter**, who was named the state of Iowa's Player of the Year as a high school senior.

FORWARDS

To create more scoring opportunities for the Iowa offense, the play of the Hawkeye forwards will be crucial. Hyink remains a threat to beat any defense with 11 goals and eight assists during her career. Sophomores **Amanda Martin** and **Keli McLaughlin** saw playing time last year and have a good chance to see more of it this season.

"Our forwards need to work together as a unit in order to break defenses down with numbers," Rainey said. "The focus remains on creating as many scoring chances as we can."

Iowa has more players as forwards than at any other position going into the 2008 season. Junior **Kim Olsen** is transferring from Iowa Western Community College where she was a two-time NSCAA all-America selection and will add experience to the group. Freshmen **Allison Bellmer** and **Alyssa Cosnek** will also compete for minutes.

Also returning for the Hawkeyes are juniors **Kelsey McCarron** and **Nicole Slevin**, who will provide depth to the position.



IOWA SOCCER

2008 Big Ten Tournament

2008 BIG TEN TOURNAMENT

University of Iowa Soccer Complex
November 6-9

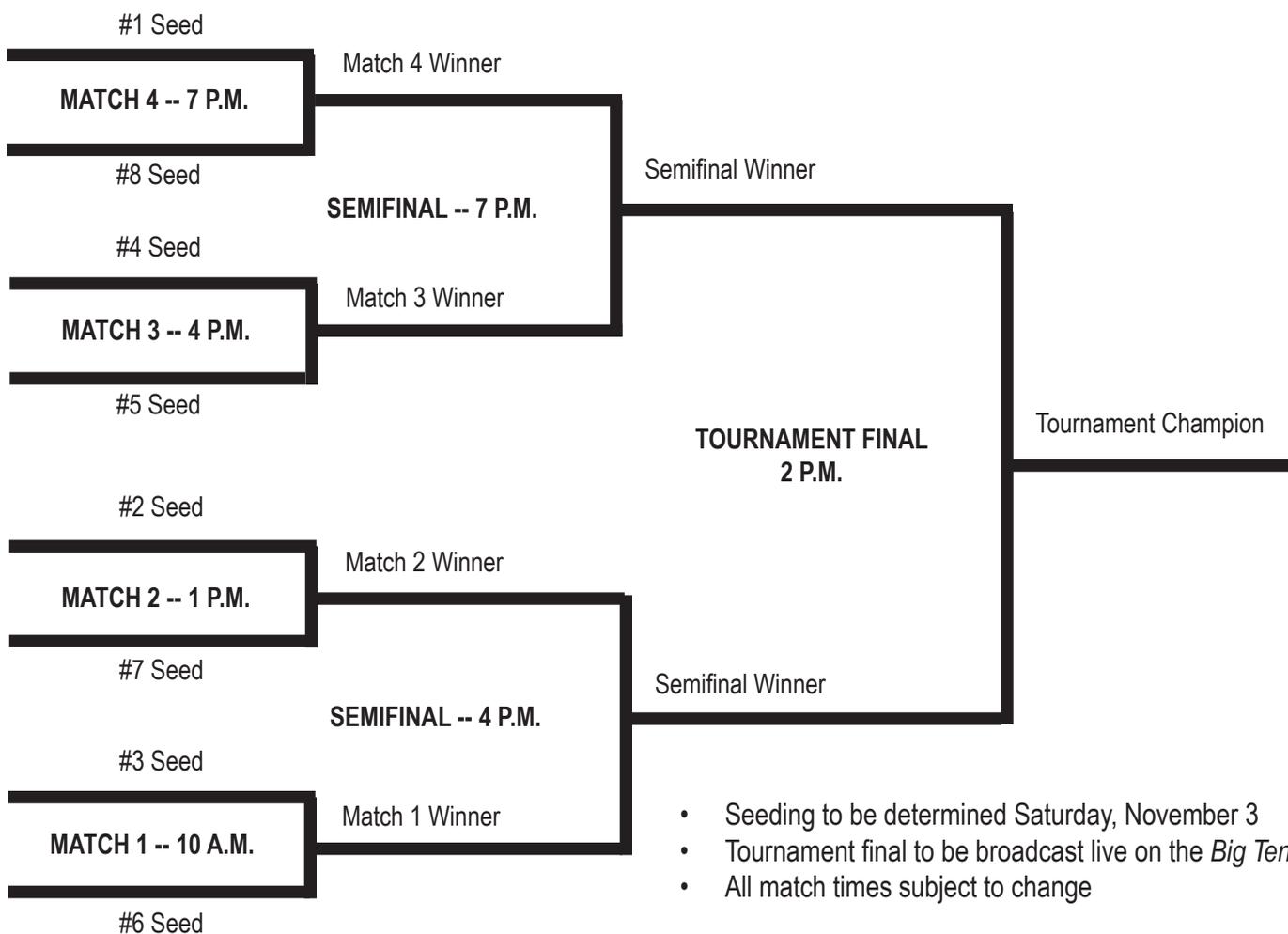
For the first time in school history, the University of Iowa will host the 2008 Big Ten Women's Soccer postseason tournament. As the host team, the Hawkeyes automatically gain entry into the eight-team bracket. All matches will be played at the University of Iowa Soccer Complex.



THURSDAY, NOVEMBER 6

FRIDAY, NOVEMBER 7

SUNDAY, NOVEMBER 9



- Seeding to be determined Saturday, November 3
- Tournament final to be broadcast live on the *Big Ten Network*
- All match times subject to change



In 2007, the Hawkeyes took a step forward in their rebuilding under the tutelage of second-year Head Coach **Ron Rainey**.

RECORD

Iowa finished 2007 with a record of 8-8-4, including a 4-6-0 mark in Big Ten Conference play. It marks the first time since 2002 the Hawkeyes finished with a record of .500 or better. The four conference wins (Michigan, Michigan State, Ohio State, Minnesota) last season were the most since 2001.

POSTSEASON PLAY

With the Nov. 2 win against Minnesota, the Hawkeyes clinched their first Big Ten Tournament berth since 2001. The eighth-seeded Hawkeyes fell to top-seeded Penn State, 3-1, in Minneapolis, MN.

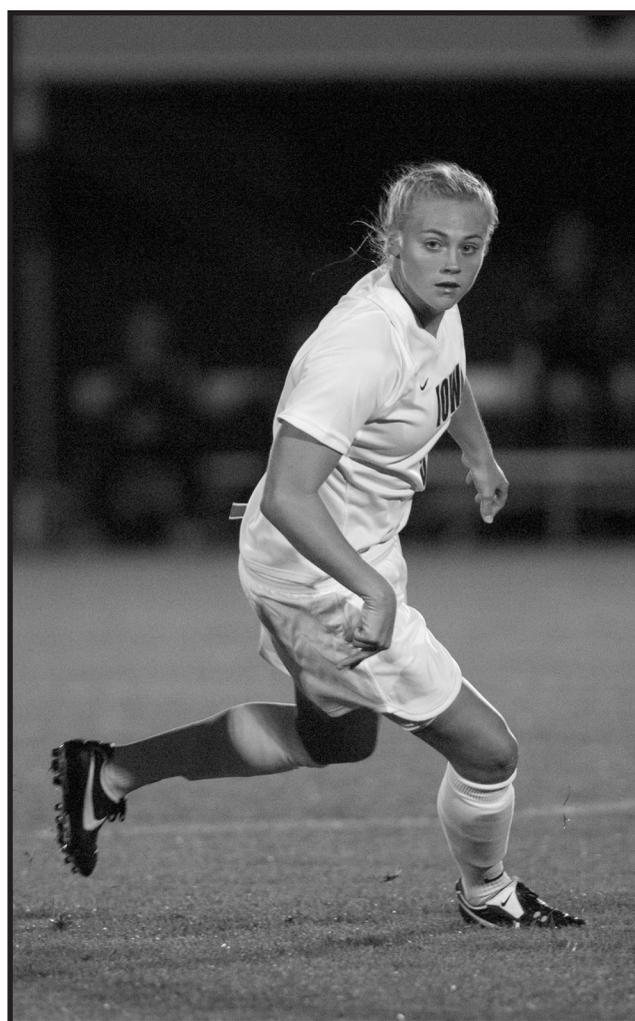
ALL-TOURNAMENT

Former Hawkeye **Kelsie Full** became the first player in school history to be named to the Big Ten all-tournament team. Full was credited with one shot and an assist on **Keli McLaughlin's** goal in the 3-1 loss to Penn State.

INDIVIDUAL STANDOUTS

Goalkeeper **Stephanie Swanson** was named Big Ten co-Defensive Player of the Week for her efforts in Iowa's Big Ten Tournament-clinching victory over Minnesota. She became the first Iowa player to receive the award since **Britta Vogele** in 2002. It was also Swanson's first collegiate start, playing for **Lindsey Boldt** (injury) and **Kali Feiereisel** (illness). She played all 90 minutes and made three saves against the Minnesota offense.

Former defender **Claire Goldenberg** was named to the third team of *SoccerBuzz Magazine's* Great Lakes Region as a defender. She was also Iowa's soccer representative of the Big Ten's Sportsmanship Award.



Redshirt junior Jackie Kaeding earned her second straight academic all-Big Ten selection in 2007.

STREAKS

Iowa won six straight matches from Sept. 14 to Sept. 30. The Hawkeyes also had an eight-match unbeaten streak (6-0-2), from Sept. 9 to Oct. 7, which is also a school record.

RANKINGS

After a five-year absence, the Hawkeyes re-appeared in the weekly polls from *SoccerBuzz Magazine*. Iowa debuted at No. 12 in the Great Lakes region following a 1-0 win over Michigan and ultimately ended the season at No. 11.

The Hawkeyes' 2008 recruiting class also made the SoccerBuzz rankings, rated at No. 55 in the nation. Two incoming freshmen, goalkeeper **Emily Moran** and defender **Morgan Showalter**, were ranked among the Top 200 recruits in the nation, coming in at No. 132 and No. 190, respectively. The 2008 ranking is Iowa's highest rating since 1999, when the Hawkeyes' class was rated 35th.

HOME SUCCESS

The Hawkeyes were 5-2-1 last season at the UI Soccer Complex, the best mark at home since 2002. Iowa will have 11 home matches in 2008, as well as hosting the 2008 Big Ten Tournament in November.

ACADEMIC SUCCESS

Ten Iowa Hawkeyes were named Academic all-Big Ten: **Lindsey Boldt** (third selection), **Erica Clausen** (first selection), **Kelsie Full** (third selection), **Abby Gierke** (third selection), **Claire Goldenberg** (fourth selection), **Jackie Kaeding** (second selection), **Melisa Kaetterhenry** (fourth selection), **Kelsey McCarron** (first selection), **Alexandria Seydel** (first selection), and **Nicole Slevin** (first selection).

Iowa was also one of 416 collegiate soccer teams across the nation to earn the National Soccer Coaches Association of America (NCSAA) Team Academic Award for the 2007 season. The Hawkeyes had a team grade-point average of 3.21 and were one of eight Big Ten universities represented.