



IOWA 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.

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

Chuck Hartlieb 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 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 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 in each of the past three seasons, 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 last year 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).

1 - 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.

2 - 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.

3 - Kyle McCann led Iowa to 19-16 win in the 2001 Alamo Bowl, beginning Iowa's current streak of six straight bowl appearances.

4 - 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.

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

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

IOWA QUARTERBACKS



AN ALL-BIG TEN TRADITION



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IOWA RUNNING BACKS

LEADERS OF THE IOWA RUSHING ATTACK



the Big Ten title) in 2002 and 10 games in 2003, the best back-to-back seasons in Iowa football history. The native of Inkster, MI burst on the scene during his sophomore season in 2002, leading Iowa to the 2003 Orange Bowl. Russell rushed 220 times for 1,264 yards that season, despite missing all of two games and parts of others due to injury.

Fully healthy throughout the 2003 season, Russell was even better. He played in every game, 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.



From Dennis Mosley in 1979 to Fred Russell in 2003, 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 has been Iowa's running backs coach in 11 of the 15 seasons in which an Iowa player has rushed for over 1,000 yards.

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

Two of the most recent Hawkeyes to gain over 1,000 yards include Fred Russell (2002 and 2003) and Ladell Betts (2000 and 2001). Betts currently ranks second in career rushing with 3,686 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 a year ago had his best season professional when he rushed for 1,154 yards.

Russell had the luxury in 2002 of running behind one of the most dominating offensive lines in Iowa history. Russell served as Iowa's offensive catalyst as the Hawkeyes won 11 games (and shared

Mosley, as a senior in 1979, became the first Hawkeye to surpass 1,000 rushing yards in a season. Mosley had a solid career heading into his senior season before Coach Fry gave the native of Youngstown, OH the ball in Mosley's final season. Mosley ended his career with 2,133 rushing yards before being drafted by the Minnesota Vikings. He had a career-best of 229 rushing yards in a 1979 win over Iowa State.

Ronnie Harmon was the next Hawkeye 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 Iowa players to lead the team 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 in the 1991 NFL Draft.

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 as 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.

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



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

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

3 - 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.

4 - 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.

5 - Tony Stewart became the first sophomore to surpass 1,000 yards when he rushed for 1,036 yards in 1988

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

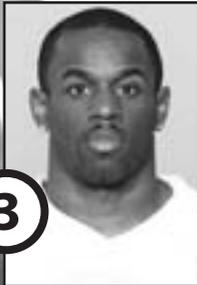
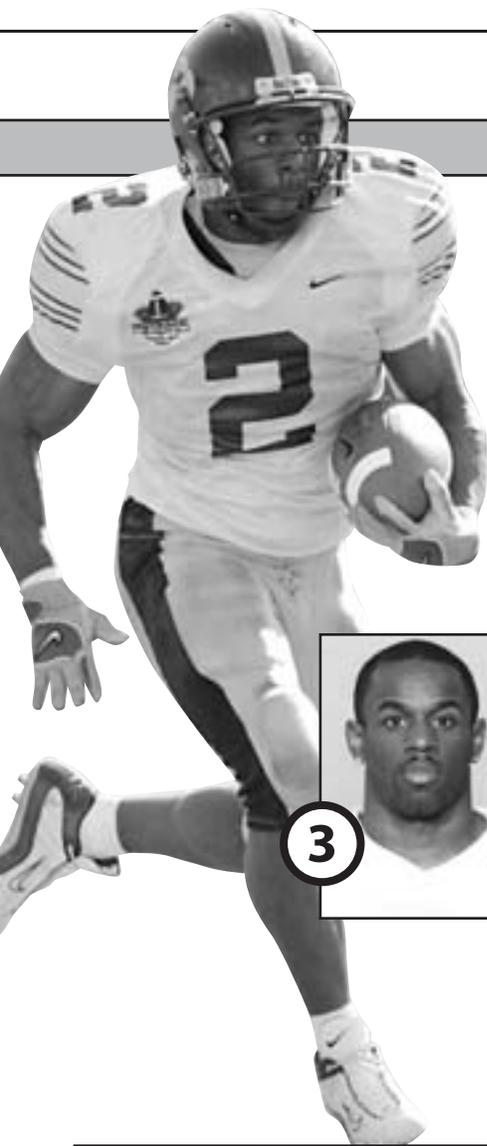
7 - Nick Bell led Iowa to the 1990 Big Ten title when he rushed for 1,099 yards in his senior season.

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

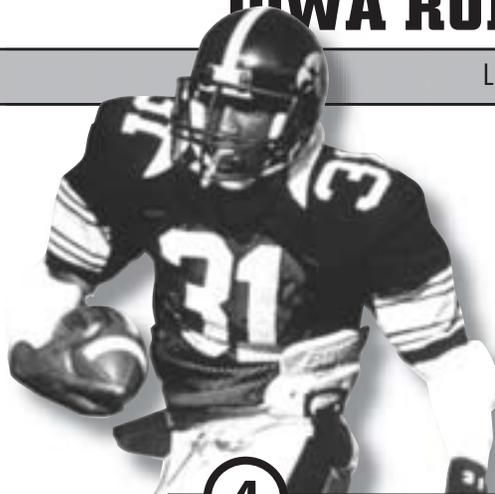


IOWA RUNNING BACKS

LEADERS OF THE IOWA RUSHING ATTACK



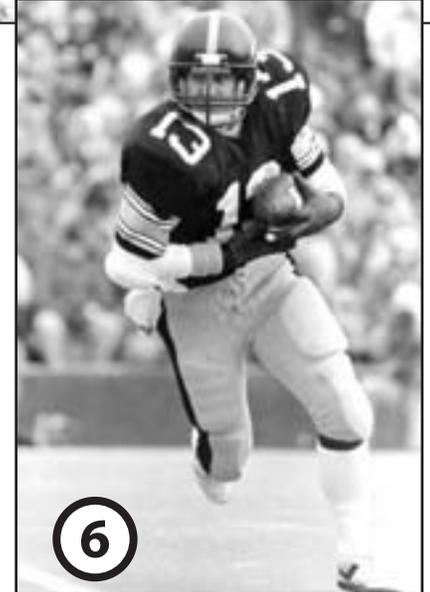
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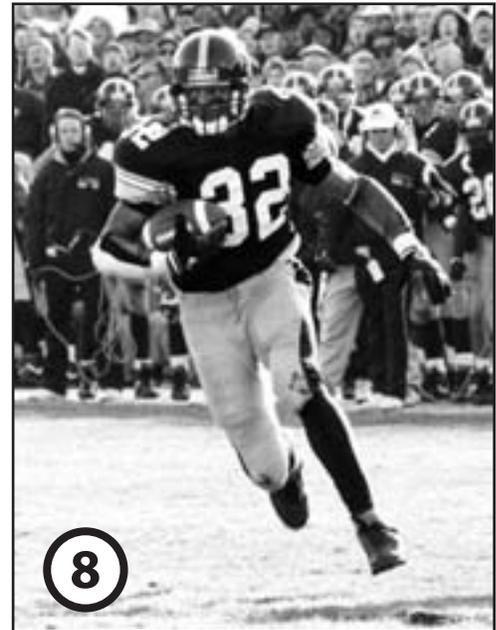
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IOWA WIDE RECEIVERS

HAVE PROVEN VERSATILITY

The Iowa football program has been known for its outstanding quarterbacks. While nine Hawkeye quarterbacks have been all-Big Ten 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.

The most recent name added to the list 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 Indinnapolis.

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.

Solomon begins the 2007 season with the Tennessee Titans. While Solomon ranks among Iowa's top career wide receivers with over 1,800 yards, Warren Holloway, a 2004 senior, stole the show at the end of the Capital One Bowl. 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 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 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.

Playing his final two seasons under Coach Kirk Ferentz, Kevin Kasper is another example of a walk-on wide receiver who 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 seventh season in the NFL in 2007 with the Detroit Lions.

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.

1 - 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.

2 - Clinton Solomon averaged 15.8 yards per catch during his Hawkeye career, one of the top averages among Iowa's career leaders. Solomon begins the 2007 season with the NFL's Tennessee Titans.

3 - 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.

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

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

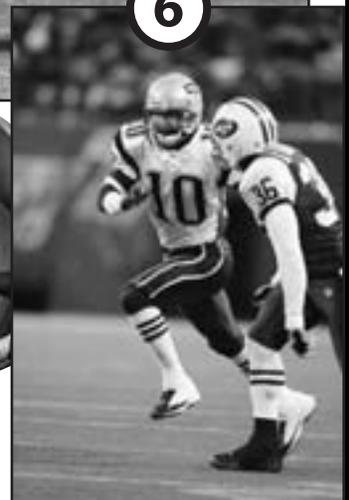
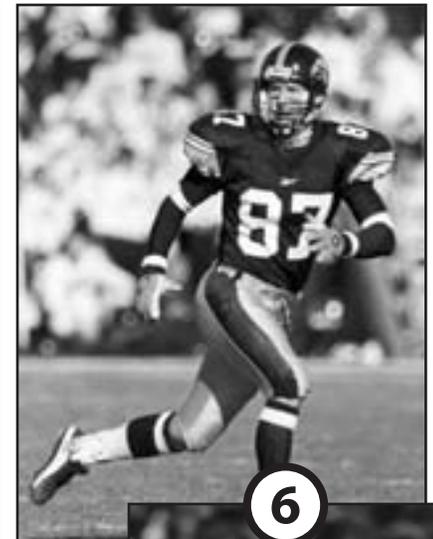
6 - Kevin Kasper, who joined the Iowa program as a walk-on, holds Iowa records for single-season and career receptions and has enjoyed success in the NFL over the past six years.

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

IOWA WIDE RECEIVERS



HAVE PROVEN VERSATILITY





IOWA TIGHT ENDS

EARN BIG TEN RECOGNITION



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

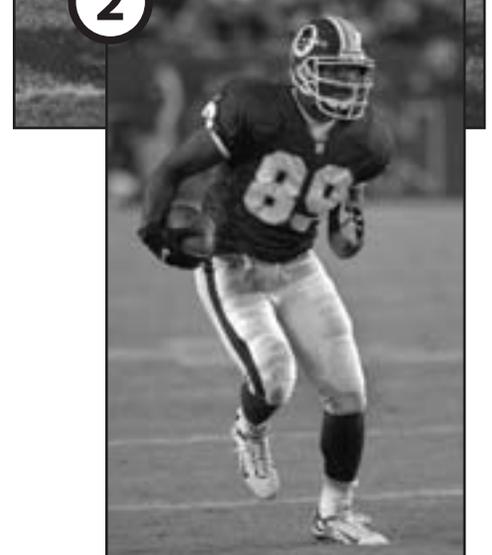
Clark was a first round selection of the Indianapolis Colts after earning consensus all-America honors with the Hawkeyes in 2002. His role has expanded in each of his four seasons, including a year ago as he came on strong in the playoffs as the Colts won the Super Bowl.

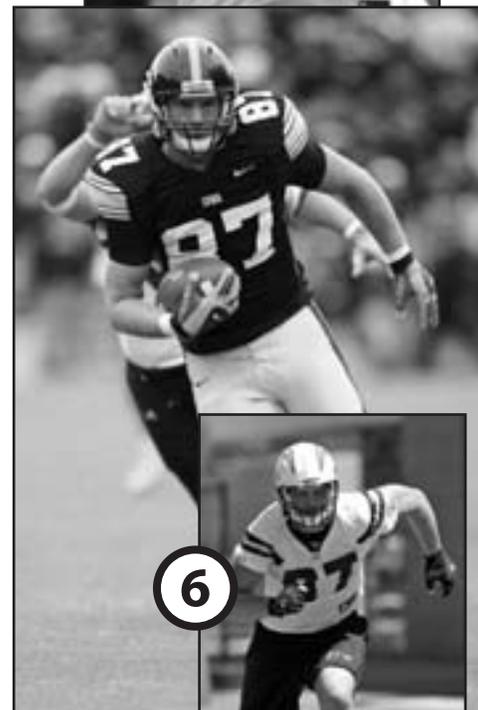
Clark, an Iowa native, joined the Iowa program as a walk-on. Moving to tight end from linebacker, Clark had two outstanding years at Iowa before heading to the NFL following his junior season. As a junior Clark helped Iowa earn the Big Ten title with a perfect 8-0 record. Along with earning consensus all-America honors 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 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 before being selected by San Diego in the fourth round of the NFL draft.





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

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

3 - 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.

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

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

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



IOWA OFFENSIVE LINEMEN

O-LINE UNIVERSITY



1



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 five 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-American honors.

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 five 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.

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 last spring. 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 World Bowl, the Super Bowl of NFL Europe.

Ferentz has played a major role in the careers of many Iowa offensive lineman. 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.

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 95 straight games for Kansas City over the past six seasons.

In addition to the players who have been drafted in the last few seasons, a number of former Hawkeye offensive linemen have signed free agent contracts as well. Mike Jones signed a free agent contract with the San Diego Chargers in 2007 after starting 43 games over the last four years.

Following the 2005 season, center Brian Ferentz signed an NFL contract with the Atlanta Falcons. Ferentz started 20 consecutive games over his last two seasons and had 26 career starts. He helped the Hawkeyes earn the Big Ten title in 2004 and in 2005 keyed an offensive line that led the way for RB Albert Young to rush for over 1,300 yards and QB Drew Tate to pass for over 2,800 yards.

David Porter signed a free agent contract after being a part of Iowa's offensive line throughout the 2002 championship season. Sam Aiello and Eric Rothwell, seniors in 2003, also joined the NFL as free agents.

"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

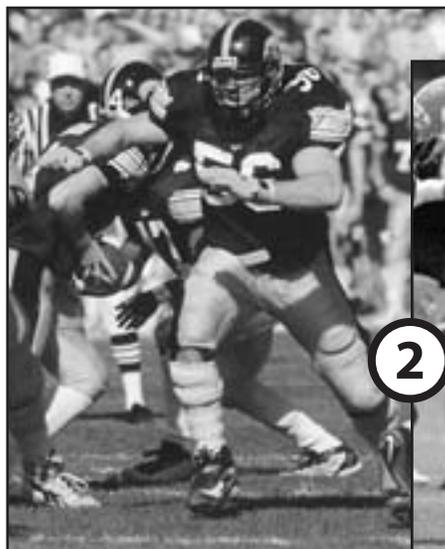
IOWA'S BIG TEN OFFENSIVE LINEMEN OF THE YEAR

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

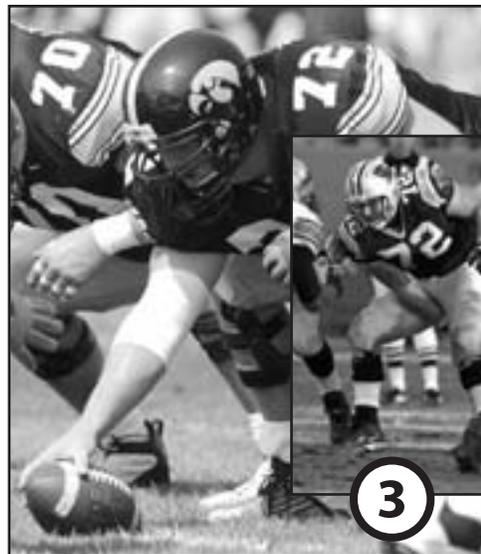


IOWA OFFENSIVE LINEMEN

O-LINE UNIVERSITY



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1 - 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.

2 - 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.

3 - 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.

4 - 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.

5 - 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.

6 - 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.

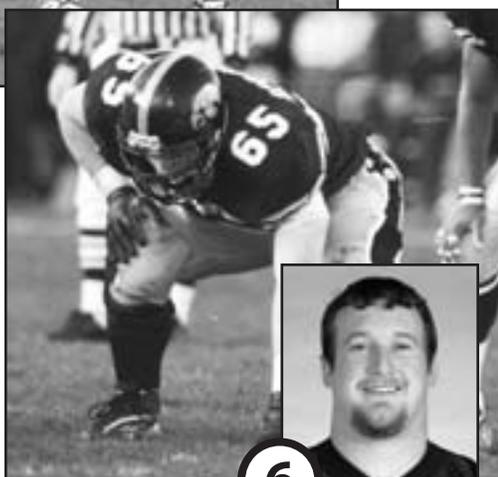
7 - Pete McMahon had a standout senior season in 2004, helping the Hawkeyes win the Big Ten title. McMahon closed his college career in Iowa's 30-25 win over LSU in the 2005 Capital One Bowl and was later drafted by Oakland in the 2005 NFL draft. McMahon is now with Jacksonville after an all-star season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



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IOWA DEFENSIVE LINEMEN

FOLLOW A GREAT TRADITION



1

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 eight seasons under Coach Kirk Ferentz. 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 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 every game for the Miami Dolphins in each of the last two seasons.

Babineaux was also a second round selection in the 2005 draft and he has had two productive



seasons with the Atlanta Falcons. After earning all-America honors as a senior Babineaux has played in every game for the Falcons in his first two seasons.

Iowa's 10-3 season record in 2003 was due, in large part, to the play of the defense. There was a reason Iowa linebackers Abdul Hodge and Chad Greenway finished first and third, respectively, in the league in tackles. That reason was the play of the defensive line.

In 2003, tackle Jared Clauss and end Howard Hodge keyed a defensive front that did the dirty work. Creating havoc amongst opponent offensive linemen, Iowa's defensive front kept blockers off the linebackers, leaving them free to step up and make tackles. The Hawkeyes led the Big Ten Conference 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. Clauss played in Tennessee for two seasons and is now with the Washington Redskins. Hodge 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.

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 defense in 2002, earned all-conference honors. Cole played for Green Bay the past three seasons. He has missed just one game over the past two years and recorded 40 tackles in 2005 and 37 stops last season.

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 five 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 for the Packers, recording a career-high 105 tackles. He was even more impressive last season when he earned all-Pro recognition. He led the NFC with 15.5 sacks, third best in Packer history, and recorded 113 tackles.

IOWA'S BIG TEN DEFENSIVE LINEMEN OF THE YEAR

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



IOWA DEFENSIVE LINEMEN

FOLLOW A GREAT TRADITION

1 – 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 last season.

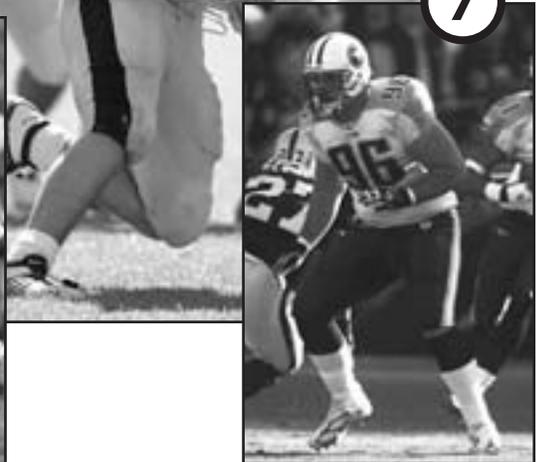
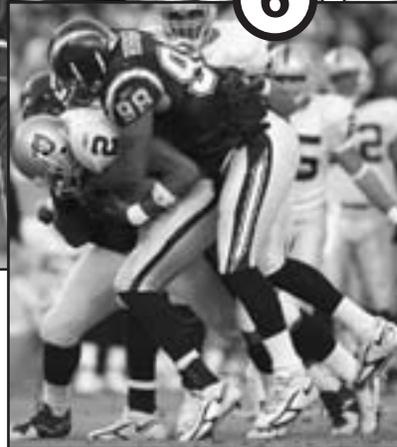
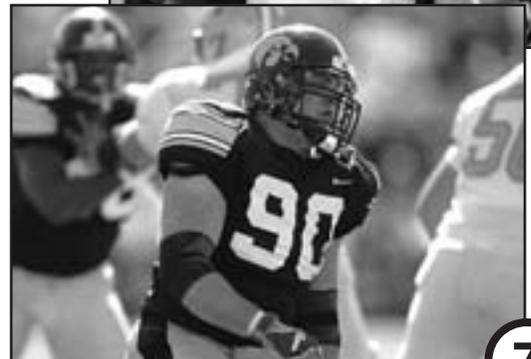
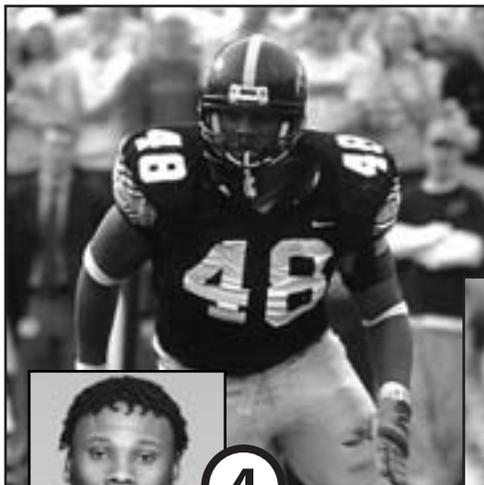
2 & 3 – DE Matt Roth (31) and DT Jonathan Babineaux (45) led Iowa's defense in 2004 and both were second round selections in the 2005 NFL Draft. Iowa's defense in 2004 led the Big Ten and ranked fifth in the nation in rushing defense.

4 – 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.

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

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

7 – Jared Clauss played his first two seasons in the NFL in Tennessee after being a seventh round draft pick. Clauss has joined the Washington Redskins for the 2007 season.



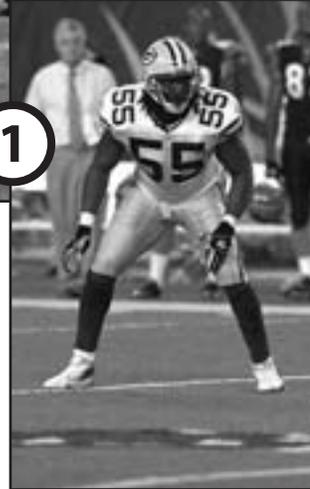


IOWA LINEBACKERS

ARE DEFENSIVE LEADERS



1



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 eight seasons under Coach Kirk Ferentz, Iowa linebackers have continued to excel. As the Hawkeyes have earned an invitation to six straight bowl games, Iowa's linebackers have played a key role in Iowa success, both as defensive leaders and as key special team performers.

During their careers, Greenway and Hodge were part of Iowa teams that won two Big Ten titles and earned invitations to four straight January bowl games. Hodge led the Big Ten in tackles as a senior, while Greenway ranked second. They ranked third and fourth, respectively, in the nation in tackles per game. 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.

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 ranks fifth on Iowa's career chart and he had 10 or more tackles in 25 games throughout his career. 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.

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

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.

Two additional players who were key players in recent seasons include George Lewis and Ed Miles, both of whom played the outside linebacker spot. Lewis started 10 of 12 games in 2004 as the Hawkeyes won the 2004 league title. Miles replaced Lewis in 2005, starting at the spot over the majority of the past two seasons. Both Lewis and Miles signed free agent contracts with Miami following their Hawkeye careers.



2



three straight bowl games and 21 victories in his last two seasons. Steen signed an NFL contract with New England following his Hawkeye career and remains active in the Arena Football League.

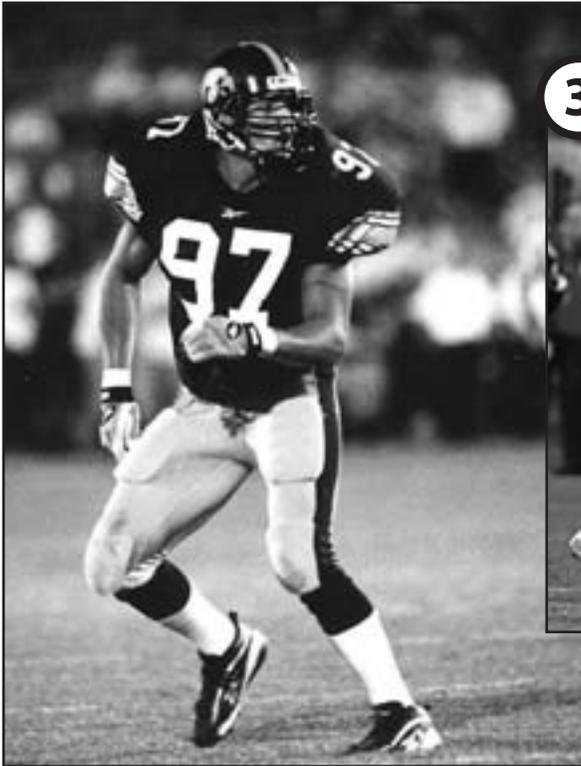
As the Kirk Ferentz era began at Iowa, one of the leaders was OLB LeVar Woods. Woods led the team in tackles in 2000, helping set the foundation for an Iowa defense that has ranked among the best in the nation in recent years. Woods signed an NFL contract with the Arizona Cardinals, where he played four seasons. Woods also played for the Detroit Lions before playing in 14 games for the Tennessee Titans in 2006.

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

IOWA LINEBACKERS



ARE DEFENSIVE LEADERS



3



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

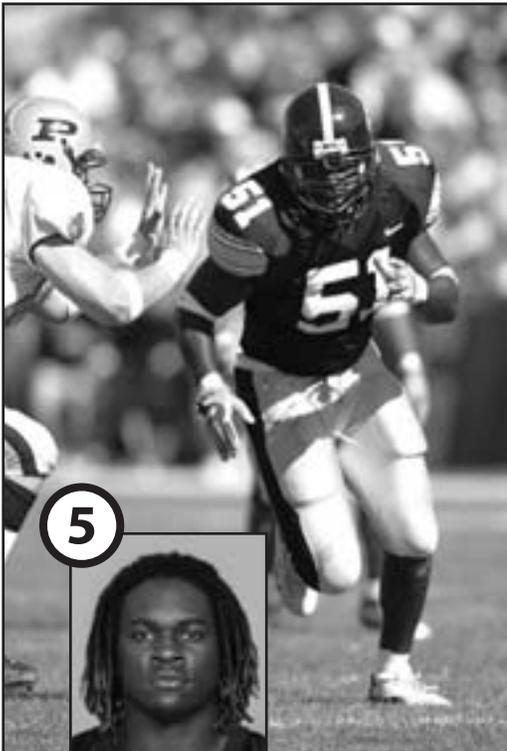
2 - Chad Greenway was a first round draft selection of the Minnesota Vikings after earning all-America honors as a senior in 2005.

3 - 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.

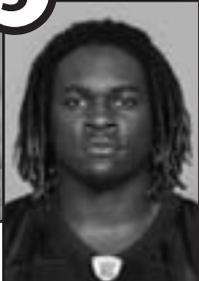
4 - After joining the program as a walk-on, Grant Steen became a three-year starter, concluding his career in Iowa's win over Florida in the 2004 Outback Bowl.

5 - 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.

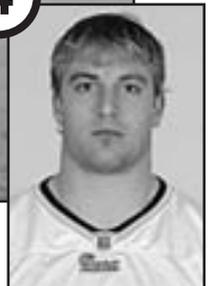
6 - George Lewis started at outside linebacker as a senior, helping the Hawkeyes claim the 2004 Big Ten title.



5



4

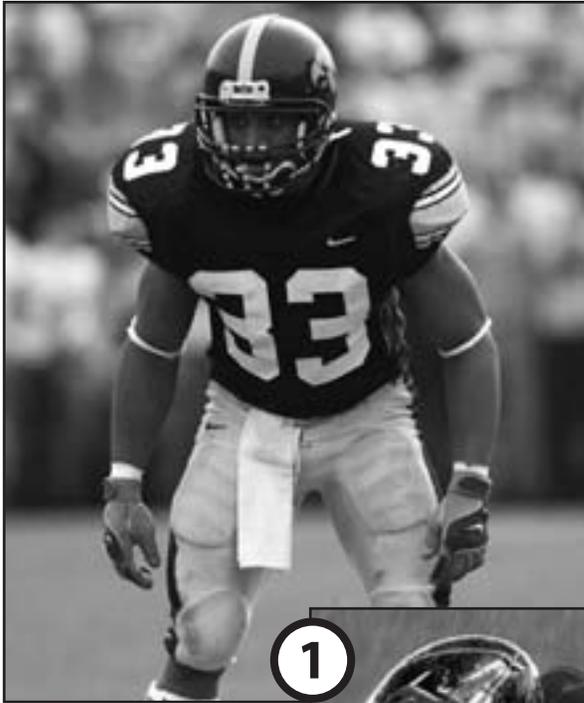


6



IOWA DEFENSIVE BACKS

REFLECT HARD HITTING ACTION



1

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 and Jovon Johnson 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.

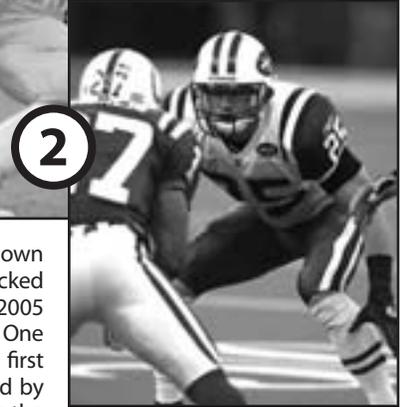
That success carried over to his next three seasons, as Iowa won the Alamo Bowl in 2001, earned a bid to the 2003 Orange Bowl after winning the 2002 Big Ten title and posted a 10-3 record in 2003, including a win in the 2004 Outback Bowl. From the time Sanders was first in Iowa's starting line-up, through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

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, as a NFL rookie in 2006 ended the season with

the Pittsburgh Steelers.

Pagel teamed with Sanders to give Iowa two outstanding safeties. Pagel is an Iowa native who joined the Iowa program as a walk-on. Working his way up the ranks early in his career, Pagel came on strong his final two seasons. 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



2

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.

Bowen came to Iowa from Glen Ellyn, IL, and led the team in tackles in both 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. He joined the Buffalo Bills for the 2006 season.

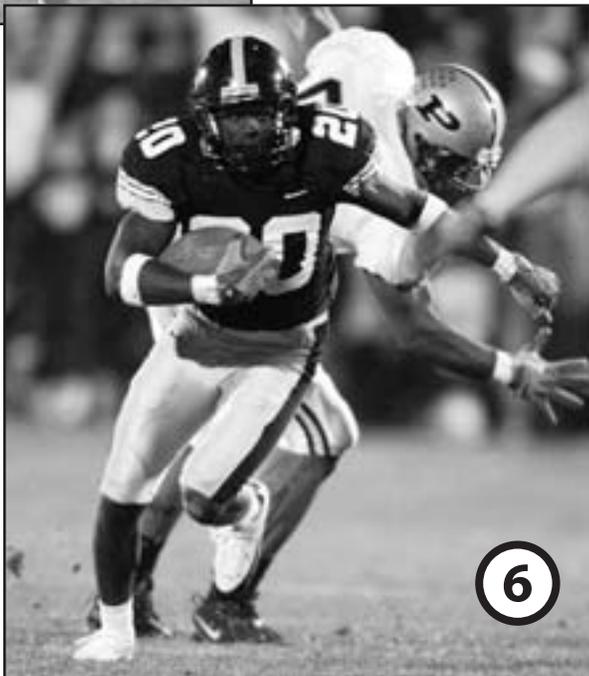
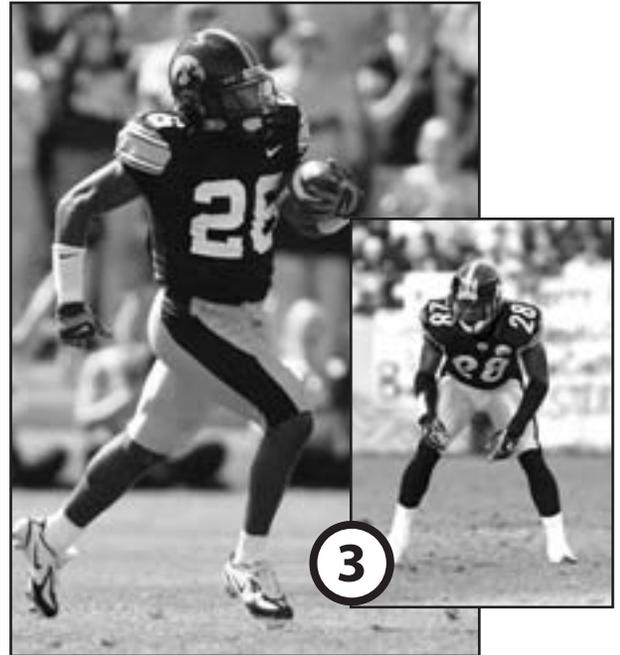
Several additional defensive backs have also made their mark as part of Iowa's defense over the past few seasons. D.J. Johnson (1998-02) came back for his final two seasons after a major knee injury and he was a starter in the 2002 championship season. Antwaan Allen (2002-05) started at cornerback in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



IOWA DEFENSIVE BACKS

REFLECT HARD HITTING ACTION

- 1 - Bob Sanders earned first team all-Big Ten honors for three consecutive seasons and has earned all-Pro honors in the NFL.
- 2 - Derek Pagel joined the Iowa program as a walk-on and left as a fifth round selection in the NFL draft and a Big Ten championship ring.
- 3 - Jovon Johnson, a senior in 2005, ranks third on Iowa's career list with 17 interceptions.
- 4 - Matt Bowen made the move from quarterback to defensive back and led Iowa in tackles in both of his final two seasons.
- 5 - 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.
- 6 - Antwaan Allen was a starting cornerback throughout his career and started in a January bowl game in each of his four seasons.
- 7 - D.J. Johnson set an Iowa record with a 99-yard PAT return in a 2002 win at Penn State.





IOWA'S KICKING GAME

THE IMPORTANCE OF SPECIAL TEAMS



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.



1

Iowa's punt and kickoff return teams throughout the years have featured all-America 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 eight 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 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. Nate

Kaeding, who grew up in the shadows of Kinnick Stadium and attended West HS in Iowa City, was a two-time all-American as Iowa's placekicker.

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.

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 three seasons. Last season, 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.



2



Most recently, Iowa's PAT and field goal kicking was in the hands of Ankeny native Kyle Schlicher. Taking over for Kaeding in 2004, 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.

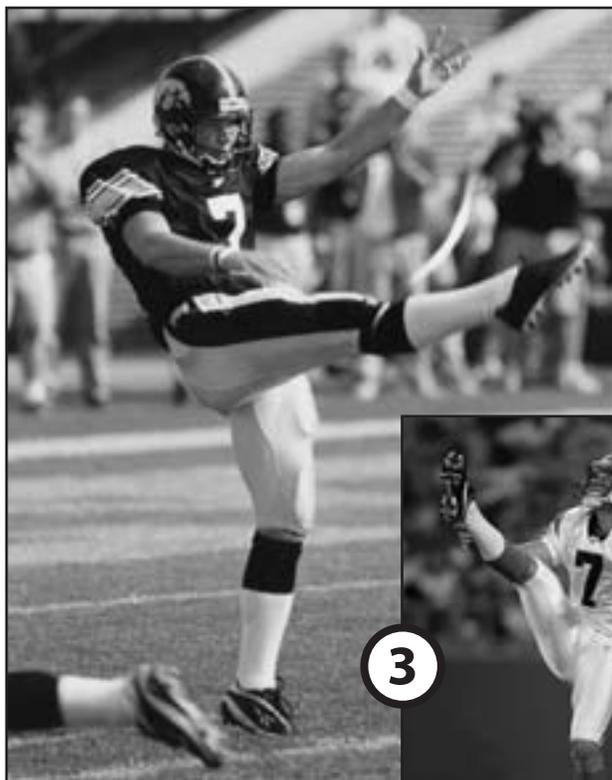
The Ft. Wayne, IN, native signed an NFL contract with San Francisco for the 2001 season and handled all of the 49'er punting duties during his rookie season. He later joined Kansas City and handled all punting duties for the Chiefs in 2003. Baker joined Carolina for the 2005 season, averaging 43.3 yards per kick as the Panthers advanced to the NFC championship game. Last season Baker improved his average to 45.7 yards on 98 punts to rank sixth in the NFL. Heading into the 2007 season, Baker has signed a long-term contract with the Jaguars.

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 punt as a senior, earning honorable mention all-Big Ten recognition.



IOWA'S KICKING GAME

THE IMPORTANCE OF SPECIAL TEAMS



Andy 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. A year ago, 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.

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

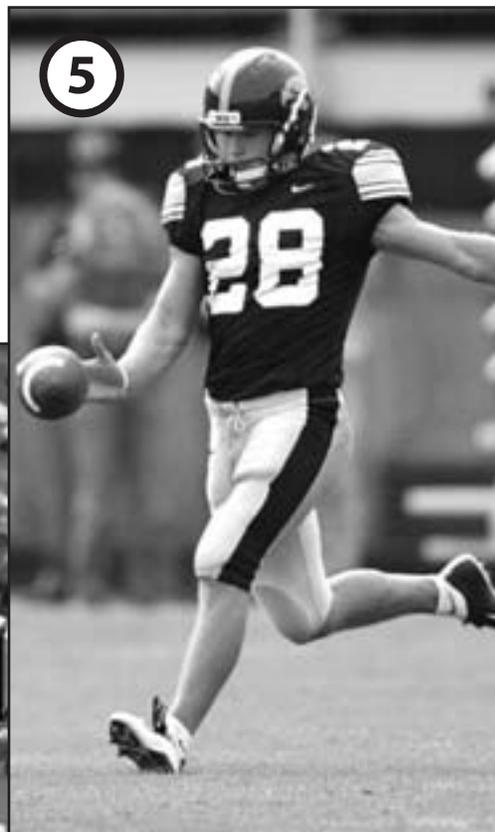
2 - Nate Kaeding was a consensus all-American in 2003. He holds 14 kicking and scoring records and was a third round selection (San Diego) in the 2004 NFL draft. He earned all-Pro recognition in just his third season in the NFL.

3 - 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 in both 2005 and 2006.

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

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

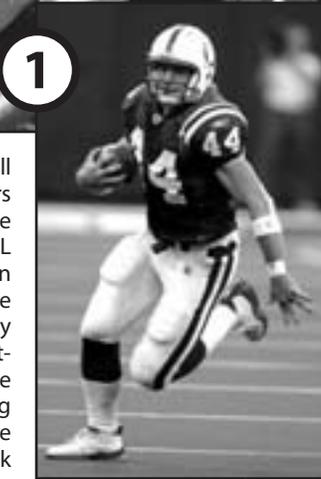
6 - Former walk-on Andy Fenstermaker earned Iowa's punting job in 2005 and 2006 and earned a reputation for his high kicks that allowed very few punt return yards.





IOWA WALK-ONS

A KEY TO IOWA'S SUCCESS



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 a walk-on before eventually earning a scholarship. That trio helped the Hawkeyes post an 8-0 record in the Big Ten during the 2002 season before hearing their name called on draft day.

In the last eight years, 54 of 62 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.

Not all student-athletes are first team high school all-Americans. Many develop into team leaders later during their collegiate careers after they have successfully "walked-on" a program. That

statement could not be more true, as each year a number of players who joined the Iowa program as walk-ons play vital roles in the success of Iowa football.

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 eight 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.

"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

"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 while helping his team win the NFL Europe title this past season.

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. Steen has gained experience in the Canadian Football League and, like McMahon, played on NFL Europe.

1 - 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.

2 - 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.

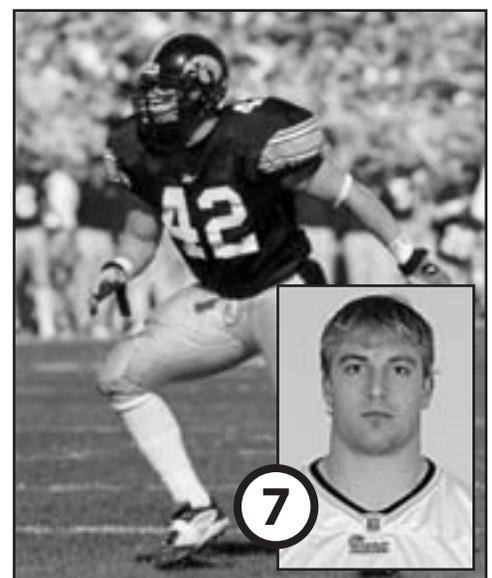
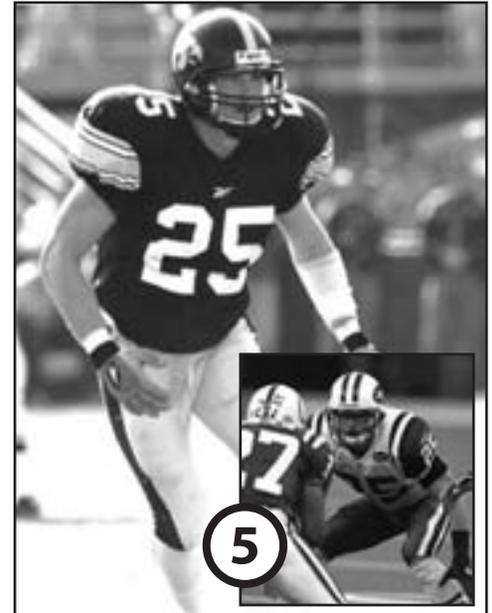
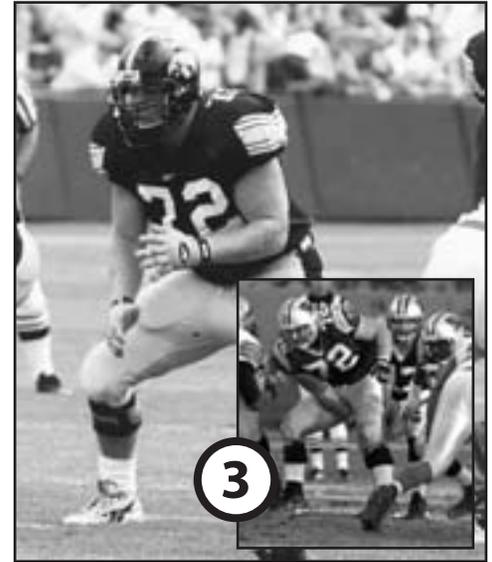
3 - Bruce Nelson started every game in his career and was selected in the second round of the 2003 NFL draft.

4 - 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.

5 - 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.

6 - Safety Sean Considine was drafted in the fourth round of the 2005 NFL draft and played a key role for the Philadelphia Eagles in 2006.

7 - 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 AND 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 STRENGTH AND CONDITIONING

BUILDING THE TOTAL ATHLETE



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

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.



Former linebackers Chad Greenway (front) and Abdul Hodge (back) were NFL draft selections following their senior year in 2005. Greenway, a first round selection of the Minnesota Vikings, ranks fifth in career tackles. Hodge, who led the Big Ten and ranked third in the nation in tackles as a senior, ranks third on Iowa's career tackle chart.

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 AND CONDITIONING

BUILDING THE TOTAL ATHLETE



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	Performance	Strength
Torso Stability	10-yard dash	Hang Clean
Flexibility	40-yard dash	Squat
Static	20-yard shuttle	Bench Press
Dynamic	Vertical Jump	
Posterior Chain (Glute/Hamstring/Erector)		
Posterior Shoulder Girdle		
Body Composition		
Unilateral Strength		

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

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



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.

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.

"Strength and conditioning has become a major reason for the success at Iowa, and that is due to Chris Doyle and his staff. As an athlete, you want to be physically ready to be successful, not only during a season but for the entire year. The knowledge and passion that Chris and his staff have, gives Iowa the edge over all other schools in the areas of strength and conditioning.

I believe the best thing about strength and conditioning at Iowa, is the time and energy that Chris puts in with each individual, to make sure he is getting everything out of each player. Chris has given me an edge, both physically and mentally, over other athletes. Any athlete who wants to be the best at his position, and is willing to do everything it takes to reach that goal, there is no better man to work with than Chris Doyle and the Iowa strength and conditioning program."

ROBERT GALLERY

2003 Outland Trophy Winner | Second Selection in 2004 NFL Draft | Oakland Raiders

"The strength and conditioning program has helped tremendously, on and off the field. It's a very good program that helps all players, no matter the position we play or our size and skills. Each person improves their performance. Not just in getting stronger, but improving our performance in all areas.

The training program mainly helped me with strength and footwork. In the year I was injured and making the switch from fullback to defense, I gained a lot of strength. But also, the other things we did along with weight lifting, were really a big help in increasing my foot quickness and my speed."

JONATHAN BABINEAUX

Senior Defensive Lineman, 2004 | Second Round Selection in 2005 NFL Draft | Atlanta Falcons





IOWA FOOTBALL FACILITIES

KINNICK STADIUM

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

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 76-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 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 includes 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, 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 34 of the last 40 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 24 straight sellouts in Kinnick Stadium heading into 2007 season. The Hawkeyes ranked 22nd in the nation in home attendance last season. The Iowa football program is one of just a handful in the country which routinely sells out virtually all of its home games. Simply put, tickets to Iowa football games are hard to come by.



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

THE SPORTING NEWS

August, 2005

The *Sporting News*, in its 2007 pre-season edition, named Kinnick Stadium the best in the Big Ten Conference.

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 lockerroom, 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





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 lockerrooms
- player meeting rooms
- coaches lockerroom
- academic center
- players reception area and lounge





IOWA FOOTBALL FACILITIES

IOWA FOOTBALL PRACTICE LOCKERROOM



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

The Iowa football practice lockerroom 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 lockerroom.



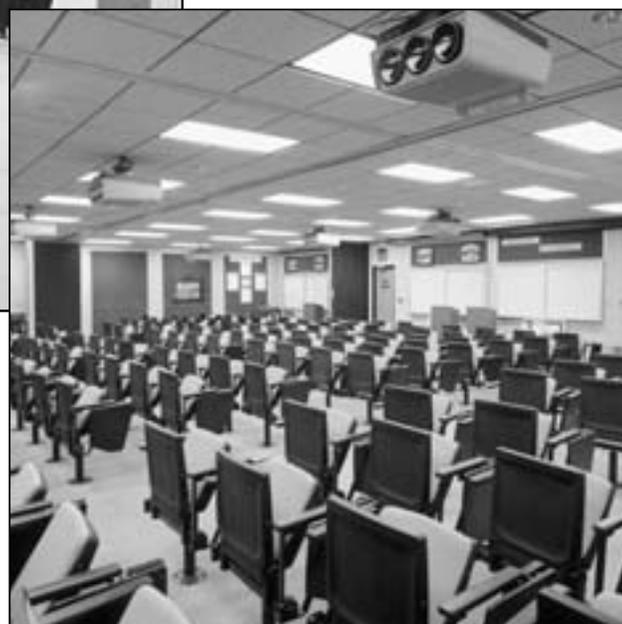


INDOOR PRACTICE FACILITY

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 replaced in August, 2004. 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 lockerrooms, training rooms and weight training rooms, and an office and meeting room complex integrated into one comprehensive facility.



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

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.



IOWA PLAYERS LOUNGE

The Jacobson Athletic Building includes a players lounge, located adjacent to the lockerroom. The lounge features multiple large-screen televisions (equipped with playstation) and pool tables so that Hawkeye players have the chance to relax and unwind before and after practice. VCR's 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 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





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

VIDEO DEPARTMENT

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

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

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

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

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



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



Members of the football video staff shoot aerial video tape of Iowa's bowl game preparation.

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, in its first year, delivers the coaches shows to cable systems throughout the entire nation.



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



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



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

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 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.



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



Russ Haynes, Associate Director of Athletic Training Services, tapes a student-athlete in the athletic training room in Kinnick Stadium.



UNIVERSITY OF IOWA HEALTH CARE

UNIVERSITY OF IOWA HEALTH CARE

On a beautiful, sunny day in legendary Kinnick Stadium, Dan W. Smith of Urbandale, IA, then 74, was enjoying the Hawkeyes' game against Indiana University. Without warning, he suddenly slumped forward in his seat. A fellow Iowa fan sitting in the stands nearby called for help. Charles Jennissen, MD, an UI assistant professor of emergency medicine, recognized the symptoms of a stroke. Rushed to the Emergency Treatment Center, Smith was swiftly diagnosed and treated by the UI Stroke Center team. He made a recovery that his wife, Lois, called "amazing" and was discharged after three days in the Medical Intensive Care Unit.

This dramatic story from October 2005 is just one of the many examples of the myriad benefits that all of us receive from the health sciences expertise of The University of Iowa. Directly across Hawkins Drive from Kinnick Stadium is the home of University of Iowa Health Care, a partnership that includes:

- University of Iowa Hospitals and Clinics, Iowa's only comprehensive academic health center 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
- a network of outreach services to Iowans across the state

The University of Iowa is an international leader in providing innovative care, offering excellent service and achieving exceptional outcomes.

For more than 150 years, University of Iowa Health Care partners have pioneered an impressive array of medical achievements. Researchers in the UI Carver College of Medicine lead 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 Neonatal Intensive Care Unit (NICU) and only National Cancer Institute (NCI)-designated comprehensive cancer center, Holden Comprehensive Cancer Center. The Department of Emergency Medicine is the home of Iowa's only emergency medicine residency program.

University of Iowa Health Care specialists are also rank high when it comes to serving patients. In U.S. News & World Report's 2007 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 180 UI physicians appear on the "America's Best Doctors" listing. UI Hospitals and Clinics was also the first hospital in Iowa to earn the prestigious Magnet Award that recognizes excellence in nursing care.

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

Stories of success occur daily at Iowa's only comprehensive academic health center. It all goes to show what can be achieved when committed individuals working as a team constantly keep meeting and exceeding their goals.





Iowa's football success in the 1980's, 1990's and most recently over the past six seasons, has been based on a wide-open, high-powered, explosive brand of football that has featured a very balanced approach. From offense, to defense, to special teams play, Hawkeye players have earned numerous all-Big Ten and all-America honors.

On offense, 53 Hawkeyes have been first team all-Big Ten, including 19 linemen, nine quarterbacks, nine running backs, six tight ends and five wide receivers. Robert Gallery was the Big Ten Offensive Lineman of the Year in 2003, the second straight season a Hawkeye has earned that honor. Gallery earned the Outland Trophy as the best lineman in the nation and was a consensus all-American. He was the second player selected in the 2004 NFL draft.

TE Dallas Clark and OL Eric Steinbach were consensus all-Americans in 2002. Clark was awarded the John Mackey Award as the best tight end in the nation and Steinbach was the Lineman of the Year in the Big Ten.

Also in 2002, QB Brad Banks placed second in the voting for the Heisman Trophy, earned the Davey O'Brien Award as the top quarterback, was the Associated Press College Player of the Year and the Offensive Player of the Year and Most Valuable Player in the Big Ten Conference.

Sophomore Drew Tate took over as the Iowa quarterback in 2004, leading the Hawkeyes to 10 wins and the Big Ten title while earning first team all-conference honors. Tate improved his numbers as a junior, when he passed for over 2,800 yards and 22 touchdowns. He completed his career in 2006 and ranks second on Iowa's career charts for passing yards (8,292), touchdowns (61), completions (665) and attempts (1,090).

On defense 60 Hawkeyes have been first team all-Big Ten, including 32 linemen, 14 linebackers and 14 defensive backs. Linebackers Chad Greenway and Abdul both earn all-America recognition as seniors in 2005 and were selected in the first and third rounds, respectfully, in the 2006 NFL draft.

On special teams, eight Hawkeyes have been first team all-Big Ten, including four punters and four placekickers. WR Tim Dwight was a consensus all-American return specialist in 1997 and WR Kahlil Hill was named special teams national Player of the Year in 2001. PK Nate Kaeding earned the Lou Groza Award as the top placekicker in the nation in 2002. He was a Groza finalist in 2003 and a consensus all-American. Kyle Schlicher, a 2006 senior, ranks fourth among Iowa's scoring leaders with 260 career points.

Iowa football is a balanced program that has proven to be a consistent winner. Not only did the Hawkeyes participate in eight bowl games in the 1980's and six in the 1990's, but Iowa in the 1990's ranked among the top 20 nationally in both winning percentage and total victories.

Over the past six seasons Iowa has won 51 games, including 10 or more wins in three consecutive seasons while winning Big Ten titles in 2002 and 2004. Iowa won 44 games over the past five seasons and the Hawkeyes were one of four teams in the nation to earn a January bowl invitation in four consecutive years, 2002-05. Iowa completed the 2002, 2003 and 2004 seasons ranked eighth in the nation in both major polls.

Consider these facts about Iowa football:

Nine times in the last 24 seasons the Iowa quarterback has been named all-Big Ten, including 2002 when Brad Banks was the Offensive Player of the Year and the Big Ten's Most Valuable Player. Senior Drew Tate was first team all-Big Ten in 2004.

Nine Iowa Hawkeyes have been honored as Big Ten Lineman of the Year since the award was created in 1984, including Eric Steinbach in 2002 and Robert Gallery in 2003.

Iowa is one of only four Big Ten teams to win more than 100 games over the last 15 seasons.

Iowa is one of only three Big Ten teams to have finished in the upper division of the Big Ten in as many as 17 of the last 21 seasons.

Iowa is one of only three Big Ten teams to participate in as many as 20 post-season bowl games over the last 26 seasons.

Proving its continued balance, Iowa led the Big Ten in scoring offense in both 2001 and 2002, scoring 32.6 points in 2001 and 37.2 in 2002. In 2003, Iowa led the Big Ten in scoring defense and ranked second in rushing defense. In 2004, the Hawkeyes led the league in rushing defense and ranked fifth nationally in rush defense and 11th in total defense. Iowa led the league in kickoff returns (25.1) in 2002, ranked second in punt returns in 2004 and blocked six kicks. Iowa's special teams led the Big Ten in kickoff coverage in 2005 and ranked 15th in the nation in punt returns.

Over the past five seasons, 2002-2006, Iowa ranks third in the Big Ten Conference in scoring defense (19.3) and rushing defense (107.1) and fourth in total defense (335.9).

Over the past five seasons, 2002-2006, Iowa ranks first in the Big Ten Conference in pass efficiency and second in scoring offense (29.5).

Over the past five seasons, 2002-2006, Iowa ranks first in the Big Ten Conference in punt returns (12.9), kickoff coverage (17.9) and field goal percentage (81.5%).



1 - Iowa players celebrate following an eight-play goal line stand that earned the Hawkeyes a double overtime win over Syracuse at the Carrier Dome last season.

2 - The Iowa Hawkeyes have played in front of a sold out crowd in each of their last 24 home games and have won 34 of their last 40 games in Kinnick Stadium.



HAWKEYES GAIN MEDIA ATTENTION

Dating back to the 2001 season, 65 consecutive Iowa football games have been televised. In 2006, Iowa's opening Big Ten home game of the season, vs. Ohio State, was televised by ABC Sports to a national audience during prime time (7 p.m.), while all 12 additional games were televised as well. The majority of Hawkeye games that are televised are available throughout the nation on ABC, ESPN, ESPN2, ESPN-U and, for the first time in 2007, the Big Ten Network. Iowa games are also available to subscribers on ESPN's College Game Day package.

As a member of the University of Iowa football program, competing in the Big Ten Conference, student-athletes receive a large amount of media attention throughout the year.

In a state that is full of avid Hawkeye fans, and with no major professional sports teams to share the spotlight, student-athletes at the University of Iowa are constantly in demand by the newspaper, radio and television media around the state.

The annual Iowa media day that starts each season is attended by well over 75 media outlets from throughout the state of Iowa and the Midwest. Coach Ferentz' weekly media conferences, which are followed by one-on-one interviews with Hawkeye players, are well attended each week throughout the season.

All Iowa games are covered by newspaper, television and radio outlets throughout the state as Hawkeye coaches and players are in demand for post-game interviews on a weekly basis. Annually ranking among the top teams in the nation, Iowa football draws weekly attention from media around the Midwest and throughout the nation.



With the Big Ten Network in its inaugural season, and with the Big Ten Conference television contracts with ABC, ESPN, ESPN2, ESPNU, all football games played by members of the Big Ten Conference are televised.



1 - An overflow media crowd attended the media conference at the Iowa football complex when Kirk Ferentz was named Iowa's football coach.

2 - Senior DE Bryan Mattison visits with news media prior to Iowa's performance in the 2006 Alamo Bowl in San Antonio, TX.

3 - The ABC/ESPN television announcer crew of (l-r) Bob Davie, Kirk Herbstreit and Brent Musburger, along with ESPN's COLLEGE GAMEDAY, were in Iowa City last season as the Hawkeyes hosted top-ranked Ohio State in a nationally televised primetime game.