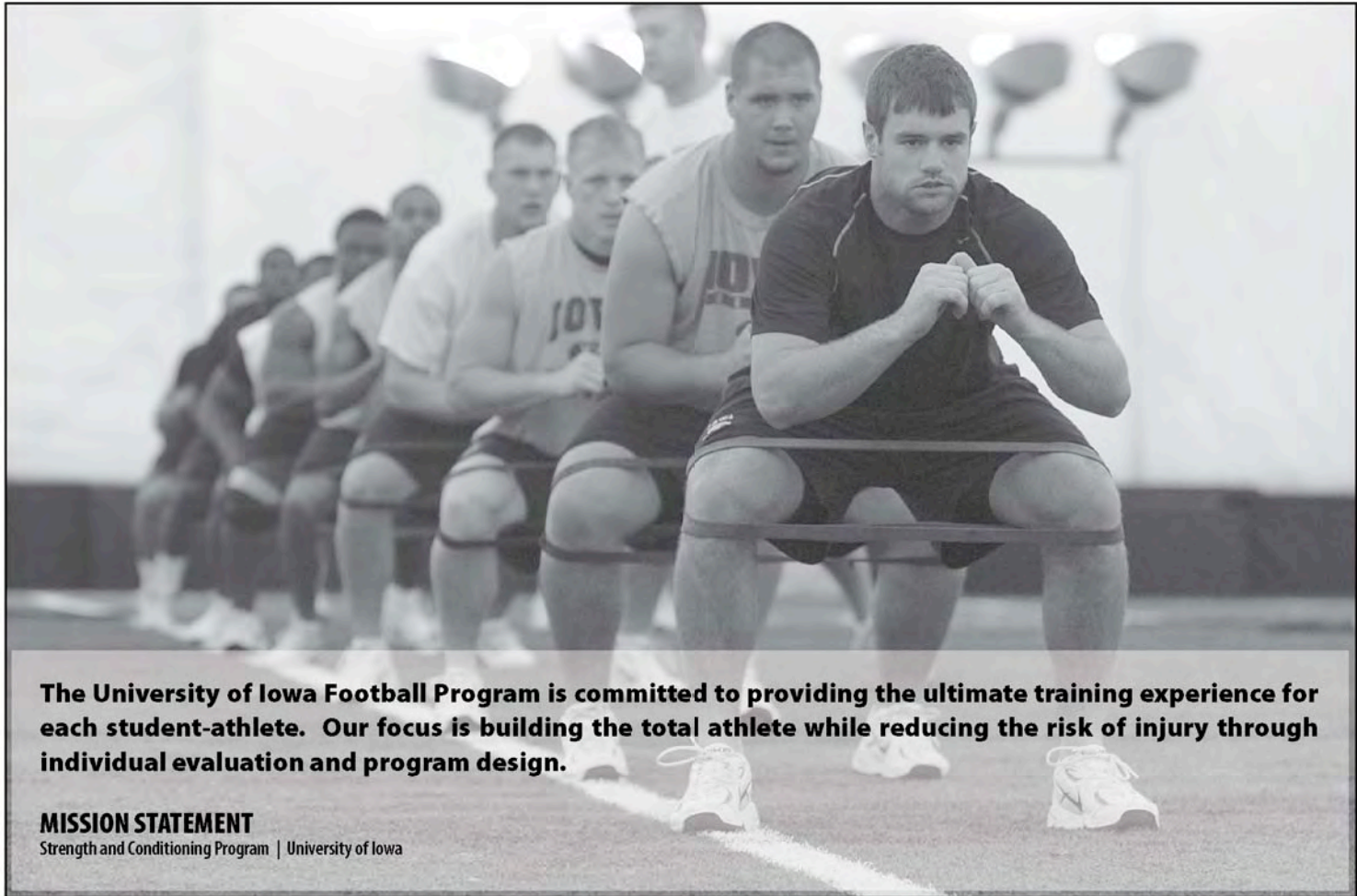




# IOWA STRENGTH & CONDITIONING

Building the Total Athlete

WHY IOWA - A TOTAL PROGRAM



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



Linebacker Abdul Hodge, who completed his career in 2005, ranks third on Iowa's career tackle chart. A third round selection by the Green Bay Packers, Hodge last season led the Big Ten Conference and ranked third in the nation in tackles per game.

# IOWA STRENGTH & 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.



Linebacker Chad Greenway was a first round selection of the Minnesota Vikings in the 2006 NFL Draft. Greenway earned all-America honors as a senior last season and ranks fifth at Iowa in career tackles.

## Explosive Training

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



# IOWA STRENGTH & CONDITIONING

Building the Total Athlete



## Flexibility

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

## Ground Based Movements

Movements that are performed with the athlete's feet on the ground are more productive than movements performed while sitting or lying down. Virtually all football skills are executed with the athlete's feet on the ground. The greater the force an athlete generates

against the ground, the faster he will run and the higher he will jump. Ground based power is critical to football success. Training with your feet on the ground requires the athlete to stabilize his own body structure which in turn increases proprioception and strengthens stabilization muscles reducing the risk of injury.

## Individual Program Design

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

Functional	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 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.



# IOWA STRENGTH & CONDITIONING



Building the Total Athlete



## 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





# KINNICK STADIUM

Home of the Hawkeyes

## Iowa Facilities: Among The Nation's Best

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

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

### BEN ROETHLISBERGER

Former Miami, Ohio Quarterback  
Current QB, Super Bowl champion 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 are currently taking place.

Kinnick Stadium is near the completion of a \$90 million renovation project. 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, will be used for the first time in 2006. An additional phase of the project includes complete upgrade of the concession and restroom facilities throughout the stadium, also to be completed for the start of the 2006 campaign.

Part of the renovation to Kinnick Stadium features all new, and additional, video boards and scoreboards, and, 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 30 of the last 33 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 six home games a year ago were complete sellouts as Iowa set a season attendance record. Dating back to 2003, Iowa holds a current string of 17 straight sellouts in Kinnick Stadium heading into 2006 season. The Hawkeyes ranked 21st in the nation in home attendance in each of the last two seasons. 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"*

**The Sporting News**  
August, 2005



WHY IOWA - A TOTAL PROGRAM

# KINNICK STADIUM



Home of the Hawkeyes

## Iowa's "New Home" In Kinnick Stadium

Iowa's "GameDay" 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.

*"This is a wonderful setting for college football. There's a great deal of enthusiasm for it. People are kind and gentle, and they enjoy their football and they applaud their team. It is indeed the only game in town on an autumn afternoon."*

**KEITH JACKSON**  
ABC Sports



WHY IOWA - A TOTAL PROGRAM



# KENYON PRACTICE COMPLEX

Home of the Hawkeyes



WHY IOWA - A TOTAL PROGRAM

## 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.





# IOWA FOOTBALL FACILITIES

Hayden Fry Football Complex and Richard O. Jacobson Athletic Building

## 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



WHY IOWA - A TOTAL PROGRAM





# IOWA FOOTBALL FACILITIES

## Iowa Football Practice Lockerroom

WHY IOWA - A TOTAL PROGRAM



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.





# IOWA FOOTBALL FACILITIES

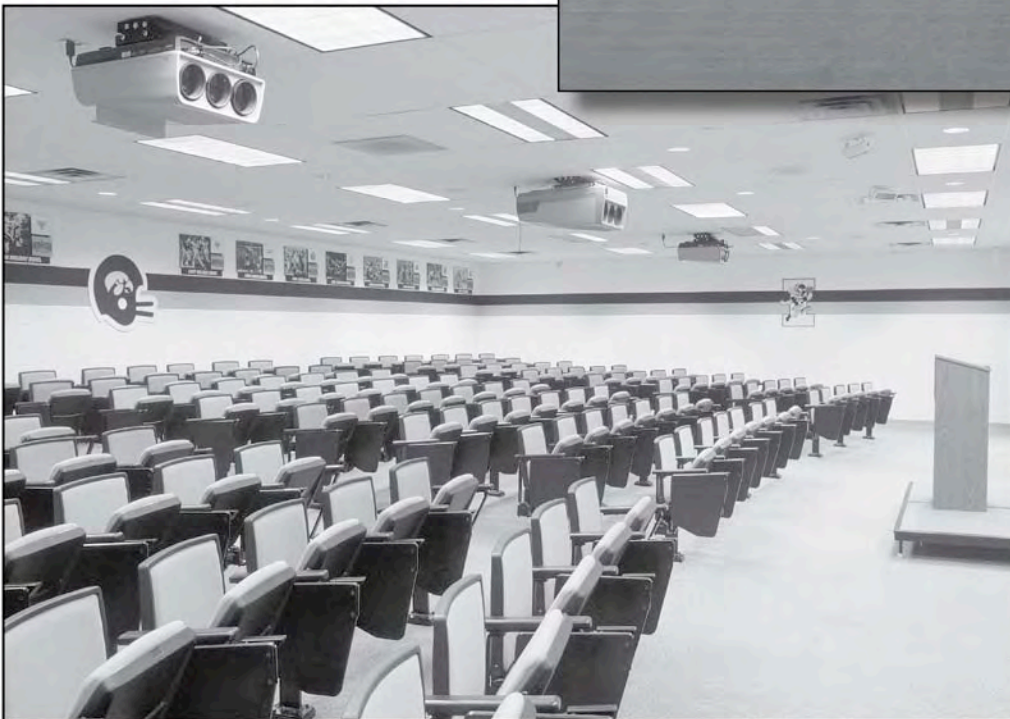
## Indoor Practice Facility

### Indoor Practice Facility

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

As part of the on-going improvement and upgrading of Iowa's facilities, the playing surface in "The Bubble" was 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 FOOTBALL FACILITIES

## Iowa Player Lounge



WHY IOWA - A TOTAL PROGRAM

### IOWA PLAYER 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 FOOTBALL FACILITIES

## Strength Training



### Iowa Strength Training

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

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

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





# IOWA FOOTBALL FACILITIES

## Video Department

### 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.



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 Steve Alford 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. The shows also air on Comcast Sports Chicago and Fox Sports North.

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

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

**3 - Members of the football video staff shoot aerial video tape of Iowa's preparation for the 2006 Outback Bowl in Tampa, FL.**



WHY IOWA - A TOTAL PROGRAM



# IOWA FOOTBALL FACILITIES

## Athletic Training Facilities



1



2



3



4



5

- 1 - The Athletic Training room in the Iowa football complex encompasses nearly 10,000-square feet.
- 2 - The three-lane lap pool is located in the Jacobson Athletic Building, adjacent to the Iowa Athletic Training room.
- 3 - Cardiovascular equipment including Stairmaster, Pre-Cor, Cybex, and Woodway products.
- 4 - Russ Haynes, Associate Director of Athletic Training Services, tapes a student-athlete in the athletic training room in Kinnick Stadium.
- 5 - Hawkeye players receive attention from the UI athletic training staff in Kinnick Stadium prior to a home contest last season.

### 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 Physical 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**
- Cybex Fasttex, 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.

WHY IOWA - A TOTAL PROGRAM



# HEALTH CARE

University of Iowa Health Care



WHY IOWA - A TOTAL PROGRAM

Iowa is home to University of Iowa Health Care, a partnership that includes:

- University of Iowa Hospitals and Clinics, Iowa's only comprehensive academic medical 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 health care – training tomorrow's health professionals, discovering new ways to treat disease, and offering care and hope to patients.

Over the past 150 years, the University of Iowa Health Care partners have accomplished an impressive array of firsts, among them the nation's first coeducational medical school, the first dental school west of the Mississippi River, the first statewide ambulance service, and the first agricultural medicine institute. Researchers in the UI Carver College of Medicine pioneered advances from blood banking and buffered aspirin to new orthodontic materials and cochlear implants to help people with hearing impairments.

The University of Iowa's colleges of dentistry, medicine, nursing, pharmacy, and public health carry on this tradition. Iowa consistently appears near the top of surveys of the nation's leading health professions education programs. U.S. News & World Report's most recent ranking of medical schools placed the UI Carver College of Medicine 13th among public medical schools in the area of research. In the magazine's rural medicine category, the UI Carver College of Medicine ranked fourth among all public and private graduate programs. As for top primary care programs, the medical college is ranked 10th best in the nation among public medical schools. Other U.S. News rankings placed the UI's physical therapy program fifth in the nation, and the physician assistant program as second. In the UI College of Nursing, the Nursing Service Administration ranks first nationally, while the Nursing Specialties-

Gerontological/Geriatrics program is ranked second, and the Nursing Master's program is eighth. The UI College of Pharmacy is ranked 16th among public institutions.

Iowa also ranks high when it comes to caring for patients. In U.S. News & World Report's 2006 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.

The University of Iowa's strong reputation in fields like orthopaedics and physical therapy attests to its strength in treating sports-related injuries. The University's health and sports facilities share the west side of the UI campus, and for decades, UI health professionals have offered athletic teams the best care. UI Sports Medicine makes that same expertise available to athletes of any age on all competitive levels.

In every University of Iowa health sciences college you'll find faculty members studying many areas related to athletics, recreation, and fitness. In nursing, researchers are looking at the benefits of strength training for older adults. In pharmacy, investigators are studying the physical and psychological effects of anabolic steroids. With Iowa's record of expertise, it's no surprise that many student-athletes have pursued health-related professions while at the University of Iowa.

Each year, research in the health sciences draws millions of dollars in grants to Iowa. Funding to the University from the U.S. Department of Health and Human Services (which includes the National Institutes of Health) was \$195.1 million in fiscal year 2005. The UI Carver College of Medicine and College of Public Health together received \$226.8 million in total external funding for FY2005, including \$146 million from the NIH, placing the UI 13th among public medical schools, third in the Big Ten and 29th among all medical schools that receive NIH funding. This support reflects not only of the degree of biomedical research conducted at Iowa but also the quality of its scientists, who do important work in the areas of aging, cancer, cardiovascular diseases, cystic fibrosis and acute lung injury, Huntington's disease, age-related macular degeneration, muscular dystrophy and other research disciplines.

# FOOTBALL HAWKEYE STYLE



## A Balanced Approach

Iowa's football success in the 1980's, 1990's and most recently over the past five 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, 52 Hawkeyes have been first team all-Big Ten, including 18 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 last season, passing for 2,828 yards and 22 scores, leading Iowa to a fourth straight January bowl game.

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. Current senior Kyle Schlicher ranks among Iowa's scoring leaders and he was a second team all-Big Ten selection a year ago.



Iowa has established a dominant home field advantage when playing in Kinnick Stadium. With 17 straight sold out games over the last three seasons, Iowa has won 30 of its last 33 games in Kinnick Stadium, including a school record 22-game winning streak from 2002 to 2005.

**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 five seasons Iowa has won 45 games, including 10 or more wins in three consecutive seasons while winning Big Ten titles in 2002 and 2004. Iowa won 38 games over the past four seasons while becoming one of four teams in the nation to earn a January bowl invitation in each of the last four years. 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 23 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 20 seasons.

Iowa is one of only three Big Ten teams to participate in as many as 19 post-season bowl games over the last 25 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. A year ago, Iowa's special teams led the Big Ten in kickoff coverage and ranked 15th in the nation in punt returns.

As a team, Iowa last season ranked first in the Big Ten in both red zone offense (93.3%) and red zone defense (71.4%) while ranking fourth in the nation in fewest penalty yards per game (37.2).

Over the past five seasons, 2001-2005, Iowa ranks second in the Big Ten Conference in scoring defense (19.0) and rushing defense (101.6) and third in total defense (337.3).

Over the past five seasons, 2001-2005, Iowa ranks first in the Big Ten Conference in pass efficiency (139.4) and second in scoring offense (30.6).

Over the past five seasons, 2001-2005, Iowa ranks first in the Big Ten Conference in punt returns (13.3), kickoff coverage (16.7) and field goal percentage (84.3%).





# MEDIA ATTENTION

## Hawkeyes in the Spotlight

*Dating back to the 2001 season, 52 consecutive Iowa football games have been televised. In 2006, Iowa's opening Big Ten home game of the season, Sept. 30 vs. Ohio State, will be televised to a national audience during prime time (7 p.m.), while all 11 additional games are expected to be televised as well. The majority of Hawkeye games that are televised are available anywhere in the nation on ESPN, ESPN2 and ESPN-U, and also available to subscribers on ESPN's College Game Day package. Several additional games are telecast to the majority of the nation on ABC.*

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.

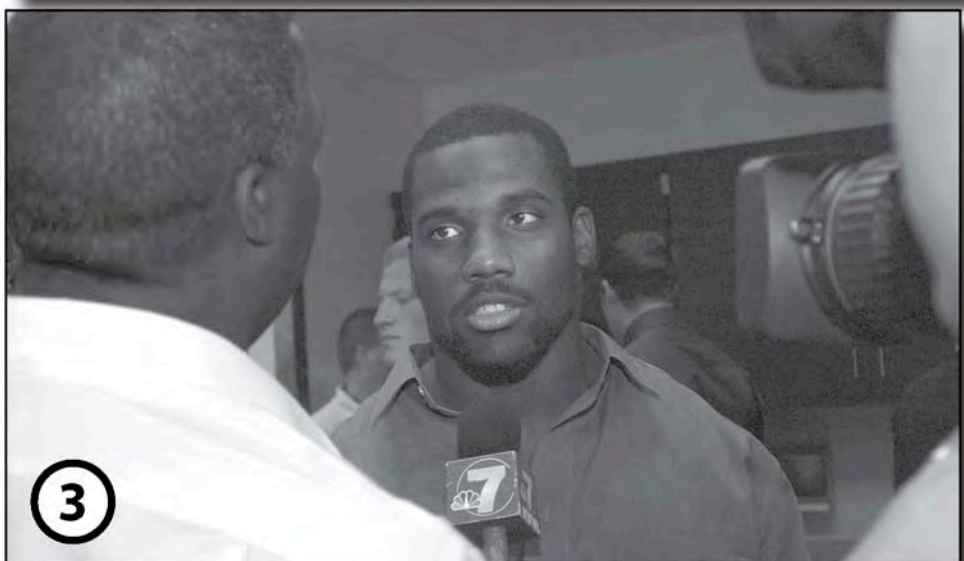
All Iowa games are covered by newspaper, television and radio outlets throughout the state as Hawkeye coaches and players are in demand for post-game interviews on a weekly basis. Annually ranking among the top teams in the nation, Iowa football draws weekly attention from media around the Midwest and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

As part of the Big Ten Conference television contracts with ABC, ESPN, ESPN2 and ESPN Regional Television, the majority of weekends during the football season feature five Big Ten telecasts to choose from on a regional or national level. As an example, 60 of Iowa's 61 games over the past five seasons were televised, and, at least nine Hawkeye games have been televised in each of the past 10 seasons.

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

**2 - Coach Kirk Ferentz visits with ABC's Dr. Jerry Punch after Iowa's 30-25 last-second win over LSU in the 2005 Capital One Bowl.**

**3 - Hawkeye players are interviewed by a large number of local, regional and national media following each game throughout the season.**



WHY IOWA - A TOTAL PROGRAM

# IOWA & BOWL GAMES



Hawkeyes Mix Pleasure with Bowl Success

## Hawkeyes Mix Pleasure with Bowl Success

While taking part in four consecutive bowl games in Florida, the Iowa Hawkeyes have been able to mix pleasure with success, taking the time to enjoy the Florida sights after another successful regular season. Iowa competed in the 2003 Orange Bowl in Miami, won the 2004 Outback Bowl in Tampa and the 2005 Capital One Bowl in Orlando, and returned to Tampa for the 2006 Outback Bowl.

In addition to a demanding Big Ten schedule, the Hawkeyes play in all sections of the country, during the regular season and during the post-season bowl games. Since 1982 Iowa has competed in bowl games in California (Rose, Holiday and Freedom), Florida (Outback, Orange, Gator and Capital One), Georgia (Peach) and Texas (Alamo and Sun). Iowa has competed twice in the Kickoff Classic at Giants Stadium in New Jersey and has played regular season games at the Orange Bowl (Miami), the Copper Bowl (Tucson, AZ), Aloha Bowl (Hawaii) and Fiesta Bowl (Tempe, AZ). In 2006, the Hawkeyes will travel to meet Syracuse in the Carrier Dome in the first of a home and home series.

The Hawkeyes travel to away games by charter plane. This is an important benefit for University of Iowa football players, allowing for the tightest security possible and flexibility in scheduling. Therefore, Iowa's student-athletes seldom miss classes or are forced to waste time in airports waiting for commercial flights. The Hawkeyes depart for road games on Friday afternoon and return home immediately following Saturday games.

## Iowa and Bowl Games A Perfect Match

Since 1982 Iowa has participated in 19 bowl games, including the last five seasons in a row. Iowa made its initial appearance in the Bowl Championship Series (BCS) by playing in the 2003 Orange Bowl at Pro Player Stadium in Miami. The Hawkeyes have also played in January bowl games in each of the last three seasons, winning the 2004 Outback Bowl in Tampa, FL and the 2005 Capital One Bowl in Orlando, FL. The Hawkeyes returned to Tampa for the 2006 Outback Bowl.

The Hawkeyes have been in three Rose Bowls (1982, 1986, 1991) and three times represented the Big Ten in the Holiday Bowl (1986, 1987, 1991) and Alamo Bowl (1993, 1996, 2001). Iowa has twice played in the Peach Bowl (1982, 1988) and Sun Bowl (1995 and 1997). Iowa played in the Gator Bowl in 1983 and the inaugural Freedom Bowl in 1984.

When the Hawkeyes travel, they travel with a large following of Iowa fans. Hawkeye fans have become well known around the country for their enthusiastic support of Hawkeye football. It was estimated that over 45,000 Iowa fans were on hand for the 2003 Orange Bowl, as that game experienced its quickest sellout ever. While returning to Florida in January of each of the past three years, over 25,000 Iowa fans have traveled each year to cheer for their Hawkeyes.



**1 - For the fourth straight January, over 25,000 Iowa fans traveled to Florida to see the Hawkeyes in a bowl game, as Iowa participated in the Outback Bowl for the second time in three years.**

**2 - While preparing for the 2006 Outback Bowl in Tampa, FL, Hawkeye players were able to enjoy an afternoon at Clearwater Beach.**

**3 - Defensive tackles Mitch King (left) and Matt Kroul are always on the attack, on the field and in the arcade.**



The Official Website of Iowa Athletics

The official web site of Iowa athletics is **hawkeyesports.com**, while information specific to the Iowa football program can be found at **hawkeyefootball.com**.

With its inception in September, 1996, the University of Iowa athletic department was one of the first intercollegiate departments to develop a web site dedicated to athletics. The Iowa site includes information on all men's and women's athletic programs, ticket information, latest news releases and links that provide information concerning all aspects of the University of Iowa.

Since its inception, the Iowa website has been recognized as the best college football site by The National Football Report and recognized with a national award from the Newspaper Association of America.

The **hawkeyefootball.com** site has the following features:

History of Iowa Football

Information on current and former Hawkeye players

Information on current and former Hawkeye coaches

Weekly Multimedia Clips of Coach Ferentz media conferences

Weekly Scouting Reports, including offense, defense and special teams

Last Thoughts, Each Friday during the season with Coach Kirk Ferentz

Photo of the Day from Iowa Football

Weekly Game Notes throughout the Season

"Live Stats" during each game, featuring up to the minute play-by-play descriptions and individual and team statistics during each Iowa game.

Complete game reports, including statistics, play-by-play, game notes and coaches comments, following each Iowa game.

Complete season statistics, including all individual and team statistical information, throughout the season.

The screenshot shows the website interface with the following elements:

- Top Navigation:** "Football HawkeyeSports.com - University of Iowa Official Athletic Site", search bar, and "Google" link.
- Header:** "THE OFFICIAL IOWA HAWK SHOP" with "ATTENTION HAWKEYE FANS" and an advertisement for "IOWA" merchandise.
- Logo:** "hawkeyesports.com" with the tagline "The official world wide web site of the Iowa Hawkeyes".
- Menu:** Varsity Club, I-Club, Hawk Shop, Auctions, Tickets, Events, Hawkeye All-Access.
- Sub-Menu:** ROSTER, SCHEDULE/RESULTS, NEWS, ARCHIVES.
- Search:** "hawkeyefootball.com" search bar.
- Left Sidebar:** "THE HAWKEYES" (Baseball, Men's Basketball, Women's Basketball, Men's Cross Country, Women's Cross Country, Field Hockey, Football, Men's Golf, Women's Golf, Men's Gymnastics, Women's Gymnastics, Rowing, Soccer, Softball, Swimming and Diving, Men's Tennis, Women's Tennis, Men's Track and Field, Women's Track and Field, Volleyball, Wrestling) and "HAWKEYE ATHLETICS" (About UI Athletics, Administration, Committee on Athletics, Compliance, Departments, Facilities, Game Day Information, General News, Job Opportunities, ISAAC, Miscellaneous, National I-Club, National Varsity Club, Partners In Excellence, Photo Galleries, Priority Point System, Radio/TV Information, Scoreboard, Staff Directory, Student Services, Summer Camps, Traditions, Ticket Office, Wireless).
- Main Content:**
  - 6/19/06 **Iwebema Named to Hendricks Watch List**: University of Iowa junior Kenny Iwebema has been named to the preseason watch list for the 2006 Ted Hendricks Defensive End of the Year Award.
  - 6/19/06 **Season Ticket Sales Suspended**: UI records fifth straight year of sales increases.
  - 6/13/06 **Iowa-Iowa State to be on ESPN**: Iowa-Montana slated for ESPNU.
  - 6/9/06 **Flags and More**: Home game? Away Game? Check the flag!
  - 6/9/06 **Season Tickets in Short Supply**: Another increase in season ticket sales likely.
  - 6/9/06 **Hawkeyes Ranked 13th in Preseason Publication**: Iowa one of four Big Ten teams ranked.
  - 6/6/06 **Inside Iowa**: Meyer details progress at Kinnick.
  - 6/5/06 **Windy City, Here Come The Hawkeyes!**: Iowa to play 2007 season opener in Soldier Field.
  - 6/2/06 **Iowa Coach Kirk Ferentz Has Contract Restructured**: Bowsby announces changes in Ferentz contract.
  - 6/2/06 **UI Football, DeGowin Blood Center Launch Donor Drive Campaign**: Hawkeye football program joins forces to assist with blood drive.
- Right Sidebar:**
  - WINE ONLINE
  - Support the University of Iowa
  - STATS AND MORE: How to Contact Iowa Football, Current Schedule, Current Roster, Current Statistics, Current Statistics, Final Notes, Current Season Television Information, 2005 Media Fact Book, Spring Prospectus, Big Ten Standings/Statistics, 2006 Football Camps and Clinics, Hawk Talk with Kirk Ferentz, Iowa Football Replay Show, Iowa Football With Kirk Ferentz, Iowa Football Audio and Video, Future Schedules, Hayden Fry Football Complex, University of Iowa Fact Book, 2006 Iowa Football Fan Fest, Iowa Football Photo Gallery.
  - THE UNIVERSITY OF IOWA logo.
  - FEATURES: Hawkeye Express.

WHY IOWA - A TOTAL PROGRAM