

First Iowa High Performance Team Competes in 2001 Colorado Springs Cup

by Steve Rheinschmidt

On April 29, 2001 more than 40 of Iowa's best volleyball players participated in a four-hour open try-out for the first ever Iowa High Performance Volleyball Team. To satisfy the age guideline for the team, a player's birth date had to be on or after January 1, 1984. Ultimately, fifteen players were selected to train from May – July with eleven players representing Iowa in the Colorado Springs Cup July 25 – 28.

In addition to Iowa, seven other regions participated in the 2001 Colorado Springs Cup: Arizona, Carolina (North Carolina), Florida, Heart of America (Kansas and western Missouri), Intermountain (Utah and southern Idaho), Michiana (Michigan and Indiana), and Ohio Valley (Ohio, western Pennsylvania, West Virginia).

The Iowa High Performance Team departed from Council Bluffs at 6:00 A.M Tuesday, July 24. The team traveled in vans to Colorado Springs. Late Tuesday afternoon, Team Iowa checked into the player village at the University of Colorado – Colorado Springs and enjoyed a USA Women's National Volleyball Team intra-squad scrimmage. Eight of the twelve players from the 2000 USA Women's Olympic Volleyball Team played in the scrimmage, including Tara Cross-Battle, Danielle Scott, Stacy Sykora, Robyn Ah Mow, and Logan Tom. After the scrimmage all participating regional teams and a few national team players attended an informal dinner hosted by USA Volleyball.



Team Picture at the Olympic Training Center

Pool assignments, practice times, and playing times were assigned at a technical meeting late Tuesday evening. International rules and protocol were followed during the tournament. Some of the more noticeable differences included both the head coach and team captain signing the score book before and after each match, technical time-outs when the leading team reached 8 points and 16 points, the head coach pressing a button which sounded a buzzer to indicate she or he wanted a time out or make a substitution, and the use of the paddle system when substituting players. When a player entered the match, she carried a paddle with the number of the player for whom she was substituting.



The tournament opened with three days of pool play beginning on Wednesday. The Iowa HP team practiced from 8-9:30 A.M. and opened play against Ohio Valley at 1:30 Wednesday afternoon. Ohio Valley defeated Iowa 3-0 (25-13, 25-11, 25-14).

On Wednesday evening the Iowa HP team visited the Garden of the Gods and enjoyed homemade ice cream at the Creamery in Old Colorado City.

On Thursday, Team Iowa had a chance to sleep in and do laundry before their 11 A.M. practice. After practice the team toured the Olympic Training Center. After an inspiring video presentation and public tour, USA Women's Assistant Coach Kevin Hambly invited the Iowa HP Team into Sport Center II to watch volleyball practice. The USA Women's National Team, USA Girl's Youth National Team, and Men's World University Games Team were all practicing simultaneously on adjacent courts.

On Thursday evening Iowa played their second match defeating [North] Carolina 25-20, 25-17, 25-14.

Friday was another early day. Practice started at 8 A.M. and featured a scrimmage with the USA Girl's Youth National Team. Team USA defeated Iowa 25-17, 26-24, 15-7. On Friday afternoon Iowa played its final pool play match against Arizona. Arizona defeated Iowa 25-18, 25-20, 25-18.

On Friday evening Team Iowa visited Seven Falls after a round of miniature golf.

A single elimination tournament was held on Saturday. Iowa played the 8:00 A.M match where they faced Heart of America. Heart of American ousted Iowa in a hard fought match 19-25, 25-17, 25-16, 25-20.

In the end, the Iowa High Performance program provides athletes with a memorable if not invaluable training and playing experience. Look for this program to continue in the future.

For more information about the Iowa High Performance Team visit the Iowa Volleyball Region web site at www.commonlink.com/iavb-usav and click on High Performance.

2001 Iowa High Performance Team

PLAYERS

Mary Jo Ament	Dyersville	Court Masters
Trisha Barntsen	Council Bluffs	SWI Third Degree
Kristin Belzung	Ankeny	IPVA
Abba Greenleaf	Iowa City	Quad Cities
Emily Luensmann	Dubuque	Court Masters
Stephanie Marsh	DeWitt	Court Masters
Heather Noll	DeWitt	Mississippi Valley
Erin O'Connor	Iowa City	Quad Cities
Danielle Pegram	Des Moines	Rip Tide
Sarah Trowbridge	Boone	Iowa Heart VB Assn.
Kate Walter	Oxford	Quad Cities

STAFF

Barb Randall	Cedar Rapids	University of Northern Iowa
Linda Crum	Ames	Iowa State University
Steve Rheinschmidt	Burlington	Great River Juniors



Iowa attacks against the USA Youth National Team.