

**Season Leader Boards**
GIRLS BASKETBALL

As of March 7, 2011

Points Per Game (Cutoff-16 GP)

Rank	Grad Year	Player	Team	PPG
1	Sr	Kaleigh Hensley	Wabash	27.04
2	Fr	Maura Muensterman	Evansville Mater Dei	25.18
3	Fr	Whitney Jennings	Logansport	24.18
4	Sr	Allison Kauffman	Fort Wayne Blackhawk Christian	23.85
5	Jr	Taylor Miller	Hauser	23.52
6	Sr	Kayla Battle	Indianapolis Cardinal Ritter	22.77
7	Jr	Mallory Ladd	Evansville Reitz Memorial	22.68
8	Jr	Stephanie Barmes	Suburban Christian School	22.65
9	Sr	Quinci Eller	Carroll (Flora)	22.45
10	Jr	Lexus Murry	Decatur Central	22.06

3 Pointers Per Game (Cutoff-16 GP)

Rank	Grad Year	Player	Team	3PPG
1	Jr	Kelsey Sule	LaPorte	3.00
2	Sr	Quinci Eller	Carroll (Flora)	2.95
3	Fr	Jenee' Petersen	Indianapolis Shortridge	2.76
4	Sr	Mallory Miller	Greencastle	2.68
5	Jr	JoJo Daghe	Speedway	2.57
6	Sr	Shelby Miller	South Central (Elizabeth)	2.55
7	Jr	Chelsea Jellison	Crawford County	2.50
7	Sr	Kayley Baughman	Elkhart Christian Academy	2.50
9	Fr	Maura Muensterman	Evansville Mater Dei	2.45
10	Fr	Brittani Rizzi	Bedford North Lawrence	2.45

Rebounds Per Game (Cutoff-16 GP)

Rank	Grad Year	Player	Team	RPG
1	Jr	Stephanie Barmes	Suburban Christian School	18.40
2	Soph	McKenzie Hayes	Tell City	13.44
3	Sr	Giorgia Stringer	Evansville North	12.35
4	Sr	Kabrina Merriweather	Tindley	11.90
5	Sr	Alyssa Hammond	Jac-Cen-Del	11.84
6	Jr	Mallory Ladd	Evansville Reitz Memorial	11.79
7	Sr	Shayna Nicol	Union (Dugger)	11.78
8	Jr	Mariah Hornaday	Jay County	11.47
9	Sr	Allison Kauffman	Fort Wayne Blackhawk Christian	11.30
10	Sr	Rachel Lowden	Northwestern	11.23

**Season Leader Boards**
GIRLS BASKETBALL**Assists Per Game (Cutoff-16 GP)**

Rank	Grad Year	Player	Team	APG
1	Sr	Dani Merrick	Eminence	7.47
2	Sr	Sara Young	Vincennes Rivet	6.52
3	Fr	Jaclyn Heath	LaPorte	6.29
4	Jr	Laura Friday	Marion	6.05
5	Sr	Alicia Hopkins	Columbus East	5.92
6	Sr	Jessica Carr	Hamilton Heights	5.86
7	Soph	Katie Curtis	Lebanon	5.71
8	Sr	Graber, Cami	Brown County	5.63
9	Sr	Brittany Sallee	Cascade	5.59
10	Fr	Whitney Jennings	Logansport	5.45

Steals Per Game (Cutoff-16 GP)

1	Sr	Kaleigh Hensley	Wabash	7.16
2	Jr	Sarah Brewer	Western Boone	5.76
3	Sr	Alicia Hopkins	Columbus East	5.50
4	Sr	Sara Young	Vincennes Rivet	5.00
5	Sr	Jama Sharp	Mooreville	4.96
6	Sr	Alley Gilliland	Bloomfield	4.90
7	Sr	Micah Pollard	Covenant Christian (Indpls)	4.85
8	Sr	Jamie Drummer	Muncie Central	4.79
9	Soph	Rachel Rinehart	Angola	4.75
10	Fr	Jenee' Petersen	Indianapolis Shortridge	4.67

Blocks Per Game (Cutoff-16 GP)

Rank	Grad Year	Player	Team	BPG
1	Jr	Emma Haschel	International School of Indiana	5.90
2	Sr	Liz Stratman	Heritage Christian	5.22
3	Soph	McKenzie Hayes	Tell City	5.06
4	Soph	Stephanie Mavunga	Brownsburg	4.36
5	Sr	Kelsey Thompson	Centerville	3.81
6	Sr	Haley Austin	Avon	3.79
7	Sr	Katelyn Page	Beech Grove	3.72
8	Sr	Jill Hopper	Yorktown	3.65
9	Jr	Katie Brewer	Roncalli	3.60
10	Jr	Stephanie Barmes	Suburban Christian School	3.50



Beyond the Stats

GIRLS BASKETBALL

MALLORY LADD, EVANSVILLE REITZ MEMORIAL

Mallory Ladd capped off a brilliant junior campaign on Saturday by helping Evansville Reitz Memorial (28-1) to its first state title with a 58-50 overtime victory over Benton Central in the 3A final. The junior was on the court for all 36 minutes and contributed 24 points and 13 rebounds. It was the 24th double-double of the season for Ladd, who appears on VarVee's final season leader board as the seventh-ranked scorer at 22.68 ppg. and No. 6 rebounder at 11.79. Anna Hackert also grabbed 13 rebounds and her sister, Marie, claimed 10 as Evansville Memorial boasted three double-digit rebounders in amassing a 43-26 advantage on the boards. "I'm just excited and thrilled; it's every child's dream," Ladd told a web audience watching the game on [espn3.com](https://www.espn3.com). "I just tried to relax and get everyone else to relax." Evansville Memorial coach Bruce Dockery acknowledged his core of four seniors and the effort they exerted over the past four years, but had a special praise for his junior after the championship game: "Without Mallory Ladd, we would not

JEFFERSONVILLE

After escaping with a one-point victory over Columbus East early in the Regionals and battling through an overtime victory over Carmel in the Semi-States to reach the title game, Jeffersonville could breathe a little easier with a 43-29 decision over Penn in Saturday's 4A title game. Jeffersonville (28-2) never trailed in annexing its first state championship and enjoyed a 17-5 cushion after the opening quarter, but did have cause for concern when Penn (23-2) drew to within 30-24 with four minutes to play. Jeffersonville then took off on a 13-2 run to secure the triumph. The Red Devils earned the victory at both ends of the court, making 16 of 28 field goals (57 percent) while limiting Penn to 8-of-32 shooting (25 percent). Jeffersonville got most of its scoring from the balanced trio of Brooke Valentine (14 points), Jalyynn McClain (13) and Lakin Roland (13). "This win was special," Jeffersonville coach Chad Gilbert said. "Once you're a champion, you're a champion for life."

THE STRENGTH IT TAKES TO KEEP ATHLETES ON TOP OF THEIR GAME . . .

Today's athlete faces more challenges than ever before. Many younger athletes are facing injuries in alarming numbers due to the overuse of muscles and joints, or due to flawed biomechanics. Younger athletes are more actively involved in playing competitive sports year-round, with little time off, leading to overuse injuries in ever-increasing numbers.

Indiana University Health provides Indiana with a totally integrated approach to athlete care. No matter what sport you play or the type of athlete you are, you can rest assured that the highly-skilled physicians at IU Health, together with certified athletic trainers and sports performance coaches can help athletes prevent and manage minor and serious injuries while getting the most of your athletic potential.

Keeping athletes healthy and less prone to injury is part of our mission. Here are some tips to help keep athletes on their game:

- **Be ready for school physicals.** Have a pre-season physical examination and follow your doctor's recommendations.
- **Maintain proper fitness.** Injury rates are higher in athletes who have not adequately prepared physically.
- **Always take time to warm up and stretch.** Research studies have shown that cold muscles are more prone to injury. Warm up with jumping jacks, stationary cycling or running or walking in place for 3 to 5 minutes. Then slowly and gently stretch, holding each stretch for 30 seconds.
- **Practice strength and conditioning training.** After a period of inactivity, progress gradually back to full-contact basketball through activities such as aerobic conditioning, strength training and agility training.
- **Dress appropriately.** Select basketball shoes that fit snugly, offer support and are non-skid. Cotton socks can absorb perspiration and also give added support to the foot. Ankle supports can reduce the incidence of ankle sprains. Protective knee and elbow pads will protect you from bruises and abrasions.
- **Use the proper technique.** This should be reinforced during the playing season.
- **Take breaks.** Rest periods during practice and games can reduce injuries and prevent heat illness.
- **Stop the activity.** Discontinue any activity if you experience pain.

These tips provide general information only and are not a substitute for your own good judgment or consultation with a physician. Contact your physician if you have additional questions or concerns.

Tips provided by Dr. Daniel Kraft, director of Riley Hospital for Children Sports Medicine at IU Health.

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