

**Season Leader Boards****BOYS BASKETBALL**

As of March 28, 2011

Points Per Game (Cutoff-16 GP)

Rank	Grad Year	#	Player	Team	PPG
1	2012	2	<u>Zach Richie</u>	<u>Oregon-Davis</u>	36.61
2	2011	22	<u>Austin Richie</u>	<u>Lowell</u>	32.71
3	2011	11	<u>Nic Moore</u>	<u>Warsaw Community</u>	27.65
4	2012	24	<u>Kyle Stidom</u>	<u>Greenwood Christian Academy</u>	27.57
5	2011	20	<u>Logan Thomas</u>	<u>Monroe Central</u>	25.48
6	2011	32	<u>Grant Newlin</u>	<u>Cowan</u>	25.26
7	2012	44	<u>D'Vauntes Smith-Rivera</u>	<u>North Central (Indianapolis)</u>	25.16
8	2012	1	<u>Logan Irwin</u>	<u>Whitko</u>	25.10
9	2012	3	<u>Trey Hendrix</u>	<u>Lebanon</u>	24.57
10	2011	40	<u>Cody Zeller</u>	<u>Washington</u>	24.07

3 Pointers Per Game (Cutoff-16 GP)

1	2012	3	<u>Trey Hendrix</u>	<u>Lebanon</u>	4.33
2	2013	25	<u>Cole Murray</u>	<u>Delphi Community</u>	3.30
3	2011	24	<u>Max Landis</u>	<u>Perry Meridian</u>	3.27
4	2011	32	<u>Dillon Daniel</u>	<u>Triton Central</u>	3.25
5	2011	12	<u>Andrew Strait</u>	<u>Union County</u>	3.22
6	2011	40	<u>Logan Hatfield</u>	<u>Wawasee</u>	3.15
7	2011	11	<u>Austin Hawn</u>	<u>Delphi Community</u>	3.15
8	2012	23	<u>Michael Ramey</u>	<u>Southport</u>	3.14
9	2014	12	<u>Grant Evans</u>	<u>Wapahani</u>	3.09
10	2011	32	<u>Joel Scudder</u>	<u>South Dearborn</u>	3.06

Rebounds Per Game (Cutoff-16 GP)

1	2012	55	<u>Nick Hutcheson</u>	<u>Greencastle</u>	14.50
2	2011	40	<u>Cody Zeller</u>	<u>Washington</u>	13.30
3	2014	41	<u>Trey Lyles</u>	<u>Indianapolis Arsenal Technical</u>	12.80
4	2011	54	<u>Ben Davisson</u>	<u>Rensselaer Central</u>	12.20
5	2012	24	<u>Kyle Stidom</u>	<u>Greenwood Christian Academy</u>	12.00
6	2012	40	<u>Ryan Gabbard</u>	<u>Crothersville</u>	10.95
7	2011	42	<u>Eric Stutz</u>	<u>Castle</u>	10.56
8	2012	13	<u>Grant Randle</u>	<u>Indiana</u>	10.55
9	2012	32	<u>Nick Osborne</u>	<u>Muncie Central</u>	10.39
10	2011	34	<u>Chad Shepard</u>	<u>Greenwood Christian Academy</u>	10.33



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Assists Per Game (Cutoff-16 GP)

Rank	Grad Year	#	Player	Team	APG
1	2011	32	<u>Dillon Daniel</u>	<u>Triton Central</u>	7.60
2	2011	20	<u>Logan Thomas</u>	<u>Monroe Central</u>	7.57
3	2011	31	<u>Jerrbryon Graves</u>	<u>Indianapolis Metropolitan</u>	7.48
4	2011	23	<u>Alexander Hutson</u>	<u>Seeger</u>	7.19
5	2012	3	<u>Trey Hendrix</u>	<u>Lebanon</u>	7.00
6	2011	12	<u>Kendall Waters</u>	<u>Pendleton Heights</u>	6.86
7	2011	12	<u>Johnny Marlin</u>	<u>Center Grove</u>	6.84
8	2011	20	<u>Jake Robertson</u>	<u>Tri-Central</u>	6.70
9	2013	12	<u>Tanner Watkins</u>	<u>Lapel</u>	6.61
10	2012	5	<u>Kellon Thomas</u>	<u>Southport</u>	6.45

Steals Per Game (Cutoff-16 GP)

1	2011	23	<u>Alvin "P.J. Boutte</u>	<u>Indianapolis Howe High School</u>	4.07
2	2011	25	<u>DePaul Anderson</u>	<u>Indianapolis Marshall</u>	3.75
3	2011	21	<u>Tyler Waite</u>	<u>Tri-West Hendricks</u>	3.61
4	2011	31	<u>Jerrbryon Graves</u>	<u>Indianapolis Metropolitan</u>	3.52
5	2011	11	<u>Noah Allen</u>	<u>Carroll (Flora)</u>	3.46
6	2011	24	<u>Michael Kring</u>	<u>Shawe Memorial</u>	3.45
7	2011	20	<u>Greg Dickey</u>	<u>Tipton</u>	3.39
8	2011	35	<u>Seth Apollos</u>	<u>Knightstown</u>	3.33
9	2011	10	<u>Matt Schauss</u>	<u>Centerville</u>	3.26
10	2011	20	<u>Logan Thomas</u>	<u>Monroe Central</u>	3.19

Blocks Per Game (Cutoff-16 GP)

1	2012	50	<u>Keith Cochran</u>	<u>Bluffton</u>	6.55
2	2012	50	<u>Logan Jaehnen</u>	<u>East Central</u>	4.90
3	2012	32	<u>Cameron Blakely</u>	<u>Baptist Academy</u>	4.05
4	2013	25	<u>Cole Murray</u>	<u>Delphi Community</u>	3.50
5	2011	42	<u>Scott Baker</u>	<u>Manchester</u>	3.35
6	2011	21	<u>Tyler Waite</u>	<u>Tri-West Hendricks</u>	3.26
7	2011	35	<u>Dirk Ormsby</u>	<u>West Noble</u>	3.05
8	2012	13	<u>Grant Randle</u>	<u>Indiana</u>	2.91
9	2011	54	<u>Ben Davisson</u>	<u>Rensselaer Central</u>	2.87
10	2011	34	<u>Wade Thomas</u>	<u>Western Boone</u>	2.86



Beyond the Stats Boys Basketball

ANTHONY JACKSON, INDIANAPOLIS METROPOLITAN

Anthony Jackson has been a fixture on VarVee's Class 1A rebounding leader board all season, so it's not surprising that his work on the boards was a crucial element when Indianapolis Metropolitan captured its first state title in any sport with a 59-55 victory over Triton. The senior grabbed a game-high 13 rebounds, including six at the offensive end, and was one of four Pumas to score in double figures as he dropped in 13 points for a double-double. Jackson hit five of seven field goals and blocked three shots in leading Indianapolis Metropolitan to a 35-32 edge on the boards. His play in the interior sparked the Pumas to a decisive 24-10 advantage in points in the paint. "Anthony is a rebounding monster," Indianapolis Metropolitan coach Nick Reich said. "He came up with a couple of huge ones at the end. But it does not surprise me, because he has been averaging a double-double the last two years." Jackson's biggest play came with Indianapolis Metropolitan clinging to a 55-52 lead with 10 seconds remaining. After a teammate missed a free throw, opening the door for Triton to tie the game with a three-pointer, Jackson swooped in for the offensive rebound and was fouled. He hit both free throws to make it a two-possession game again. "Those were huge," Triton coach Jason Grove said. "They made some plays using their athleticism. Give them

BLOOMINGTON SOUTH, IN

Bloomington South (26-2) overcame a sluggish start on offense to defeat Kokomo, 56-42, and grab its second Class 4A title in three years, and third overall. The Panthers prevailed despite making just six of 22 field goals (27 percent) and two of 11 three-pointers (18 percent) in the first half and by coaxing Kokomo into even poorer shooting: eight of 34 (23.5 percent) and zero for seven. While Bloomington South heated up in the second half by hitting 12 of 20 shots (60 percent) and three of six threes, Kokomo finished the game converting 17 of 58 field goals (29 percent) and one of nine threes. Kokomo held Bloomington South's Darwin Davis Jr. to 13 points, nine below his average, but the Xavier-bound senior warmed up in the second half as well by hitting four of six shots after a 1-for-10 first half. Davis also had seven rebounds and seven assists while teammate Desmond Marks posted game-high totals of 14 points and eight rebounds. The Panthers won their final 12 games of the season, leaving J.R. Holmes with a 655-290 record in his 41 years as a head coach. "It's really nice to finish off a really good tournament run that we had, and our seniors have been very successful," Holmes said. "They had a record of 94-5 in their four years here." Kokomo failed in its bid for its second state title and first since 1961. Coach Brian McCauley credited Bloomington South. "They had a lot to do with limiting our offense," McCauley said. "They were very physical."

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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