

Season Leader Boards GIRLS BASKETBALL

Stats as of 3/25/2011

Points Per Game (16 GP Cutoff)

Rank	Grad Year	#	Player	Team	PPG
1	2012	32	Bay lee Purdy	Deer Trail	30.2
2	2011	31	Kaitlyn Mileto	Mesa Ridge	26.3
3	2011	4	Carlie Needles	ThunderRidge	26.2
4	2011	23	Alison Gorrell	Conifer	25
5	2011	13	Jamie Katuna	Longmont	23.7
6	2011	43	Mary Brinton	Pagosa Springs	21.3
7	2011	24	Alex Ochoa	Fountain Valley	21
8	2011	11	Katelyn McDaniel	Highlands Ranch	19.9
9	2011	33	Bailey McFerren	Kim	19.7
10	2012	21	Gabby Ramirez	Roosevelt	18.6

[*Click here for an even more in depth look at these and other Basketball Leader Boards in every stat category*](#)

3 Pointers Per Game (16 GP Cutoff)

Rank	Grad Year	#	Player	Team	3PPG
1	2011	31	Kaitlyn Mileto	Mesa Ridge	3.19
2	2012	21	Gabby Ramirez	Roosevelt	3.08
3	2012	21	Michaela Neuhaus	Highlands Ranch	3.00
4	2011	32	Tara Spitellie	Steamboat Springs	2.82
5	2011	4	Carlie Needles	ThunderRidge	2.81
6	2012	32	Bay lee Purdy	Deer Trail	2.59
7	2012	22	Laura Gerk	Holyoke	2.50
8	2011	2	Shawnee Young	Grand Valley	2.50
9	2011	2	Hannah Moore	Steamboat Springs	2.50
10	2011	15	Kenzi Kuhn	Glenwood Springs	2.39

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Rebounds Per Game (16 GP Cutoff)

Rank	Grad Year	#	Player	Team	RBPG
1	2011	0	Keasha Tennell	Gateway	16.00
2	2013	25	Tyler Chrisman	Sterling	15.58
3	2014	34	Haleigh Washington	Clear Creek	14.82
4	2012	23	hunter brenna	Moffat/Mountain Valley	13.63
5	2014	24	Kendra Baucom	Colorado Springs School	13.59
6	2013	21	Shalamar Adkinson	Sheridan	13.29
7	2011	40	Loretta Russell	Skyview	13.27
8	2011	43	Mary Brinton	Pagosa Springs	12.19
9	2013	33	Shanah Leaf	The Classical Academy	12.09
10	2012	31	Janae Vander Ploeg	Cheyenne Mountain	12.08

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Assists Per Game (16 GP Cutoff)

Rank	Grad Year	#	Player	Team	APG
1	2011	14	Raven Cooper-Church	Widefield	6.07
2	2013	11	Alexis Albert	Centennial	5.89
3	2012	34	Adriana Mora	Monte Vista	5.84
4	2011	10	Dallas Rohrbaugh	Erie	5.63
5	2011	33	Bailey McFerren	Kim	5.52
6	2011	32	Kyra Stark	Estes Park	5.48
7	2011	14	Cortney Cordova	Rifle	5.18
8	2011	21	Kelsey Greenough	Peak to Peak	5.17
9	2011	0	Chelsea Elstad	Colorado Deaf + Blind	5.10
10	2011	30	Darean Hunt	Woodlin	5.00

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Steals Per Game (16 GP Cutoff)

Rank	Grad Year	#	Player	Team	SPG
1	2011	23	Alison Gorrell	Conifer	8.04
2	2013	11	Alexis Albert	Centennial	6.89
3	2012	34	Adriana Mora	Monte Vista	6.00
4	2012	14	Briana Tefft	Harrison	5.88
5	2013	5	Jennifer Vigil	Front Range Christian	5.78
6	2011	12	Makayla Wilkins	Rifle	5.71
7	2013	42	Jessica McRoye	Monte Vista	5.68
8	2011	24	Breona Kerrick	Gateway	5.25
9	2012	32	Bay lee Purdy	Deer Trail	5.18
10	2011	11	Ashley Pacheco	Monte Vista	5.16

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Blocks Per Game (16 GP Cutoff)

Rank	Grad Year	#	Player	Team	BPG
1	2011	32	Patterson, Samantha	Peyton	8.78
2	2012	33	Kai Brown	Lewis-Palmer	5.19
3	2011	4	Boneth Ahaneku	Bellevue Christian	4.65
4	2011	43	Mary Brinton	Pagosa Springs	4.58
5	2011	22	Amber Ortiz	Sheridan	4.25
6	2012	40	Morgan Nelson	Elizabeth	3.65
7	2012	44	Ande Lampert	Boulder	3.42
8	2014	34	Haleigh Washington	Clear Creek	3.36
9	2011	23	Tereisela Ramirez	Skyview	3.30
10	2011	0	Allison O Hara	Colorado Deaf + Blind	3.15

Beyond the Stats

GIRLS BASKETBALL

TAYLOR HELBIG, HOLY FAMILY

Taylor Helbig finished her career at Holy Family the same way it started -- with a championship. Holy Family won its fourth straight 3A title Saturday with the 5-10 senior guard starting in the backcourt alongside classmate Sarah Talamantes, another fourth-year starter. Holy Family compiled a remarkable 103-5 record during Helbig's career. Helbig, in a tie for eighth place on VarVee's latest statewide assist leader board, scored 13 points in the 60-57 championship-game victory over Eaton. She was one of Holy Family's five double-digit scorers and did most of her damage from the foul line, where she hit 11 of 14 free throws. For her efforts, she was selected as Most Valuable Player, a fitting cap to her spectacular career.

HIGHLANDS RANCH, CO

When Highlands Ranch defeated Regis Jesuit by a 67-50 margin in the 5A championship game Friday night, it marked the Falcons' seventh state title since 2000. Highlands Ranch finished with a 25-3 record and a 121-16 log over the last five campaigns. Senior Katelyn McDaniel, who ranked ninth on VarVee's most recent statewide scoring leader board, earned MVP honors by contributing 24 points and 13 rebounds to what was truly a team effort. Michaela Neuhaus, fourth on the latest three-point leader board, sank four in scoring 16 points and joined Liza Heap and McDaniel on the all-tournament team. Highlands Ranch hit 23 of 34 free throws, compared to a 13-of-17 showing by Regis Jesuit, and controlled the boards by a commanding 41-25 margin. Highlands Ranch was undefeated in-state this year as all three of its losses came to out-of-state foes on the road -- at La Jolla (Ca.) Country Day and against Riverdale Baptist (Md.) and Christ the King (N.Y.) at the Nike Tournament of Champions, all in December. Highlands Ranch finished the season by winning its last 18 games. "Playing together as a team was our motto and theory all season long," Falcons coach Caryn Jarocki told the Denver Post. "If we could get the ball to the open person all season, we'd be okay."

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Who is House of Speed

House of Speed, founded by 9-year NFL veteran Don Beebe, and Dr. Jeffrey Schutt, Certified Chiropractic Sports Physician and Certified Strength and Conditioning Expert gives Colorado athletes of all ages the tools to improve speed, agility and explosiveness through professionally proven training methods in nearly every sport. We use proven sport-specific drills and variations and progressions depending on the athlete or team's abilities and goals.

What we do.

House of Speed has trained pro athletes such as: Tony Romo, QB, Dallas Cowboys / Suzette Rose, Track, Arizona State / Michael Turner, RB, Atlanta Falcons / Alec Stec, Baseball, West Point / Lauren Silva, NCAA All-American Swimmer / Lori Siebert, Softball, Mississippi State.

Currently, House of Speed is training Robert Quinn, projected 1st round NFL Draft pick and locally House of Speed Denver worked with UNC-Greeley NFL prospect Chris Morgan...

How can House of Speed help you and your team reach your full potential ? What are your goals ?
Better speed - Endurance, quickness, agility and explosiveness.

Better conditioning - Build a healthy, toned and powerful core.

Better method training - Elite level methods that progress to professional and Olympic levels.

Better teams - Create a team unit that works as one and wins as one.

Better character - learn the values and attitude it takes to be a winner.


"House of Speed Denver helped me gain 9 inches on vertical jump and cut .9 sec off 40yd dash attending 2-3 times per week in 3.5 months"

- Garrett Ahlberg, a senior basketball player at Douglas County High School, Colorado.

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Use the special code "VarVee" to receive special individual \$50 off group training package or early registration team discount for summer camps.



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THAT MAKE A WINNER... [CLICK NOW!](#)**

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