



Season Leader Boards

Softball

As of June 22, 2011

Runs Per Game Leader (65 AB min)

Rank	Grad Year	#	Player	Team	RPGA
1	2011	7	Whitney Arion	Delphi Community	2.03
2	2011	4	Ashley Burkhardt	Fort Wayne Bishop Dwenger	1.92
3	2012	0	Alanie Sroufe	Rochester	1.92
4	2013	27	Erin Lehman	New Palestine	1.72
5	2013	3	Rylee Holland	Rochester	1.71
6	2014	2	Jessie Noone	Elwood Community	1.68
7	2011	9	Carli Rouhier	Delphi Community	1.67
8	2011	8	Carah McGeorge	Edinburgh	1.63
9	2011	11	Carly Heibel	Lakewood Park Christian	1.60
10	2011	1	Alyssa Koorsen	Lakewood Park Christian	1.57

Hits Per Game (75 AB min)

Rank	Grad Year	#	Player	Team	HPG
1	2011	15	Katie Harrison	Noblesville	50.00
2	2011	4	Ashley Burkhardt	Fort Wayne Bishop Dwenger	2.20
3	2011	9	Carli Rouhier	Delphi Community	2.07
4	2014	2	Jessie Noone	Elwood Community	2.00
5	2012	28	Alex Kotter	Vincennes Lincoln	2.00
6	2011	7	Whitney Arion	Delphi Community	1.97
7	2013	9	Kasey Gibson	Churubusco	1.96
8	2012	23	Danielle Wellman	Wapahani	1.96
9	2011	8	Carah McGeorge	Edinburgh	1.93
10	2012	25	Katie Struewing	Greenwood Community	1.92

RBI Per Game (50 AB min)

Rank	Grad Year	#	Player	Team	RPG
1	2013	2	Maggie Good	Rochester	2.05
2	2012	11	Kalene Davis	Zionsville	1.86
3	2014	33	Jaclyn Delagrange	Lakewood Park Christian	1.80
4	2011	9	Andrea Filler	Fort Wayne Bishop Dwenger	1.80
5	2012	18	Taylor Murray	Edinburgh	1.78
6	2011	11	Carly Heibel	Lakewood Park Christian	1.73
7	2011	9	Carli Rouhier	Delphi Community	1.70
8	2012	22	Audrey East	New Palestine	1.62
9	2013	7	Taylor Carter	Northview	1.56
10	2011	23	Samantha Aguilar	Homestead	1.56

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Indiana University Health



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Pitcher Strike Outs Per Innings Pitched (35 IP min)

Rank	Grad Year	#	Player	Team	SOPG
1	2013	19	Shelby Hursh	Tipton	12.23
2	2012	12	NICOLE STEINBACH	Andrean	11.68
3	2013	11	Hannah Adams	Northeastern	11.29
4	2013	4	Hannah Robbins	Woodlan	11.00
5	2011	24	Ashley Pokraka	Whiting	10.95
6	2014	8	Erin Rethlake	Huntington North	9.90
7	2013	33	Amanda Nelson	North Miami	9.81
8	2012	8	Kate Fetzer	Indiana School for the Deaf	9.50
9	2011	17	Katie Osborn	Carmel	9.44
10	2014	48	JennyBentley	Southwood	9.23

Outs Made Per Game (20 game min)

Rank	Grad Year	#	Player	Team	OMPG
1	2013	12	Lauren Ehle	Woodlan	10.24
2	2012	12	Alyssa Grabner	Huntington North	9.93
3	2013	4	Ashley Mosley	Northeastern	9.89
4	2011	21	Sarah Cretin	Carmel	9.73
5	2011	20	Megan Bernella	Indiana School for the Deaf	9.30
6	2012	24	Brooke Smith	Shelbyville	8.91
7	2014	20	Korbin Myers	Southmont	8.50
8	2013	13	Ali Bostic	Rising Sun	8.48
9	2012	5	Jenny Thompson	South Putnam	8.24
10	2011	5	Sydney DeHaven	Cass	8.18

Stolen Bases Per Game (50 AB min)

Rank	Grad Year	#	Player	Team	SBPG
1	2011	7	Casey Johnson	New Washington	2.06
2	2011	7	Shawwna Ramer	Westville	1.93
3	2013	9	Kasey Gibson	Churubusco	1.64
4	2013	9	Whitney Morris	New Washington	1.47
5	2012	2	Alyssa Easley	Covenant Christian (Indpls)	1.39
6	2012	7	Kelsey Glendening	Fremont	1.37
7	2012	8	Kate Fetzer	Indiana School for the Deaf	1.35
8	2013	28	Erica Miller	Fort Wayne Bishop Dwenger	1.32
9	2012	23	Katelind Phillips	Monroe Central	1.28
10	2011	4	Abby White	West Lafayette	1.20

Whitney Arion, Delphi

Delphi Community's loss will be Louisville's gain when Whitney Arion takes her softball talents to the high-profile Division 1 program this year. The senior shortstop wrapped her high school career this past spring by batting .596 (59 for 99) with 16 doubles, 12 triples, nine home runs, 40 RBI and 61 runs. She walked 19 times, slugged an astounding 1.273 and struck out just once in 118 plate appearances. "Whitney has always been a special girl, and she works very hard," said her father, Jim. "She goes the extra mile."

With Arion leading the way, Delphi Community, a Class 2A program, went 27-4 and earned its fourth straight sectional title. Its season ended with a 3-1 loss to Tipton in the regional final. Arion finished the campaign as the state's leader in runs scored per game (2.03), according to VarVee.com. She also ranked sixth with an average of 1.97 hits per game.

Delphi Community won its first 16 games as Arion hit a robust .698 (37 for 53) with 39 runs and 25 RBI. In a 20-0 victory over Sheridan on May 3, Arion went 3 for 3 with two walks, two home runs, five RBI and five runs.

She had at least one hit in all but one game this season. "I chose Louisville because I feel it will provide me with the best opportunity to achieve the academic and athletic goals I have set for my future," said Arion. "And I wanted to become a part of a team that had a major shot of making it to the Women's College World Series."

"She always gave 110 percent in whatever she did," said her dad. "I'm a very proud father."

By [Chris Orlando](#)

[Special to VarVee.com](#)

Carmel, IN

All anyone needed to know about the composition of this year's Carmel softball team could be found in its final two games of the season. Kelsi Jones, the University of Missouri-bound center fielder who was named Gatorade Player of the Year for Indiana, went hitless in both of the contests, something which hadn't happened in consecutive games at any other point during the season.

But Carmel was hardly a one-player team, and it showed with a 2-0 decision over Lake Central in the semifinal round of the Class 4A tournament on June 4, followed by a 1-0 triumph over Avon in the final on June 11. The championship was the second for the program, with the other coming in 1994. Coach Emily Good's team finished 28-2.

It was among eight teams in the country to be listed in the Also Receiving Votes category when the National Fastpitch Coaches Association released its final National Top 25 late last month. Carmel, which closed out the season with a 10-game winning streak, needed to go eight innings to defeat Avon (26-8). Junior Kennedy Haynes doubled home sophomore Erynn Petruzzi, who singled and then moved to second on an error, with the winning run on a two-strike offering. Haynes, a third baseman, had two of her team's four hits in the game. Pitcher Katie Osborn pitched a five-hitter against Avon, with 11 strikeouts and five walks. She ended the year with an 18-2 record, along with two saves. She surrendered 19 runs (16 of them earned) and allowed 68 hits with 236 strikeouts and 29 walks in 137 innings. Osborn also had a 0.82 earned run average. She was unscored-upon over the final five tournament games, which covered 35 total innings.

It's easy to see why Jones was selected as the top player in the state. She ended 45-for-97 (a .464 batting average), with 36 runs scored and 33 RBI. Her power numbers included 14 doubles, one triple and seven home runs. She was also walked 11 times and stole 10 bases. Jones had a .519 on-base percentage and .845 slugging percentage. Jones also had multiple hit totals in 14 games and stole a team-leading 10 bases. Jones and Osborn were part of a four-player senior class that also included catcher Sarah Cretin and shortstop Ali Bourgerie.

Cretin ended the campaign with 30 hits and a .357 batting average. She had 13 RBI and worked well with her battery mate. Bourgerie had 27 hits and hit .325. She also scored 17 times and knocked in 12 others. She was also a dependable fielder at her position.

Haynes ranked second to Jones in most offensive categories. She closed out the year with 36 hits, including 12 doubles, one triple and four home runs. She scored 25 runs and also drove in 25. Her batting average was .391, her on-base percentage was .417 and she slugged .674.

Aside from Haynes, the junior class featured players like Katie Bosler and Michelle Huber. Bosler was 33-for-96 (.344 BA) with 23 runs and 15 RBI. Huber was 32-for-95 (.337 BA) with 20 runs and 23 RBI. Bosler and Huber finished with the same on-base percentage -- .394.

By [SEAN REILLY](#)

[Special to VarVee.com](#)

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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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