

Squire hits 60 straight free throws before miss

By WALT VANDERBUSH

DAILY JOURNAL SPORTS CORRESPONDENT

Former Indian Creek basketball star **Adrienne Squire** made her first three free throws in Penn State's 69-54 women's basketball win against Wisconsin to increase her Penn State consecutive free-throw record to 60 before missing her fourth try, the first miss of her collegiate career.



SQUIRE

The Nittany Lion crowd of more than 7,000 then gave Squire a long standing ovation in appreciation of her extraordinary achievement.

Squires fell six short of the all-time NCAA Division I record of 66 consecutive free throws during a two-season span.

The sophomore scored 10 points, grabbed five rebounds and had one blocked shot and one assist to help Penn State (7-8, 1-3) win its first Big Ten game this season.

Indian Creek

• The Miami (Ohio) women's basketball team (5-7, 0-1) lost its first conference game 78-75 to Buffalo. **Kris Coner** played

COLLEGE UPDATE

17 minutes and had a team-high nine rebounds. She scored two points on 1-for-4 shooting from the field and 0 for 1 from the free-throw line, and she had two assists and one blocked shot.

Whiteland

• Brescia College women's basketball player **Jennifer Patrick** led the Bearcats (1-17) with 17 and 23 points in losses to Lambuth University (71-49) and Union University (97-62) in the Lambuth Tournament. She shot 12 for 25 from the field, 12 from 24 from 3-point range and 1 for 3 from the foul line in the two games and had eight rebounds, four assists and two steals in 57 minutes.

In losses to Bethel (Tenn.) (59-54) and Oakland City (85-64), Patrick scored 13 points (5 for 11, 3 for 7, 0 for 0) and had eight rebounds, three assists and three steals in 46 minutes.

• University of Evansville basketball player **Megan Liffick** attained team highs of 15 points in a 71-57 win against Bradley and 20 points in a 79-65 win against Northern Iowa. She connected on 11 of 23 shots, 4 of 11 from 3-point range and 9 of 12 foul shots in

72 minutes. She also contributed seven rebounds, two assists, two steals and one blocked shot.

• University of Indianapolis swimmer **Aaron Neeman** won both the 500-yard freestyle (4:54.52) and the 1,650 freestyle (16:55.26) in the four-team University of Indianapolis Invitational. He was second of 16 in the 200 freestyle in 1:48.29.

• IUPUI swimmer **Lauren Heyde** was sixth of 15 in the 200-yard freestyle (2:06.56), fourth of nine in the 400 individual medley (5:06.36) and eighth of nine in the 200 backstroke (2:28.39) in the University of Indianapolis Invitational.

• University of Indianapolis 157-pound wrestler **Mike Horton** finished fifth in the 20-team Midwest Wrestling Classic by winning four matches and losing two. The final win for the sixth-seeded sophomore was against the tournament's No. 2 seed.

Center Grove

• Ball State freshman gymnast **Natalie Hesler** finished fourth of 12, second for the Cardinals, in the balance beam competition in Ball State's 188.750-184.675 loss to Ohio State. It was her first collegiate competition.

• Carthage swimmer **Erik Catellier** finished third of nine in

both the 500-yard freestyle (5:09.74) and the 1,000 freestyle (10:31.96) in the Redman's victory in a four-way meet with Lawrence, Wisconsin-Oshkosh and North Central.

• Indiana University's **Kevin Swander** won the 200 breaststroke (2:02.04), swam on the winning 200 medley relay team and finished fourth of eight in the 500 freestyle in the Hoosiers' 134-108 swimming win against Ohio State.

• University of Indianapolis freshman swimmer **Greg Jarvis** finished second of 12 in the 100 freestyle (49.39) and swam on the winning 200 freestyle relay team in the four-team U of I Invitational. He was sixth of 16 in the 100 butterfly (56.02) and 11th of 12 in the 50 freestyle (25.89).

• **Maria Eichhold** scored 16 points in Mount St. Joseph's 63-61 win against Anderson and 10 points in a 57-56 loss to Manchester. She shot 11 of 20 from the field and 4 of 6 from the foul line in 67 minutes in the two games and had six rebounds and three blocked shots. The Lions are 4-9, 1-1 in the Heartland Conference.

• The University of Indianapolis women's basketball team (6-7, 1-4) lost to Quincy (59-53) and Southern Illinois-Edwardsville (59-55). **Deanna Thomson** had seven rebounds, five assists, two steals and six points in 42 minutes in

the two losses. She was 3 for 9 from the field.

• The Indiana Wesleyan men's basketball team (8-11) lost to Taylor (77-74) and St. Francis (74-65). **Joel Hobson** was 3 for 3 from the field, 1 for 1 from 3-point range and 1 for 1 from the foul line for eight points in the two games. He had one rebound, one assist and two steals.

• The Wabash basketball team (10-3) defeated Allegheny (70-63) and Hiram (76-52). **Kyle Coffey** played 16 minutes in the two wins. He had three rebounds and two points on 2 for 2 from the free-throw line.

• The Bethel men's basketball team (8-11) lost to Goshen (80-75), Spring Arbor (95-91) and St. Francis (76-73). **Chad Maddox** had 14 points, seven rebounds and seven assists, while averaging 28 minutes in the three games. He shot 6 for 14 from the field, including 2 for 6 from 3-point range.

• Competing in the Hoosier Open Indoor Track and Field Meet, Indiana University sophomore **Tyler Skelton** was seventh of 10 in the long jump (21 feet, 8 inches) and 15th of 18 in the 60-yard dash (7.42).

• Former University of Michigan volleyball player **Jennifer Gandolph**, now the assistant volleyball coach at the University of New Orleans, has

returned to the school and reports that all but two of the volleyball players have returned. The athletes will be living in federally supplied relief trailers as the city is rebuilt following Hurricane Katrina in August.

Franklin

• University of Indianapolis student **Keith Fechtman**, competing unattached, was seventh of 18 in the 200-yard dash (22.69) and 10th of 19 in the 60-yard dash (7.13) at the Hoosier Open Indoor Track and Field Meet in Bloomington.

• **Jesse Hasseman**, wrestling at 197 pounds for Bloomsburg University, lost 7-3 to a Drexel wrestler and 4-1 to his Rider opponent. He is 9-8 for the season. The Huskies lost 18-17 to Drexel and defeated Rider 26-13.

• Butler swimmer **Elizabeth Shafer** had her personal best time in the 500-yard freestyle (5:41.04) while finishing seventh of 14 in the four-team University of Indianapolis Invitational. She was eighth of 15 in the 200 freestyle (2:09.01) and 11th of 13 in the 100 backstroke (1:13.04).

Walt Vanderbush is a former principal at Franklin Community High School. Ideas for the weekly College Update should be sent to sports editor Rick Morwick at rmmorwick@thejournalnet.com.



AP PHOTO

Southern California's Reggie Bush outruns Notre Dame defenders on his way to a third-quarter touchdown Oct. 15 in South Bend.

• Bush

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"He's such a special player, a once-in-a-lifetime talent. He's a game-changer, with his speed, instincts, vision and competitiveness. He's just so much fun to watch," Carroll said in a statement.

"He'll take that talent to the NFL and wow them there as a runner, receiver and as a returner. Now the Reggie Bush Show goes to Sundays, and I can't wait to watch him."

Carroll couldn't be at the news conference because he was in Northern California to attend the funeral of the father of USC linebacker Rey Mauluga. Talatonu Mauluga died after a long illness.

Wherever Bush winds up in the draft, he'll become a rich man.

Asked about the possibility of becoming a multimillionaire, Bush laughed and said, "It hasn't sunk in yet. I don't think it will until I get that first check."

Bush, who turns 21 in March, has flashed such blinding speed, great moves and an uncanny ability to change direction that he's been compared to such greats as Gale Sayers, Barry Sanders, Tony Dorsett and Marshall Faulk.

Bush, a 6-foot, 200-pounder from Spring Valley, Calif., averaged an amazing 8.7 yards per carry. He also caught 37 passes for 478 yards and led the nation in all-purpose yards with 222.3 per game.

How will all that translate to the NFL? "There are all those questions: Are you big enough, strong enough, fast enough, tough enough?" Bush said. "I'll have to position myself to have an impact right away, and that will take a lot of hard work."

"I'll be excited to show any critics that I can be an every-down back."

Bush was a runaway winner of the Heisman, with Texas quarterback Vince Young far back in second place. Matt Leinart, Bush's teammate the past three years and the 2004 Heisman winner, was third. Those players figure to go 1-2-3 in the NFL draft April 29.

The Texans, though, already have a young quarterback in David Carr, so they could opt for Bush and pass on Young, who is from Houston.

The Texans have 3½ months to make a decision.

Had Bush stayed in school, he would have had a chance to join Ohio State running back Archie Griffin as the only two-time Heisman winners. Griffin won the award in 1974-75.

After winning his Heisman, Leinart decided to return to USC for his senior year, although he almost surely would have been among the top players picked in last year's draft.

In other draft news

LOUISVILLE, Ky.

Michael Bush will return to Louisville for senior season

At least one running back named Bush is returning for his senior season.

Louisville junior Michael Bush will play for the Cardinals next fall rather than enter the NFL draft.

"My family isn't struggling, for money, they're not struggling, period, so there was no need to

rush it," said Bush, who ran for 1,143 yards and 23 touchdowns in 2005.

Bush said he talked with members of the NFL Underclassmen Advisory Committee before making his decision. Bush didn't say where the committee projected his draft position, just that it wasn't high enough for him to forgo his senior year with the Cardinals.

Bush led the nation in scoring, averaging 14.40 points per game. He ran for 159 yards and a career-high four touchdowns in a triple-overtime loss to West Virginia on Oct. 15.

MADISON, Wis.

Wisconsin's Calhoun to skip senior season to turn pro

Wisconsin running back Brian Calhoun announced Thursday he would not return for his senior season and will enter the NFL draft.

Calhoun said he weighed the pros and cons of staying one more year at Wisconsin, where he led the Badgers to the Capital One Bowl this year.

In the end, he decided he was ready to play at the professional level and the risk of injury was too great to stick around.

"It was time for me to make that jump," Calhoun said Thursday.

He stepped into the starting role this fall, rushing for 1,636 yards.

• Art

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Clark has Grizzly Cubs players shoot 15 free throws before practice and another 10 during it. They even do drills, such as making players shoot one-handed, to help break the shot down into parts. The drills help players learn correct shooting form.

"It's a hard habit to break," Clark said. "It's motor development, and the brain has been programmed to do something a certain way. It can feel awkward and uncomfortable at first."

Center Grove girls basketball coach Joe Lentz called his team's free-throw shooting in past years pathetic.

Since then, Lentz has made an effort to get the Trojans to improve. He combines conditioning and running with free-throw shooting.

Center Grove players have to make three consecutive free throws before taking a water break. After practice, they run until players make a certain number of free throws.

"We have partners for free-throw shooting after practice. They shoot free throws until they hit four. But while they're shooting, the other partner is running," he said. "When they make 16 total, they're done."

"I combine a little bit of pressure. Just like a ballgame, they shoot when they're winded and legs are a little bit weak. When they shoot the 25, they're working on repetition, repetition, repetition."

The strategy has paid off. Two years ago, the Trojans shot about 50 percent. Last year, they shot 60 percent, and this year, they were shooting 64.3 percent heading into Thursday's game at North Central.

Lentz doesn't see players working on fundamentals anymore. So, he's decided to get players to work on them during practice.

"It's harder and harder to find kids that shoot 50 to 100 free throws or even 25 a day just to get a touch," he said. "They'll go out and shoot, but they don't shoot free throws."

"The natural thing for kids is

SHARP SHOOTERS

This season, Franklin Community High School has four players shooting free throws at better than or near 80 percent and is shooting 76 percent as a team. Here's a look at the Grizzly Cubs' top shooters:

Player	FTM	FTA	Pct.
Ben Gordon	38	45	84.4
Adam Miller	16	19	84.2
Cody Long	23	29	79.3
Adrian Moss	34	44	77.3

"The opportunity to get points unguarded and at the same time getting fouls on an opponent is an important strategy of the game," Franklin coach Dave Clark said. "We try to stress the importance of free-throw shooting, good mechanics of shooting in a stationary position, hand placement, follow through and leg lift. ... But you start bragging about it, and then you start missing."

to say they went to AAU practice, played for two hours, and they have a game tomorrow. They say 'I played basketball,' so they don't go out and do fundamentals and shoot free throws like 20 years ago when you didn't have all these things going on."

Establishing a routine is important. Prather can distinguish a good free-throw shooter by watching his routine at the free-throw line. Good free-throw shooters keep a simple and consistent routine, he said.

Prather remembers watching former Indiana University basketball player Steve Alford's routine before shooting free throws. Alford, who led the nation in free-throw percentage as a freshman, ranks fourth in NCAA history with a career .897 free-throw percentage. And he performed the same routine before each free throw.

"Steve Alford used the same routine: (he touched his) socks, shorts, dribble, dribble, shoot. Every time," Prather said. "The mentality of free-throw shooting has a lot to do with the simplicity and consistency of routine."

"The more elaborate the routine, the more vulnerable it is to error. Guys who spin the ball high or whatever they do are basically complicating it. That's why simplicity is critical."

Developing a routine can be



PHOTO COURTESY PENN STATE UNIVERSITY

Penn State's Adrienne Squire, an Indian Creek High School graduate, hit 60 straight free throws before the first miss of her collegiate career.

difficult. After missing free throws, players may decide to switch routines in hopes of making a quick fix.

Center Grove girls basketball player Traci Lippold is one of Johnson County's top free-throw shooters this season.

Lippold, a senior guard, has made 23 of 30 free throws (76.7 percent) this season. She dribbles, takes a deep breath, dribbles five times and pauses before she attempts her shot. But it took her a while to find a comfortable routine.

"Right now, I'm dribbling five times before I shoot," she said. "In practice, I've just tried different things. Whatever works well, I'll stick with it until it doesn't work well anymore. That's been working well so far this season."

But for most players, confidence is key.

Franklin Community High School senior forward Ben Gordon is poised when he steps to the free-throw line. He spins the ball in his left hand, dribbles five times, takes a deep breath and shoots. His mind is focused on the ball swishing through the net.

"It's all about concentration and confidence," said Gordon, who has made 38 of 45 (84.4 percent) of his free-throw attempts this season. "If you go to the line and worry about missing, most of the time you're going to miss it."

"It's all about your mentality and confidence."

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