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Feburary2015 FREE

Girls Basketball Sectional Preview

Concussion Laws and in Girls and Women's Sports

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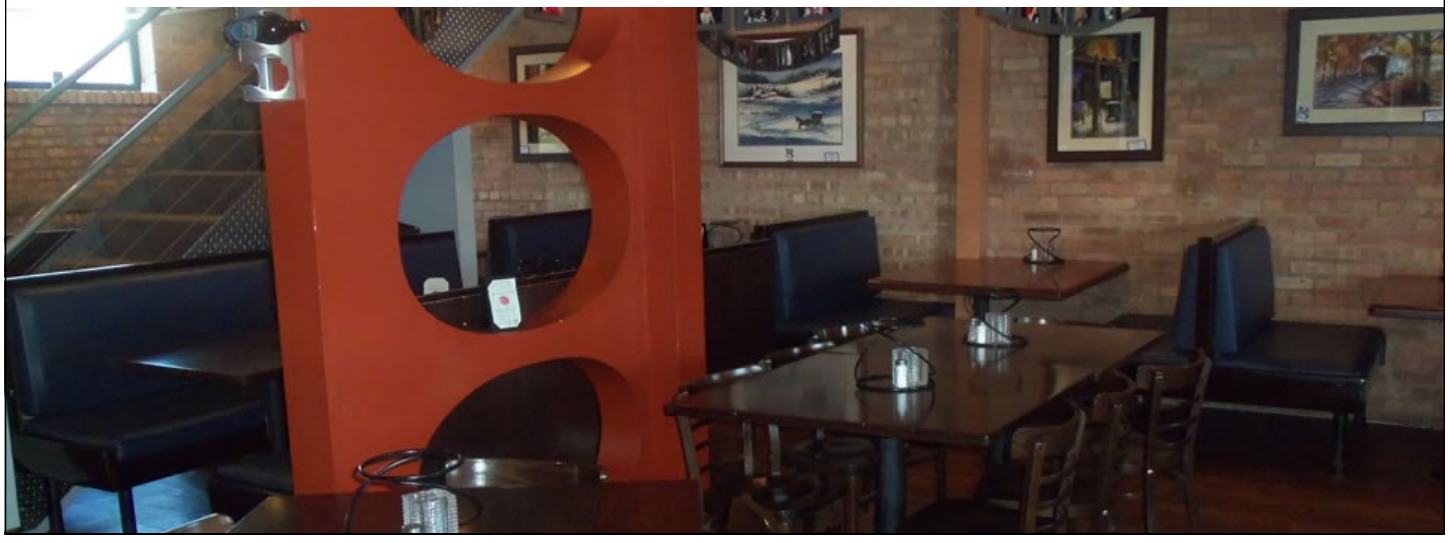

MAB ONLINE MAGAZINE

The February issue tackles primarily two things: girls basketball and concussions. We cover the girls basketball sectional draw and Andy Wielgus breaks down the matchups for you. Andy also reports in from the Bi-County tournament on both the girls and boys side.

The concussion aspect was brought to you courtesy of some important press releases that we needed to share. One on some potential changes in the law for Hoosier athletes and one specific to girls sports. We hop you enjoy this issue and look forward to bringing you tournament basketball!

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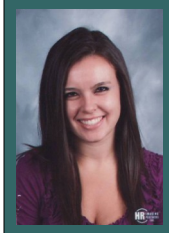

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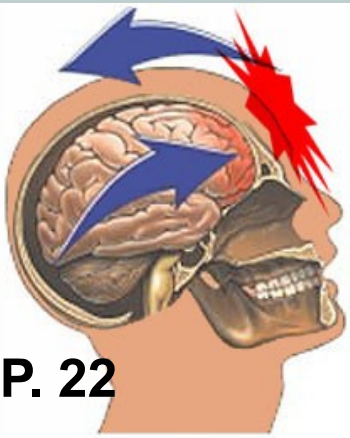

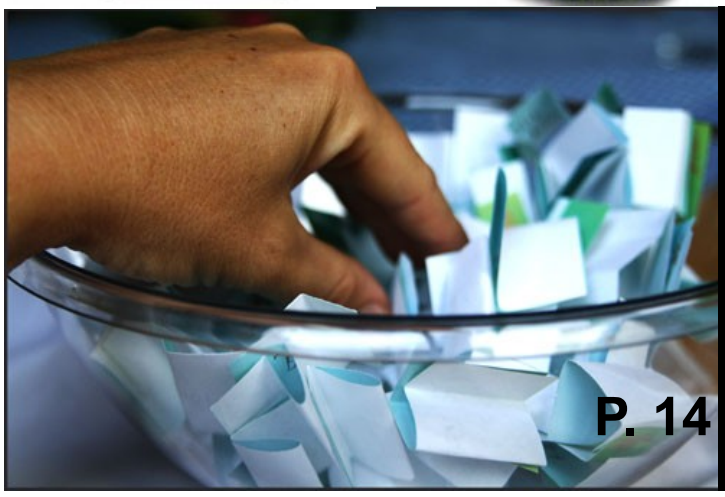

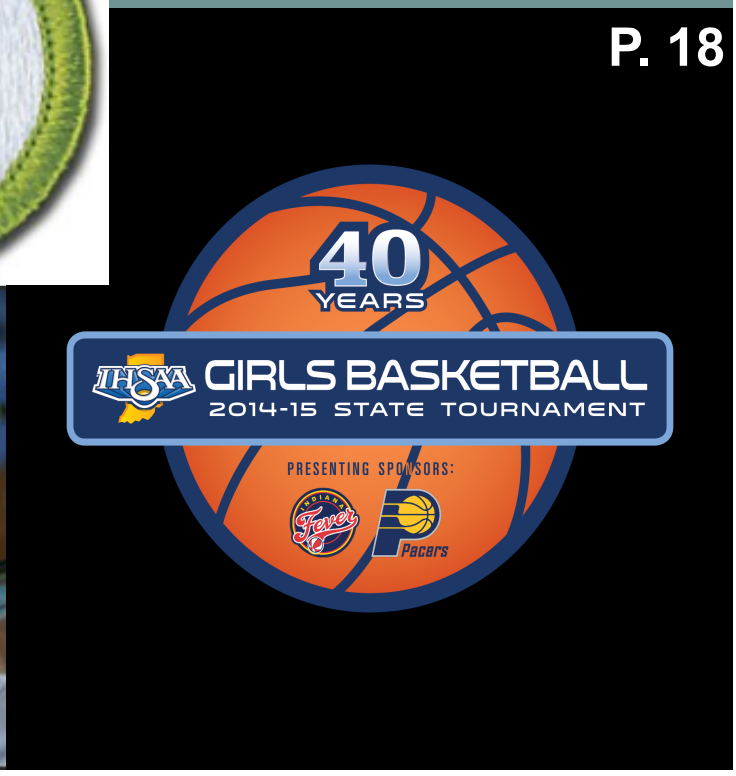

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Athletes of the Month

Written and Compiled by Andy Wielgus MAB Staff Writer

Conner TenHove
Valparaiso

Valpo's Center Connor TenHove scored 20 points and he had 5 Rebounds in a 61-56 DAC victory over Merrillville. The Vikings are 13-3 and 4-0 in Boys Basketball.

Chris Palombizio
Chesterton

Chesterton's Chris Palombizio scored 23 points in a 72-60 win over Crown Point.

Blake Maris
Hanover Central

Hanover Central Junior Blake Maris scored 17 points to lead Hanover Central over Kankakee Valley 55-43. Maris is a long range shooter. Who connected on several three point shots in the game.

Minix, German and Kukobat
O-D, 21st Century, Lighthouse

Lexi Minix of Oregon-Davis scored a career high 31 pts in a victory over # 10 Culver in 1A who are 10-3 and followed up the next night with 30 points in a 71-58 victory over 9-3 Lacrosse.

Gary 21st Century's **Eugene German** scored 45 points in a 90-89 win over Indy Metro and followed up in the next game with 34 points in a 76-75 loss to Hammond High.

Gary Lighthouse CPA's 6'10 Center **Rade Kukobat** is averaging 27ppg for Gary Lighthouse this year.

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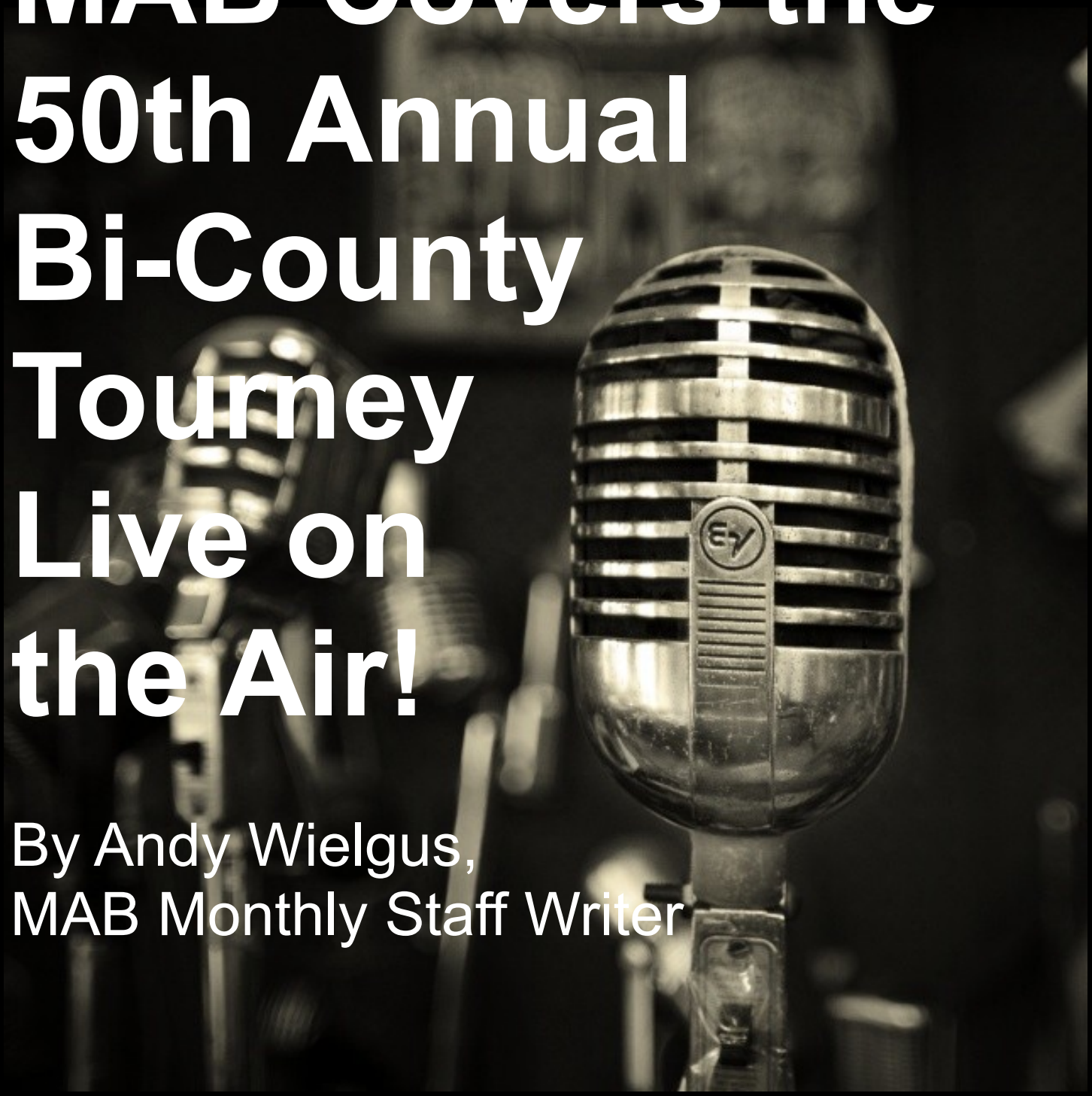
MAB Covers the 50th Annual Bi-County Tourney Live on the Air!



By Andy Wielgus,
MAB Monthly Staff Writer

A packed gym awaits the 50th Annual Bi-County Tourney

This year MAB covered one of the longest running county tournaments in the state, the Bi-County. This was a special year because it was the 50th year it was held. Last year it was postponed due to the Polar Vortex and the weather in Northern Indiana.

The Semi-Finals and Finals of the Bi-County Tourney were held at Laville HS this year. The games can still be heard on the archive for MAB on sportsjuice.com and were broadcasted Live as well. The tournament was picked by a blind draw and MAB covered the doubleheader win in the opening round by Oregon-Davis over the Boys and Girls Basketball teams from New Prairie in Hamlet. The Oregon-Davis Girls team won 63-47 and the Boys won 50-39 over New Prairie. The Semi-Final saw two exciting girls basketball games at Laville on MAB on Thursday- a 47-45 victory by John Glenn over Oregon-Davis and Culver Community defeating Triton 41-32 in the nightcap. In the Boys Semi-Final on Friday, Laville defeated a scrappy Argos team 38-31. And then John Glenn defeated an upstart Oregon-Davis

Boys team 57-49. Two exciting Championship games were then played at Laville on Saturday night, with John Glenn pulling away from Culver Community 48-37 to win their first Girls Crown since 2005. And then Laville surviving over Glenn by two points 50-48. To take their 1st Boys Crown in the Bi-County Tourney since 1974. Congrats to Riley Trott of Oregon-Davis on winning the Hawkins Award for scholar-athletes.As we are covering OD Girls Basketball this year on MAB and we congratulate her on her achievement.

The Bi-County TCU 50th Anniversary Team was announced to the media and fans as well at the tournament.-* Several Coaches and Players were in attendance at the Bi-County and they were recognized by the school and tournament officials.

Argos- Boys - Taylor Hulse, Doug Jennings, Don O'Dell, Dustin O'Dell, and Mike Scheetz, Girls- Jenny Emenaker, Desiree Gilbert, Kelsie Hollabaugh, Amberly O'Dell, and Roberta Thompson.

Bremen- Boys - Larry Kipfer, Casey Mann, Adam Mark, Trent Newcomb, and Corey Reed, Girls - Beth Friedman, Kim Hickman, Deana Moren, Jenny Reed, and Kim Young.

Culver Community- Boys- Zoe Bauer, Kyle Elliott, Tom Krueger, Ron Reinhold, and Bob Thomas, Girls - Susan Keller, Patrice McBee, Tammy Peters, Stacy Stevens, and Ann Wiggins.

John Glenn - Boys - Bruce Dayhuff, Rick Hardesty, Jason Groves, Kevin Stedman, and Barry Heim, Girls - Beth Honaker, Mary Huffstetter, Amy Kretchmer, Theresa Northam, and Chastity Zellers.

Laville- Boys- Pat Adkins, Tim Dykstra, Troy Gurtner, Carl Herbster, Andrew Hostetler, Girls - Jennifer Downey, Dawn Hosinki, Andie Lehr, Stephanie Richard, and Shannan Szkarek.

Oregon-Davis- Boys- Scott Blum, Dennis Cooper, Nathan Ferch, Bill Frazier, and Matt Joseph, Girls - Ashley Campbell, Haley Collings, Aubrey Minix, Gabrielle Minix,

and Erin Pearish.

New Prairie- Boys - Matt Bush, Jim Noel, Tom Olson, Denis Rzepka, and Brian Witkowski, Girls - Janice Belzowski, Kim Golden, Carla Sebasty, Suzanne Smith, and Denise Spear.
Triton- Boys - Mike Bailey, Griffyn Carpenter, Larry Kuhn, Ben Montalbano, and Clay Yeo, Girls - Shana Anderson, Taylor Hatfield, Megan Howdeshell, Kylie Mason, and Allison Thacker.

Scores from the 2015 Bi-County Tourney

Boys

Laville 54 Triton 49

Argos 51 Culver Community 46

John Glenn 63 Bremen 47

Oregon- Davis 50 New Prairie 39

New Prairie 63 Bremen 39

Triton 47 Culver Community 37

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John Glenn 57 Oregon-Davis 49

Laville 38 Argos 31
*** Championship - Laville 50 John Glenn 48**
Girls

Triton 49 Laville 34

Culver Community 33 Argos 28

John Glenn 62 Bremen 52

Oregon- Davis 63 New Prairie 47

John Glenn 47 Oregon-Davis 45

Culver Community 41 Triton 32

Bremen 40 New Prairie 27

Argos 47 Laville 28

*** Championship on MAB * Glenn's Kyannah Stull MVP - John Glenn 48 Community Culver 37**

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Girls Basketball Sectional Draw

Courtesy of indianagirlsbasketball.homestead.com/

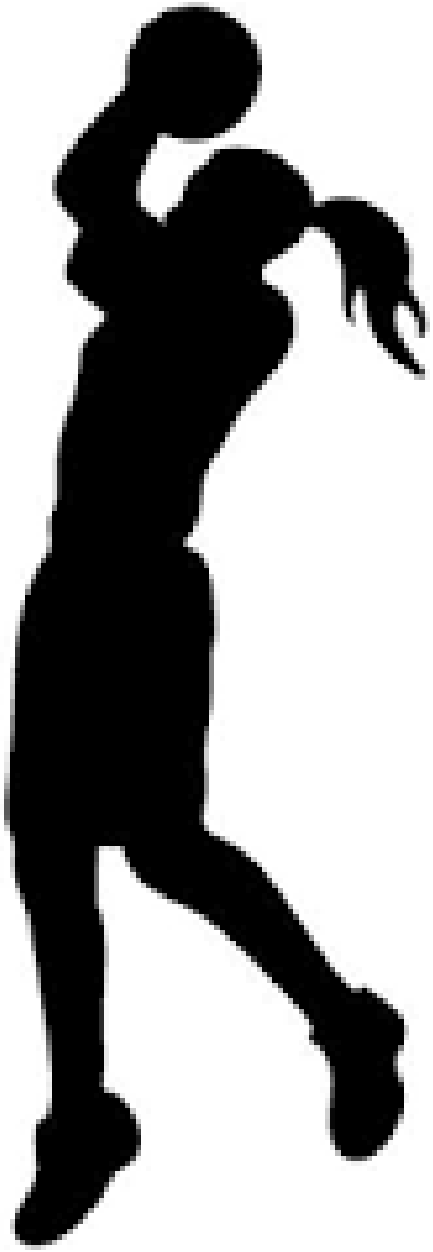
CLASS 4A

LOWELL

Highland [10-14] vs. West Side [16-7]
East Chicago Central [13-9] vs. Munster [11-11]
Hammond Morton [13-10] vs. Lowell [6-15]
Lake Central [19-3] vs. Winner Game 1

MICHIGAN CITY

Merrillville [16-7] vs. Crown Point [12-10]
Portage [11-13] vs. LaPorte [17-4]
Chesterton [10-11] vs. Valparaiso [12-10]
Michigan City [11-10] vs. Hobart [14-9]



CLASS 3A

GRIFFITH

Gary Roosevelt [4-10] vs. Griffith [9-14]
Lighthouse CPA [14-6] vs. Hammond Gavit [15-8]
Hammond Clark [6-16] vs. Winner Game 1
Hammond [4-14] vs. Winner Game 2

NEW PRAIRIE

Wheeler [11-11] vs. Knox [9-13]
Calumet [3-19] vs. Kankakee Valley [15-7]
New Prairie [5-17] vs. Andrean [9-14]
Hanover Central [14-9] vs. Winner Game 1

CLASS 2A

BOONE GROVE

Hebron [5-16] vs. Whiting [1-21]
Hammond Noll [17-5] vs. Bowman Academy [4-14]
River Forest [13-9] vs. Lake Station [10-11]
Boone Grove [5-16] vs. Winner Game 1

NORTH NEWTON

Rensselaer Central [10-11] vs. North Newton [7-14]
Delphi [18-5] vs. North Judson [8-12]
Winamac [8-13] vs. Winner Game 1

CLASS 1A

MORGAN TWP.

Morgan Twp. [12-9] vs. Washington Twp. [11-10]
Gary 21st Century [4-16] vs. Westville [3-18]
Marquette Catholic [9-14] vs. Covenant Christian (DeMotte) [15-7]
Kouts [19-3] vs. Winner Game 1

TRI-COUNTY

North White [13-9] vs. Pioneer [1-18]
West Central [16-6] vs. Tri-County [2-21]
Caston [7-14] vs. Winner Game 1
South Newton [5-15] vs. Winner Game 2

OREGON-DAVIS BRACKET

Culver [19-4] vs. South Central (Union Mills) [18-5]
Argos [13-9] vs. Oregon-Davis [14-7]
Triton [15-7] vs. Winner Game 1
LaCrosse [14-8] vs. Winner Game 2

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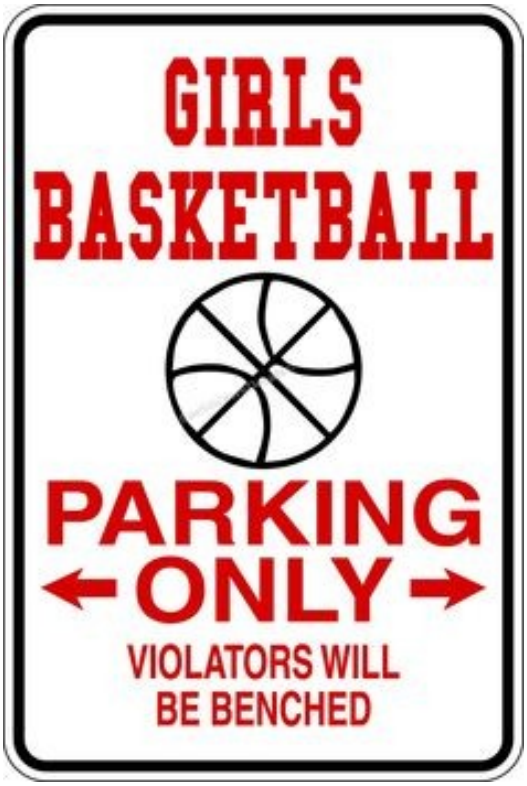
2015 Girls Sectional Preview

By Andy Wielgus MAB Monthly Staff Writer

At Lowell

In 4A Sectional 1, the biggest match up should be West Side 15-7 vs 19-3 Lake Central in the Semifinal, if the Cougars can get past 10-14 Highland, who was beat by EC Central 63-35 in the Friday before the Sectional. Dana Evans comes in averaging 21.4 ppg, and along with Lexus Fox at 13.7 ppg they make up a dynamic inside-outside duo. LC has big wins this year over Penn and they are the DAC Champs.

LC is more consistent then West Side and more balanced scoring wise with Tara Zlotkowski at 12.9ppg, Lindsay Kusbel at 12.9 ppg and Gina Rubino at 10.8ppg. The Cougars have been hanging tough all year however with a brutal schedule, with the likes of SB Washington, Heritage Christian, and FW Canterbury. On the other side of the bracket, Munster has been playing better lately at 10-11 with a win over Portage and Hammond Morton has had a good year at 13-10.



6-14 Lowell has played a lot of DAC Schools this year, but has been beset by injuries. The Crown Point game recently was the 1st time all year the Devils have been healthy. But I look at 13-9 EC Central under Eric Kundich as being the favorite to meet either West Side or LC in he final and they are led by D1 recruit Tiajaney Hawkins at 17.8 ppg and Jensae Bishop at 20.3 ppg.

At Michigan City

The Merrillville Pirates have the best player in Victoria Gaines and she is going to Michigan State. The 15-7 Pirates have not lost in 2015 and have recent wins over Northridge, Penn, and SB Washington to boot. Jasmine Wright is a great talent as well at 11.4 ppg and they will challenge 17-4 LaPorte for the crown. The Lady Slicers play Penn on the Saturday before the Sectional and they are led by Nicole Konieczny at 17.3ppg and Kyleigh Kubik at 16.3ppg. If the draw goes as planned Merrillville and LaPorte will meet in the semifinal, if they get past 12-10 Crown Point and 11-13 Portage. On the other side of the bracket, the Michigan City Lady Wolves have a big win over West Side this year and they are 11-10 with their wrap up game being against SB Riley on the Saturday before the Sectional. They look to be the favorite on their home floor over 14-9 Hobart and 10-11 Chesterton and 11-10 Valpo. Even though he Wolves have struggled at times in some DAC match ups but they do have Arizona bound Michal Miller at 23.4 ppg to lead them at home. Here is a quick look at 3A and 2A. Because of strength of schedule look for 8-14 Griffith at home to win over the likes of 13-6 Gary Lighthouse CPA and 14-8 Hammond Gavit, who the Lady Panthers beat recently.

At New Prairie any one of two or three teams could win here with even 9-14 Andrean and 8-13 Knox who has played better

as of late having a legit shot. In the end 15-6 KV, 11-10 Wheeler, and 14-9 Hanover Central will battle it out for the crown. In 2A at Boone Grove, look for 17-5 Noll to be the favorite and have its closest challenge come from 13-8 RF in the Semifinal. At North Newton, the Delphi Lady Oracles are the favorite at 18-4, but Rensselaer plays a strong schedule at 10-11and could give them a tough game in the Championship in Morocco. In the 1A Sectional at Morgan Township the home team Cherokees will be a tough out at 12-9 but Kouts at 18-3 is the favorite and the Cherokees have a tough 1st game vs 10-10 Washington Township and Heather Buron at 21.7ppg.

Finally, MAB will be on the job covering if not the best, one of the best **Sectionals in the state in 1A at Oregon-Davis**. Look at these records, Culver 19-4, Oregon-Davis 14 -7, South Central 17-5, Triton 15-7, Lacrosse 13-8, and Argos 12-9. Culver who just beat top 10 ranked in 3A Glenn 44-27 matches up with South Central who just beat the defending state champs OD 74-68 in Union Mills. Riley Popplewell at 20.1 ppg is one of the best underclassmen in the state and she will get a good match in game 1 with Culver's Makayla Hardy and Tatum Schultz. Whomever wins here will meet Triton in the semifinal. Triton beat SC on its home court but there point guard Krystal Sellers is now out and their all-state candidate Kylie Mason will have to lead the way. Culver has beaten Triton twice and once in 2 Ot's. 40-38. South Central beat Culver by 9 in the first game of the year. Morgan Wright at 10.3 ppg could be a difference maker for SC with her 3 pt shooting.

On the other side of the bracket, OD has beaten both Argos and Lacrosse in close played games in Hamlet this year. And look for them to be the favorite to get the championship game with their diamond pressuring

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defense. OD is led by their Big 3 underclassmen in floor leader and all-state candidate Lexi Minix and two 6' footers in Alex Bope and sharp shooting Taylor Kranenburg. 3pt shooter and Hawkins Academic Award winner Riley Trott could be the key for the Bobcats. Lacrosse has one of the state's best freshmen in Point Guard Justene Charlesworth at 17.1ppg and Argos has a lot of size in the post. Culver, South Central, Triton, and Oregon-Davis have all been ranked in he 1A Top 10 for most of the year. This should be a great Sectional and we will have it all for you on MAB. Don't forget to interact with us at Mid America Broadcasting LLC on Facebook or to get our updates on Twitter as well @mabsports. We are "The Heart of Amateur Sports".

MAB will be covering all of the games at 1A Sectional 51 in Hamlet at Oregon-Davis, on sportsjuice.com, midamericabroadcasting.com, and tunein.com-[with your free app for your android or iPhone mobile device for tunein.com].

Stronger Concussion Laws Could Be Coming For Indiana Athletes

Press Release Provided

(original copy Matt Smith, CBS4, Indianapolis)

INDIANAPOLIS (Jan. 29, 2015) – Some big changes could be in store for youth athletes across Indiana, as lawmakers debate whether to expand the state's youth concussions laws.

Members of the Senate Health and Provider Services committee heard testimony Wednesday. State Sen. Tim Lanane (D-Anderson) drafted the bill.

"What are we waiting for?" asked Hank Feuer, a retired neurosurgeon who works with the Indianapolis Colts. "We know that something's happening. We don't know at what ages it really gets going in the brain."

Current law applies to high school students, requiring athletes be cleared by a doctor before being able to play again. The new proposal would expand that to begin in 5th grade. It would also add cheerleading to the requirements and require all athletic coaches to receive concussion training.

"I'm very discouraged by the fact that they're not taking the bull by the horns, so to speak, with younger athletes," said Michael Duerson, founder of the Dave Duerson Athletic Safety Fund, Inc.

Duerson's brother, former Chicago Bears player Dave Duerson, committed suicide after suffering from chronic traumatic encephalopathy. After retirement, he said concussions caused mental health problems.

Michael Duerson suffers the lingering effects of a college concussion, too, and now advocates for stronger laws.

"We know that athletes with severe traumatic brain injury don't always kill themselves, but we die slowly, which is my experience," Duerson said.

In a five-month period last year, the Indiana High School Athletic Association said more than 1,200 concussions were reported from school districts statewide.

In Muncie, during the past two years, school officials reported 150 in that district alone.

"It's the tip of the iceberg," said Robert Warner, a longtime teacher and school board president. "We're seeing seven times as many concussions as we thought we would. That's a huge number."

Committee members didn't vote on the proposal Wednesday.

Some concerns remain over logistics, implementations and what it would mean for coaches.

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2015 Pro Football Hall of Fame Class

(and Who we Would Have Voted For)

MAB Monthly Staff

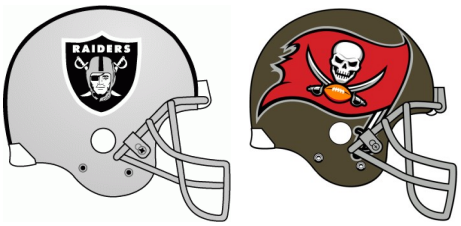
5 new members of the Pro Football Hall of Fame were announced on January 31st . This is in addition to 2 contributors and a Senior Committee selection. Regardless of who is selected, the debate rages on as to who should have been in the hall and who should not. This year, the MAB Monthly staff collected their thoughts on who they thought should be in the Hall of Fame prior to the vote.

Here are the actual selections, followed by who we would have voted for.

Junior Seau, LB—San Diego Chargers, Miami Dolphins & New England Patriots.

Will Shields, G– Kansas City Chiefs

Jerome Bettis, RB-LA/St. Louis Rams & Pittsburgh Steelers



Tim Brown, WR-LA/Oakland Raiders & Tampa Bay Buccaneers

Charles Haley, DE/LB– San Francisco 49ers and Dallas Cowboys

Mick Tinglehoff, C-Minnesota Vikings (Senior Selection)

Bill Polian, Team President– Indianapolis Colts, General Manager—Indianapolis Colts, Carolina Panthers, Buffalo Bills (Contributor)

Ron Wolf, General Manager, Green Bay Packers (Contributor)

MAB Staff Picks
(Bold Type Indicates that Candidate Was Actually Elected)

Andy Wielgus

1. **Tim Brown**
2. Marvin Harrison
3. **Junior Seau**
4. John Lynch
5. **Charles Haley**

Hank Kilander

1. **Tim Brown**
2. **Jerome Bettis**
3. Orlando Pace
4. John Lynch
5. Morten Andersen

Dan Breed

1. **Charles Haley**
2. **Tim Brown**
3. **Junior Seau**
4. John Lynch
5. Morten Andersen

Rich Sapper

1. Marvin Harrison
2. Tony Dungy
3. **Junior Seau**
4. **Jerome Bettis**
5. Terrell Davis

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Famous Athletes Who Were Once Scouts

By: Rich Sapper,
MAB Staff Writer

Who says that you can't be a great athlete and still enjoy other activities growing up? Well, there are perhaps too many who think that to be a great athlete you should only play sports and others who believe that you should only play one sports.

There are thousands upon thousands of professional athletes who rose to the top of their sport, but who al sound time for activities outside of athletics.

One area that many athletes found time for was Scouting. Whether it be as a Boy Scout or a Cub Scout these men were shaped in part by their experiences in the organization that turns 105 years old this month in the United States.

Among those who did not let Scouting stand in the way of there sports greatness begins with none other than "His Airness.." Michael Jordan was a Cub Scout in North Carolina growing up. Many would argue that Jordan was the greatest basketball palyer of all time and famously added baseball to his repertoire.

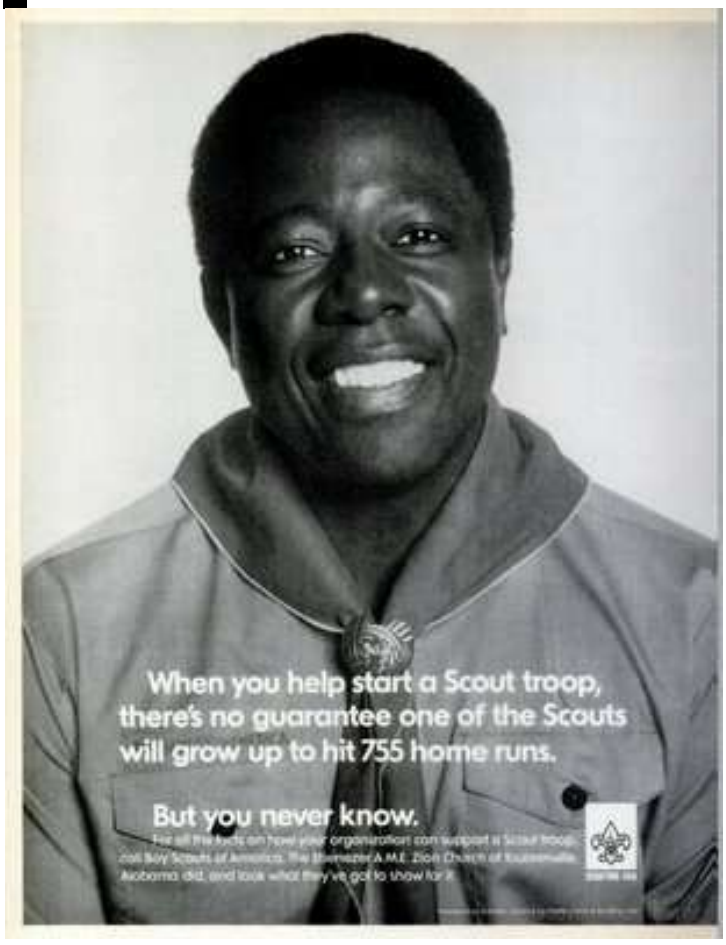
Another all time great who found time for Scouting in addition to being a great athlete was a Boy Scout. Ryan holds the record for strikeouts and no-hitters.

Perhaps not a great example because of the recent tabloid quality of his life, but Olympic decathlete Bruce Jenner was a Scout in his younger days and was part of a an advertising campaign for the BSA.

A better example might be Hammerin' Hank. Who still holds MLB records for extra base hits, RBI and total bases. Hank Aaron was featured in same campaign as Jenner was.

Steve Young is one of a long line of Boy Scouts in his family. The Hall of Fame QB often stated that he got much of his leg-

Circled above is future Michigan Football star and President of the United States, Gerald Ford. (Below) Hank Aaron is an ad campaign for the Boy Scouts of America



endary work ethic from what he learned in Scouts.

Joe Theismann, former Washington Redskins QB and broadcaster was a Boy Scout in addition to being a three sport athlete at South River High School.

Gerald Ford not only a Congressman and President of the United States, but as most know, he was a top tier football player at the University of Michigan as both a Center and Linebacker. While he became the captain of his football team, Ford also earned his Eagle Scout rank, the highest rank that a Scout can earn.

In addition to Ford, the following athletes have also earned the Eagle Scout rank.

- Albert Belle, former outfielder for the White Sox, Indians and Orioles.
- Kirk Chambers, OT for the Browns and Bills.
- Former Colts, 49ers and Patriots WR Austin Collie.
- Patriots C/G Jordan Devey
- Olympic Bobsledder Christopher Fogt
- Chan Gailey former Bills, Cowboys and Georgia Tech Head Coach
- Jeremy Guthrie, Kansas City Royals pitcher
- Steven Holcomb, Olympic Bobsledder
- Grant James, Olympic Rower
- Ross James, Olympic Rower
- Former Atlanta Hawks and Orlando Magic C Jon Koncak
- Former Cardinals and Titans lineman Deuce Lutui
- Hall of Fame LA Rams G Tom Mack
- Former Lakers and Timberwolves F/C Mark Madsen

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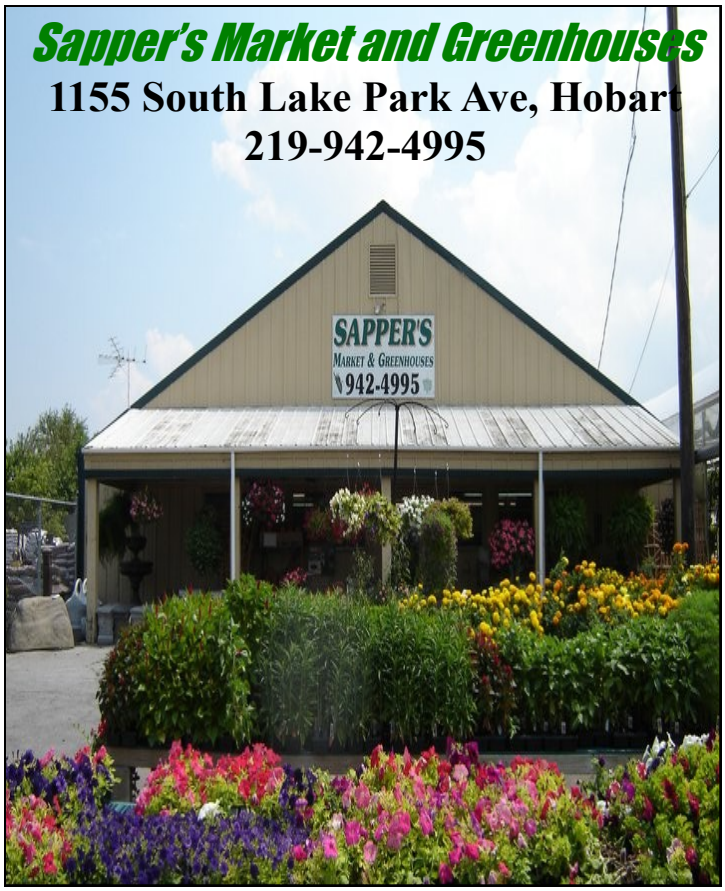
- Former Baltimore Colts RB Tom Matte
- Former Dolphins, Lions, Ravens & Bengals QB Scott Mitchell
- Former Colts and Saints Head Coach Jim Mora
- Olympic Water Polo player Brandon Mull
- Ravens TE Dennis Pitta
- Beasley Reece, former DB for the Cowboys, Giants and Bucs
- Red Sox OF Shane Victorino

Obviously, this is not a complete list of athletes who were Scouts, but they do help to prove that even elite athletes can have other interests and experiences, performing at the highest level and still being well rounded.



Baseball Pitching Tips: How You Can Get To Know The Tendencies Of A Hitter Very Quickly!

By: Larry Cicchiello Special to MAB Monthly

It is mandatory for baseball pitchers to find out the strengths and weaknesses of the baseball hitters they face. There are certain very clever things a pitcher can do. If the hitter takes a practice swing before facing you, pay attention to his practice swing!

If he appears to be hitting an inside pitch with it, he is probably a pull hitter. If he appears to be hitting the ball the opposite way with his practice swing, chances are he likes to go the opposite way. If he appears to be hitting a high pitch, he probably likes the ball up. If he appears to be hitting a low pitch, you guessed it, he's probably a good low ball hitter. One of the best baseball pitching tips to remember is that professional baseball hitters, all the way

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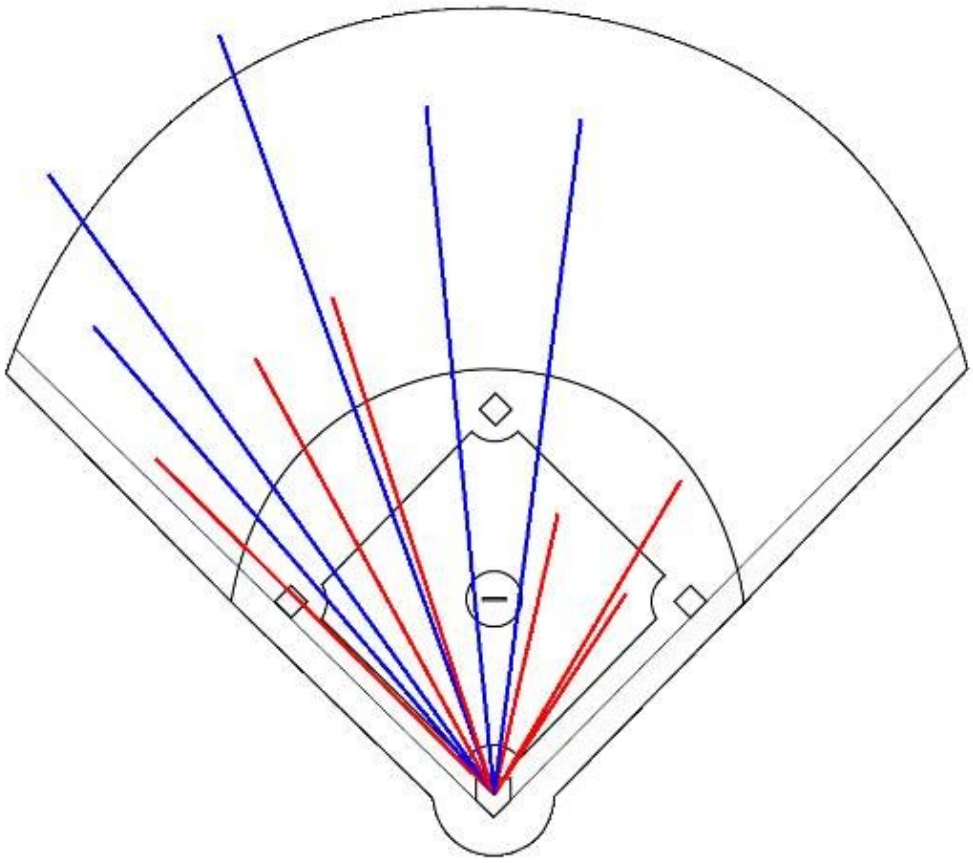
down to very young players like to practice what they do well and not what they do NOT do well. This very often includes their practice swings.



Some Guidelines To Use BEFORE You Actually See The Hitter Swing:

Batter Has A Closed Stance. He probably likes the ball away from him and out over the plate. Find out if he can handle a pitch inside.

Batter Has An Open Stance. He probably likes the ball inside. Find out if he can handle the low and away strike.

Batter Stands Deep In The Box. I would be thinking primarily breaking balls.

Batter Stands Shallow In The Box. Well, if the batter wants to give me an extra couple of feet on my fastball, I'll take the extra foot or two he's giving me to see if he can catch up to my heater.

Batter Has His Hands Held High. Almost always likes the ball LOW, with very few exceptions! You can check it out for yourself right now. Put your hands up high right now, by your back ear and pretend you are holding a bat. Move your hands like you are swinging at a chest high fastball. It doesn't feel right, does it? Pitch him primarily up in the

zone until he proves you to be wrong.

Batter Has The Bat Curled Around His Neck. Find out if he can handle a pitch that is up and in. His bat has to travel extremely far to hit that pitch well.

Some Thought Processes To Use AFTER You Have Seen The Hitter Swing:

Your first pitch is a real good fastball and he pulls it and hits a seed that's a foul about 350 feet from home plate. You now know there is a very good chance he loves the fast ball. You should strongly consider going off speed on your next pitch. The only risk is that if he's a good hitter, he might be thinking along with you after what he just did to your fast ball. (This is part of the chess match that takes place between a good pitcher and a good hitter.)

Good hitters are good hitters for a reason and that's because they are always thinking. OK, he has clobbered your first pitch fastball. I'm not saying that you should not go off speed but you do have another option, considering this guy appears to love the fastball. The thought process goes like this...OK, you love the fastball, well I'll give you another fastball. But this time it's going to be six inches or so off the outside corner. Remember, if he loves to hit the fastball, he may chase one out of the strike zone because he doesn't know if he'll get another one from you. After two fastballs, he may start to think that you are going to stay with your heater. You might then go off speed, on your third pitch. If this sounds like a chess match to you, it is because it IS a chess match that should be going on between a good pitcher and a good batter!

What If You Start The Batter Off With A Curve Ball?

You may start a hitter off with a curve ball and he may act like he's never seen a curve ball before. I experienced this first hand when I was pitching at the age of 15. I had a very successful outing in our championship game. A player on the other team was a feared and outstanding hitter! I knew very little about him other than that everybody knew he was a tremendous hitter. Now please keep in mind the purpose of this article...I want to get to know him as quickly as possible. He had smoke coming out of his ears when he came up to the plate and I thought, "Oh boy, here we go." My first pitch to him was a slow curve ball. He swung down at the ball with the very unusual appearance that he was hammering a spike into the ground. I had him "chopping the wood," as it's referred too. I remember his timing was disrupted and literally saw the look of bewilderment on his face after the pitch. After this peculiar swing, I actually saw his eyes squint as he was shaking his head from left to right and right to left as if saying "no." Well, the only thing I knew about him was that he batted something ridiculous like .600. I now also knew, after only one pitch that he does not like my curve ball.

In two subsequent at bats, he hesitated and decided to swing at the last fraction of a second. He was 0-3 against me and did not come close to getting a hit off me. Please...I am not making fun of Danny nor am I bragging. I have always and still have total respect for everyone on the baseball field. The only point

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I'm making here is for your benefit and not mine. The point is that I was able to learn a lot about this hitter after throwing one pitch!

He saw fastballs off the plate and medium speed or slow curve balls the entire game. I still had to show him the fast ball because he's a good hitter for a reason and he will make adjustments. If I threw him only curve balls, probably about the fifth one would go over the fence. He would progressively go from looking terrible to looking very good and that's why he's a very good hitter.

Okay, let's get back to knowing a batter quickly. Let's make sure we are clear on something. Remember that even if I see that a hitter does not like a pitch in a certain location, it does not mean that I can throw that same pitch over and over and over again and expect to be successful. Good hitters will make adjustments at the plate. I still have to show him other pitches and other locations also.

Be cautious that a batter doesn't start out one way and then when he is actually swinging, he changes. For example, a batter may have his bat curled around his head but when he's actually ready to hit, he changes and it's not curled any longer.

Another example is if a batter has an open stance. He may possibly close his stance just before getting ready to swing. You have to pay attention, just like a batter who takes your pitch and follows it all the way into the catcher's mitt to see how your pitch is moving.

Baseball pitching tips require clever use of the mind as well as the body and pitching is not simply getting the ball and throwing the pitch. Please make sure you learn a hitter's tendencies as quickly as possible!

And don't ever forget to take that sneaky look at those practice swings, one of the best baseball pitching tips you will ever hear!

Larry Cicchiello is the successful author of "Excellent Baseball: 30 Seconds Away." He unconditionally guarantees that ANY baseball player, coach or baseball parent who wants to help their child will be fully equipped! Some FREE tips at http://www.LarryBaseball.com

Concussion Safety in Schools in Support of The 29th Annual National Girls & Women in Sports Day

Press Release Provided

WASHINGTON, Feb. 4, 2015 – To celebrate the 29th annual National Girls & Women in Sports Day (NGWSD), leaders from the Women's Sports Foundation will gather in Washington, D.C. to recognize the advancement of girls' and women's sports and to discuss how to reduce the numbers of concussions in sports. Game On!, this year's theme, will focus on what schools can do to protect all student-athletes.

Reports from the Center for Disease Control (CDC) show a 60 percent increase in the number of reported concussions in the last 10 years. Concussions are routinely viewed as an issue affecting male athletes, but a significant number of female athletes also experience serious head injuries. The Women's Sports Foundation research shows that females participating in many high school sports now have a higher incidence rate of sport-related concussions than do males in similar sports*. Other topline findings include:

- Concussion rates in high school girls' soccer is double that of boys' soccer*
- Concussion rates in high school girls' basketball are one-third higher than in boys' basketball*
- Concussion rates in high school girls' softball are triple that of boys' baseball*

"The issue of concussions in sports is gaining traction in the press, but all too often, the headlines only focus on how concussions affect players in male-dominated sports, like football and hockey," says Angela Hucles, two-time Olympic and World Cup medalist, soccer, and newly appointed President of the Women's Sports Foundation. "Our goal - and one of my first actions as the President of the Women's Sports Foundation - will be to make a discussion of guidelines that would minimize concussions for every athlete in every sport a top priority. Like so many issues, education is key, and that's where we will begin."

Even more alarming is that there is emerging evidence that younger elite female athletes experience concussion rates at much higher rates than their high school counterparts. Female elite soccer players who are 11-14 years-old experience concussions at four times the rate of high school soccer female soccer players.**

"The statistics about concussions affecting female athletes and are alarming and should spur policymakers to pass legislation that will help keep all young athletes--both male and female--safe," added Hucles. "It is past time for all athletes to enjoy the physical and emotional benefits of sports participation without risking their health."

There is little evidence that explains the gender differences in the incidence of concussions. So far, most attention has been given to the differences of head and neck size and musculature. But ongoing research is still trying to determine how and if these differences play a role in the mechanism of the injury. There are also questions about the potential hormonal influences that might account for the disparities. Although more research is needed, some evidence suggests the possibility that female athletes present more concussion symptoms acutely, take a longer period to recover from concussions and report a greater number of and more prolonged post-concussion symptoms than male athletes.***

In addition, the panel of athletes, Title IX and concussion experts will discuss the significant achievements of pioneering women in sports that continue to inspire growing numbers of girls and women to play sports and lead physically active lives. Practical strategies to overcome hurdles that still prevent some girls and women to participate in sports will also be discussed.

Commemorating its 29th year in 2015, National Girls & Women in Sports Day honors and highlights the achievements of girls and women in athletics nationwide. In addition to the NGWSD discussion on Capitol Hill, thousands of sports educators, coaches, athletic directors, recreation directors, association members, sponsors, students and parents will come together to participate in events across the country to show their support of the 2015 NGWSD theme, "Game On!" All are welcome to participate and follow the day on social media using #NGWSD.

Did you Know?

NASCAR is the creation of William H.G. (Bill) France, a stock car driver and gas station owner.

The Yankees spring training facility, George M. Steinbrenner Field, has exactly he same outfield dimensions as Yankee Stadium.

Today we think of Florida and Arizona as being the only spring training sites, however, several other sites have been used. In fact, the Indians once held spring training in Lafayette (yes Indiana) during World War II!

The largest Rock, Paper, Scissors tournament included 2,950 participants at Gen Con 2014 in Indianapolis, in August 2014.

February Broadcast Schedule

2-3-15	7pm	Girls BB OD @ South Central
2-5-15	7pm	Girls BB Elkhart Central @ OD
2-6-15	7pm	Boys BB Munster @ Griffith
2-7-15	7pm	Boys BB Munster @ Merrillville
2-10-15	7pm	Boys BB EC Cent. @ Lake Cent.
2-10-15	530pm	1A HS Girls Basketball Sectional 51 Culver Comm. vs S Central
2-10-15	7pm	1A HS Girls Basketball Sectional 51 Oregon-Davis vs Argos
2-11-15	530pm	MAB Weekly
2-13-15	530pm	1A HS Girls Basketball Sectional 51 Triton vs S.Cent/Culver
2-13-15	7PM	1A HS Girls Basketball Sectional 51 Lacrosse vs O-D/Argos
2-14-15	630pm	1A HS Girls Basketball Sectional 51 Championship Game
2-17-15	7pm	Boys BB Rensselaer @ Portage
2-20-15	7pm	Boys BB MC @ Merrillville
2-24-15	7pm	Boys BB Bowman @ EC Central
2-27-15	7pm	Boys BB Bowman @ Munster

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