Friday, January 15, 2016

Vol. 3, No. 10

TODAY'S WEATHER Rain today, mainly before 5 p.m. A chance of rain before 8 p.m., then a

chance of snow. HIGH: 42 LOW: 27



Hamillton County Reporter

Adding 600 jobs by 2025...

Allied Solutions announces major expansion in Carmel

Allied Solutions, a Carmel-based provider and distributor of insurance, lending, and marketing products to financial institutions across the country, announced today a major expansion and relocation of its corporate headquarters – a \$32.9 million project that will include the construction of a new five-story building in the rapidly developing Midtown area and a plan to more than double its size in Carmel, adding over 600 jobs by 2025.

The announcement is a major boost to the redevelopment of Midtown, a largely industrial but under-performing area of the city that connects the vibrant Arts & Design District to City Center and The Center for the Performing redevelopment efforts of Midtown.

"Today we celebrate in Carmel two things; the success and expansion of one of our corporate partners and the bright future for development in the Midtown redevelopment area," said Carmel Mayor Jim Brainard. "Both announcements are endorsements of our economic development efforts, which include investing in our infrastructure and encouraging sustainable and walkable environments. We look forward to watching both Allied Solutions and Midtown grow in the future."

growth over the past few years in its corporate headquarters investing in their employees and their community," said and will soon outgrow its current space. The new building Justin Moffett, Principal at Old Town Development. "We will fully accommodate the varied business needs, the are looking forward to more announcements for Midtown future growth of the company, and further the economic development in the community.

"Indiana is our home," said Pete Hilger, President of Allied Solutions. "I raised my family here and our company has thrived here for almost 20 years. We've become what we are today because of the hard work and energy of our people. There's a great work ethic, which make for loyal employees dedicated to a common goal. The invest-Arts. Carmel's Old Town Development is leading the ments made in the Carmel area make it a great place to operate our business."

Old Town Development will develop Allied Solution's new 137,000 square foot building and lease the top four floors to the company, with the first floor to be leased by another prominent local company to be announced soon, along with several restaurants on the plaza. The project will also include a new four-story parking garage with 600-700 spaces that will be open to the public as well.

the construction of their headquarters. Allied's decision to service centers located across the country.

Allied Solutions has experienced unprecedented locate in Midtown proves their corporate commitment to in the coming months and we are pleased to work with the City to breathe new life into this area."

> Mo Merhoff, president of One Zone, the Carmel and Fishers Chambers, added: "Having a company the caliber of Allied Solutions is a major asset to our community. Their choice to locate and grow in Midtown has lots of benefits, from bringing a strong business partner to a newly redeveloping area, to bringing hundreds of new employees to the Arts & Design District and City Center shops and

> The Indiana Economic Development Corporation is providing \$4 million in Edge Tax Credits to the project, contingent on the company meeting job creation goals. The City of Carmel will use Tax Increment Financing to finance the construction of the parking garage.

Allied Solutions was founded 38 years ago and moved to Carmel in 1998. It currently leases offices at City Center "Old Town is proud to partner with Allied Solutions on Drive and Pennsylvania. Allied has 17 regional offices and

At Red Bridge Park...

Cicero Downtown Revitalization Plan meeting Wednesday

The public is welcome and invited to attend a public workshop to identify and discuss priorities for the Cicero Downtown Revitalization Plan.

The meeting takes place at 6 p.m. Wednesday, Jan. 20 at the Red Bridge Park Community Building, 697 W. Jackson St.

The Town's Planning Consultant, HWC Engineering, and the Cicero Downtown Revitalization Plan Steering Committee will be in attendance to discuss questions, concerns, and receive input on the plan. The plan is to be funded through a Planning Grant from the Indiana Office of Community and Rural Affairs (OCRA).

The purpose of the downtown revitalization plan is to identify opportunities which will allow Cicero to take the next steps towards attracting future investment in the downtown. This includes establishing an understanding of the current conditions, analysis of the factors that will impact and influence future decisions in the downtown, establishing the core vision and goals for redevelopment of the study area, as well as establishing the tools and methods to implement work. The three focus areas of the plan will include: research and analysis, creation of a downtown market analysis, and an historic facades evaluation.

All are encouraged to attend this public workshop to assist the town in developing the future of downtown Cicero.

Another HAND project...

Roper Capstone apartments open



Photo courtesy HAND



Reporter photo by Richie Hall

HAND, Hamilton County Area Neighborhood Development, unveiled six new Roper Capstone apartments in a ceremony Thursday afternoon. The apartments are located in a building at the corner of 8th and Division streets. The six apartments - three on the first floor, three on the second floor - are all one bedroom, and have all new appliances. Nate Lichti, the executive director of HAND, said that the apartments are ready for lease now, although three are already occupied. The other three are available, but there is a waiting list. Call the property manager at 770-6411 for more information.

Pictured above is the Roper Capstone building. Picture below are some of the attendees of the ceremony: Bob DuBois, Nobles-Chamber of Commerce president; Judi Johnson, Economic Development Director for the City of Noblesville; Lichti, and Joe Esselborn, the project manager with Meyer Najem, which did the construction on the apartments.

Trash fee ordinance: The Rest of the Story

By MARY SUE ROWLAND

EDITOR'S NOTE: Mary Sue Rowland is a former mayor and current City Council member.

On a very cold snow covered evening, 25 plus citizens came to City Hall in Noblesville to speak and learn about



the proposed Trash Free Ordinance, first hand, that would add \$10.57 month to pay for home trash pick. The ordinance also has three increaspressed about the new recycling ser-

answer was no cost to the homeowner for the door to door service but some still questioned the purpose. Concerns about new parks as the city has existing great parks, was addressed. How will money be found for maintenance and was that considered, was expressed? The preference was police and fire over new parks. One citizen spoke to the tax it applies to elected officials and city employees. One very cents to their wastewater bill per caps and that the caps were there for a reason, to force government to operate within the revenues collected and stay within the budgets. Others wanted more information answer more revenue from the citizens who have continued es built into the legislation topping on the City web site. Concerning the fee, one citizen costs pilling on from all who can pile on with no end in out in 2020 at \$10.94 fee. Everyone expressed concerns with the flat fee for wastewater implessight. She noted that perfectly good roads are torn up to who wanted to speak was given the mented 5 years ago and now a proposed flat fee for trash make roundabouts? Is that a good use of tax payer's opportunity. Concerns were ex- collection was not based on usage and that it was unfair. money? "The increase in the trash fee is actually a 16% That means a family of 10 pays the same as a one person vice that came in the mail a few household. It could even be said the one person household

weeks ago with interest in costs for the new service. The helps to pay for the family of ten. Four increases have been attached to the wastewater bill in the last four years and with increases already stated for the trash fee, what will the end result be? Tax abatements came to the table with questions of good return on investment for the citizens? Insurance and benefits were also a concern for citizens as informed citizen said a lot of people have a lot of questions. Obviously revenue is not meeting expenses but is the 2 News

Brad Beaver to run for reelection to County Council

I am seeking re-election to Hamilton downturns. Even though there have been



Large seat. I have lived in Noblesville all my life and member to run a small business in Hamilton

married to my wife, Trini, for 26 years. I have three children, Lauren who graduated

from Ball State University; Tyler who graduated from Purdue University and Courtney who is currently attending IUPUI.

During my time on the Council I have served on the Financial Committee, Aviation Committee, E911 Board and the Hamilton County Planning Commission.

Over the past several years the county has experienced many ups and downs, tremendous growth as well as some economic

County Council at challenges, Hamilton County remains a great place to live and raise a family.

Hamilton County has maintained low property taxes while maintaining basic pub-I am a fourth genera- lic services. I would like to continue to tion Beaver family contribute to the success that is Hamilton County today.

I feel it is important to look out for the County. I have been Hamilton County taxpayer and get good value for our tax dollars. In all my time on the County Council I have always put the interest of the taxpayers above the tax spenders. We also need to continue to manage the growth in our county and provide the basic services needed to sustain our quality of life.

My goals for my next term will be to hold the line on spending, to prevent any tax increases on our citizens and to maintain necessary infrastructure and public services. With this in mind, I would appreciate your vote of support on May 3rd.

Letter to the Editor

Clearing up confusion on Simple Recycling

Dear Editor,

I wanted to write today to help clear up some confusion on Noblesville's new Simple Recycling program. I served on the City of Noblesville team last year that worked to bring this initiative to our community at no cost to residents or local government.

The main objective of this program is to recycle or repurpose household goods that are unfit for donation to charity. The severely stained T-shirts, holey sock missing its match, broken blender or shoes worn to the soles are prime examples of unfit items that are not donated but thrown away. These items can be reused with Simple Recycling.

We want to encourage people to continue to donate gently used items to the local Goodwill, Salvation Army, Saint Vincent DePaul or other charity organization. In fact, we hope that donations to organizations such as these can increase as a result of height-

I'm a volunteer at Saint Vincent DePaul and an avid thrift store/garage sale shopper. I'm the last person who would ever want to see good household items stop being passed

So in summary – if you've got household goods that are broken, torn, stained and generally unfit for donation, I encourage you to use Simple Recycling to keep them out of landfills. Even the worst items can be ground up and reused for insulation or other products. If you've got gently used household goods, please donate them to charity or save them for your garage sales.

> Regards, Amy Shankland

Hern files intent to run for **Hamilton County Council**

Jeff Hern, Fall Creek Township Trust-



Hamilton County

his second term as Fall Creek Township Trustee, has worked diligently to serve as effectively and effi-

ciently as possible by an increased level of collaboration with other government bodies, schools and community organizations. Fiscal responsibility remains his top priority, while providing the best services to residents.

"My experience has prepared me to take this next step to county council," said Hern. "I firmly believe in fiscally conservative government and would like to continue my efforts on a county-wide level to better serve our residents. As Trustee, I have worked to financially balance services provided with available funds and partner with other organizations and groups as to not put additional burden on taxes."

Hern has proven his commitment to ee, has filed to run for fiscal and community responsibility in his service as Trustee. In his first year in Council in the May 3, office, he took the Township to a debt-2016 Republican pri- free status where it remains today. He has consistently lowered the tax rate (12.56% Hern, serving in reduction since 2011). He has improved fire protection by purchasing a tanker truck, ambulance and rescue boat for the Fishers Fire Department with absolutely no debt. Hern has formed partnerships within the community with Youth Assistance Program and HSE Schools Vocational Adult programs. Under his guidance, the Township has developed other programs such as the annual backpack program, financial classes, coat drives, etc. without using tax dollars. In 2014, Hern initiated a \$193,500 restoration of 6 abandoned cemeteries and secured the purchase of two park properties with an overage of taxes collected from a previous administration.

"As a Council member, I intend to hold fast to my strong beliefs of fiscal responsibility and accountability to the residents I serve," added Hern. "Balancing the needs and concerns of our our residents through additional or higher residents with financial stability remains my top priority."

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ROWLAND

From Page 1

increase in the taxes already being paid", stated on citizen. The informed citizen said, "Fund what we need not what we want". Overall citizen want more information, no trash fee increase and no drop in service. If the city can provide the services now, then how will the additional funds be used? What will be the next call for more money from tax payers?

One item that was cleared up is that the statement, "The trash service is a free service to the citizens" was a misstatement made over and over again in state of the city speeches, in the wastewater newsletter that is included in everyone's bill and in general Council conversation. The truth is the tax payers pay now for trash pickup and always have paid through their property tax. The new ordinance will ask the tax payers to pay twice, once through tax revenue and once by direct pay. The dollars set aside now by the city for trash collection and paid by the citizens will melt into the general fund to be scattered amount budgets and projects.

Most of the citizens who attended the 12th of January City of Noblesville Council meeting lived in old town. These are the folks who walk to the historic downtown for a sandwich or a cup of coffee. Many of the old town citizens stated that they had cut out all expenses possible from their fixed income. That means no more occasional sandwiches or cups of coffee resulting in \$2.5 million dollars taken from the local economy and sent to city hall. It could be said that \$10.57 per month will be exchanged for that gallon of milk per week now in the refrigerator. In fact, one citizen made that very statement.

The next opportunity to sit in on the discussion is January 23rd when City Council meets in the first retreat of 12 scheduled for 2016. This meeting starts at 8:30 am to noon at City Hall, 2nd floor meeting rooms just north of the stairs. This meeting is open to the public. The public can listen but are not invited to speak. The speaking opportunity will be at the next regular City Council meeting on January 26th, at City Hall, second floor starting at 7:00 pm. At that meeting, the trash ordinance will be discussed as a public hearing. The Council meeting will be open for comments. If you plan to speak, fill out the form at the door that indicates you want to address the council and hand the form to the clerk who sits at the front desk in the Council Chambers. The forms need to be filled out and turned over to the Clerk before the meeting starts.

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Indiana corn production falls to lowest level in three years

By DARRIN PACK

Purdue News Service

The extent of the crop damage caused by last summer's severe weather became clearer with a new U.S. Department of Agriculture report showing that Indiana's corn production fell to its lowest level in three

The state's soybeans fared better, recovering enough from the early-season flooding to produce a stronger crop.

According to the USDA's Crop Production 2015 Summary released Tuesday (Jan. 12), Indiana corn farmers produced 867.4 million bushels of corn last year on a yield of 150 bushels per acre, compared with 2014's record 1.08 billion bushels on 188 per acre.

It was the smallest corn crop in the state since farmers harvested 596.9 million bushels on 99 per acre during the 2012 drought

"The final USDA information apparently indicated either more Indiana corn acres were affected by last year's severe weather or the magnitude of the yield reduction was higher than estimated," said Bob Nielsen, Purdue Extension corn specialist.

In its previous crop report, issued Nov. 10, the USDA projected Indiana corn production to be 848.6 million bushels on 156 per acre. Over the past three years, the crop

has averaged 904.5 million bushels on 155 per acre.

Analysts said the losses in the corn crop were due primarily to the state's uneven

Indiana had torrential rains last spring, causing severe flooding and killing or damaging many newly planted crops. The rains continued into June and July, which became the wettest two months on record. August and September were unusually dry, with droughtlike conditions in some areas stressing underdeveloped root systems.

Despite damage from the weather, Indiana's corn crop turned out better than what some analysts had feared last spring.

Crop conditions varied significantly throughout the state. While corn losses were highest in the northern part of the state, where the worst of the flooding occurred, southern counties reported normal or even above-normal harvests.

Indiana's 2015 soybean production was 275 million bushels on 50 bushels per acre. compared with last year's record of 307.4 million bushels on 56 per acre. In November, the USDA projected a state soybean harvest of 284.5 million bushels on 51 per

Over the past three years, the Indiana's soybean crop has averaged 266.6 million bushels on 50 bushels per acre.

DAILY BIBLE VERSE

Then was fulfilled that which was spoken by Jeremy the prophet, saving, In Rama was there a voice heard, lamentation, and weeping, and great mourning, Rachel weeping for her children, and would not be comforted, because they are not.

- Matthew 2:17-18

50 Years Ago

January 15, 1966

News: "The Noblesville American Field Service Chapter, better known as the AFS, is in need of host family applicants for a foreign student during the 1966-67 school year. American Field Service is a non-profit, non-political organization formed to promote good will among people from all parts of the world. There are sixty participating countries at the present time with more being added every year."

Sports: "Basketball fans of Hamilton Heights High School, the new consolidation of Jackson Central and Walnut Grove, are flying high following the Huskies' pair of two-point victories to capture the Hamilton County Invitational this past week."

Ad: Kenley's Super Dollar Market: Spare Ribs, 59c!

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Another solution for road funding: put away the drill

By STATE SEN. KAREN TALLIAN

Did you know Indiana corporations, financial institutions and individuals are scheduled for another tax cut? Perhaps you have forgotten, that three years ago, Governor Pence proposed a tax reduction for all three taxes. Although budget watchdogs in the legislature balked, rightfully deeming it unaffordable, Republicans in the legislature nevertheless forged ahead, enacting phased-in tax cuts.

rates are scheduled to decrease from 3.40 percent in 2013 to 3.23 percent in 2017. It creates a reduction of more than 2 percent of state income tax revenue annually, according to the Legislative Services Agency. exceeds \$6 Billion.

The situation is similar for the corporate income tax and the Financial Institutions Tax (FIT), taxes paid by big banks. The rates started at 8.5 percent in 2013 and are scheduled to phase down to 4.9 percent by 2021. That's a 42 percent decrease.

Taken together, the future rate reductions for just these three taxes equal a budget hole of more than \$2.27 billion over the next eight years.

Complicated? Consider this simple It works like this. Individual income tax analogy: Drill a hole in Indiana's revenue bucket. Each year, drill another new hole. Including the elimination of the inheritance tax, the total cost of these cuts from the time of enactment, until full phase-in in 2023

garnered when the tax cuts were enacted in decreases in our corporate, FIT and individ-2013 has long been spent. Governor Pence, it appears, is no longer in the game for a presidential run. Our corporate tax rate is the 14th lowest in the country, and only Pennsylvania has a lower individual income tax rate

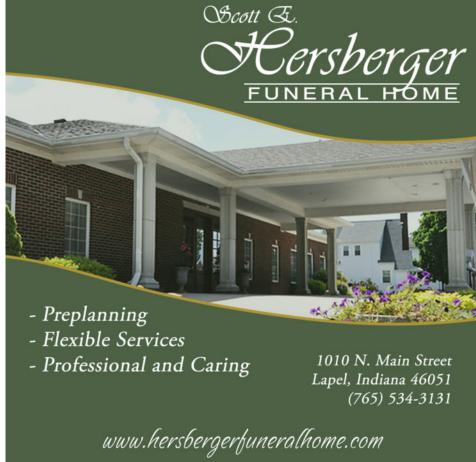
The average citizen has likely forgotten that it even exists. And you can't blame them considering the savings to an individual taxpayer making \$50,000 a year comes out to less than a dollar a week. It's money they'd probably prefer be spent to fix and maintain our roads and bridges.

So I offer a simple solution that will go a long way toward meeting our road fund-

The political capital that may have been ing needs: a *moratorium* on any <u>additional</u> ual income tax rates. Let's start in 2017. It is not a tax hike; the rates would be kept at their current, low levels. Those legislators who committed years ago to a "no new taxes" plan can rest assured their promise won't be besmirched. It won't plug the revenue holes we've already sustained. But we can put away the drill for now and fund our roads.

State Senator Karen Tallian (D-Portage) is the highest ranking Senate Democratic member of the State Budget Committee and ranking minority member of the Senate Committee on Appropriations.





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News

Drivers should stay alert and...

Watch for potholes as temperatures rise

After nearly a week of winter weather, Indiana is getting a short break from freezing temperatures with rain forecast for much of the state on Friday. Drivers should stay alert miles. as these are prime conditions for potholes to

How a pothole forms

Cracks develop in pavement from aging, traffic wear and winter freeze-thaw cycles. Potholes begin when water seeps into these cracks and freezes, expanding the layers of pavement, stone and soil. As the ice melts and contracts, heavy highway traffic further loosens the pavement, forming potholes.

To learn more, view this video at https://www.youtube.com/watch?v=UkGF4 JCT3Fg

Preventing potholes

Transportation is not clearing snow, ice or storm debris, its crews are focused on maintaining and protecting the state's roads and bridges. Sealing and repaving projects prevent water from seeping into the pavement and forming potholes.

During 2015, INDOT repaved 1,720 miles of state highways, chip-sealed 1,250 miles and crack sealed an additional 5,670

Governor Mike Pence's 21st Century Crossroads proposal will make \$1 billion in route, interstate or U.S. highway, contact new road funding available over the next four years without raising taxes. This builds upon the \$3.2 billion INDOT already plans to invest over the next five years in improving pavement and bridge condition.

Pothole patches

With temperatures too low for paving, most of Indiana's hot-mix asphalt plants are now closed. During the winter INDOT uses cold mix, a mixture of small stone and liquid asphalt, as a temporary patch.

Even after being filled with cold patch, When the Indiana Department of the same pothole requires ongoing maintenance and can reopen several times throughout the winter. When the asphalt plants reopen in the spring, INDOT maintenance crews clean out and then repair potholes with hot mix, providing a smoother, more permanent fix.

INDOT urges motorists to slow down "Report patching crews.

Report potholes

To report a pothole on a numbered state department. your regional INDOT district or follow the

and stay alert when encountering pothole- potholes.indot.in.gov. For potholes on city streets or county roads, please contact the proper city or county maintenance

NOTICE OF DISSOLUTION

Pursuant to Section 23-18-9-9 of the Indiana Code, Cumberland/146 Partners, LLC, an Indiana limited liability company (the "Company"), hereby publishes notice of its dissolution and requests that persons with claims against the Company present notice of such claims in accordance with this request. Any notice of claim presented must include a brief statement of the nature of the claim, the amount of the claim and the name, address, and telephone number (if any) of the claimant. The notice of claim should be sent to:

> Cumberland/146 Partners, LLC Attention: Charles Carter Jackson 11805 North Pennsylvania Street, Suite 108 Carmel, Indiana 46032

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> Auer Capital Management, Inc. Attention: Robert C. Auer 10401 N. Meridian, #100 Indianapolis, IN 46290-1090

NOTICE OF DISSOLUTION

Pursuant to Section 23-18-9-9 of the Indiana Code, Auer Funds, LLC, an Indiana limited liability company (the "Company"), hereby publishes notice of its dissolution and requests that persons with claims against the Company present notice of such claims in accordance with this request. Any notice of claim presented must include a brief statement of the nature of the claim, the amount of the claim and the name, address, and telephone number (if any) of the claimant. The notice of claim should be sent to:

> Auer Funds, LLC Attention: Robert C. Auer 10401 N. Meridian, #100 Indianapolis, IN 46290-1090

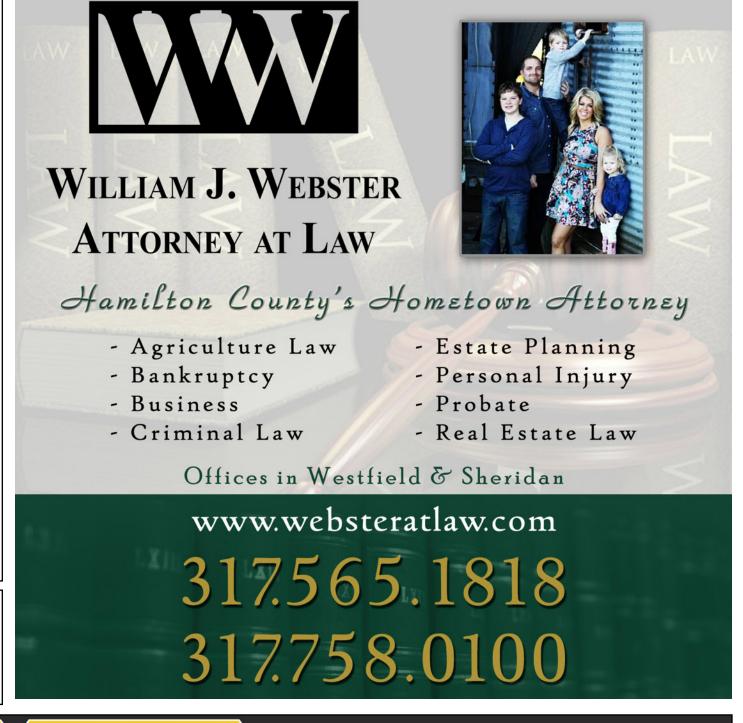
NOTICE

JOHNNY A/K/A JOHN GADDIS

The State of Tennessee, Department of Children's Services, has filed a Petition for Termination of Parental Rights as to Brantley Wasson. It appears that ordinary process of law cannot be served upon you because your whereabouts are unknown. You are hereby ORDERED to serve upon Jill Marsee, Attorney for the Tennessee Department of Children Services, 600 Hearthwood Court, Cookeville, Tennessee 38506, (931) 646-3010, an Answer to the Petition for Termination of Parental Rights filed by the Tennessee Department of Children Services, within five (5) days of the last day of publication of this notice, and pursuant to Rule 39(e)(1) of the Tenn. R. Juv. P. you must also appear in the Juvenile Court of Cumberland County, Tennessee at Crossville, Tennessee on the 24th day of February, 2016, at 8:30 a.m., for the Hearing on the Petition for Termination of Parental Rights by the State of Tennessee, Department of Children's Services If you fail to do so, a default judgment will be taken against you pursuant to Tenn. Code Ann. § 36-1-117(n) and Rule 55 of the Tenn. R. of Civ. P. for the relief demanded in the Petition. You may view and obtain a copy of the Petition and any other subsequently filed legal documents at the Juvenile Court Clerk's Office, Crossville, Tennessee.

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NEW LISTING!





Even at 4-7 overall...

Fishers still has shot in HCC

By DON JELLISON **Reporter Editor**

Two Hoosier Crossroads Conference basketball teams trying to turn around season records the second part of the year will take out their frustrations on each other tonight when Fishers hosts Brownsburg. It will be the first part of a weekend doubleheader for Coach Joe Leonard's Tigers. On Saturday, Fishers will remain in the Tiger Den to entertain another struggling team, Chatard.

While Fishers (4-7) and Brownsburg (3-8) are under the 50-50 mark overall, both stand near the top of the conference standings. Fishers is 1-1 with a victory over Noblesville and a loss to Hamilton Southeastern. Brownsburg is even better, the Bulldogs at 1-0 with a win over Avon.

Brownsburg's only other victories have come over Cascade and Frankfort.

Fishers has played well in its last two games, beating Ben Davis and losing to

"Right now, the Tigers have the No. 1 ranked schedule in the state," pointed out Leonard.

Fishers started the season with three consecutive wins and then dropped six in a row before the victory over Ben Davis.

Much of Fishers' success has come from two senior leaders. Lance Dollison is averaging 17.8 points a game and Cameron Wolter is scoring at a 12.5 clip. Wolter also is one of the top rebounders in the conference, pulling an average of 8.5 boards a game.



Kent Graham/File photo

Fishers' Lance Dollison (12) is averaging 17.8 points per game for the Tigers, who have played the No. 1-ranked schedule in the state this season. The Tigers host Brownsburg tonight and Chatard Saturday.

Another senior, Zach Eaton, is averaging 6.3 points a game and dishing out 4.8 assists a contest.

"Brownsburg lost three outstanding seplayers back," said Leonard. "But, we just need to play well," the coach added.

Chatard, Fishers' Saturday night foe, niors from last year, and we have a lot of has a 7-4 record and likely will be looking forward to the Marion County Tourney next week.

Hamilton County Reporter

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Can Westfield do it again?

Shamrocks to host HSE

By DON JELLISON Reporter Editor

Can Westfield, after knocking off Carmel last week,



Charlie Warner Westfield

follow up that victory with a win in The Rock tonight against Hamilton Southeastern?

> Many folks who follow Hamilton Count basketball figure Southeastern and Carmel as the teams to beat in March at the Noblesville Sectional.

Both Westfield and Southeastern are headed for a double-header weekend. Westfield has another toughie on Saturday, playing on the road at Lafayette Jeff. Southeastern on Saturday will host another sectional area team, Anderson.

It's going to be an interesting weekend of basketball in Hamilton County.

"This will be our second straight weekend with backto-back games," said Westfield coach Shane Sumper.

"HSE is really playing well right now. We will obviously need to do a good job limiting (Zach) Gunn and controlling the tempo of the game. They have strong guards and will go nine deep."

Gunn, a junior, is the big weapon for Coach Brian Satterfield's Southeastern machine. He is averaging 18.8

"Westfield is a big Hoosier Cross-Satterfield. "This starts a stretch of consecutive Friday night HCC games

Rotterman is scoring at a 9.8 clip.

"Westfield is coming off a big win on Saturday and will be ready to keep things rolling. (Charlie) Warner is their leader, and we have to find a **Brennan Schofield** can't do it at the expense of having others beat us, which they have capa-

ble payers"

Southeastern

The game will be a special night for Breast Cancer

'We're moving in the right direction," Satterfield said of his Southeastern team. "The win over Lawrence Central was very good as the team followed the game plan to a T. Central, but they stepped up and hit shots and earned the Catholic and Muncie Central.

tency on defense. We turned our attention to the offensive game. end for a couple of weeks and it has been paying dividends.

points and 7.8 rebounds a game. Gunn is one of two Royals Now we are trying to get some things straightened out on averaging in double figures. The oth- the defensive side of the ball. Zach has been Zach, but we er is Greg Miler at 10.8. Connor have had a few guys really step up recently. Brennan Schofield's overall game is starting to flourish. He has started to compliment Gunn on attacking the glass, which roads Conference game for us," said is great to see. Miller has started to show more consistency of late. He is a special athlete that brings a lot to the table for our team," Satterfield added.

> Southeastern is 8-5 overall and 2-0 in the conference with wins over Avon 62-60 and Fishers 66-58.

> Westfield is 3-7 overall and 0-2 in the HCC with losses to Zionsville 50-38 and Noblesville 48-37.

Southeastern's Saturday foe is Anderson at HSE. The way to slow him down. However, we Indians are 3-8 and have beaten only Elwood in its last seven games.

> "This will be an interesting game as we are not sure what to expect," said Sumpter. "We hear there are some injuries and not sure who might be in the lineup. Thus, it will be important to focus on us for that contest and be ready from the start of the game."

On Saturday Westfield will travel to face a good 7-3 Lafayette Jeff team. The Bronchos have lost three of their We played well on offense the next night against Warren last four games, all to very good teams, Logansport, Guerin

Warner leads Westfield in scoring with a 15.3 average. "The one area we need to get better at is more consis- No other Shamrock is averaging more than 7 points a

Two equal opponents...

Sheridan is at Elwood

By DON JELLISON

Reporter Editor

There may not be two more evenly matched teams on Sheridan's schedule than Elwood and the Blackhawks.

> Coach Chris Sschrank seems

"Elwood is similar to us record-wise; we're 3-8 and they 4-7," said Schrank.

Chesney 'We played them twice last year and

both games were close contests. I think we can expect the same again this year."

The Blackhawks twice defeated the Panthers last season, 65-62 during the regular season and 44-41 in the sectional.

"They will be scrappy. They will work hard. We have to build off some positive momentum from our win last Saturday over Fountain Central," Schrank continued. "We played with greater energy. We have been preaching fundamentals for a couple months now, and we finally saw more of that this past weekend. We saw it in the second half against Tri-Central and we saw it Saturday against Fountain Central.

"It has taken us a little longer than I would have liked, but I think we are seeing that everybody has an understanding of

Sheridan will play at Elwood on Satur- how we are going to play and what we have Jacob Chesney) have done a great job in to do to win.

> "Individually, Chris Roberts played well offensively. He led us in both games."

> Chesney at 9.1, followed by Patrick Weitzel

Roberts is averaging 4.3 rebounds a game and Chesney leads Sheridan with 2.8 assists a contest.

we set out as a team, we have to continue to get positive contributions from Roberts at the other end of the floor,

weeks ago where we had to figure out roles, Sheridan defeated Anderson Prep 82-26 and our seniors (Patrick Weitzel, Tayor Ly, early in the season.

improved our rebounding.

taking that in and working at it.

"I have been pleased with some of our younger guys as well. Drake Delph has Roberts is averaging 13.3 points a started the last couple of games as a freshgame. Second on the Sheridan team is Jake man. He works hard; he makes things happen, and he a nose for the ball. Jack Waitt played a great second half against Fountain Central. Weston Burtron has taken a step up the last two weeks.

'We have seen improvement all around, "In order for us to achieve the goals that but now it is a matter of doing it all the time and being more consistent with their energy and effort," Schrank concluded.

Elwood won its last game out, after four We had talks with each guy a couple defeats, beating Anderson Prep 69-29.

University continues hot Ritter series....

Without Zach Hodgin

By DON JELLISON

Reporter Editor

may not yet be the hottest ticket in time.

"Last year we got the win in overtime

and the year before they pulled out a win in

double-overtime," Lafferman added. "This

season I expect another good game as they

have been playing well lately and their team

is filled with some very strong guards who

can really hurt you. They are very aggres-

sive on defense, so it will take a team effort

now. We haven't played since last Friday

and after this game against Ritter we are off

for an entire week while our boys travel

University is on its J-term program.

Another concern Lafferman has is that

Not yet.

be an exciting, well

Lafferman, who to-

night will have his

red-hot Trailblazers

ready for a trip to Rit-



Alford

to get the win on the road.

with their classmates."

when Zach Hodgin went down with an injury and will be sidelined for about six A University-Ritter basketball game weeks with a broken wrist.

"He was really playing well for us on both sides of the ball, so we will need some of our reserves to really step up," Laffer-"Every year we man said. "I expect Sam Nerney, Josh Alplay Ritter it seems to ford and Tyler Wott to all see more minutes.. I believe they are ready for it. At played game on both this point, we are not 100 percent sure who sides," said Universiwill start, but filling Zach's shoes will defity coach Brandon nitely take a group effort," said the coach.

University had a tough blow last Friday

Senior Connor Holly is leading the Trailblazers in scoring with a 14.8 mark followed by sophomore Emerson Halbleib at 11.1 and sophomore David Howard at 9.0. Halbleib is the leading rebounder with 6.5 boards a game.

"I am really happy with the way Howard and Halbleib have worked together this season," said Lafferman. "We'll need a lot of them, along with Holly, to get a win tonight. All three players have had great seasons thus far on both ends of the floor and we will look to them to continue to lead our team," the coach added.

Ritter is 6-3 and has won five of its last "Our basketball schedule is light right six games. The loss in that string of games was to Speedway, 66-64, a team University defeated 47-29 early in the season.

University is 10-4, but after beating North Knox and Howe back-to-back lost to rival Tindley, 48-43, last time out.

burg and Plainfield.

Avon next up for Greyhounds

following comments by head coach Scott Heady were made before that game.

"We just need to make shots and find ways to score," Heady concluded.

Carmel is 6-5 after dropping back-to-back games to Westfield and Cathedral.

They have shooters and perimeter players and are very quick inside.

Editor's Note: Carmel played a Wednesday night game with Cathedral and the

"Avon is a much improved team. They lost some games early due to some key payers being out. They've played some of their best basketball in the past few games.

"We have been good defensively, averaging only 8 turnovers a game, and have

Avon is 5-8, but lost to Danville 59-54 last time out after victories over Browns-

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Sports



Brian Reddick/File photo

Audrey Reed scored 16 points, grabbed six rebounds and had four steals for Sheridan in its Thursday win over McCutcheon.

HHC Tourney is next...

'Hawks beat 4A McCutcheon

Sheridan's girls basketball team got a big win at a big school Thursday night, as the Class 2A Blackhawks beat Class 4A McCutcheon 41-39.

Sheridan led 19-9 after the first quarter, but the Mavericks came back to cut the Blackhawks' lead to 24-22 at halftime. The teams played even in the second half, with Sheridan coming out on top at the buzzer.

Brittany Welch scored 16 points to lead the 'Hawks, while Jillian O'Flaherty drained three 3-pointers on her way to 13 points. Audrey Reed scored 11, grabbed six rebounds, and made four steals.

With the win, the Blackhawks are now 10-8 for the season. Next up for Sheridan is the Hoosier Heartland Conference tournament, which begins on Tuesday.

Sheridan 41, McCutcheon 39

Morgan Leonard	0-3	0-1	0	2
Nixon Williams	0-4	0-0	0	2
Jillian O'Flaherty	4-11	2-3	13	0
Faith DeVaney	0-3	1-2	1	1
Cherysh Bishop	0-2	0-0	0	0
Audrey Reed	3-8	4-10	11	3
Brittany Welch	7-11	2-2	16	4
Totals	14-42	9-18	41	12
Score by Quarters				
Sheridan 19	5 6	11 - 41		
McCutcheon 9	13 6	11 - 41		
Sheridan 3-point shooting (4-16) O'Flaherty 3-9,				
Reed 1-1, Leonard 0-2, Williams 0-1, DeVaney				
0-1, Bishop 0-1, Welch 0-1.				
Sheridan rebounds (15) Reed 6, DeVaney 3,				
Welch 3, Leonard 2, O'Flaherty 1.				

Possible sectional opponent...

'Hounds cruise past Anderson

Carmel got an easy victory over a potential sectional opponent when it defeated Anderson 72-49 at the

Dilk

Wednesday Eric Clark Activity Center. The Class 4A No.

9 Greyhounds took care of business early, leading 23-4 after one quarter and 44-13 at

way to 14 points. Amy Dilk added 11 points. Carmel, now 16-4, plays another possible sectional opponent on Tuesday when it travels to Fishers.

Emily halftime. Kmec led the scoring with 19 points, with Olivia Christy hitting two 3-pointers on her

Carmel 72, **Anderson 49**

Carmel Olivia Christv 2-4 9-12 Celene Funke Emily Kmec Andi Kwasniewski Amy Dilk Molly Gillig Blake Smith Carrie Larson Reagan Hune Mackenzie Wood Madison Ferguson 1-3 Macy Berglund 31-59 Totals Personal fouls not available.

Score by Quarters Anderson 4 9 16 20 - 49 23 21 14 14 - 72 Carmel

Carmel 3-point shooting (3-12) Christy 2-4, Kmec 1-4, Gillig 0-3, Ferguson 0-1. Rebounds not available.

Pioneer Tournament is Saturday...

'Blazers sail past Faith Christian

The University girls basketball team Conference game. The Trailblazers will heads into Saturday's Pioneer Conference take on Greenwood Christian at 5 p.m. in

Nealy

Tournament on a pos- the third-place game. itive note, as the Trailblazers beat Faith Christian 53-31 Thursday at the U Center. University

breezed through the first half, leading 15-4 after one quarter and 35-8 at halftime. Cyan Cosby led the UHS scoring with 12 points, including a

pair of 3-pointers. Alexa Nealy and Allie Towriss each grabbed six rebounds, with Maggie Klemsz getting five. Spitzenberger played incredible defense, with nine blocked shots. Klemsz and Towriss both made three blocks, giving the 'Blazers a total of 15.

On Wednesday, the Trailblazers lost to Indianapolis Lutheran 65-44. Stats from that game were not available.

University is now 12-6, and travels to Shortridge on Saturday for their Pioneer

University 53, Faith Christian 31

Cilli	Juc	ע ווג	•	
University	FG	FT	TP	PF
Maggie Klemsz	1-1	0-0	2	3
Honor Cosby	1-3	2-2	4	1
Shelby Wood	0-0	0-0	0	0
Riley Spitzenberger	3-9	2-2	9	2
Cyan Cosby	5-14	0-0	12	2
Lucy Snyder	1-2	0-0	2	2
Kelsey Miller	0-0	0-0	0	0
Meredith Rogers	0-1	0-0	0	0
Halle Von Ah	1-1	0-0	2	1
Alexa Nealy	1-2	0-0	2	0
Allie Towriss	4-5	0-0	8	4
Lily Snyder	6-9	0-0	12	3
Totals	23-47	4-4	53	18
Score by Quarters				
Faith 4 4	12 11	- 31		

University 15 20 12 6-53 University 3-point shooting (3-4) C. Cosby 2-2, Spitzenberger 1-2.

University rebounds (29) Nealy 6, Towriss 6, Klemsz 5, Spitzenberger 3, C. Cosby 3, Li. Snyder 2, H. Cosby 1, Wood 1, Lu. Snyder 1, Von





Knee & Hip Pain Seminar

Join Dr. Timothy Williams of Westfield Orthopedics to learn more about the latest techniques to treat joint pain and arthritis. Dr. Williams, a board certified and fellowship-trained orthopedic surgeon, will cover important information regarding joint replacement procedures including minimally invasive surgery. A light dinner will be served.

When:

Tuesday, January 26 6-7 pm

Location:

Riverview Health 395 Westfield Rd., Noblesville Krieg DeVault Conference Room (Lower level of Women's Pavilion)

Registration:

Visit riverview.org/classes or call 317.776.7999.

The program is free, but registration is required.

Learn about all our other classes and events at riverview.org/classes.

Sports

Swimming

Royals earn sweep of Panthers

The Hamilton Southeastern swim teams swept a tough meet with North Central on Thursday.

The Royals girls were winners by the score of 103-83. Robyn Clevenger was a double winner in the individual medley and butterfly. Natalie Mudd led a sweep of the 50 freestyle, then came back from a full second down to win the 100 free. Freshman Halli Siwik won the diving event, and Allie Barnes, Emily Barnes, Lauren Blanchard, and Mudd brought home the 200 free relay.

The Southeastern boys were victorious 106-80. Zack Teffeteller won a very close 200 free, Brandon Brunelli touched first in the 50 free, Jack Becker won the butterfly, Matthew Netherton took first in the 100 free, and Zach Silcox brought home the breaststroke.

"The most notable achievement here was the lowest number of sixth places (which score zero points) of the season for our team," said HSE coach Andy Pedersen.

Winners on relays were Netherton, Teffeteller, Nick O' Connor, Brunelli, and Nathan Brown.

GIRLS MEET

Team score: Hamilton Southeastern 103, North

200 medlev relay: 2. Southeastern "A" (Natalie Mudd, Victoria Vicory, Hannah Pugh, Lauren Blanchard), 1:49.43, 3. Southeastern "B" (Kylie Sutherlin, Madison Kertin, Robyn Clevenger, Emily Barnes) 1:50.97.

200 freestyle: 2. Hannah Taylor 1:59.72, 3. Allie Barnes 2:02.72.

200 individual medley: 1. Clevenger 2:10.49, 3. Audrev Rose Lo 2:16.31, 5, Kertin 2:21.65, 50 freestyle: 1. Mudd 24.47, 2. E. Barnes 24.98, 3. Sydney Knurek 24.99.

One-meter diving: 1. Halli Siwik 209.35, 2. Hannah Van Tassel 183.10, 3. Sarah Allison 170.50. 100 butterfly: 1. Clevenger 59.34, 2. A. Barnes 1:00.72, 3. Pugh 1:00.93.

100 freestyle: 1. Mudd 53.50, 5. Knurek 55.65. 500 freestyle: 4. Hannah Ballard 5:24.69, 5. Tay-

200 freestyle relay: 1. Southeastern "A" (A. Barnes, Blanchard, E. Barnes, Mudd) 1:38.08, 3.

Southeastern "B" (Knurek, Sutherlin, Clevenger, Meghan Cleckner) 1:39.21. 100 backstroke: 2. Pugh 1:01.56, 3. Ballard

1:03.23, 4. Megan Lugar 1:03.25. 100 breaststroke: 3. Kertin 1:10.39, 4. Emily Ratliff 1:10.73, 5. Vicory 1:12.21.

400 freestyle relay: 2. Southeastern "A" (E. Barnes, A. Barnes, Blanchard, Ballard) 3:43.14, 3. Southeastern "B" (Knurek, Lo, Taylor, Pugh)

BOYS MEET

Team score: Hamilton Southeastern 106, North

200 medley relay: 2. Southeastern "A" (Blake Ratliff, Zach Silcox, Jack Becker, Matthew Netherton) 1:42.71.

200 freestyle relay: 1. Zack Teffeteller 1:49.32, 3. Max Eden 1:56.12. 4. Nathan Brown 1:56.47. 200 individual medley: 3. B. Ratliff 2:06.97, 4. Ethan Christopher 2:13.10, 5, Michael Reising 2.17.87

50 freestyle: 1. Brandon Brunelli 22.61, 3. Netherton 22.65, 4. Nick O'Connor 23.38. One-meter diving: 2. Hayden Wenger 236.85, 4. Garrett Garwood 167.45, 5. Nathan Barr 156.70. 100 butterfly: 1. Becker 54.48, 2. Eden 55.60, 4. John Kirby 59.10.

100 freestyle: 1. Netherton 49.59, 2. Teffeteller 50.00. 4. Brunelli 50.10.

500 freestyle: 3. Christopher 5:19.29, 4. Andrew

Ratliff 5:25.40, 5. Barr 5:42.20. 200 freestyle relay: 1. Southeastern "A" (Brunelli Teffeteller, O'Connor, Netheton) 1:#0.04, 100 backstroke: 3. B. Ratliff 58.10, 4. O'Connor

100 breaststroke: 1. Silcox 1:05.28, 2. Reising 1:06.19, 3. Barr 1:06.22.

400 freestyle relay: 1. Southeastern "A" (Teffeteller, Brunelli, O'Connor, Brown) 3:21.91, 3. Southeastern "B" (Christopher, Eden, B. Ratliff, Becker) 3:37.03.

Hamilton Heights' girls swim team gave Western a run for their money Wednesday, losing by only 16 points.

Heights took first place in the medley relay, swam by Mariah Oxley, Lucy Uhrick, Rachel Sanqunetti and Claire Sloderbeck. Sangunetti had first places in both the butterly and the backstroke. Bethany Ireland won the 500 freestyle. The Huskies had a strong 100 freestyle event with Lauren Sears taking second, Oxley third and Allison Osborne fourth. Julia Tribolet had a personal best in the 50 free, Erin Zuchristian in 100 breaststroke and Oxley in the

The Huskies boys swim team had a great meet against Western, losing by just 22 points, 102-80.

Both the medley relay and 400 freestyle took first place, swam by Logan Fakes, John Fisher, Jared Holder and Nate Russell.

Logan Fakes took first in the butterfly, Nate Russell was first in the 50 free, Jared Holder won the 100 backstroke and Heights took first and second in the 100 free, John Fisher with the win and Jared Holder with a very close second.

The team also had 14 personal best times in addition to the above by Dylan Young, Cam Dimmock, Tony Harden, Sam Rupe and Josh Glover.

The Huskies swim against Northwestern on Saturday.

Westfield's girls swimming and diving team defeated both Guerin Catholic (78-23) and McCutcheon (62-40) in a double dual meet at McCutcheon High School on Thursday. Individual wins were scored by Erin Verbrugge, Ilsa Blansette, and Kerry Effinger. Other road warriors with excellent supporting swims included Lexi Childs, Mia Herzog, Meg Woodard, and Kendall

Westfield's boys team arose victorious against Guerin Catholic (88-13) and Mc-Cutcheon (71-30) as well. Michael Peck, Cam Todd, Brett Calvin, Cody Fenimore, and Jordan Loeser all won individual events for the Rocks with excellent contributions from Jarrett Williams, Alex Hand, and Ethan Moe with a blazing fast anchor leg to the 400 freestyle relay.

The Shamrocks swim at Avon next

Wrestling

Millers easily win over Howe

Millers winning

Next up for No-

Conference

Dylan

meet,

The Noblesville wrestling team got an which is Saturday at Avon. easy dual meet victory over Indianapolis Howe on Thursday,

by pin were Dalton Huffman, Harrison Dougherty, Luke Elliott, McGuffey and Ryan Leslie. blesville is the Hoo-

Leslie

Noblesville 72, Indpls. Howe 10

Meet started at 120 pounds

120: Noah Long won by forfeit

126: Dalton Huffman won by fall

132: Harrison Dougherty won by fall

138: Luke Elliott won by fall

145: David Kitko won by forfeit 152: Michael Story won by forfeit

160: Jason Houck lost by fall

170: Ashton Mills lost 17-7 182: Dylan McGuffey won by fall

195: Ryan Leslie won by fall 220: Sam Wertz won by forfeit

113: Nick Brady won by forfeit

285: Brad Killion won by forfeit Crossroads 106: Chris Jones won by forfeit

Middle school basketball

The Noblesville East Middle School eighth-grade boys basketball team beat Northview 38-32 on Wednesday.

Kolby Bullard scored 11 points for the Millers, followed by Alex Hunt 7, Zach Markovich 5, Jordan Gadis 5, Kody Leach 4, Trenton Reed 2 and Jeffery Hemmelgarn 2. Leach had eight rebounds, Hemmelgarn 5 and Hunt 3. Gadis handed out three assists and made three steals, with Reed getting one steal. Hemmelgarn made two blocks.

Noblesville West Middle School's eighth-grade boys basketball "A" team defeated Westfield Middle School 48-43 on Tuesday.

Collin Cates was the leading scorer for the Millers with 11 points, followed by Brendon Fisher with 10 points, Harrison Christman with 9 points, Connor Vanosdol with 6 points, Brandon Knight with 5 points, Alex Zavac with 4 points, and Grant

The "B" team lost a close game 30-27. Kaeden Walker and Garrett Bridges were the leading scorers for NWMS with 6 points each, followed by Cooper Miles with 5 points, Joey Roberts and David Wisler with 3 points each, and Karson Drews and Keagan Smith with 2 points each.



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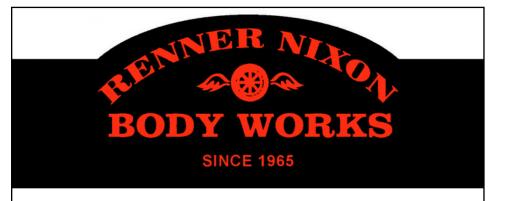
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NBA standings

Thursday's scores Toronto 106, Orlando 103 Chicago 115, Philadelphia 111 Memphis 103, Detroit 101 San Antonio 99, Cleveland 95 Sacramento 103, Utah 101 Golden State 116, L.A. Lakers 98 Friday's games Washington at Indiana, 7 p.m.

Minnesota at Oklahoma City, 7 p.m. Phoenix at Boston, 7:30 p.m. Portland at Brooklyn, 7:30 p.m. Dallas at Chicago, 8 p.m. Charlotte at New Orleans, 8 p.m. Atlanta at Milwaukee, 8 p.m. Miami at Denver, 9 p.m. Cleveland at Houston, 9:30 p.m.

9

Eastern Conference

East	W	L	PCT.	GB
Toronto	25	15	.625	-
Boston	20	19	.513	4.5
New York	20	21	.488	5.5
Brooklyn	11	28	.282	13.5
Philadelphia	4	37	.100	21.5
Central	W	L	PCT.	GB
Cleveland	27	10	.730	-
Chicago	23	15	.605	4.5
Indiana	22	17	.564	6.0
Detroit	21	18	.538	7.0
Milwaukee	16	25	.390	13.0
Southeast	W	L	PCT.	GB
Atlanta	23	16	.590	-
Miami	22	17	.564	1.0
Orlando	20	19	.513	3.0
Washington	18	19	.486	4.0
Charlotte	18	20	.474	4.5

Western Conference

Northwest	W	L	PCT.	GB
Oklahoma City	28	12	.700	-
Utah	17	22	.436	10.5
Portland	17	24	.415	11.5
Denver	15	24	.385	12.5
Minnesota	12	28	.300	16.0
Pacific	W	L	PCT.	GB
Golden State	37	3	.925	-
L.A. Clippers	26	13	.667	10.5
Sacramento	16	23	.410	20.5
Phoenix	13	27	.325	24.0
L.A. Lakers	9	32	.220	28.5
Southwest	W	L	PCT.	GB
San Antonio	35	6	.854	-
Dallas	22	18	.550	12.5
Memphis	22	19	.537	13.0
Houston	21	19	.525	13.5
New Orleans	12	26	.316	21.5

Ditching "should" in sports help kids build mental toughness

Want to help kids perform better in psychology coach Dr. Rob Bell

Your best bet is to pull back and refrain from critiquing, offering feedback and creating expectations by telling them what they should -- or should not -- do.

Your Kids: Build Their Mental Toughness (November 30, 2015), prominent sport best when it matters most.

(drrobbell.com) and co-author Bill Parisi explain why, and what approach to take

Mental toughness, the book says, is the ability to cope with setbacks, adversity and

In his new book, Don't "Should" On pressure. Only through building mental toughness can we truly help kids play their

Unfortunately, though, professionalization of youth sports has shifted the emphasis from toughness to trophies and from personal development to scholarships. In the process, we've cultivated an all-or-nothing mentality that forces kids to focus on the end result rather than the process. But a love of the process is what will ultimately translate into grit and guts, resiliency and the will to fight without giving up. Adults' critiques, feedback and expectations only stifle this.

Four steps are key to turning the situation around:

 Allow kids to own the process of participating in sports rather than simply buying into it.

- · Let kids fail and learn from failures' priceless lessons.
- Drop expectations about outcome and external rewards including scholarships.
- Remember that the goal of youth sports is having fun and learning good life skills. Behave accordingly.

Mental Toughness gives a comprehensive look at the dynamics behind each of these steps while breaking them

the down into specific action items for parents and coaches. It also offers dozens of practical tips and nuggets of coaching and parenting wisdom, including:

- The 3 types of sports parents. Which type
- Do's and Don'ts for the all-important car ride home.
- How to build kids' confidence and prepare them for the essential "hinge moment."
- How to identify and understand what your kids' "why" is in sports.
- How to help your kids set their own expectations for the season and be accountable for them.
- How and why to let your kids deal with the consequences of their actions surrounding athletics.
- How ending practice early can increase kids' motivation.
- What it means to have the toxic "at-least" mindset and how to prevent it.

"Youth sports are about our kids, not Don't "Should" On Your Kids: Build ourselves," Dr. Rob emphasizes. "Being truly supportive means ditching the imperatives of "should," letting go of being vicarious and instead creating an environment that prepares our kids for the long term, not the short term. Our role above all is to stress effort, accountability and character, for the true purpose of youth sports is to build character and serve as a metaphor for life."

Rob Bell, Ph.D. (drrobbell.com), is the

author of several books on sports psychology including The Hinge, Mental Toughness Training for Golf, and NO FEAR: A Simple Guide to Mental Toughness. A sport psychology coach and owner of DRB & Associates, where he works with athletes, coaches and teams on achieving peak performance, Rob has coached winners during the PGA tour. He has also advised major universities, most recently working with Notre Dame. His upcoming book, Don't "Should" On Your Kids: Build Their Mental Toughness (2015), co-authored with Bill Parisi, celebrates toughness over trophies and guides parents in strengthening and affirming their young athletes' capabilities. He is a regular guest on ESPN 104.5 "The Zone" in Tennessee,

has appeared on Fox News in Indianapolis

and has been featured on The Golf Channel as well as in Stack Magazine, Runner's

World and The New York Times.



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