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Athletes to make 'Free Throws For Heroes'



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By **Emily Tropp**
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Posted Dec 14, 2008 @ 11:11 PM

The breast cancer awareness "Volley For The Cure" nights were a big success in the fall, especially after the IHSA made a push for schools to get involved.

Now the IHSA and two other major state athletic organizations are promoting a fundraising night for basketball.

The IHSA, the Illinois Basketball Coaches Association and the Illinois Athletic Directors Association have designated Jan. 21 as "Free Throw For Heroes" night. The organizations are encouraging all boys and girls of all ages to participate in the one-day event, which will serve as a fundraiser for military families.

"The success of programs like 'Volley for the Cure' have helped pave the way for the IHSA to get involved in 'Free Throws For Heroes,'" IHSA Assistant Executive Director Kurt Gibson said in a news release last week. "We see the worth in getting students involved in these types of programs and how much of an effect our high school teams

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can have. We hope that coaches will take advantage of these opportunities and help show their kids the bigger picture.”

Athletes will ask for pledges from their community for each free throw made, then they will shoot 50 free throws on Jan. 21. The money goes to the Northbrook-based, not-for-profit organization The Charity Stripe, which will pass it on to families of active and veteran Illinois military families in need.

Visit thecharitystripe.net for more information and to register.

NIC-10 Food Drive expands
Friday's NIC-10 Food Drive sparked the interest of an area

radio station, and now it has expanded.

WROK 1440 and The Salvation Army are challenging the NIC-10 schools to raise and donate 1,440 pounds of food this week. WROK will then have an on-air push Friday in an effort to put more than seven tons of food in the local pantries.

Food can be dropped off at the WROK offices at 3901 Brendenwood Road, or call 815-399-2233 for more information.

The conference-wide food drive originally started as a one-night event organized by Denise Miller, the wife of Hononegah boys basketball coach Mike Miller. Fans from all 10 schools were asked to bring donations to Friday's NIC-10 basketball games.

Rochelle's best player injured

Rochelle improved to 7-2 in girls basketball Dec. 8, but received bad news earlier in the day when Breanna Newton, the Hubs' best player, learned she was out for the rest of the season with a torn ACL in her left knee.

“This is still is good team,” said Newton, who started as a freshman but also missed last year with an injury. “They'll learn to get along without me.”

“I'm still optimistic we can finish in the top three of the conference,” coach Kay Dobbs said. “I like the makeup of this team. We're quick, aggressive and confident.”

Andy Colbert contributed to this report.

Emily Tropp's Quick Shots on prep sports runs Mondays. Contact her at 815-987-1385 or etropp@rrstar.com.

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