



Kaitlynn Henning

“Showcase of Talent” (part 2)

In sports, pressure comes in all forms of human drama, which can affect an athlete’s performance. Henning---on the other hand---understood and knew how to channel pressure into decisive thinking.

In Henning’s junior year, one of many memorable pressure moments on the hardwood, originated with the Lady Braves of Brownstown Central.

The two league teams, always a dual of nemeses on the court, were pitted against each other in the first round of sectionals. During that season (2013-14), Central (16-2), crowned the MSC Champs presented the Pirates’ with their lone loss in the league’s race for the title.

“I knew this game was going to be tough, but I never had a doubt we wouldn’t be able to pull it off,” Henning said. She was super-smart offensively and on target. “After a 7-point lead after three periods, knocking down free throws late in the game is what helped to seal the deal. I had drilled my last 11 free throws of the game,” she said. “I knew I had to find ways to get to the basket and get their players in foul trouble.”

Filled with confidence in her play, Henning put on a steamroller performance of points, having a game high of 28 points, scoring her last eight in the last 1:29 on the clock. “Not only

had we beat a team who we lost to in regular season, and also the conference champs, but this was also my first sectional knockout. I had never won a sectional opener,” she said “Therefore this was a pretty special game.”

Henning had other impressive moments on the hardwood for the Lady Pirates, which will be



Kaitlynn Henning (Photo courtesy of Patrick Clark, Athlete's Eye Photography)



The University of Missouri-St. Louis 2017-2018 Tritons (Photo courtesy of Patrick Clark, Athlete's Eye Photography)

featured in future stories.

Since leaving Charlestown, Henning has moved to another level of her talented hoops career. As she embarks on her second year at Division II, University of Missouri-St. Louis (UMSL), the transition from prep to college was notable to her. “At the next level you are competing against girls who are taller, faster, and stronger,” she said. “Therefore it is key to find ways to beat and out think your opponent.”

Another significant difference she noted was the speed of the game. “Due to the shot clock, it increases the pace of the game, as well as points scored. Because of this, defense is highly focused on,” she said. “Being able to play lockdown defense for 30 seconds is tougher than it sounds.”

Henning played one year junior college at Wabash Valley College in Mt. Carmel, Illinois, where she averaged 7.2 points, 2.5 rebounds and 1.1 assists per game, for the Warriors, before transferring to the Division II, UMSL College.

The UMSL Women’s Basketball opener is scheduled for Friday, November 10, at the Mark Twain Building, St. Louis, Missouri, when the UMSL Tritons of Coach Katie Vaughn plays host to the Davenport University. Last season, UMSL went 16-12. (The 2017-2018 Women’s Tritons Basketball Schedule is at <http://www.umsltritons.com>)

After UMSL, Henning plans to dedicate her life to the nursing profession. “I have always had a passion for helping people,” she said. “I aspire to work in the Neonatal Intensive Care Unit (NICU) or the Pediatric Intensive Care Unit (PICU) working with children. Children have always brought me joy, and I don’t think there is a better self-satisfaction than being able to help them get the treatment they deserve.”

Henning has always been highly motivated and competitive, and she has a tremendous lengthy resume of achievements during her stretch with the Lady Pirates at Charlestown High School to back it up. This is just a short list of her accomplishments: **2011-2012** MSC Honorable Mention, IBCA Subway Top 100 Underclassmen, News & Tribune All-Area Honorable Mention, Field Goal Percentage Award, Steals Award, Assist Award, MSC All-Conference/Softball; **2012-2013** MSC All-Conference, IBCA Subway Underclass All-State Honorable Mention, News & Tribune Second Team All-Area, IBCA Subway Second Player Of The Week nominee, News & Tribune Player Of The Week, Charlestown Holiday Tournament All-Tournament Team, Team Co-MVP Award, Co-Team Captain. **2013-2014** MSC Conference Player Of The Year, News & Tribune Player of The Year, Courier Journal All-Area Team, Associated Press Indiana All-State High Honorable Mention, IBCA Subway Second Player of the week nominee, News & Tribune Second Player of The Week, Charlestown Holiday Tournament All-Tournament Team, Co-Team Captain, Team Most Valuable Player.

Henning's aspiration for working with children is a rewarding goal to have. She certainly has the compassion, heartfelt dedication, personality and academic credentials to bring it to fruition, but whatever she pursues in life; Henning is a gifted servant with a *showcase of talent* to match.

--Recommended: **Lady Pirates' Kristen Maddox**, another outstanding athletes to play at Charlestown High School and for the University of Louisville Lady Cardinals—www.piratepride.blue.