

Individual Free Throw Records

Most Free Throw Attempts in a game

| Rank | FT's | Player | Date | Opponent |
|------|------|-----------------|------------|---------------|
| 1 | 25 | Ally Heldt | 12/28/2018 | Macomb |
| 2 | 22 | Lauren Hiatt | 11/14/1995 | Beardstown |
| 3 | 20 | Josey Wort | 12/29/2004 | Bushnell |
| 4 | 19 | Kristina Schenk | 11/15/1994 | Beardstown |
| | 19 | Alexis Doyle | 12/28/2015 | Abingdon/Avon |
| 6 | 18 | Jill Boylen | 11/18/1997 | Beardstown |
| | 18 | Josey Wort | 12/9/2004 | Hamilton |
| | 18 | Alexis Doyle | 12/14/2015 | Routt |
| | 18 | Alexis Doyle | 12/29/2017 | Macomb |
| | 18 | Belle Koch | 12/26/2019 | Macomb |

Most Free Throws Made in a Game

| Rank | FT's | Player | Date | Opponent |
|------|------|-----------------|------------|------------|
| 1 | 20 | Josey Wort | 12/29/2004 | Bushnell |
| 2 | 19 | Ally Heldt | 12/18/2018 | Macomb |
| 3 | 14 | Kristina Schenk | 11/15/1994 | Beardstown |
| | 14 | Josey Wort | 12/2/2004 | PORTA |
| | 14 | Alexis Doyle | 12/29/2017 | Macomb |
| | 14 | Belle Koch | 12/26/2019 | Macomb |
| 7 | 13 | Josey Wort | 12/9/2004 | Hamilton |
| | 13 | Lauren Hiatt | 11/14/1995 | Beardstown |
| | 13 | Josey Wort | 12/8/2005 | Liberty |
| | 13 | Vanessa Markert | 11/30/2012 | Calhoun |
| | 13 | Alexis Doyle | 12/14/2015 | Routt |
| | 13 | Alexis Doyle | 11/19/2016 | Beardstown |
| | 13 | Belle Koch | 2/22/2021 | Greenfield |
| | 13 | Katey Flynn | 2/21/2023 | Elmwood |

Most Free Throw Attempts in a Season

| Rank | FT's | Player | Year |
|-------------|-------------|-----------------|-------------|
| 1 | 227 | Belle Koch | 2019-2020 |
| 2 | 225 | Ally Heldt | 2018-2019 |
| 3 | 214 | Josey Wort | 2004-2005 |
| 4 | 206 | Alexis Doyle | 2015-2016 |
| 5 | 179 | Katey Flynn | 2022-2023 |
| 6 | 171 | Belle Koch | 2018-2019 |
| 7 | 165 | Susie Wort | 1990-1991 |
| 8 | 163 | Klare Flynn | 2022-2023 |
| 9 | 160 | Lacey Wort | 1999-2000 |
| 10 | 159 | Vanessa Markert | 2012-2013 |
| | 159 | Alexis Doyle | 2016-2017 |

Most Free Throws Made in a Season

| Rank | FT's | Player | Year |
|-------------|-------------|-----------------|-------------|
| 1 | 188 | Belle Koch | 2019-2020 |
| 2 | 167 | Josey Wort | 2004-2005 |
| 3 | 163 | Ally Heldt | 2018-2019 |
| 4 | 152 | Alexis Doyle | 2017-2018 |
| 5 | 148 | Katey Flynn | 2022-2023 |
| 6 | 139 | Alexis Doyle | 2015-2016 |
| 7 | 128 | Vanessa Markert | 2012-2013 |
| 8 | 117 | Lacey Wort | 1999-2000 |
| 9 | 115 | Klare Flynn | 2022-2023 |
| 10 | 112 | Ally Heldt | 2017-2018 |

Most Free Throws Attempts - Career

| Rank | FT's | Player | Years |
|-------------|-------------|-----------------|--------------|
| 1 | 639 | Alexis Doyle | 2014-2018 |
| 2 | 618 | Ally Heldt | 2015-2019 |
| 3 | 554 | Belle Koch | 2017-2021 |
| 4 | 529 | Vanessa Markert | 2011-2015 |
| 5 | 497 | Katey Flynn | 2019-2022 |
| 6 | 486 | Josey Wort | 2003-2006 |
| 7 | 453 | Leah Kassing | 2004-2008 |
| 8 | 429 | Mariah Markert | 2014-2018 |
| 9 | 411 | Amy Kerley | 2008-2012 |
| 10 | 344 | Kim Hiatt | 1998-2002 |

Most Free Throws Made - Career

| Rank | FT's | Player | Years |
|-------------|-------------|-----------------|--------------|
| 1 | 431 | Ally Heldt | 2015-2019 |
| 2 | 428 | Alexis Doyle | 2014-2018 |
| 3 | 412 | Belle Koch | 2017-2021 |
| 4 | 401 | Vanessa Markert | 2011-2015 |
| 5 | 362 | Katey Flynn | 2019-2023 |
| 6 | 356 | Josey Wort | 2003-2006 |
| 7 | 270 | Mariah Markert | 2014-2018 |
| 8 | 234 | Klare Flynn | 2020-2023 |
| 9 | 233 | Lauren Hiatt | 1994-1997 |
| 10 | 229 | Leah Kassing | 2004-2008 |

Highest Single Season Free Throw Percentage - Season

Min. 60 Attempts

| Rank | FT % | Player | FTM-FTA | Year |
|------|------|-----------------|---------|-----------|
| 1 | 84.3 | Vanessa Markert | 102-121 | 2014-2015 |
| 2 | 82.8 | Belle Koch | 188-227 | 2019-2020 |
| 3 | 82.7 | Katey Flynn | 148-179 | 2022-2023 |
| 4 | 80.5 | Vanessa Markert | 128-159 | 2012-2013 |
| 5 | 80.3 | Tracy Ham | 61-76 | 1996-1997 |
| 6 | 78.0 | Josey Wort | 167-214 | 2004-2005 |
| 7 | 76.6 | Lisa Hollembeak | 98-128 | 1978-1979 |
| 8 | 76.2 | Klare Flynn | 96-126 | 2021-2022 |
| 9 | 75.0 | Erin Chaney | 45-60 | 2003-2004 |
| 10 | 74.7 | Belle Koch | 68-91 | 2020-2021 |
| | 74.7 | Ally Heldt | 112-150 | 2017-2018 |

Highest Single Season Free Throw Percentage - Career

Min. 150 Attempts

| Rank | FT % | Player | FTM-FTA | Year |
|------|-------|-----------------|---------|-----------|
| 1 | 75.8% | Vanessa Markert | 401-529 | 2011-2015 |
| 2 | 74.4% | Belle Koch | 412-554 | 2017-2021 |
| 3 | 73.8% | Klare Flynn | 234-317 | 2020-2023 |
| 4 | 73.3% | Josey Wort | 356-486 | 2002-2006 |
| 5 | 72.8% | Katey Flynn | 362-497 | 2019-2023 |
| 6 | 72.0% | Lacey Wort | 206-286 | 1997-2000 |
| 7 | 71.5% | Lauren Hiatt | 233-326 | 1994-1997 |
| 8 | 71.0% | Tracy Ham | 130-183 | 1994-1997 |
| 9 | 69.7% | Ally Heldt | 431-618 | 2015-2019 |
| 10 | 68.6% | Rita Roberts | 203-296 | 1984-1988 |

Most Consecutive Free Throws Made

| Rank | FT's | Player | Dates |
|-------------|-------------|-----------------|--------------------------|
| 1 | 34 | Vanessa Markert | 12/27/2014 to 1/13/2015 |
| 2 | 28 | Vanessa Markert | 11/15/2012 to 12/10/2012 |
| 3 | 24 | Josey Wort | 12/28/2004 to 12/30/2004 |
| 4 | 22 | Belle Koch | 2/20/21 to 2/27/2021 |
| 5 | 19 | Lauren Hiatt | 12/16/1996 to 12/26/1996 |
| | 19 | Vanessa Markert | 12/29/2012 to 1/7/2013 |
| | 19 | Katey Flynn | 11/23/22 to 12/12/22 |
| | 19 | Katey Flynn | 2/13/23 to 2/21/23 |
| 9 | 17 | Vanessa Markert | 1/9/2013 to 1/21/2013 |
| | 17 | Ally Heldt | 1/9/18 to 1/24/19 |
| | 17 | Klare Flynn | 12/28/21 to 12/30/21 |