ROUND 4

GAME DAY FRUGRAM



V



2 NOVEMBER 5PM TIP-OFF AIS ARENA

GAME PREVIEW

Despite the Round 3 upset, the UC Capitals are going into this Saturday's rematch against the Sydney Uni Flames with a positive outlook.

The UC Capitals started Round 3 on the wrong foot against the Melbourne Boomers, who reduced the UC Capitals to their first loss of the season. Although most expected this would be a close match up as the Boomers boast a lineup featuring imports Lindsey Allen and Sophie Cunningham and Australian Opal Ezi Magbegor, no one predicted a 35-point thrashing. Despite best intentions to regroup and turn the weekend around, the UC Capitals then fell to underdogs the Sydney Uni Flames, ending their rough start to the season.

Co-captain Kelsey Griffin kept level-headed about the team's forgettable double header though, noting this is a new and recovering team that's still learning about one another and figuring out their style of play. With the UC Capitals tallying 13 straight wins at home, the Flames shouldn't get too comfortable heading into Saturday's game.

Of course, Round 4 isn't all about settling scores. The UC Capitals are in the midst of their 2019 Indigenous Round and it's not just the change of uniform that's got the club excited.

On Wednesday, Director of Sport at the University of Canberra, Carrie Graf, announced the club's commitment to an annual Indigenous Basketball Scholarship to help remove cost as a barrier to participation and inspire the community to pursue basketball.

\$1 from every ticket sold and \$10 from every replica Indigenous jersey will go towards the scholarship meaning fans will not only be supporting the UC Capitals this weekend, but will directly contribute to making a difference within the community.



KAMBERRA INDIGENOUS CLEANING STARTED IN 2017 WITH A FOCUS
ON DELIVERING QUALITY COMMERCIAL CLEANING WITH A PURPOSE.THAT
PURPOSE WAS TO ASSIST AND ENGAGE WITH THE LOCAL INDIGENOUS
COMMUNITY THROUGH NETWORKING WITH OTHER INDIGENOUS BUSINESSES
AND PROVIDING GENUINE PATHWAYS AND EMPLOYMENT OPPORTUNITIES.

Kamberra had immediate success, securing a major Government Department in 2017 which then allowed the company to build and further expose the Kamberra Indigenous Cleaning brand amongst the Canberra business community.

Kamberra's General Manager, Tyrell Gooley, who is of aboriginal decent stemming back to the Gamilaroi people of northern NSW, is committed in the company delivering positive outcomes for clients, staff and the extensive Indigenous community.

"It is our aim as a company to promote and enhance the local Indigenous business community. We have a commitment to encourage Indigenous employment and support various Indigenous Organisations."

- Tyrell Gooley, General Manager

Kamberra Indigenous Cleaning can provide a number of cleaning services to a range of markets including:

- Government Departments
- Private enterprise
- Tourist attractions
- Health and Aged Care facilities
- Schools and Universities

Kamberra Indigenous Cleaning is honoured to be part of the ACT community and proud that, through its business practices, it's making a positive difference to the livelihoods of many.





KELSEY GRIFFIN

Height: 188cm DOB: 02/07/1987 Position: Forward



MARIANNA TOLO

Height: 196cm DOB: 02/07/1989 Position: Centre



KIA NURSE

Height: 183cm DOB: 22/02/1996 Position: Guard



OLIVIA EPOUPA

Height: 165cm DOB: 30/04/1994 Position: Point Guard



MADDY ROCCI

Height: 169cm DOB: 01/06/1998 Position: Guard



MIKAELA RUEF

Height: 191cm DOB: 20/10/1990

Position: Forward-Centre



KEELY FROLING

Height: 188cm DOB: 31/01/1996 Position: Forward



ABBY CUBILLO

Height: 168cm DOB: 18/05/1999 Position: Guard





ALEX DELANEY

Height: 183cm DOB: 21/06/1995 Position: Forward



LILY SCANLON

Height: 175cm DOB: 21/02/2001 Position: Point Guard



KRISTY WALACE

Height: 180cm DOB: 03/01/1996 Position: Guard



GEMMA POTTER

Height: 183cm DOB: 27/02/2002

Position: Guard-Forward



SHAKERA REILLY

Height: 178cm DOB: 08/09/1999 Position: Forward



MADDY WHEATLEY

Height: 180cm DOB: 03/06/2002 Position: Guard



PYPER THORNBERRY

Height: 187cm DOB: 02/07/2002 Position: Forward





Official partner of the Canberra Capitals

Peoplecare Health Cover are back for another season with the University of Canberra Capitals after a steller 2018/2019 season. We wish the team the best of luck in 2019/20 WNBL season and we'll be there to cheer the team on throughout the season so make sure you come and say hi!

We bet you like dominating life and not just the court

You're like us. You're no stranger to the court and you love competing to win. And if you have fun too, why not?

We like people like us, and you'll like us better with our mates rates (you like to win, after all!).

Why Peoplecare

Health is just like basketball. You get more with a team player on your side.

You deserve our best and we're here to give you our all.

We know you don't like paying more than you have to to get the health cover you need for yourself and your loved ones. Peoplecare is not-for-profit. We line your cover with value – not investors' pockets.

Here are a few other reasons why Peoplecare is a trusted choice for health cover, according to independent research agency Ipsos in 2017:

- #1 net supporters score of all open health funds
- #1 call centre customer service rating
- #1 for pre-hospital advice

Join or switch to Peoplecare for your health cover, and you'll get*:

- a month free membership
- cover straight away for extras benefits with 2 & 6 month waits
- exclusive member perks
- PLUS we'll give \$200 to the team

(and if you join one of the combination covers you'll also receive 10% off the regular extras premium).

Please see peoplecare.com.au/capitals for more info.



NO.	PLAYER	HEIGHT (CM)	POSITION
1	Alice Kunek	187	Forward
3	Brittany Smart	174	Guard
4	Tahlia Tupaea	174	Guard
7	Kim Hodge	182	Guard
8	Alex Wilson	180	Guard
10	Shanae Greaves	186	Forward
11	Lauren Sherf	196	Centre
14	Lara McSpaddern	194	Centre
21	Sarah Graham	163	Guard
22	Maddie O'Hehir	189	Forward
30	Jessica Kuster	173	Guard
42	Colleen Planeta	31	Forward

19-20 SPONSORS

















































#GOBIG