ROUND 9

GAME DAY FRUGRAM





15 DECEMBER 5PM TIP-OFF NCCC

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ActeVAGL

GAME PREVIEW

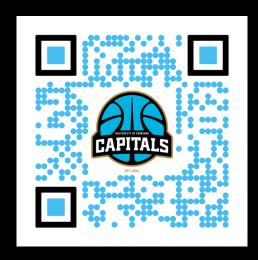
After a dominant win over the Bendigo Spirit sparked by an elite shooting performance by Kia Nurse, the UC Capitals are looking to defend their home game win streak of 16 against the Southside Flyers who are currently placed first in the pool. The UC Capitals have risen to number two in the pool after defeating Bendigo and Melbourne suffering a loss this past weekend.

The new kids on the WNBL block, the Southside Flyers, will visit the capital for the first time in their short history. Opals point guard and championship winning former Capital Leilani Mitchell will lead the Flyers as they look to become the first team to defeat the Caps at the NCCC since 2017.

The UC Caps are currently the only team to have knocked the Flyers off their perch back in Round 5 when Kia Nurse led a first quarter onslaught which proved too difficult to overcome.

There will be marquee match ups all over the floor highlighted by Marianna Tolo and Flyers star Mercedes Russell. This battle of the giants will play a big part in determining the outcome of the game with Russell currently leading the Flyers at 16 point per game. Epoupa's ability to put pressure on Mitchell up the floor could also prove key whilst superstars Kelsey Griffin and Jenna O'Hea will also look to go head to head.

This top of the table clash will also come with WNBL first - a crowdsourced light show thanks to ActewAGL who will be 'Lighting Up the Capitals'. Make sure you download the 'Cue Live' app from the app store or by hovering your camera over the below QR code, ensure the app is open immediately following the anthem, and then sit back and enjoy the show.





SPORTEOMEET GRES MULTI-SPORT CAMP

Exposes future athletes to their dreams, through developing sports skills with the support of stars from today's teams.

The multisport camp is 3 days of fun, learning, growth and sports challenges delivered by some of Canberra's most elite women's sporting teams and high performance specialists.

3 DAY PROGRAM

University of Canberra Sports Centre & Lyneham Hockey Centre CAMP 1. Monday 16th - Wednesday 18th December 2019 CAMP 2. Monday 20th - Wednesday 22nd January 2020

Girls aged from 8 - 13 years

9am - 5pm supervised camp activities

Register now at www.sportconnect.com.au



Inc all sports activities & camp t-shirt
Detailed camp information provided
on booking

Capped at 50 participants per day Staff to athlete ratio 1:6

#ICANIWILL





For further info contact Megan 0409 558 201

sportconnect.com.au info@sportconnect.com.au











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





NO.	PLAYER	HEIGHT (CM)	POSITION
1	Rebecca Cole	178	Guard
2	Rebecca Tomlinson	193	Center
3	Aimie Clydesdale	178	Guard
4	Jenna O'hea (C)	187	Forward
5	Leilani Mitchell	165	Guard
8	Rebecca Pizzey	190	Forward
10	Kiera Rowe	180	Forward
12	Stephanie Reid	168	Guard
15	Sara Blicavs	189	Forward
21	Mercedes Russell	198	Center
24	Anneli Maley	188	Forward

19-20 SPONSORS

















































#GOBIG