



ROUND 14

GAME DAY PROGRAM



V



17 JANUARY
7PM TIP-OFF
NCCC

GAME PREVIEW

A couple weeks later than originally planned, but the first UC Capitals' first home game of 2020 is here.

The game also marks the first of four the UC Capitals are due to play within just 10 days. It's going to be grueling and opportunities to train will be limited, but it may also spark the momentum the UC Capitals need as they look to playoffs.

The UC Capitals are coming off two uncharacteristic losses to the two bottom teams, the Bendigo Spirit and Townsville Fire. Despite some lackluster offense, Head Coach Paul Goriss was mostly disappointed with the team's defense letting the Spirit and Fire away with 94 and 102 points respectively. Fortunately, the UC Capitals held their third-place spot on the ladder but there's little keeping the Adelaide Lightning from taking over as they sit too close for comfort behind us.

Earlier in the week there was hope that Kelsey Griffin may be healthy enough to make her return as she started training again. However, in another potential setback for the UC Capitals, Griffin hurt her hamstring on Tuesday. While the injury is minor, it means the team will have to make do until she's given the all clear.

So, the UC Caps will charge ahead into Friday night's game with the MVP on the sideline as they desperately try to find their rhythm again before they enter their toughest run of the season.

The Melbourne Boomers' star import Lindsay Allen sat out of their last game against the Southside Flyers and it is currently unknown whether she'll be back in for Friday. Either way, they will be coming off a loss and determined to secure the series split over the UC Caps to hold their second place on the ladder.

If the UC Capitals can turn things around, however, this will bring us within reach of second and keep the Lightning at bay. There's a lot on the line, but after spending almost a month on the road, the home court advantage will certainly make a difference.

Marianna Tolo and Keely Froling will have their work cut out for them as they goes up against Melbourne's two bigs Ezi Magbegor and Cayla George, while the two WNBA players Kia Nurse and Sophie Cunningham will go head to head.



CANBERRA



NED & JOSH

6-9AM WEEKDAYS



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



KRISTY WALLACE

Height: 180cm

DOB: 03/01/1996

Position: Guard



LILY SCANLON

Height: 175cm

DOB: 21/02/2001

Position: Point 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

GET INVOLVED IN BASKETBALL



Basketball ACT run a number of junior programs that introduce children of all abilities to the game of basketball. From Aussie Hoops to 8 and Unders, there is a program for everyone at BACT!



PINK STARS

An all girls program that introduces children to the game of basketball in a fun, safe and inclusive environment.



8 & UNDER'S

8 and Under sessions have been designed for boys and girls who are looking to develop their basketball skills through a fun, safe and inclusive environment.



U10 COMPETITION

Interested in playing basketball? Join one of our local clubs and enter into our Under 10's junior competition.

For more information on how to register visit
www.basketballact.com.au

WESTS





NO.	PLAYER	HEIGHT (CM)	POSITION
5	Sophie Cunningham	185	Forward
7	Toni Farnworth	182	Guard
11	Penina Davidson	190	Forward
12	Chelsea D'Angelo	178	Guard
13	Ezi Magbegor	193	Forward
14	Monique Conti	165	Guard
15	Lindsay Allen	172	Guard
21	Stella Beck	181	Guard
22	Cayla George	193	Forward
23	Maddie Garrick	178	Guard
32	Kalani Purcell	185	Forward

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