

TransACT

Caps E—News



"Its time to bring it back"

Capitals kick off home opener with a bang

By Chris Dutton — Canberra Times Reporter

The Canberra Capitals continued their perfect start to the WNBL season with a 10-point victory over the Sydney Uni Flames at the AIS Arena last night.

The home team dominated at both ends of the court, leading from the opening minute to collect its third win of the season 84-74.

The victory leaves the Capitals at the top of the ladder, but coach Carrie Graf said she was disappointed her team allowed the Flames to get so close.

"It turned into a grind and 74 points was probably too many for them [Sydney]," Graf said.

"We lost a bit of momentum and we didn't follow our plans that we set out. But they're [Sydney] a better team than they were in pre-season and they're going to be contenders come play-off time."

Former Flame Michelle Musselwhite continued her impressive start as a Capital and collected six points and five rebounds

in the opening five minutes to set up a 12-point buffer at quarter-time.

At times the Capitals appeared sloppy with some uncharacteristic errors, but persistence and determination in attack and defence allowed them to maintain their ascendancy.

Flames guard Alicia Poto tried to keep her team in the contest with a series of skilful plays, but a lack of support allowed Canberra to skip out to a 21-point lead at half-time.

The Capitals lost their way in the second half and after a string of missed shots, the Flames closed the gap to eight as American import Lindsey Pluimer found her groove to finish the match with 21.

But it wasn't enough for her team to wrestle the match from the Capitals' grasp as they cemented their place as championship favourites.

Musselwhite and Abby Bishop top scored for the Capitals with 15 points. Bishop also pulled in 13 rebounds.

The teams meet again next Saturday night in Sydney and Graf said her team still had things to improve on despite sitting at the top of the ladder.

"Poto gave us trouble in defence and she's always going to be hard to stop but we need to try and keep our bigs out of foul trouble," the coach said.

"They slowed us down a little bit in the second half and it takes a bit of time to adjust to new rotations.

"But having things to work on three weeks into the season isn't a bad thing at all.

AT A GLANCE
CANBERRA CAPITALS
84 (Abby Bishop 15,
Michelle Musselwhite 15,
Jess Bibby 14)

bt
SYDNEY UNI FLAMES
74 (Lindsey Pluimer 21,
Alicia Poto 21, Eva
Afeaki 13) at AIS Arena.
Crowd: 1640.

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13 October 2008

Upcoming Games

18 October 2008
Sydney Uni Flames
7.00pm
SAC Venue



26 October 2008
AIS
2.00pm
AIS Training Hall



31 October 2008
Bulleen Boomers
8.00pm
SCS
(Tuggeranong)



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2008/2009 ADF WNBL Ladder

Team	Played	Won	Lost	For	Against	Pos
Canberra	3	3	0	238	198	1
Adelaide	2	2	0	171	137	2
Townsville	1	1	0	90	65	3
Dandenong	1	1	0	63	48	4
Bulleen	2	1	1	165	150	5
Sydney	3	1	2	228	237	6
Logan	3	1	2	205	229	7
Perth	3	1	2	240	281	8
AIS	1	0	1	79	82	9
Bendigo	3	0	3	211	263	10

ADF WNBL Stats leaders after Week 2

	Points	Steals	Offensive Rbs	Defensive Rbs	Totals Rbs
1	Deanna Smith (Perth) 75	Alicia Poto (Sydney) 10	Abby Bishop (Canberra) 17	Abby Bishop (Canberra) 26	Abby Bishop (Canberra) 43
2	Alicia Poto (Sydney) 67	Natalie Hurst (Canberra) 7	Gab. Richards (Bendigo) 13	Gab. Richards (Bendigo) 19	Gab. Richards (Perth) 32
3	Jessica Foley (Adelaide) 52	Deanna Smith (Perth) 7	Marianna Tolo (Canberra) 9	Melissa Marsh (Perth) 18	Deanna Smith (Perth) 25
4	Eva Afeaki (Sydney) 48	Kirsten Veal (Logan) 6	Deanna Smith (Perth) 9	Deanna Smith (Perth) 16	Michelle Musselwhite (Canberra) 23
5	Michelle Musselwhite (Canberra) 44	Sarah Graham (Logan) 5	Jonetta Brown (Perth) 8	Alicia Poto (Sydney) 15	Tracey Gahan (Adelaide) 21



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WNBL Canberra Player Stats after Week 2

Number	Name	Points	Steals	OR	DR	TR
4	Lauren Jansen	-	-	-	-	-
5	Chantella Perera	7	-	2	6	8
7	Natalie Hurst	27	7	3	7	10
9	Michaela Dalgleish	-	-	-	-	-
10	Abby Bishop	42	5	17	26	43
11	Jessica Bibby	41	1	1	3	4
12	Marianna Tolo	14	2	9	5	14
13	Kellie Abrams	19	2	5	7	12
14	Peta Sinclair	6	-	-	1	1
21	Hannah Bowley	-	-	2	-	2
25	Tracey Beatty	38	-	7	13	20
30	Michelle Musselwhite	44	3	8	15	23

Abby Bishop named Canberra TransACT Capital Ambassador

Abby Bishop has continued her rise amongst the Basketball fraternity by being announced as the Canberra TransACT Capitals League Ambassador.

This is just another feather in the cap of a young girl who continues to impress both on and off the court, showing the maturity of someone far older.

The Canberra TransACT Capitals and their sponsors

would like to congratulate Abby on this well deserved appointment and wish her all the best.

We have no doubt she will serve as a wonderful ambassador for our organization.



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Round 3 Preview-Canberra TransACT Capitals Vs Sydney Flames

The Canberra TransACT Capitals will look to build on last Saturday's 84-74 victory against the Sydney Uni Flames when the teams meet for the second time in as many weeks this weekend.

The Capitals dominated the first half of their round-two clash but lost momentum as they tried to close out the game, letting the Flames within 10 points. The side needs to maintain control for the full 40-minutes this Saturday when it travels to the Flames home court, where the Capitals can expect a much tougher encounter from last season's runners up.

To continue their perfect start to the 2008/09 season the ladder-leading Capitals will need to shut-down the Flames American import Lindsey Pluimer, who stepped up to score 21 points last week, as well as key players Alicia Poto and Eva Afeaki.

Another dominate performance for the Capitals on the boards, where they outplayed Sydney 44-24 last week, will also put the side in good stead, while a spread of scoring between the ACT's tall and smalls will make it tough for the Flames to defend.

The Capitals are renowned for stepping up for the big matches and beating the Flames in Sydney qualifies as one of the toughest challenges on the calendar. On current form and reputation you can expect another great performance from Canberra.

By Julia Whyte



Tully's #44 Package still available

Canberra TransACT Capitals welcomed to game one of the season, the IA Group and Moray & Agnew, who took advantage of the fantastic four game corporate box packages available for the AIS Arena. These fantastic deals are still available for the remaining three games at the AIS Arena.

November 15th Canberra TransACT Capitals Vs Dandenong
 January 25th Canberra TransACT Capitals Vs Adelaide
 January 31st Canberra TransACT Capital Vs Logan

Contact Jon Pratt at One Basketball Canberra on 62533066 for more details

Shot Clock... 24 seconds with Michele Musselwhite

Name: Michelle Musselwhite

Player number: 30

Nickname: Muss, Mousse, Mussy and Chocolate (thanks Macca!)

Best things about joining the Capitals: The professionalism, the competitiveness of training and the positive culture within the club.

How does it feel to come up against your former team, will you be able to use any inside knowledge: We have played them a number of during pre-season, so all the awkwardness has gone. They have an almost completely new team, but I will pass on as much as I can and hopefully we can get the win and go 3-0 to start the season.

Why did you start playing basketball and what do you like best about it: I started playing because my parents played

the game, so I had the ball in my hands from a young age. It's such a great challenge and you're always trying to get the best out of yourself. The camaraderie and friends you make along the way is what makes you turn up everyday to training.

Hardest opponent: Desi Glaubitz (Bulleen & Kilsyth) such a great defender and you always have to be at the top of your game every time you play against her.

Any superstitions or pre-game rituals: Always have a sleep and drink four bottles of Powerade...oh, and I usually have to run to the toilet after the national anthem!

Favourite food: Beef stroganoff, gnocchi carbonara and mum's curried sausages

Favourite Graffy-ism: Nothing in particular, she is always using all her basketball jargon but she

is the most inspirational coach that I have ever played under. She is always so constructive in her feedback and can draw the best out of everyone within the playing group.

One of your most memorable moments in a game: My most memorable moment because it was great was hitting a buzzer beater against Bulleen in the 2005/06 WNBL semi-final. I'll also never forget wearing the wrong colour bodysuit playing for Australia in Spain without realising until I was about to sub into the game.

How do you spend your time away from training and playing: I work with people with disabilities, sleeping and spending time with my fiancé.

If you had to pick a movie character or tv personality most like you, who would it be: I have no idea, my fiancé always tells me I sleep too

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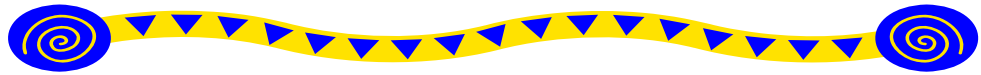




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Caps Hoops Camp 2009

January 13-16th



Join the Caps in a fun camp this holiday!

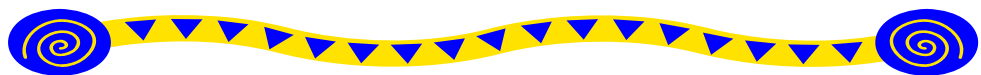


Dates: Jan 13-14 6-10 yrs
Jan 15-16 11-15 yrs
Time: 9.30 am - 12.30pm
each day



Belconnen Basketball Stadium

Cost: \$100 per child



For more information phone
One Basketball Canberra on 6253 3066

Canberra TransACT Capitals

Trivia

Wednesday November 12,
6:45pm for 7pm

Tuggeranong Southern Cross Club

Come join the Caps for a night of fun and test your trivia knowledge!

Entry: \$20 per person

Kids Welcome!

Have a Caps Player at your table for \$50!



RSVP by NOV 7th
One Basketball Canberra
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