

TransACT

Caps E—News



"Its time to Bring IT BACK"

Capitals go down in flames

By David Jean
Canberra Times
Reporter

Canberra Capitals coach Carrie Graf declared her team had a "long way to go" if it wanted to be a championship force after it crashed to a shock 15 point loss to the Sydney Uni Flames last night.

The Capitals surrendered first spot on the WNBL ladder after floundering to their first loss of the season.

They went down 90-75 to a more committed Flames outfit.

Flames guard Alicia Poto scored 26 points as Sydney Uni avenged last week's 10-point loss to the Capitals with a double-figure win of its own.

Poto showed no sign of an ankle injury that nearly kept her out of the contest, also racking up five steals and dishing out six assists.

Sydney Uni's American import Lindsay Pluimer scored 22 points, while the Capitals' top scorer was Michelle Musselwhite with 19.

Graf said the Flames, who went into last night's game with one win from three games, had simply

wanted to win more than the Capitals did.

"They were much more desperate than us in that game," she said. "They executed extremely well, we didn't. They played to their game plan, whereas our bigs had made no adjustments from last week."

While it is hardly panic stations for the Capitals who now have a 3-1 record their recent form has been worrying.

As well as winning the opening three quarters last night, the Flames also outscored the Capitals by 10 points in the second half last week.

Capitals centre Tracey Beatty was again in foul trouble early last night and scored just two points in less than 10 minutes on the court.

Captain Kellie Abrams also had an off night, failing to trouble the scorers.

"I think that was the Tracey Beatty of five years ago out there," Graf said. "She's got to do a lot of work. We need her playing well and that was disappointing."

The Capitals led by six points early in the first quarter and appeared headed for their fourth win of the season. But a seven-point quarter from Poto ensured Sydney Uni led by eight points by the first break.

The Flames led by as many as 25 points in the third quarter, before Capitals guard Jessica Bibby landed a pair of three-pointers to get her team within 16 points at the final break.

The Capitals scored first in the last quarter, cutting the Flames' lead to 14. But that was as close as they would come.

"This team has got to learn that if you win three games to start the season that means nothing," Graf said.

"We've got a lot of work to do, this team is a long way off being a great team. "We're not that yet and it showed tonight."

AT A GLANCE:
SYDNEY UNI FLAMES 90 (Poto 26, Pluimer 22, Potocki 17, Afeaki 16) bt CANBERRA CAPITALS 75 (Musselwhite 19, Bishop 17, Tolo 10, Bibby 10) at Sydney University.

Volume 1, Issue 2

20 October 2008

Upcoming Games

26 October 2008
AIS
2.00pm
AIS Training Hall



AUSTRALIAN
INSTITUTE OF SPORT

31 October 2008
Bulleen Boomers
8.00pm
SCS
(Tuggeranong)



7 November 2008
Townsville Fire
8.00pm
SCS
(Tuggeranong)



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2008/2009 ADF WNBL Ladder after week 3

Team	Played	Won	Lost	For	Against	Pos
Adelaide	3	3	0	264	213	1
Townsville	2	2	0	176	126	2
Canberra	4	3	1	313	288	3
Bulleen	3	2	1	250	213	4
Sydney	4	2	2	318	312	5
Logan	4	2	2	268	275	6
Dandenong	2	1	1	144	130	7
Bendigo	4	1	3	293	344	8
Perth	5	1	4	379	459	9
AIS	3	0	3	186	231	10



ADF WNBL Stats leaders after Week 3

	Points	Steals	Offensive Rbs	Defensive Rbs	Totals Rbs
1	Alicia Poto (Sydney) 93	Alicia Poto (Sydney) 15	Abby Bishop (Canberra) 19	Abby Bishop (Canberra) 36	Abby Bishop (Canberra) 55
2	Deanna Smith (Perth) 75	Kirsten Veal (Logan) 9	Gab. Richards (Bendigo) 18	Melissa Marsh (Perth) 29	Gab. Richards (Perth) 43
3	Melissa Marsh (Perth) 70	Kaye Tucker (Perth) 8	Michelle Musselwhite (Canberra) 11	Cayla Francis (Adelaide) 26	Cayla Francis (Adelaide) 35
4	Eva Afeaki (Sydney) 64	Natalie Hurst (Canberra) 7	Jennifer Crouse (Townsville) 9	Melissa Marsh (Perth) 25	Michelle Musselwhite (Canberra) 31
5	Michelle Musselwhite (Canberra) 63	Rohanee Cox (Townsville) 7	Elizabeth Cambage (AIS) 9	Michelle Musselwhite (Canberra) 20	Melissa Marsh (Perth) 29



The Canberra Times



PRIME

WNBL Canberra Player Stats after Week 3

Number	Name	Points	Steals	OR	DR	TR
4	Lauren Jansen	-	-	-	-	-
5	Chantella Perera	12	-	2	6	8
7	Natalie Hurst	36	7	4	9	13
9	Michaela Dalgleish	-	-	-	-	-
10	Abby Bishop	59	5	19	36	55
11	Jessica Bibby	51	2	2	3	5
12	Marianna Tolo	24	2	9	7	16
13	Kellie Abrams	19	2	7	7	14
14	Peta Sinclair	9	-	2-	1	3
21	Hannah Bowley	-	-	2	-	2
25	Tracey Beatty	40	-	7	18	25
30	Michelle Musselwhite	63	3	11	20	31

Caps Confidential beginning next edition...



It's not quite Sex and the City...But when it comes to our girls, there is always plenty of gossip.

No longer what happens on the road stays on the road, it ends up inside the pages of Caps Confidential!

So check back in next week when we launch the hottest gossip column since Jason and Kylie had TV Week a buzz after they hooked up on Neighbours.



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Round 4 Preview-Canberra TransACT Capitals Vs AIS

The Canberra Trans-ACT Capitals will get the chance to resurrect their campaign to bring the WNBL championship back to the ACT this weekend when they take on the league cellar-dwellers the Australian Institute of Sport.

The Capitals suffered their first loss of the season last Saturday when they went down 90-75 to the Sydney Uni Flames last Saturday, surrendering first place on the ladder in the process.

Despite the under-par performance from the Capitals, Canberra will come into the local derby as favourites against a green AIS team but know not to underestimate the youthful enthusiasm of

the students.

It will be the first time for Capitals recruit Marianna Tolo against her former club and, alongside fellow tall Abby Bishop and Tracey Beatty, will be crucial in shutting down the Institute's Elizabeth Cabbage, who at 17 years old and 203cm (that's a centimetre taller than Tracey) is a strong force for the AIS.

While coach Carrie Graf admitted the team had a lot to work on after it's loss to the Flames, there were some positives to take out of the match, including another great showing from recruit Michelle Musselwhite, who with a season average of 16 points per game has been among

the top scorers in the Capitals four matches this season.

Despite the Capitals advantage in experience and superior head-to-head record against the AIS, the Institute always seems to lift for the cross-town clash and history suggests this weekend's match will be another great tussle between the sides.

By Julia Whyte



Tully's #44 Corporate Package still available

If you would like to see Canberra Premier Basketball team in action then a #44 Corporate package is the deal for you or your company. 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



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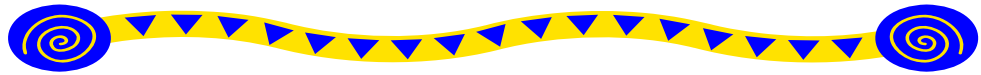




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Caps Hoops Camp 2009

January 13-16th



Join the Caps in a fun camp this holiday!

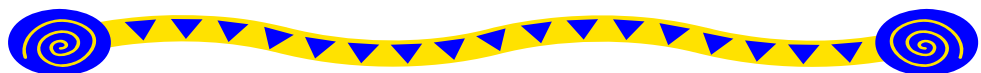


Dates: Jan 13-14 6-10 yrs
Jan 15-16 11-15 yrs
Time: 9.30 am - 12.30pm
each day



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
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