



WAITAKERE LADY RANGERS - 2015

Newsletter 14 December 2015

Hi Ladies

Thanks for participating in the Lady Ranger development league programme this past term. Your support for womens basketball is greatly appreciated. It was excellent to see all the various age group players competing with and against each other weekly. The future looks pretty good with some good young talented players coming thru the ranks already.

Women Basketball League 2016

- We are going to run the league again in Term 1 2016. Please register your interest with Dianne or Aik ASAP.
- We want to ensure the league improves with more players and each team will have the same players weekly.
- TEAM – Together Everyone Achieves More

REFEREEING

- Big thanks for all players who refereed the league this past term. Great to see assertive calls from some.
- Thanks to Dianne for sorting referees out for the league.

LEAGUE FEE'S: \$60 now overdue, please ensure you have paid before Xmas. Please pay online referencing your payment with your name and "Women's"

- **WWABi, 030156 0381110-000**

Women Basketball Championships 2016 (WBC)

We are looking to select approx 25 players for 2016 season into a mini camp on the 19 December @ Kelston Boys high school from 10-1pm. If you are interested please let Dianne or Aik know. We will also be running another camp in mid-January.

- Tournament dates: 4-6 March, 1-3 April, 12-14 May
- Age eligibility – at least 15 years of age
- WBC – Women's BBNZ 1st Division tournament, tournament 1 & 2 determine placing, tournament 3 play offs and finals. Scouting for Tall Ferns Trialists plus other placement opportunities.

WWABi U15, U17, U19, U23 & LADY RANGER WOMEN – Xmas training

- Please continue to stay active over the Xmas holiday period. Daily stretching, strength and cardio work out is compulsory. Daily ball handling and shooting is compulsory.
- Challenge and push yourself to be better each day!

**"Ability is what you are capable of doing
Motivation determines what you do
Attitude determines how well you do it"**

Merry Xmas & Happy New Year

Aik Ho

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