



Get off me! • Pushing the defender off her, Barbara Gall gets aroun



Bend the knees • Toni Long gets everything in line for her free-throw.

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Stretch! • Liz Brookhouse skies up to get the rebound away from the opposing player.

Concentrate • Showing great concentration. Angel Williams focuses on her next move up the court.

> Just breathe ... • *Katie Beracy* gathers herself and tries to relax for her next free throw attempt.

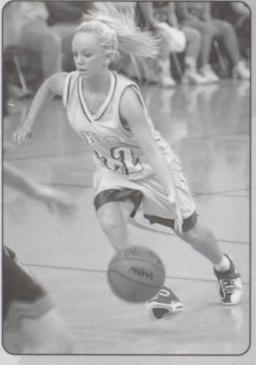


Go Go Go! • Amber Good drives the ball up the court after a steal for a fast break.



her to pass the ball off to an open teammate.

Box out! Moving her defender out of the way, Emily Mepham gets into position to get the rebound.



Meep-meep, zip, bang! • Speed racer Stephanie Beck blasts past the other team on her way to the hoop.