



MEDIA RELEASE

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FROLING SET FOR RETURN TO TORNADOES

The St.Lukes Health Launceston Tornadoes are excited to announce the return of WNBL Forward Keely Froling for the 2021 NBL1 season. Froling was the key signing for the Tornadoes last season before the 2020 season was cancelled due to COVID-19.

Tornadoes Head Coach Sarah Veale said on the announcement "We are very excited that Keely is returning to our club for this season. It shows that we have a good program here and quality players are willing to play for us. We have been very busy last year, even without a season, to ensure our players stay connected with the club and each other."

"Keely brings experience and leadership to our group as an elite player. Keely fits right into our style of play as an athletic, highly aggressive scorer and will prove to be a massive headache to the other teams with her intense defensive game. Keely is elite. With her experience at a multitude of levels, she is also importantly a fantastic role model for our young local group on and off the court" Veale added.

Froling, 24, will be looking to continue to develop her game in NBL1 2021 to force her way into the Australian 3x3 and Opals teams for the 2021 Olympics.

"I am excited about returning to the Tornadoes next season. It was really disappointing not to play in Launceston last year but I am ready to get down there and meet everyone." Froling said

"The 2020 WNBL season was really tough. After 6 weeks in the north Queensland hub we finished 4th, which was a pretty good result. During that time I also took my last exams for university and completed my Bachelor of Physiotherapy."

"Since the season ended I've had some much needed time at home and at my Grandmas beach house, letting my body recover. Now I'm back training hard and preparing for 2021 with the Tornadoes as well as, hopefully, the Tokyo Olympics mid-year!" Froling added.





Froling has played for the Canberra Capitals in the WNBL for the past five seasons where she was part of the Championship winning team in 2018 & 2019. In the 2020 WNBL season Froling had a very consistent season, starting all 14 games and averaging 9.4 points and 5.7 rebounds per game.

She attended US College Southern Methodist University between 2014 and 2016 before returning to Australia to play in the WNBL with Canberra. She has represented Australia at U16 and U17 level and her twin sister Alicia will play for the Ballarat Rush this season in the NBL1 South.

Froling plans to arrive in Tasmania in February to start training with the local squad and also play in the local NWBU competition. She will also be a part of the Tornadoes basketball in schools clinics that will deliver fun and inclusive basketball activities for primary school aged students across the north of the state.

The 2021 NBL1 season will be released soon with the first round scheduled to be played on Saturday 17 April, 2021.

-Ends-

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