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For Immediate Release

Still a “Dribbling Machine,” Shane Aims to Entertain

Secaucus, NJ – Shane “The Dribbling Machine” Woney knows about defying the odds. Born and raised in a rough-and-tumble neighborhood in the Bronx, Shane spent his formative years dreaming about making it out of the projects. Standing at only 5’10 and trying to play a big man’s sport like basketball, Shane seemingly had all of the chips stacked against him. What he did have was an extraordinary work ethic, incredible ball handling ability, and an innate ability to entertain others. Thanks to these qualities and his prominent role in the And 1 Mix Tape, Shane saw his dreams come true and became a worldwide basketball star by the mid-2000’s. Now a Harlem Wizard, Shane plans to defy the odds again; this time, showing that even one of the best basketball shows in the world can be improved with his flair and creativity.

Despite growing up underprivileged, Shane used basketball as his outlet. Throughout his youth, he worked on his game every day and used his innovation to try and become the best dribbler in New York City, a lofty goal for a city renowned for its point guards. Shane would do mind numbing drills such as dribbling in the dark, working on his moves with a tennis ball, and he even resorted to wearing a neck brace while working on his handle to avoid looking down, a critical mistake for many young point guards. By the time he was a senior in high school, the hard work had paid off. Playing at Salesian High School in New Rochelle, Shane averaged 21 points, 9 assists, and 2 steals per game and led his team to a division championship.

Back then, Shane had the game of a crafty point guard and was a great passer who could take over the game when he had to. He saved his amazing tricks, such as bouncing the ball off of the defender’s head and dancing while dribbling the ball, for the summer time when he starred in New York City Summer Leagues, such as Rucker Park. Playing against future NBA players such as Stephon Marbury and Rafer Alston, Shane held his own and earned the nickname of “The Dribbling Machine” from Duke Tango, the legendary Rucker Park MC. Shane played his college ball at Westchester Community College, where his career continued to blossom. As a freshman, he led his team to the semifinals of the National Junior College Athletic Association (NJCAA)

National Championship. As a sophomore, Shane averaged 25 points per game, was named the CUNY Conference MVP, and a 2nd Team All-American.

Shane joined the professional ranks as a player in 1996 as a member of the Harlem Rockets. Already well-known throughout the tri-state area for his exploits at Rucker Park, Shane got to use his showmanship and sense of humor, as the Rockets are a comedy basketball team that supports fundraisers for schools, charities and civic organizations.

Then, in 2001, an up-and-coming sneaker company named And 1 provided Shane with an offer that would change his career forever. The executives at And1 told Shane that they were planning on hosting some basketball games in New Jersey and New York that they planned to film for their next And 1 Mix Tape. Shane accepted their offer and put on marvelous dribbling displays during the games. As quickly as you can say “And1”, the video was distributed in stores nationwide and the popularity of the And 1 basketball-playing celebrities grew by leaps and bounds. In fact, Shane and the other mix tape players were featured in Mountain Dew commercials, their own video game, and a weekly series on ESPN. What started out as a Mix Tape grew into a worldwide tour with Shane “The Dribbling Machine” Woney as one of the leaders of the movement. As Shane said, “And1 provided me with an opportunity to see the world. I have been to every state in the United States and at least fifteen other countries.”

By 2006, Shane felt the time was right for him to get closer to his long-term goal of mentoring children. With the help of his And1 Teammate and former Harlem Wizard, Walliyy Dixon, they started their own venture called “Ball for Life.” In traveling as far as Chile and Bermuda for this outreach initiative, Shane stresses the importance of education to youth around the world.

Throughout his years as a basketball player, Shane developed close friendships with many of the Harlem Wizards players. He played against Donnie “Smooth” Seale in college, and practically watched Eric “Broadway” Jones grow up, as he was a part of the same Gauchos AAU program, albeit a few years older. In talking to the Wizards players and understanding their commitment to helping youth, Shane realized by 2009 that the Wizards would be a perfect fit for his talents and goal to have a positive impact on the lives of young people. He joined the team and as he said, “It feels great to end my professional career in the same way I started it, by doing comedy basketball and putting smiles on people’s faces.”

Now on the other side of 40, Shane serves a mentor for many of the younger Harlem Wizards players. Nevertheless, he is still a premier ball handler with a personality and charm that is all his own. As he said, “If you’re feeling down, don’t worry, you won’t be after seeing me play.” Always confident, Shane has recently taken up cooking and hopes to take it more seriously when his playing days are over. As he said, “I want to be the first street baller with his own cooking show one day.” In judging that he always someone who defies the odds, don’t put it past him.

For now though, he will continue to serve up assists to his teammates and smiles to the tens of thousands of Wizards fans that watch him play each year.

Health and Fitness Fact- Shane credits the fact that he still moves and looks like a 20 year old to the fact that he eats right and exercises regularly. He wakes up at 5:30 AM every day to take a 45 minute walk and as he coaches younger players, he has constant access to a gym which keeps him active.

Dietary wise, Shane has a steady dose of fruits and vegetables and he makes sure that his kids eat healthy, too. He packs their school lunch bags with a tangerine and an apple every day.