

# WON

WOMEN OF THE NINERS





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### TABLE OF CONTENTS

#### Player Feature 3

*George Kittle*

#### Coach's Corner 4

*Coach John Benton*

#### WON of Us 5

*Arlene Illa*

#### Community Connection 6

*High School Sports Donations*

#### WON Pro Tips 7

*How To Pick Out Healthy Frozen Meals  
at the Grocery Store*

#### This Month in 49ers History 8

*Patrick Willis becomes highest-paid inside  
linebacker in NFL history*

*George Kittle Touchdown Celebration*



*Arlene Illa showing her Faithful pride*



*Matthew Kaufman's reaction to equipment donations*



# PLAYER FEATURE

*George Kittle Shares the Most Influential Women in His Life:*  
Watch [HERE](#).



## GEORGE KITTLE'S GOLDEN NUGGETS

Named the recipient of the 2018 Bill Walsh Award, which was established in 2004 in honor of San Francisco's Hall of Fame Head Coach. The award, which is voted on by the coaching staff, is given to the 49er who has best represented the standard of professional excellence established by Walsh. Walsh served as the team's head coach for 10 seasons from 1979-88. In that time, he compiled a record of 102-63-1 and led the team to three Super Bowls. He was twice named Coach of the Year (1981, 1984) and was later named Coach of the Decade for the 1980s

NFL players had the opportunity to participate in the NFL's annual My Cause, My Cleats campaign during a designated home game between Weeks 13-15. Kittle and his teammates represented their respective causes with custom-designed cleats in an effort to raise awareness and funding.

Kittle is an avid fan of the WWE. In May of 2017, he took time to visit the Black and Brave Wrestling Academy in Iowa, which is co-owned by one of Kittle's favorite wrestlers, WWE superstar Seth Rollins. At a pro wrestling event on the same weekend, Kittle got to live out one of his dreams and get into the ring, where he delivered a Stone Cold Stunner, a move made famous by his favorite wrestler of all-time, Steve Austin. "I felt like a kid," Kittle said.

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## GEORGE KITTLE

6-4 || 250 || IOWA

10.9.93 || NORMAN, OK || 3RD YEAR || ACQUIRED D-5A IN '17





# COACH'S CORNER

*This month's "Coach's Corner" comes from Offensive Line Coach John Benton.*

## **What are you most excited about with this group of linemen in 2019?**

Probably that it's the first time since we've been here and even in my career in the last eight or nine years, that we're returning the entire top tier of linemen. All of our starters are back for the second year in a row and even our contenders. We should be able to take even more strides than we did. The bar will be higher, but we're up to the task.

## **What trait is most important for an offensive lineman?**

I would say consistency. You're consistently doing a good job. The example I always give is: if a receiver has five or six catches that's a great game, if the quarterback throws 60% completions that's a great game, and if a linebacker gets 10 tackles that's a great game, but if a lineman misses five blocks – that's a terrible game. It gets the point across that we're expected to do our job play in and play out, over and over and over again.

## **What goals do you have for your group for the 2019 season?**

It sounds cliché, but the goal would be to be the best we can be from the start. I think we can improve in every area and we need to show that from day one. That's going to be our big message. We need to make sure we start fast next year. We roll into the first game at top level and continue on from there.



## **Can you give a brief overview of how the Center, Guards, and Tackles work in Kyle Shanahan's offense?**

We're a much more movement based offense for an offensive lineman. We're going to run more, cover more ground. A lot of the terms you hear are cut, stretch, that type of thing. In a big sense, we need to be more athletic than maybe some others. But the big thing is we're a very dynamic, cover ground, effort based-type group than maybe some other offenses where it's more mash and maul. We're going to try to threaten the edges of the defense more.

## **What do you see from T Joe Staley that has made him so great for so long?**

I would say it's his preparation. A lot of linemen do a great job preparing during game week for that game and a lot of linemen do a great job preparing for the season. Joe does such a great job preparing year round. Not only his mind, so he knows what to do and technically, but his body. He is so in tune with where his body is and staying healthy and doing the things that help him have the longevity and play at such a high level for so long. He's probably the best I've been around that way.

*Have a question for the 49ers coaches or football operations staff? Submit them [HERE](#). Each month we will choose at least one question to be answered in the WON Digital Magazine.*

# WON OF US: ARLENE ILLA

*Arlene Illa and her military family became 49ers fans after relocating from Hawaii to Moffett Field in the early 80s.*

## Faithful Since (when did you become a 49ers fan?)

I became a San Francisco 49ers fan back in 1980. I was actually brought up a Raiders fan before finding the Red & Gold! In 1980 when the Raiders left the Bay Area, my family and I could not stand the idea of rooting for a team that was not loyal us. We made the switch to become 49ers fans and have been Faithful ever since!

## What do you love about WON?

The thing that I really love about WON is the way that we are able to meet and get to know so many of the women in the organization! I never knew there were so many women who hold such pivotal roles within the 49ers. I've been thoroughly impressed to learn about each of them. Growing up, I never knew that these positions existed. It's been very cool to learn about the different roles but even more amazing to get to know the women behind them.

## Was there one inspirational moment in team history that confirmed your 49ers fandom?

The Catch! Obviously it was one of the most amazing moments in team history. Watching the team perform in those big moments has always stood out. That '81 team had to defeat the Dallas Cowboys who had a reputation of being great in the 70's. But through the tough game and all of the adversity, they found a way to win that game and go on to be World Champions!

*Arlene with her brick at Levi's® Stadium*



*Arlene and the staff of the 49ers Museum with the 49ers five Lombardi Trophies*



*Arlene and her sister, Anne Marie supporting 49ers Alumni at The Golden Heart Fund Run*

## What 49ers traditions or superstitions do you/your family have?

In my family, we do not have a ton of traditions or superstitions but if it is 49ers game day, you will find me in 49ers gear. Of course, when I say that, it doesn't just mean a hat or jersey. On game days, I'm head to toe 49ers red and gold! As a teacher, one fun thing that I do in my classroom at the start of the school year is to have my students explore to discover who my favorite 49ers player is. It's not a hard discovery to make since I have a photo of Jerry Rice on display.

## What impact has the 49ers had on your life?

A huge impact! I like to think that the Niners bring another aspect to my life as a whole! Through my fandom, I've been about to establish a sisterhood of Niners fans! We all love sports and can all rally together behind one common team. The Bay's football team, the 49ers! During the season, I always can get together with some of my favorite people to talk football. Each month as a member of the Santa Clara Goal Rushers, we get to meet a player which has become one of my all-time favorite things that I look forward to each season. I learn to like them as players on the field but you learn to love them as individuals off of the field. I love my Faithful Family and we love our Niners!

*If you know a WON Member that you think should be featured, you can let us know [HERE](#).*



# COMMUNITY CONNECTION

## *High School Sports Donations*

This offseason, 49ers PREP presented by U.S. Bank created an equipment donation grant and teamed up with 49ers Strength & Conditioning staff to deliver high quality equipment, both football specific and general exercise, to nine local high schools in the Bay Area.

“This is going to make our kids hungry to improve their game and work hard in the weight room. This is the same equipment the 49ers use to get their players strong, we can’t wait to get started this summer!” said Gunderson head coach Sal Munoz.



In total, 30 pieces of exercise equipment, 200+ football cleats and gloves, and over \$5,000 worth of football equipment was collected then divided between the high schools.

“I’m still speechless and completely blown away,” Irvington head football coach Matthew Kaufman said. “This equipment will help our kids develop their skills and improve their game! They are so excited to play football now, and our school needs that.”





# WON PRO TIPS

## *How to Pick Out Healthy Frozen Meals at the Grocery Store*

Here's the great thing about microwavable meals in 2019: Companies have pivoted away from packing mystery meat with sodium to mimic a flavorful, nutrient-dense entrée and created frozen meals in a variety of international cuisines that are actually good for you—including vegetarian and vegan varieties, low-calorie options, and organic dishes.

You get the convenience, ease, and affordability without taking a health hit. After all, once you've done your 9-to-5, finished a workout, and completed the day's chores, it's nice to sit down to something quick and effortless that doesn't come out of a drive-through window.

In fact, those who opt for a frozen meal from a grocery store consume an average of 253 fewer calories and 2.6 grams of saturated fat per day than those who feast at fast-food joints, according to a study published in the *Journal of the Academy of Nutrition and Dietetics*. Those who reported eating frozen meals had higher amounts of key nutrients in their diet, too, including fiber, vitamin A, vitamin C, and minerals like calcium, potassium, and magnesium.

That doesn't mean everything in the frozen food aisle is healthy—far from it. The challenge is finding meals you'll enjoy and satisfy your hunger that don't pack on the fat.

For starters, you have to check the nutrition label — starting with portion size. Many companies try to trick you by labeling the portion as something less than the entire box of food. In general, aim for entrées that have lots of vegetables, whole grains, and a lean source of protein. You should also look at the ingredient list and nix those that have a bunch of added chemicals or preservatives you can't pronounce. ***Keep it clean.***



**Here's what to look for when shopping for a healthy frozen meal:**

- + *Fewer than 600mg of sodium*
- + *Fewer than 5g of saturated fat*
- + *Greater than 3mg of fiber*
- + *Greater than 10g of protein*

*Tips from // Jordan Mazur, Coordinator of Nutrition*



# THIS MONTH IN 49ERS HISTORY

*A look at marquee moments throughout the team's rich history pulled from the 49ers Archives.*

On May 4, 2010, the San Francisco 49ers announced that they signed LB Patrick Willis to a five-year contract extension. The 49ers originally selected Willis with the 11<sup>th</sup> overall pick of the 2007 NFL Draft.

Then head coach Mike Singletary had this to say, "I am very proud of what Pat has been able to accomplish. He is the epitome of what a 49er is all about. Pat has had to overcome a lot in his life and has maintained the ability to stay focused on his goals. Before it is all said and done, he may go down as one of the best to play the position. I am thankful that our organization has realized Pat is one of the core pieces to this puzzle, and I am excited for our community, fans, coaches and players, that we will have Pat here for a very long time."

A seven-time Pro Bowl selection, Willis was the first 49er since S Ronnie Lott to be selected to the Pro Bowl in each of his first four seasons. He also became the first player in franchise history to be selected to the Pro Bowl in each of his first seven seasons. Willis joined LB Lawrence Taylor and LB Derrick Thomas as the only defensive players, since the merger in 1970, to be selected to the Pro Bowl in each of their first seven seasons.



## May 4, 2010

*Patrick Willis becomes highest-paid inside linebacker in NFL history*

A two-time recipient of the Bill Walsh Award, which is voted on by the coaches and awarded to the team's Most Valuable Player, Willis earned the respect of the men he played alongside and against. Along with DT Justin Smith and RB Frank Gore, the three are the only two-time winners of the award in team history.

Willis started all 112 games in which he appeared and registered 1,225 tackles, 20.5 sacks, eight interceptions (returning two for touchdowns), 16 forced fumbles, five fumble recoveries and 53 passes defended. Since 2007, he is the only player in the NFL with at least 20.0 sacks (20.5), 15 forced fumbles (16) and eight interceptions (eight). Willis also started all eight playoff games and registered 84 tackles, 2.0 sacks, one interception, one fumble recovery and two passes defended.

A 34-year-old native of Bruceton, TN, Willis played collegiately at Mississippi where he won the 2006 Butkus Award and Jack Lambert Award as the nation's top linebacker. A two-time All-America selection (2005-06), Willis was also named the 2006 SEC Defensive Player of the Year.

*Edited by // Beth Atlas, Manager & Curator, 49ers Museum*