

49ers Mid-Day Clips – May 8, 2017

Local Media

Nick Saban Endorses 49ers LB Reuben Foster

By Joe Fann, 49ers.com

<http://www.49ers.com/news/article-2/Nick-Saban-Endorses-49ers-LB-Reuben-Foster/92f8debb-72a8-48ed-a4c8-9e913b6538c3>

49ers' recent RB moves make DuJuan Harris expendable

By Eric Branch, San Francisco Chronicle

<http://www.sfgate.com/49ers/article/49ers-recent-RB-moves-make-DuJuan-Harris-11129939.php?cmpid=twitter-desktop>

49ers sign three tryout rookies; release RB Harris, WR Cannon

By Eric Branch, San Francisco Chronicle

<http://www.sfchronicle.com/49ers/article/49ers-sign-three-tryout-rookies-release-RB-11130133.php>

49ers release veteran running back in roster shuffle

By Jon Becker, San Jose Mercury News

<http://www.mercurynews.com/2017/05/08/49ers-release-veteran-running-back-in-roster-shuffle/>

49ers' post-draft depth chart: where the rookies, newcomers fit

By Matt Barrows, Sacramento Bee

<http://www.sacbee.com/sports/nfl/san-francisco-49ers/article149247659.html>

49ers part ways with RB DuJuan Harris, sign three tryout players

By Matt Barrows, Sacramento Bee

<http://www.sacbee.com/sports/nfl/san-francisco-49ers/article149286119.html>

Who Built the 49ers? Lynch, Shanahan mold the roster

By Matt Maiocco, CSNBayArea.com

<http://www.csnbayarea.com/49ers/who-built-49ers-lynch-shanahan-mold-roster>

Three rookies win roster spots with 49ers after tryouts

By Matt Maiocco, CSNBayArea.com

<http://www.csnbayarea.com/49ers/three-rookies-win-roster-spots-49ers-after-tryouts>

Sources: 49ers release Harris, Cannon

By Matt Maiocco, CSNBayArea.com

<http://www.csnbayarea.com/49ers/sources-49ers-release-harris-cannon>

49ers take Josh Allen in Todd McShay's way-too-early '18 mock draft

By Nick Wagoner, ESPN.com

http://www.espn.com/blog/san-francisco-49ers/post/_id/24941/49ers-take-josh-allen-in-todd-mcshays-way-too-early-18-mock-draft

49ers sign three tryout players, make three releases official

By Chris Biderman, TheNinersWire.com

<http://ninerswire.usatoday.com/2017/05/08/49ers-sign-three-tryout-players-make-three-releases-official/>

Aaron Lynch part of the 49ers' plan, for now

By Kevin Jones, KNBR.com

<http://www.knbr.com/2017/05/08/aaron-lynch-part-of-the-49ers-plan-for-now/>

49ers sign three after rookie minicamp

By Josh Alper, ProFootballTalk.com

<http://profootballtalk.nbcsports.com/2017/05/08/49ers-sign-three-after-rookie-minicamp/>

49ers part ways with DuJuan Harris, again

By Darin Gantt, ProFootballTalk.com

<http://profootballtalk.nbcsports.com/2017/05/08/49ers-part-ways-with-dujuan-harris-again/>

49ers CEO Jed York on Why You Should Treat Employees Like Family

By John Boitnott, INC.com

<https://www.inc.com/john-boitnott/what-entrepreneurs-can-learn-about-productivity-from-49ers-ceo-jed-york.html>

Former Alabama great tutoring Reuben Foster with San Francisco 49ers

By Mark Inabinett, AL.com

http://www.al.com/sports/index.ssf/2017/05/former_alabama_great_tutoring.html

Former Texans and Eagles LB DeMeco Ryans officially begins coaching career with 49ers

By Mark Eckel, NFLPlayerEngagement.com

<http://www.nflplayerengagement.com/next/articles/demeco-ryans/>

National Media

Rookie RB T.J. Logan could be home-run threat for Arizona Cardinals

By Bob McManaman, Arizona Republic

<http://www.azcentral.com/story/sports/2017/05/07/rookie-rb-t-j-logan-could-home-run-threat-arizona-cardinals/311741001/>

Rams rookie TE Gerald Everett goes from overlooked to 'beast'

By Alden Gonzalez, ESPN.com

http://www.espn.com/blog/los-angeles-rams/post/_id/33750/rams-rookie-te-gerald-everett-goes-from-overlooked-to-beast

Jets' Robby Anderson arrested in Miami

By Connor Hughes, NJ Advanced Media

http://www.nj.com/jets/index.ssf/2017/05/jets_roby_anderson_arrested_miami.html#incart_river_index

La'el Collins getting first shot to win Cowboys' right tackle spot

By Charean Williams, Fort Worth Star-Telegram

<http://www.star-telegram.com/sports/nfl/dallas-cowboys/cowboys-corner-blog/article149207429.html>

Bills interview Packers' Brian Gutekunst for GM spot

By Vic Carucci, Buffalo News

<http://buffalonews.com/2017/05/08/report-bills-interviewing-packers-gutekunst-gm-spot/>

Bears sign outside linebacker Dan Skuta

By Rich Campbell, Chicago Tribune

<http://www.chicagotribune.com/sports/football/bears/ct-bears-sign-dan-skuta-20170508-story.html>

Local Clips – Full Version

Nick Saban Endorses 49ers LB Reuben Foster

By Joe Fann, 49ers.com

There's been no shortage of buzz about Reuben Foster in the week since the San Francisco 49ers drafted the linebacker 31st overall. The former Alabama star tore up the SEC for four years and became one of the most talked about prospects leading up to the 2017 NFL Draft.

In our effort to learn more about Foster, we went straight to the man who knows him better than anybody. Crimson Tide head coach Nick Saban joined 49ers.com to share unique insight into what San Francisco is getting in their second of two first round picks.

"Reuben is a fantastic player," Saban said. "He's a great competitor. He's very, very instinctive and very athletic. He's a quick-reactor who can play in space. He can cover people. He's a good enough thumper against the run. He has a great burst and closing speed. He's a good blitzer. He's a really, really good player."

Foster's prolific collegiate career included 188 total tackles, 21 tackles for loss and six sacks over the past two seasons. But there's an intangible quality to Foster that had some draft experts calling him one of the better linebacker prospects in recent memory.

"The thing that probably is unique (to Reuben) is that he is a relentless competitor. I mean relentless when he's out there playing. I think that's a difficult standard for a lot of guys to sustain. It seems to be a part of who Reuben is."

Saban prefers not to compare his former players, but he still expects Foster to be among the upper-echelon of Alabama alums who have found success in the NFL.

"We've had a ton of guys who are really good players and went on to have really good NFL careers. I would be surprised if he doesn't fit right in with the top category of those guys."

It's important to note why Foster fell all the way down to the end of the first round. Part of that equation is because of the mixed opinions on his surgically repaired right shoulder. The other factor was a few missteps during the pre-draft process.

John Lynch and Kyle Shanahan each had discussions with Saban in the months leading up to the draft. The 49ers clearly loved Foster as a player, but they wanted to make sure they knew exactly what they were investing in.

The coach also explained why San Francisco is the perfect landing spot for the linebacker.

"I think the important thing for Reuben is that he's a great person. I have a great relationship with him," Saban said. "He's very positive and upbeat. He's got a smile on his face all the time. People gravitate to him."

"He did extremely well in our program, which has a lot of structure. I think an organization that is willing to invest in relationships with players, to help them navigate the future and make good decisions, is the kind of organization that Reuben will thrive in. I think John and Kyle are willing to do that."

According to Saban, Foster has taken full responsibility for why he slipped in the draft, and the coach believes his former pupil will learn from his mistakes. Even so, Saban was sure to remind Foster just how fleeting and NFL career can be.

“Choices and decisions. Choose to do the things that you need to do to be successful and accomplish the goals that you have. Have enough self-discipline to do the right things.”

Foster’s shoulder is expected to keep him limited throughout the team’s offseason program, but he could be full-go by training camp. The 49ers are sure to be patient with their investment, but it’s hard not to get excited by the potential of their newest linebacker.

49ers’ recent RB moves make DuJuan Harris expendable

By Eric Branch, San Francisco Chronicle

Running back DuJuan Harris, one of the few inherited players the 49ers’ new regime re-signed this offseason, has been released, he indicated on Twitter.

Harris, 28, who said he was “blessed for the memories,” re-signed with the 49ers in late March, but he became expendable after they bolstered their running backs corps with subsequent moves. The 49ers signed Tim Hightower, drafted Utah’s Joe Williams in the fourth round and traded for Denver’s Kapri Bibbs. They also signed undrafted rookie free agent Matt Breida of Georgia Southern. Last week, the 49ers released Mike Davis, a 2015 fourth-round pick.

Of the 20 unrestricted or restricted free agents from last year’s 2-14 team, only Harris and defensive tackle Chris Jones had been retained. Wide receiver Jeremy Kerley was signed to a contract extension in March before he became an unrestricted free agent.

Last year, Harris had 138 yards on 38 carries (3.6 yards per carry) and added 115 yards on eight receptions. He lost each of his two fumbles, and also lost two fumbles in the preseason. During the 49ers first minicamp this offseason, Harris had fumble that he recovered.

Before joining the 49ers near the end of the 2015 season, Harris has stints with seven teams in a 38-game career that’s included 590 rushing yards and 4.1 yards a carry.

49ers sign three tryout rookies; release RB Harris, WR Cannon

By Eric Branch, San Francisco Chronicle

The 49ers have signed three players who were invited to last week’s rookie minicamp on a tryout basis and released running back DuJuan Harris and two rookie free agents they signed after the draft to make room on their 90-man roster.

The 49ers signed Boise State safety Chancellor James, Georgia Southern wide receiver BJ Johnson III and Connecticut offensive tackle Richard Levy. In addition to Harris, they released Baylor wide receiver KD Cannon and offensive lineman Bret Treadway.

With the departure of Harris (story here), 50 of the 90 players on their offseason roster weren’t with the team on Feb. 21.

The release of Cannon was unexpected. He reportedly received \$40,000 guaranteed after he surprisingly went undrafted. Last year, he had 87 catches, 1,215 yards and 13 touchdowns. He finished his career with 195 catches, 3,113 yards and 27 TDs.

Last year, James (6-2, 208) had 80 tackles and a team-high three interceptions in 12 starts. Johnson (6-1, 210) had 42 catches for 600 yards and three touchdowns. Levy (6-6, 315) made 37 college starts.

49ers release veteran running back in roster shuffle

By Jon Becker, San Jose Mercury News

The 49ers shuffled the bottom of their roster Monday, releasing seldom-used running back DuJuan Harris while signing three new undrafted players to free agent deals.

Harris, who rushed 38 times for 138 yards and one touchdown in 10 games for Chip Kelly and the 49ers last year, was just re-signed in late March.

San Francisco also released wide receiver K.D. Cannon and 249-pound offensive lineman Bret Treadway, both of whom were signed before last week's rookie mini-camp. Cannon, a former Baylor player, was given a \$40,000 bonus and a \$5,000 signing bonus but showed so little during camp that the 49ers abruptly changed their minds about him.

James led Boise State with three interceptions last season. Johnson led Georgia Southern receivers with 42 catches for 600 yards and three touchdowns. Levy started all 12 games last season on Connecticut's offensive line.

49ers' post-draft depth chart: where the rookies, newcomers fit

By Matt Barrows, Sacramento Bee

Here's what a 49ers depth chart might look like when the team assembles for the beginning of training camp. The chart isn't meant to show who's going to be in trouble on a cut-down day or who will start during the regular season but rather where rookies and newcomers fit into the mix.

Top draft picks like Solomon Thomas are expected to start at some point. But late July may be too early to expect them to be running with the first-team squad. DeForest Buckner and Joshua Garnett, for example, weren't starters when 2016 training camp began.

Defense

LDE: Tank Carradine, Solomon Thomas, Ronald Blair

NT: Earl Mitchell, D.J. Jones

DT: DeForest Buckner, Quinton Dial, Chris Jones

RDE: Arik Armstead, Aaron Lynch, Pita Taumoepeu

SLB: Ahmad Brooks, Eli Harold, Dekoda Watson

MLB: NaVorro Bowman, Brock Coyle

WLB: Malcolm Smith, Reuben Foster

RCB: Rashard Robinson, Ahkello Witherspoon, Adrian Colbert

LCB: Dontae Johnson, Will Redmond

SS: Eric Reid, Jaquiski Tartt

FS: Jimmie Ward, Vinnie Sunseri, Lorenzo Jerome

NCB: K'Waun Williams, Will Redmond

Offense

WR: Pierre Garçon, Aldrick Robinson

TE: Vance McDonald, Cole Hikutini

LT: Joe Staley, Zane Beadles

LG: Jeremy Zuttah, Zane Beadles

C: Daniel Kilgore, Tim Barnes

RG: Joshua Garnett, Brandon Fusco

RT: Trent Brown, Garry Gilliam

TE: Logan Paulsen, George Kittle

WR: Marquise Goodwin, Victor Bolden

SWR: Jeremy Kerley, Trent Taylor

QB: Brian Hoyer, Matt Barkley, C.J. Beathard

RB: Carlos Hyde, Tim Hightower, Joe Williams

FB: Kyle Juszczyk

Special teams

K: Robbie Gould

P: Bradley Pinion

LS: Kyle Nelson

PR: Jeremy Kerley, Trent Taylor

KR: Anyone

49ers part ways with RB DuJuan Harris, sign three tryout players

By Matt Barrows, Sacramento Bee

One thing is clear from Kyle Shanahan's early tenure with the 49ers -- few players should feel comfortable with their roster spots, even the ones who recently landed them.

The team on Monday parted ways with two who fit that category: running back DuJuan Harris, who was re-signed as a free agent in late March, and Baylor receiver K.D. Cannon, whom the 49ers landed as a priority undrafted free agent last week. Cannon was given a \$45,000 guarantee to sign with San Francisco. The 49ers also released undrafted rookie Bret Treadway, an offensive lineman from Lamar.

The players were waived to make room for three tryout players who made strong impressions during the 49ers' recent rookie minicamp: Boise State's Chancellor James, who likely will play strong safety for San Francisco; Georgia Southern receiver B.J. Johnson III; and Connecticut offensive lineman Richard Levy.

Harris appeared in 10 games for the 49ers in 2016, running the ball 38 times for 138 yards while catching eight passes for 115 yards. The 49ers recently drafted Joe Williams in the fourth round and added another runner after the draft, Matt Breida from Georgia Southern.

The 49ers invited 56 tryout players to their recent minicamp. Shanahan noted that current NFL players like receiver Taylor Gabriel, receiver Brandon Banks and cornerback K'waun Williams were tryout players at his previous coaching stops. The 49ers, in fact, signed Williams earlier this year as a free agent. He is competing to be the team's top nickel cornerback in 2017.

Who Built the 49ers? Lynch, Shanahan mold the roster

By Matt Maiocco, CSNBayArea.com

Since the hirings of general manager John Lynch and coach Kyle Shanahan, the 49ers have turned over more than half of their 90-man offseason roster.

The 49ers announced six roster moves on Monday – three cuts, three signings – to bring the number of players added under the new regime to 50 players.

Lynch has contractual control over the 90-man offseason roster, while Shanahan has control over the 53-man regular-season roster, Lynch said during his introductory press conference.

Here's a look at the general manager/coach combinations that first brought the team's current roster to the organization:

Scot McCloughan/Mike Nolan (2)
LB Ahmad Brooks
LT Joe Staley

Trent Baalke/Mike Singletary (1)
LB NaVorro Bowman

Baalke/Jim Harbaugh (13)
DL Tank Carradine
TE Garrett Celek
DL Quinton Dial
WR Bruce Ellington
RB Carlos Hyde
CB Dontae Johnson
C Daniel Kilgore
LB Aaron Lynch
TE Vance McDonald
LS Kyle Nelson
CB Keith Reaser
S Eric Reid
DB Jimmie Ward

Baalke/Jim Tomsula (7)
DL Arik Armstead
TE Blake Bell
OT Trent Brown

LB Eli Harold
P Bradley Pinion
WR DeAndre Smelter
S Jaquiski Tartt

Baalke/Chip Kelly (15)
LB Ray-Ray Armstrong
G Zane Beadles
DL Ronald Blair
DL DeForest Buckner
WR Aaron Burbridge
G Joshua Garnett
CB Prince Charles Iworah
DL Chris Jones
WR Jeremy Kerley
RB Raheem Mostert
OL Norman Price
CB Will Redmond
CB Rashard Robinson
S Vinnie Sunseri
OL John Theus

Personnel department/no coach (2)
K Nick Rose
WR Rashad Ross

John Lynch/Kyle Shanahan (50)
QB Matt Barkley
C Tim Barnes
QB C.J. Beathard
RB Kapri Bibbs
WR Victor Bolden
WR Kendrick Bourne
RB Matt Breida
WR DeAndre Carter
DB Adrian Colbert
LB Brock Coyle
OL John Flynn
LB Reuben Foster
CB Zach Franklin
OL Brandon Fusco
WR Pierre Garçon
LB Jimmie Gilbert
OL Garry Gilliam
S Malik Golden
OL Evan Goodman
WR Marquise Goodwin
K Robbie Gould
RB Tim Hightower
TE Cole Hikutini
QB Brian Hoyer
S Chancellor James
DB Lorenzo Jerome
WR BJ Johnson
DL D.J. Jones
DB Don Jones

FB Kyle Juszczyk
TE George Kittle
OL Richard Levy
OL Erik Magnuson
FB Tyler McCloskey
NT Earl Mitchell
QB Nick Mullens
LB Donavin Newsom
DL Noble Nwachukwu
TE Logan Paulsen
WR Aldrick Robinson
LB Malcolm Smith
DL Pita Taumoepeu
WR Trent Taylor
DL Solomon Thomas
LB Dekoda Watson
OL Darrell Williams Jr.
RB Joe Williams
CB K'Waun Williams
DB Ahkello Witherspoon
OL Jeremy Zuttah

Three rookies win roster spots with 49ers after tryouts

By Matt Maiocco, CSNBayArea.com

The 49ers on Monday morning announced the signings of three players who were among the 56 players invited to Santa Clara to take part as tryouts during rookie minicamp.

The 49ers released veteran running back DuJuan Harris and recently signed undrafted rookies KD Cannon, a wide receiver from Baylor, and Lamar offensive lineman Bret Treadway to make room for the new additions.

The newly signed players are:

S Chancellor James (Boise State): James (6-2, 208) appeared in 35 games (24 starts) and registered 171 tackles, 10.5 tackles for loss, four interceptions, three sacks, seven passes defended and one fumble recovery during his career.

WR BJ Johnson (Georgia Southern): Johnson (6-1, 210) appeared in 44 games with 35 starts. He caught 92 passes for 1,377 yards and six touchdowns. As a senior in 2016, Johnson had a team-high 42 receptions for 600 yards and three touchdowns.

OL Richard Levy (UConn): He started 37 of the 38 games in which he appeared during his career. In the 2014-15 seasons, he started 12 and 13 games respectively at left tackle. As a senior, he moved to right guard.

Sources: 49ers release Harris, Cannon

By Matt Maiocco, CSNBayArea.com

The 49ers will make at least two roster moves after the team held its rookie minicamp over the weekend.

The 49ers released veteran running back DuJuan Harris and undrafted rookie receiver KD Cannon, sources confirmed to NBC Sports Bay Area. It is not known if there are other cuts to the 90-man roster, in addition to Harris and Cannon.

Harris, a six-year NFL pro, appeared in 10 games for the 49ers last season. He carried 38 times for 138 yards while catching eight passes for 115 yards.

Since originally signing with the 49ers on Dec. 22, 2015, he was released and re-signed three times. He recently signed a one-year contract with the 49ers as a non-tendered restricted free agent.

The 49ers also waived Cannon, who ranks No. 3 in Baylor history in receptions (195), receiving yards (3,113) and touchdowns (27). There were 32 wide receivers selected in the NFL draft. The 49ers chose Louisiana Tech slot receiver Trent Taylor in the fifth round.

The 49ers decided to quickly move on from Cannon after seeing him on the practice field and in the meeting room – even after guaranteeing him \$45,000 as an undrafted rookie.

UPDATED: The 49ers will sign offensive lineman Richard Levy of UConn, who was one of 56 players who took part in a tryout during rookie minicamp in Santa Clara over the weekend, a league source told NBC Sports Bay Area. Levy is listed at 6 foot 6, 316 pounds. The 49ers will also sign safety Chancellor James of Boise State, reports the Sacramento Bee. James is listed at 6-2, 208.

49ers take Josh Allen in Todd McShay's way-too-early '18 mock draft

By Nick Wagoner, ESPN.com

Much like the NFL itself, NFL mock drafts have become something of a year-round proposition. So, yes, not long after the actual 2017 NFL draft was complete, many began unveiling their first guesses at the 2018 NFL draft.

Last week, ESPN NFL draft analyst Todd McShay joined that group by releasing what he calls a "way-too-early" mock draft. Was it way too early? Of course. Will it mean anything come this time next year? Probably not.

But it's worth taking a long-term look to get a feel for who might be the top names coming down the pipe and to get a further look at some of the remaining pressing needs for each team.

And McShay makes it clear that he hasn't done full tape study of the prospects and his draft order is based on Football Outsiders' projected win totals for each team.

As followers of the San Francisco 49ers already know, this was a busy offseason in which they began a massive rebuild of the roster. But even with the money and draft capital spent to improve the roster, there are still plenty of needs remaining, including the biggest one of all: a franchise quarterback.

Which is why McShay has the Niners selecting Wyoming quarterback Josh Allen with the No. 2 overall pick.

While that draft is a long way off, it's worth noting that Allen is one of three quarterbacks McShay has pegged for the top three picks in the draft. He sent USC's Sam Darnold to the Cleveland Browns with the first pick and UCLA's Josh Rosen to the New York Jets with the third selection.

Of course, it's also worth pointing out that quarterbacks considered to be the next big thing always don't turn out to be that. Remember, it was just a year ago when many believed Clemson's Deshaun Watson would be the clear-cut No. 1 pick this year and he ended up going 12th to the Houston Texans. The

opposite is also true where a player -- such as North Carolina's Mitchell Trubisky -- comes out of nowhere and becomes the No. 2 overall pick.

Still, from a Niners perspective, it has to be encouraging to see so many highly-regarded quarterbacks potentially available in next year's draft, even if it's possible the names and rankings will change. Part of general manager John Lynch and coach Kyle Shanahan's approach this offseason was based on their belief that being patient to find the right quarterback was the proper approach.

Lynch and Shanahan followed through by signing stopgap veterans Brian Hoyer and Matt Barkley and spending a late third-round pick on a developmental prospect in C.J. Beathard. They also positioned themselves to find the right guy next offseason when, in addition to the aforementioned college prospects, veterans such as Kirk Cousins and Jimmy Garoppolo could be available as free agents.

The Niners would certainly prefer not to be drafting No. 2 overall next year but if they are, an ideal scenario would be to sign someone like Cousins and then be in position to draft another blue-chip player at a different position (receiver, perhaps?) or auction that pick for a boatload of choices for a team seeking one of those top quarterback prospects.

And if the 49ers aren't in the top three and can't sign one of the veteran quarterback options? They acquired additional second- and third-round picks so if they had to make a move up the board for a quarterback, they'd have some additional trade chips to make it happen.

In other words, a potentially loaded class of quarterbacks in the 2018 draft has the potential to benefit the 49ers, one way or another.

49ers sign three tryout players, make three releases official

By Chris Biderman, TheNinersWire.com

The 49ers had three openings on their 90-man roster with the recent releases of receiver KD Cannon, running back DuJuan Harris and offensive lineman Bret Treadway, which they made official on Monday.

They announced the filling of those voids with former UCONN offensive lineman Richard Levy, Boise State safety Chancellor James and Georgia Southern receiver B.J. Johnson III.

All three players tried out for the 49ers over the weekend during the team's rookie minicamp.

Levy (6-6, 215) was a three-year starter for UCONN playing left tackle and will compete to provide depth on the team's offensive line.

The 49ers recently signed veterans Tim Barnes and Brandon Fusco after adding Pro Bowl center Jeremy Zuttah in free agency. They also added Seahawks restricted free agent Garry Gilliam presumably to compete for the swing tackle role.

James (6-2, 208) was a three-year starter at safety for Boise State, leading the team with three interceptions and finishing second with 80 tackles as a senior in 2016. Safety is arguably San Francisco's thinnest spot on the roster with Jimmie Ward projected to start with no established backup.

The 49ers signed undrafted free agent Lorenzo Jerome, who is the early favorite to back up Ward after being considered one of the best prospects that failed to get taken in the recent draft. The 49ers' strong safeties are Eric Reid and Jaquiski Tartt.

Johnson (6-0, 215). led Georgia Southern with 42 receptions for 600 yards last season. He ran a 4.51 in the 40 leading up to the draft. He'll join his college teammate running back Matt Breida, who signed with San Francisco as an undrafted free agent last week.

Aaron Lynch part of the 49ers' plan, for now

By Kevin Jones, KNBR.com

A report from Grant Cohn of the Santa Rosa Press Democrat made it's way to Pro Football Talk this weekend.

Here's the headline: The 49ers' talented young pass rusher Aaron Lynch is reportedly overweight and in danger of getting cut. Let's dissect this a little bit more.

It's almost impossible to estimate what anyone weighs on the practice field, but I'm told the 49ers are okay with Aaron Lynch playing bigger in 2017. During practice drills, Lynch and Ahmad Brooks are mostly with defensive line coach Jeff Zgonia. New defensive coordinator Robert Saleh has said Lynch will have his hand in the dirt this season. 49ers defensive linemen have been told to play at a weight they are comfortable with, per Solomon Thomas.

San Francisco's coaching staff was furious last spring when Lynch showed up to the offseason program 30 pounds overweight, which he blamed on sympathy pounds for his pregnant wife. So, this is a player who has had weight issues before. He also said last season the 49ers were one of the best teams in the NFC, causing teammates and media members to roll their eyes.

It's that type of knucklehead behavior that has Lynch on thin ice, but as of now, a player John Lynch and Kyle Shanahan plan to keep on the 53-man roster. Respected veterans Antoine Bethea and Torrey Smith were let go because it was viewed they had already peaked in their football careers. That was not the case with Lynch, who combined for 12.5 sacks in 2014 and 2015. Shanahan wanted his coaches to get their hands on him this spring and summer before making a decision on his future.

Lynch isn't the reason the 49ers didn't address pass rushing early in the draft. Still, the new regime felt that he's young enough (24) and has been productive in different schemes that it's worth seeing what he has left. Lynch was limited to seven games last season due to a suspension to start the season and a nagging ankle injury. What he put on film was unacceptable, but the bloodbath that was the 2016 49ers defense was almost viewed as a mulligan from Lynch and Shanahan.

Saleh said he and Gus Bradley were high on Lynch coming out of the NFL Draft.

"He's on the defensive line. We're going to try to keep his hand in the ground at all times," Saleh said on April 10. "A couple years ago, when he came out of the draft, we were looking at him as a possible LEO. So, he has all the traits that you would like. Now it's a matter of us trying to work with him to best utilize what he's, in my mind, designed to do and that's get after the passer."

There are ways Lynch could find himself in trouble. If sixth round pick Pita Taumoepeenu emerges during training camp as a legitimate pass rusher, it'll put pressure on Lynch to play well in preseason games. If he's given coverage assignments and he can't mark tight ends or running backs, it'll hurt his stock. If someone unexpected on offense has a surprising camp, it could push Lynch on the outside looking in. The defensive line is so crowded the 49ers might have to pick between Lynch or Brooks at the end of the day. He's anything but a sure bet.

The 'in danger of getting cut' part of Cohn's report is not inaccurate. In fact, the 49ers reportedly released undrafted free agent KD Cannon because of attitude issues during minicamp. So they aren't afraid to cut a player with potential.

But as of May 9, Lynch is in the 49ers' plans.

49ers sign three after rookie minicamp

By Josh Alper, ProFootballTalk.com

The 49ers have shuffled their roster after holding their rookie minicamp over the weekend.

The team made an announcement of six roster moves on Monday. Two of the moves were confirmations of previous reports that the team had dropped rookie wide receiver KD Cannon and running back DuJuan Harris and the team also parted ways with offensive lineman Bret Treadway, who joined Cannon as an undrafted free agent acquisition.

The three empty spots on the roster will be taken by three players who tried out during the minicamp. They are Boise State safety Chancellor James, Georgia Southern wide receiver BJ Johnson III and UConn offensive lineman Richard Levy.

There will likely be more roster churning to come for the 49ers as they make their way toward their first season with General Manager John Lynch and coach Kyle Shanahan at the helm. They've already brought in dozens of new players and the second spot in the waiver order will give the team an early crack at any players who fall out of favor elsewhere as the rest of the league sets their own rosters.

49ers part ways with DuJuan Harris, again

By Darin Gantt, ProFootballTalk.com

The 49ers have cut DuJuan Harris again. At least he should be used to it.

According to Matt Maiocco of NBC Sports Bay Area, the 49ers have released the veteran running back, who they had just signed for a fourth time in March.

Harris tweeted out his goodbye as well.

He started with the Jaguars in 2011, and has also played for the Steelers, Packers, Vikings, Saints, Seahawks, and Ravens. The 49ers bounced him on and off the roster three times since signing him in 2015.

He played in 10 games last season, with 38 carries for 138 yards.

49ers CEO Jed York on Why You Should Treat Employees Like Family

By John Boitnott, INC.com

It's no secret that in recent years the San Francisco 49ers have been an underachieving NFL team. After a short stint at the top of the league hierarchy and a trip to the Super Bowl, the franchise has been struggling just to win games in recent seasons.

There are signs this may be changing though. After CEO Jed York hired a new General Manager and Head Coach, many experts are now saying the team is headed in a better direction. The winning performance of new GM John Lynch in the most recent NFL Draft for example may be a sign of positive things to come.

This all speaks to a CEO who is working hard to put the organization back on track through productivity as well as an infusion of new talent. I recently caught up with York in San Francisco and talked to him about his own entrepreneurial experience. He rang the closing bell of the Nasdaq Stock Exchange, along the second graduating class of entrepreneurs from the Nasdaq Entrepreneurial Center's Milestone

Makers program. We talked about his advice for young entrepreneurs, how he personally stays productive, as well as how he's helping create a healthier environment for 49ers employees.

Start Your Day With Physical Activity

York starts each day with a good workout. He says it's a habit he picked up from his grandfather, legendary businessman Edward DeBartolo Sr., whose Ohio-based real estate company rose to become one of the most successful in the U.S. back in the 70s. He's the one who originally bought the team in 1977.

Debartolo Sr. would apparently "throw his breakfast away" if he hadn't done 100 pushups and 100 sit-ups soon after waking.

York says he's continuing the family exercise tradition each morning because it helps him achieve balance in his day. He mixes in physical activity and meditation in small increments early on because it helps him maintain stamina for later in the afternoons.

"There's five-minute meditation, 15-minute meditation, depending on the day," York says. "It's amazing how much clearer you think throughout the day if that's how you start."

Keeping a high level of performance, working in family time, as well as building and maintaining physical and mental fitness can be a challenge for any professional. But York says meditation and exercise are secret weapons that help him greatly.

Try Unorthodox Email Strategies

On any given day, an entrepreneur may find hundreds if not thousands of unread messages cluttering their email inboxes. By setting time aside to clear out that inbox, busy professionals can spend the rest of their time dealing with other issues. York designates Tuesday as "email day," dedicating two to three hours of his time on that day to respond to all the non-urgent emails he received in the preceding days.

"You'll get thousands of emails from me on a Tuesday, where I try not to let that bog me down the rest of the time when I'm at the office because I want to get work done," York says. "It's amazing how much clearer your schedule is when your inbox doesn't have thousands of unread messages."

Be 'In the Moment'

Too often, people spend their time thinking about things they aren't working on at that moment. When they're with family for instance, many people are focused on their business, which doesn't let them be fully present. Then when they're at work, they may wonder what they're missing at home.

York says the key thing is to be focused on what you're doing when you're actually doing it. If you arrange in advance exactly how much time you need to spend at work and home to be fully present in each place, you'll free yourself up to make the most of each part of your day.

"My wife and I have developed a schedule where my days are never the same," York says. "Usually on a Monday night, I'll stay late at work. I'll leave a little bit later in the morning so I'll get to see the kids in the morning for breakfast, things like that."

Treat Employees Like Family

Reliable, happy employees can bring a bigger boost to entrepreneurs than anything else. Instead of trying to do everything, a leader with a great team can trust others to handle day-to-day operations.

York has found that by treating his workers like family, he gains the many rewards that come with being one of the best places to work in the Bay Area, even if the region brings its own problems to the table.

"Commuting is horrible in the Bay Area," he says. "For us, trying to make sure that employees know, 'Listen, if you want to go down to the 11 o'clock workout class take time. Don't get stuck in traffic at the typical eight o'clock and five o'clock periods where you're going to be 60 to 120 minutes in the car. Get a

workout in.' (You have to) make sure that there's good food and healthy options for people. Things like that get you re-centered and refocused. I think we try to expose those things to our players and certainly making sure that our stadium is family friendly, and healthy and things like that. You want your employees to feel that too."

Beyond perks like food and flexible work hours, York invites his employees to do the same fight-based training he's been doing.

"There's a great guy in the city (San Francisco) named Tareq Azim who runs a gym called Empower," York says. We actually built out an Empower in Santa Clara at the (49ers) facility. A lot of our staff is now doing the same type of workouts we're doing. 'Stand up' on Thursdays, they're doing deep stretches on Wednesdays, but they'll do all this sort of core training the rest of the days during the week. It's a really good workout both physically and mentally."

Don't Let Others Define How You're Doing

York finds a positive attitude makes all the difference. For him, negative press can turn an already bad day into an even worse one. He says when things are going well, reading press that praises the work he's doing isn't good for him. The same goes for reading bad press when things aren't going well. By finding a balance between the two, he's able to keep himself and his team on track.

"Just try to stay as level as you can wherever you are in the business cycle," York says. "I think that's hard for people to do because we're so used to checking social media. If somebody writes an article about us you want to read it. You have to take a deep breath and not let other people define you."

Entrepreneurship can become all-consuming if you let it. York has found the right balance that allows him to enjoy success in his business pursuits, remain physically and emotionally healthy, as well as be available for his family. His experience can help other professionals achieve the same balance as they go through their own entrepreneurial journey.

Former Alabama great tutoring Reuben Foster with San Francisco 49ers

By Mark Inabinett, AL.com

Two decorated Alabama linebackers worked together at the San Francisco 49ers' rookie minicamp over the weekend.

Reuben Foster was a unanimous All-American and the winner of the Butkus Award as the nation's best linebacker last year for the Crimson Tide. He joined the 49ers as the 31st selection in the NFL Draft on April 27.

DeMeco Ryans was a unanimous All-American and the SEC Defensive Player of the Year in 2005 for Alabama. He joined the 49ers as a defensive quality control coach on Feb. 21.

At San Francisco's rookie minicamp on Friday, Foster spent the session working with Ryans. Foster is not able to participate with the rest of San Francisco's rookies as he recovers from offseason surgery to repair a torn rotator cuff.

The San Francisco job is Ryans' first official coaching assignment. But he's been coaching NFL linebackers for years. It just so happened he also was one himself.

"That was always my role," Ryans told nflplayerengagement.com. "And I always enjoyed helping other players, younger players, get better. That's the aspect of coaching I really like -- helping and developing young men to get better. I've always tried to help out wherever I could, whether it was in college or even in high school. I always tried to help guys get better. That was just what I did. It's who I am."

During his 10-year NFL career, Ryans earned the NFL Defensive Rookie of the Year Award in 2006 and received two Pro Bowl invitations.

Ryans said passing along what he's learned about playing linebacker has its foundation in what was passed along to him.

"Guys helped me when I was younger," Ryans said. "I remember in college, guys like Freddie Roach and those guys helped me get started. Then when I got to the league, Kevin Bentley and Morlon Greenwood and Shawn Barber, those older guys, they really reached out and helped, and that's how it's always been for me. So the least I could do is pass it on to others."

San Francisco defensive coordinator Robert Saleh said Ryans' coaching career will take him far beyond working with linebackers.

"DeMeco will probably be a head coach someday," Saleh said.

Foster and Ryans also were former Alabama prep stars -- Foster at Auburn and Ryans at Jess Lanier.

How Reuben Foster ended up with the San Francisco 49ers

The San Francisco 49ers had Alabama linebacker Reuben Foster as the No. 3 player on their draft board. Yet the 49ers were able to get him with the No. 31 pick in the 2017 NFL Draft on Thursday night.

Foster was among the 88 players who attended San Francisco's rookie minicamp this weekend. The 49ers invited 56 players on a tryout basis.

Former Southern Miss quarterback Nick Mullens, a high school standout at Spain Park, was among the rookies signed by the 49ers after the draft.

The tryout players included Samford wide receiver Emmanuel Obajimi and Georgia Tech quarterback Justin Thomas, a former Prattville High School star who worked as a wide receiver for San Francisco.

Former Texans and Eagles LB DeMeco Ryans officially begins coaching career with 49ers

By Mark Eckel, NFLPlayerEngagement.com

Officially, DeMeco Ryans' coaching career began when the San Francisco 49ers hired him this past winter to be their defensive quality control coach.

Unofficially, Ryans has been coaching from the time he started playing high school football at Jess Lanier High School in Bessemer, Alabama.

Ryans, who saw injuries end his 10-year playing career in 2015 after six seasons with the Houston Texans and the final four with the Philadelphia Eagles, is ready to get started on phase two of his NFL life. And it's something that is not a surprise to anyone who knows the two-time Pro Bowl linebacker.

"I did see this happening," Ryans said of becoming a coach. "That was always my role. And I always enjoyed helping other players, younger players, get better. That's the aspect of coaching I really like, helping and developing young men to get better.

"I've always tried to help out wherever I could, whether it was in college or even in high school. I always tried to help guys get better. That was just what I did, it's who I am."

In Ryans' later years with the Eagles, the defensive coaches always referred to the linebacker as a coach on the field. Former defensive coordinator Billy Davis nicknamed him Mufasa, after the character from

The Lion King. The team's current middle linebacker, Jordan Hicks, credits Ryans for helping him along both on and off the field.

"I learned so much from him," Hicks said of Ryans. "Not just on the field, where he helped me a lot. But just how to be a NFL player. He was the perfect mentor."

Ryans said he was just doing what came natural to him and what others did for him when he was the young player learning the game.

"Guys helped me when I was younger, I remember in college (at Alabama) guys like Freddie Roach, and those guys helped me get started," he said. "Then when I got to the league, Kevin Bentley and Morlon Greenwood and Shawn Barber, those older guys they really reached out and helped and that's how it's always been for me. So, the least I could do is pass it on to others."

As a young player with the Texans, Ryans made an impression on a coaching staff that included now 49ers head coach Kyle Shanahan, defensive coordinator Robert Saleh and linebackers coach Johnny Holland. Enough of one that when Shanahan formed his first coaching staff, he included Ryans.

"I knew those guys from Houston," Ryans said. "I worked with all of them, Kyle, coach Saleh, coach Holland. I had a good relationship with them back in Houston going back from my rookie year."

Ryans, who is 32, needs to look no further than Saleh, 38, who began with the Texans a year before Ryans arrived, and was the Texans' defensive quality control coach. He moved up to linebackers coach and is now a defensive coordinator.

In his role as the quality control coach, Ryans will work closely with Saleh, and also with Holland, helping out with 49ers' linebackers.

"Whatever they need me to do," he said. "I'm just here to help in any way."

At just 32, Ryans could be on a career path that leads to bigger and better opportunities down the road. Then, again, he's been on this road for a long time.

"I'm enjoying it," he said. "We'll see how it goes. Of course, any time I do something I want to be the best at what I do. So, I'll just work it and try to be the best quality control coach I can be."