

# WON

WOMEN OF THE NINERS



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TH.I.N.K. GOLD! Conference Functional Performance Training





# PLAYER FEATURE

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



## DEFOREST BUCKNER'S GOLDEN NUGGETS

In 2018, was the recipient of the 49ers Len Eshmont Award, which is voted on by the players and is given to the 49er who best exemplifies the inspirational and courageous play of Len Eshmont, an original member of the 1946 49ers team.

In 2017 and 2018, named the recipient of the 49ers Hazeltine Iron Man Award. The Hazeltine Iron Man Award is named for former linebacker Matt Hazeltine, a 13-year performer who played more seasons at linebacker than any other 49ers player. The award is given annually to the most courageous and inspirational defensive player as voted upon by the defensive coaches. Became the sixth 49ers defender to win the award on multiple occasions.

Buckner has returned to his hometown of Waianae, HI, to host a free noncontact youth football clinic at Waianae High School. "Having my first camp back in my hometown means a lot to me because this is where it all started," said Buckner. "Where I grew up shaped a big part of my life and having the opportunity to give back to my community means the world to me. I just want the youth in our community to see that dreams do come true." As a follow up to this camp, in spring 2019 49ers PREP expanded their free co-ed Flag Football League to the island of Oahu.

## 99 DEFOREST BUCKNER

6-7 || 300 || OREGON

DL

3.17.94 || HONOLULU, HI || 4TH YEAR || ACQUIRED D-1A IN '16



# COACH'S CORNER

*This month's "Coach's Corner" comes from Quarterbacks Coach Shane Day.*

## **What are the most important points of emphasis for the QB's this season?**

The quarterbacks have all been here a while. So, it's really kind of taking all the techniques and all the plays and really going to the next level with them. Really trying to master them. They are familiar with the plays. They've had some experience with them and now it's going to that next level. How do we master these plays so on Sunday we can play fast and be decisive? That's really our emphasis with all of our quarterbacks.

## **What excites you about working with these QB's?**

I think the thing that excites me the most with these guys is their mentality and attitude. They love football. We're all on the same page. They can't get enough. We're always talking ball. We're always having good conversations. There's nobody here that you have to kind of pull along. They all want to be great. They all want to work in football and it's not work at all. They enjoy it. They get into it. We have great discussions on technique and fundamentals and all that stuff. It's just a lot of fun to work with these guys.

## **What is the most important skill set for a QB to be successful at the NFL level?**

There's not one skill set. Each guy plays the game a little bit differently, so you're trying to balance the physical skills of throwing a football and then reading and processing coverages and going through progressions. Then the last aspect, which is really important as well, is being mindful. We talk about



being mindful and being able to control your emotions. That's a big part of it too. When things go bad, are you able to get yourself back to normalcy, so you can function and do those fundamentals? Those are things we're trying to balance and work on at all times.

## **What can each QB do this offseason to be better in 2019?**

They all have a list of things they are working on. Jimmy is working on his rehab and he's really working on getting his fundamentals and timing with each play. We're really talking about him having his timing with his feet and with his eyes. C.J. is really working on feeling pressure in the pocket, so that he can kind of move and get in the soft spots and make throws. Nick has really worked hard on when he moves in the pocket, keeping his weight back so he can really drive the football. All three of those guys have made tremendous progress so far through the offseason. Now that we're in Phase 3 working against the defense, those things are starting to show up which is really exciting.

## **What's new in the QB room with you taking over this year?**

Well, it's interesting because I don't know. It's hard for me to compare this year and last year. I can only speak to what I bring to the room. I have a lot of passion, a lot of energy for quarterback play. Working with these guys has been really exciting and we've had a lot of lively conversations. We're really into football. It's been great getting to know these guys and getting out on the field to work on football.



*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: SHAMARI ALEXANDER

*Shamari Alexander, a mother of two, loves to see the 49ers inspire her boys to be their best.*

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

Being from Bayview, I have always been around the 49ers and they have been my team since I was a kid. Whether it was my parents, grandparents or my aunt, we always had 49ers football on TV on Sundays and we would go up to Candlestick for games when we could. I would say that I took my fandom to the next level in 2010 when my sons started really getting into football.

## What do you love about WON?

I love the interaction among women in the club. Not only as fans do we make up a great group of women but we get the chance to interact with women at all levels of the front office. It's been great to learn how many women are working for the team and to see that there are women in so many roles. I never knew that so many women were behind the scenes in football operations and interact so heavily with the fans. When WON gets together at an event we really get the chance to bond. The club creates such a great atmosphere of women and the events that the staff put together are always so fun!

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

I don't know that there is a specific moment in a game that specifically stands out but I've been lucky enough to attend events that players have been involved in. Being able to attend those events and watch my sons



Shamari's boys meet Richard Sherman at Training Camp

interact with the players is always a highlight, we have always had great interactions over the years. The players are always so encouraging to my boys who are athletes themselves. It's great to see these superstars take the time to share a special moment with a kid and motivate them to strive for their dreams.

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

It may not be considered a superstition, but in our home, when it comes to 49ers football, we never say negatives and speak the great moments into existence. Regardless of it being highlights, a game or even the NFL Draft, we always preach to speak only positive things and keep the negative thoughts out of our mind for the team.

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

Being a local to the Bay Area, we get to feel the impact that the organization has on the community and it has been wonderful! For my boys, the team offers free 49ers PREP flag football leagues in East Palo Alto. Both boys are able to participate at no cost which goes along way for me as a single mother. Through the various clubs, we have had fantastic opportunities and experiences that we would not be able to be a part of if not for the 49ers, not only in WON but with the 49ers Kids Club and 49ers PREP. It is truly wonderful to see a family-run organization take such a high priority in creating a family atmosphere for the fans to connect with the team.

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

Shamari's son Jailyn at 49ers PREP 3-Day Camp



Shamari, Jailyn and friend Demetrius pose with the team's Lombardi trophies

# COMMUNITY CONNECTION

*T.H.I.N.K. GOLD! Conference*

On Friday, May 10th, 49ers PREP presented by U.S. Bank teamed up with BAWSI (Bay Area Women Sports Initiative) and Fuel Up to Play 60 to host the 11th annual T.H.I.N.K. Gold! Conference to support young women in their athletic endeavors and to give them an inside look at careers in professional sports.

Over 65 female high school student athletes from across the Bay Area attended the event. The day included a front office panel with assistant coach Katie Sowers, and co-owners Jenna and Mara York. The panel discussed the importance of leadership on and off the field. “One day it won’t be weird to see a woman leading men because women can absolutely lead anybody,” said Katie Sowers.

The ladies then took their talents to the field with Functional Performance training with the Director of Functional Performance Elliott Williams. The day continued with mindfulness exercises with Stanford Clinical Psychologist Dr. Jeff Taylor. The day concluded with Strength and Conditioning training with Head Strength and Conditioning Coach Dustin Perry, an Athletic Training Q&A with Assistant Athletic Trainer Laura McCabe, and a yoga lesson from the Art of Yoga Project.

Former Olympian, Brandi Chastain, addressed the group giving words of encouragement: “I am very grateful and humbled by the embracing of BAWSI here with the 49ers, the 49ers recognize that there is a group of people in their community that deserve their attention.”



*“One day it won’t be weird to see a woman leading men because women can absolutely lead anybody.”*

*- Katie Sowers*





# WON PRO TIPS

## *Blue Light and Why It's Ruining Your Sleep*

Vision is a very complex process. Most of us don't even think about it; we wake up, open our eyes, and see this beautiful world. But it's actually a highly sophisticated system that allows our brain to interpret the spectrum of colors emitted from the sun and light. We live in a digital world, and constantly hear about "blue light" emitted from electronic screens and whether it's the reason so many of us are losing sleep.

So, what is blue light exactly? Without getting too deep into physics, visible light is made up of different wavelengths. The shorter the wavelength, the higher the energy. Blue light is a color of short wavelength in the visible spectrum that can be seen by the human eye. Sources of blue light include the sun, screens (TVs, smartphones, computers, laptops, and tablets), and fluorescent and LED lighting.

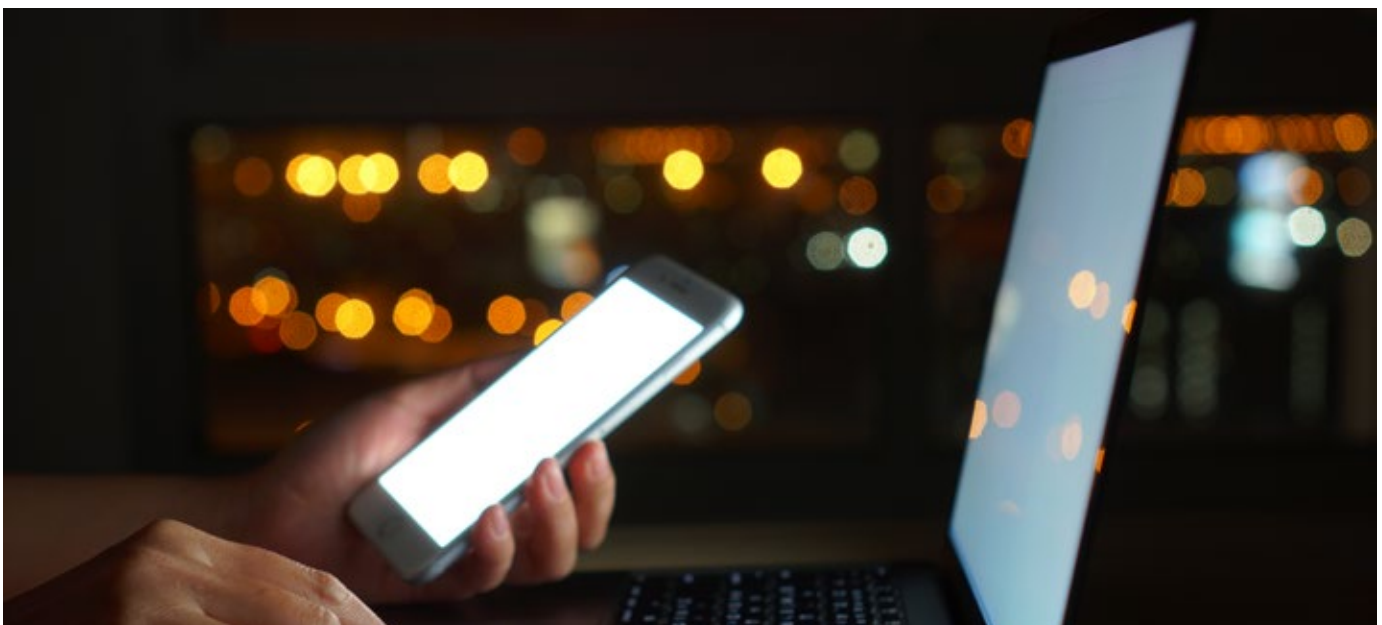
Why is this potentially harmful? Well, our eyes don't have much protective filtering against blue light. Prolonged exposure can cause retinal damage and contribute to age-related macular degeneration, which can lead to vision loss. Light helps boost alertness during the day. However, when you're exposed to excessive blue light from your smartphone (or other screens) at night, it tricks the brain into thinking it's still daytime and can impact your sleep-wake cycles by disrupting the natural production of melatonin in your body.

There's already a large body of research to back the detrimental effects of blue light on sleep—recent research adds evidence to this. This study of healthy young adults found that exposure to blue light from screens between the hours of 9pm - 11pm leads to:

1. *Shortened total sleep time*
2. *Significantly suppressed melatonin production*
3. *Diminished sleep quality due to increase in the frequency of nighttime awakenings*

So keep that screen away from your face at night, set a time to stop watching TV, and shift your screens to night-mode to shut off the blue light emitted from your device. If you can't cut out the technology, you can also purchase fashionable glasses that can filter out the blue light. In a world of fad diets to help you lose weight, following a "blue light diet" can help you net positive sleep gains.

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



# ANNOUNCING 49ERS PRIDE

*The Official Community of 49ers Fans who identify as LGBTQ+ and Allies.*

We're proud to launch 49ers PRIDE - the Official Community of 49ers Fans who identify as LGBTQ+ and Allies. This new platform is the latest opportunity to connect with the team, where you can be loud and proud about your Niners pride!

Throughout the calendar year, 49ers PRIDE will share insider looks on what the organization is doing in the LGBTQ+ Community.

Members of 49ers PRIDE will receive:

- + *Opportunities to participate in pride themed 49ers experiences*
- + *Invitations to attend philanthropic and social events with likeminded Faithful*
- + *Exclusive member merchandise, offers, contests and more!*

*To learn more or to sign up, visit [49ers.com/PRIDE](http://49ers.com/PRIDE).*





# THIS MONTH IN 49ERS HISTORY

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

Tony Morabito and Buck Shaw attended the first organizational meeting of the All-America Football Conference held in St. Louis, Missouri. League founder Arch Ward presided over the meeting, which included representatives from Buffalo, Chicago, Los Angeles, New York, San Francisco and Cleveland. Morabito, the 49ers original owner, grew up in San Francisco's North Beach. He spent several years during the mid-1940s trying to bring pro football to his hometown. The 49ers played in the AAFC from 1946 to 1949 before being assimilated into the NFL.

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



## *June 4, 1944*

*Tony Morabito Begins Founding the 49ers*

