

WON

WOMEN OF THE NINERS



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Adrian Colbert with 2019 49ers
BAASST winner Nicole Liu



Victoria with Sealmates at the last
game at Candlestick



John Taylor calls a block



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PLAYER FEATURE

Arik Armstead Shares the Most Influential Woman in His Life:
Watch [HERE](#).



ARIK ARMSTEAD'S GOLDEN NUGGETS

Lists his parents, Guss and Christa, as the most influential people in his life. He also gives credit to his grandfather, Willie B. Armstead, an Air Force veteran, for instilling the value of integrity that his parents have passed along to him. "A lot of things he instilled in my dad have carried down to me. Having a family member who is more courageous than you can imagine and who served his country is a huge honor."

In April of 2018, Armstead worked with Leataata Floyd Elementary in Sacramento, CA and 916 Ink to host a trip to the Imaginarium, where the young students developed their artistic abilities, while learning how to be better at communicating. The event was in conjunction with Armstead's foundation, which focuses on assisting at-risk youth, particularly through the means of education.

Armstead returned to his hometown of Sacramento in the 2018 offseason to host the first charity weekend for his foundation, #91Six, which promotes equal opportunities through education. The festivities included a charity gala and silent auction. Armstead then led a youth camp the following morning, where the children were able to get hands-on lessons from the NFL players. Throughout the day, Armstead stressed the importance of hard work, sportsmanship and teamwork. Armstead closed the weekend with a talent show featuring comedians and artists from the local community.

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ARIK ARMSTEAD

6-7 || 292 || OREGON

11.15.93 || SACRAMENTO, CA || 5TH YEAR || ACQUIRED D-1 IN '15



COACH'S CORNER

This month's "Coach's Corner" comes from Run Game Specialist/Outside Linebackers Coach Johnny Holland.



How does your coaching philosophy change with the addition of new personnel?

With LB Kwon Alexander, he brings a new dimension of speed to our defense. Our philosophy is always put players in the position where they can make the most of their abilities and his ability is to see the ball, get the ball and make plays on the ball. Our philosophy stays the same, we're going to allow players to be themselves.

What is the most important trait of a linebacker?

I think the number one trait is he has to be physical. He has to be able to tackle and make physical contact, because it's a violent position and you're going to always be involved in contact. If a guy is not willing to hit and lay his body out there, it will be hard for him to play the position. We have a group of guys who love contact and look for contact.

What allowed you to play seven years in the NFL?

First of all, it was a true blessing from God just to have the ability and to avoid injuries through college and high school and to have an opportunity to play in the NFL. To be able to play for seven years, things just have to fall in place and I was allowed to play on some good teams around some good coaches that allowed me the opportunity to learn the game and get better at the game and to grow into the game. That helped as well and God gifted me some great ability to play.

What advice/tips would you give to players that are looking to add longevity to their career like you did?

You have to take care of your body and do your part. Some things you can't avoid, like injuries you can't avoid, but do your part and make sure you're in great condition. Also, having knowledge of the game and when your opportunity comes make sure you know what you're doing and take coaching. It's important to understand where you can get better every year. Find areas where you can improve every year and that adds to longevity.

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

We have to make more plays on the ball. I think we were limited in takeaways last season and this year, I think, one of the biggest status of winning is taking the ball away. I think we have a group of linebackers who are close to getting the ball a lot. By adding Kwon and the new guys who are ball hawk guys and able to make plays on the ball, we're going to continue to stress taking the ball away.



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: VICTORIA MUNOZ

Victoria Munoz, a season ticket holder who loves her 49ers almost as much as her game day seat mates enjoy her homemade cookies.

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

I became a fan during the 1989-1990 season. Growing up, all of my family members were actually Raiders fans but I had not picked a team of my own. That season I was 17 years old and had picked up a winter vacation job at the local K-Mart. All of my coworkers were getting together for a Super Bowl party, as we were making plans everyone asked who was my favorite team? I didn't have one. That's when I decided that I needed to pick a team to root for. I had a Raiders outfit and 49ers outfit picked out at the store. I tried on the silver and black first and knew immediately I could never be a Raiders fan. But when I saw how good that red and gold looked on me, I instantly became a fan for life. That was a pivotal day in my life. Since picking the red and gold I have followed the team religiously, purchased season tickets at Candlestick and I am proud to say that I have seats at Levi's® Stadium.

What do you love about WON?

My favorite thing about WON is the people! Every single event, I meet someone new. Each event is filled with wonderful people, we're all female, and we all love football. I know that at every event I'm going to meet someone new and will be able to enjoy the event with them.

My favorite opportunity from this club was in 2016 when I won the sweepstakes to host my fantasy football draft in a suite at Levi's® Stadium. Not only was it a great day for my friends and me but also we had a special guest join us for the event. The late great, Dwight Clark. When he was still playing, even though I didn't even have a team at the time, I had always



Victoria with Dwight Clark and friends at her Fantasy Football Draft in a Levi's® Stadium Suite

thought he was the most handsome football player on the team. Meeting him was a very special moment. When he came in, I had offered him some homemade cookies that I brought for the event. Not only did he try them, he took a couple with him on his other suite visits, and even came back for more cookies later in the afternoon. That was a day that I will never forget.

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

I alluded to my baking earlier and how I was able to share some of my treats with Dwight Clark. But for my friends and season ticket section neighbors, I am well known for my game day baking tradition. Every single game, I bring in a tin box of freshly baked cookies that I make and decorate myself. I enjoy sharing them with anyone who is sitting in our section. However, there is one rule. No one can have a cookie until the 49ers score a touchdown. Every touchdown that the team scores everyone is obviously very excited for the team but that also means it's cookie time!



Victoria at the 49ers vs Saints Playoff Game



Victoria's Famous Gameday Cookie Tin

WON OF US: VICTORIA MUNOZ

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

Obviously meeting one of my heroes, Dwight Clark, was very special. Watching the Super Bowls of the glory years was fun and beating the Raiders is always great but the most inspirational moment in team history for me would have to be the 2012 NFC Divisional Round game against the New Orleans Saints at Candlestick Park. That was the first year that we purchased season tickets. I was at the game and while I have been to many 49ers games and a lot of experiences at Candlestick Park, I have never seen or felt anything like the energy that went through that building. When Vernon Davis caught that ball, the crowd went wild, and in that moment, all you wanted to do was cry tears of joy.

What impact has the 49ers had on your life?

The 49ers give me another thing to be passionate about in my life. You always hear how sports are a great thing to get kids involved in and playing. For me, the 49ers are my thing that I enjoy and get to use as a hobby to occupy some free time. Being in my seats on game days, it's just something that I love and I get to do for myself. It's an escape from the everyday and brings me joy and excitement!

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

COMMUNITY CONNECTION

2019 49ers BAASST Scholarship Recipient

The 2019 49ers BAASST scholarship winner, Nicole Liu is from Capuchino High School in San Bruno. Nicole visited SAP Performance Facility for what she thought was a final-round interview for the BAASST scholarship. Adrian Colbert went undercover to “interview” Nicole before surprising her with the news that she is our 2019 49ers BAASST recipient. Adrian and Nicole had the chance to connect to discuss the transition from high school to college.

The San Francisco 49ers are proud to team up with other Bay Area teams for the Bay Area All-Star Scholarship Team Program. Along with the 49ers are, the Golden State Warriors, Oakland A's, Oakland

Raiders, San Francisco Giants, San Jose Sharks, and San Jose Earthquakes who each selected a recipient to be recognized for their dedication and hard work, for which they will receive a scholarship to help them achieve their goals of higher education. This unique committee is the first of its kind in the realm of professional sports. The winner will receive a \$5,000 scholarship to his/her selected college, be recognized on the field at a 49ers home game, and will be hosted at a series of events with the six other Bay Area teams.

Check out the video of the surprise [HERE](#).



WON PRO TIPS

Everything You Need to Know About Plant and Animal Proteins, Explained

You've likely noticed the growing trend of plant-based eating—including everything from vegetarian diets to going completely vegan. But if building muscle is one of your health goals, you might be wondering how plant-based foods will affect your gains. Are plant protein and animal protein equal, or is one really better than the other? This guide will help you get a handle on the differences between the two.

To start, it's important to understand the role protein plays in the body. In the most basic sense, proteins are the building blocks of life, and they're found in every single cell in the human body. Protein is one of the three “macros” you often hear about (the other two are carbohydrates and fat) that together provide all of the nutrients humans need to function. It's well known that protein is essential for building muscle. What you may not realize is that protein has many other key functions, like transporting molecules throughout the body, maintaining cells, supporting your immune system, and acting as enzymes to help your body function and run optimally.

But to understand the difference between animal and plant protein, you need to dive a bit deeper. All proteins are made up of amino acids: If you think of a protein as a brick wall, the individual bricks are the amino acids. Of the 20 different amino acids found in the human body, nine of them need to be obtained through the food we eat—the remainder occur naturally in our bodies. The debate over animal proteins versus plant proteins begins when looking at those nine essential amino acids.

Historically, animal protein has been considered the superior protein source. In a traditional westernized diet, the primary animal protein sources come from poultry, beef, pork, and dairy foods. These protein sources are considered “complete” because they provide all nine of the essential amino acids, and they're the most similar to the naturally occurring proteins found in the human body. Humans are able to digest, process, and use animal protein very efficiently. In addition, animal proteins are often high in other essential nutrients that aren't as common in plant proteins, like vitamin B12, vitamin D, the omega fatty acid DHA, heme-iron, and zinc.

Plant proteins (derived from vegetables, legumes, nuts, and seeds), on the other hand, are often low in some



of the essential amino acids, or don't contain all of the essential amino acids required to build protein. But plant foods also provide many nutrients that are not found in animal proteins, like vitamin C, flavonoids, quercetin, catechins, and many antioxidants.

When it comes to building muscle, though, animal protein reigns supreme. Research shows that plant protein is inferior when it comes to digestibility and muscle building. This is most likely due to the presence of an amino acid called leucine—it's responsible for starting the muscle building process in the body, and plant protein sources often have a low leucine content. Regardless of what protein option you choose, make sure it's high in leucine (around two to three grams per serving).

Bottom line: It's all about balance and moderation, even if animal proteins have an edge on plant-based sources for muscle growth. If you opt for animal proteins, avoid processed meat and stick with high quality sources like eggs, fish, dairy, lean beef, and poultry—and make sure you get plenty of fruits and vegetables on your plate, too. If you choose a plant-based diet, make sure to consume a variety of vegetarian foods to get an adequate amount of amino acids and other nutrients.

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.

Charles Haley and Larry Roberts



Team President and Head Coach Bill Walsh orchestrated a draft day coup for the 49ers. He traded away the club's first and second round picks in the 1986 NFL draft to stockpile a series of lower round selections, then unearthed eight eventual 49ers starting players. Walsh landed defensive end Larry Roberts, running back Tom Rathman, defensive back Tim McKyer, wide receiver John Taylor, defensive end Charles Haley, offensive tackle Steve Wallace, defensive tackle Kevin Fagan and safety Don Griffin. They formed the backbone of the 1988 and 1989 Super Bowl championship teams. Haley, Taylor and Wallace developed into Pro Bowl players.

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

April 29, 1986 1986 NFL Draft

Tim McKyer



Steve Wallace



Tom Rathman