

WON

WOMEN OF THE NINERS



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PLAYER FEATURE

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



AWARDS & HONORS

2015

49ers Community Relations Rookie Service Award

2017

49ers Walter Payton NFL Man of the Year Award

2018

*NFC Special Teams Player of the Week (Week 9),
Family Service Award*

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BRADLEY PINION

6-8 || 240 || CLEMSON

6.1.94 || CONCORD, NC || 4TH YEAR || ACQUIRED D-5 IN '15

PINION'S GOLDEN NUGGETS

Every player has their own unique superstitions and quirks that get them ready for a game of football. For Pinion, it is all about his most important piece of equipment: the shoes. For every practice and game since high school, Pinion has tied his shoes the same way. He takes the laces on his right shoe and wraps them around the bottom, ties them and pushes the knot off to the right side, out of the way. "I like to take care of the important foot first," he says.

Pinion credits his longtime kicking coach Dan Orner as being the most influential person in his life. While preparing for the NFL Draft, Orner worked out side by side with Pinion, pushing him to get better every step of the way. "Just the way he handles his business and the person that he is, it's something I try and mimic."

COACH'S CORNER

This month's "Coach's Corner" comes from Quarterbacks Coach, Rich Scangarello.

How important is film study to a QB's success?

Film study is critical to a quarterback's success. It's probably the thing they spend the most time doing during the week. Just the overall study of how the defense plays, the personnel, how our scheme fits into it. It takes a lot of time. They have a routine. It starts on Monday and doesn't end until Saturday night. So, it's pretty in-depth.

How many throws is a quarterback making a week?

It depends on the quarterback, whether they're the starter or the backup. Each player has a different routine. It's not the amount of throws they make, it's practicing the types of throws they're going to make that's required in each game plan. That changes week to week so you're working on specific mechanics. It's hard to quantify because it changes week to week. It's more specific throws that he has to master each week and sometimes that requires more throws in a given week.



What's the most important trait for a QB?

I don't know if there's one particular trait, but I know that in the NFL, you need the ability to process quickly and translate what your mind and your brain sees to what it requires to execute a play. That ability to process quickly, mentally, after the snap of the football is as important as anything for a quarterback. I'd also say the ability to have toughness and stand in the pocket is really important. It's very difficult to execute what we ask of the quarterback under duress without that toughness, it's really hard to function in the NFL.

How do you communicate with a QB when they're on the field?

When they're on the field, that goes through Coach Shanahan. He can speak into the quarterback's helmet up to 15 seconds before the play clock expires in between plays. When we do that, we send in an actual play call with a personnel group formation, the actual play type and any details we need for him to execute the play.

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: GLORIA PINON

Raised to root for the Red and Gold since grade school, Pinon is a proud member of the “Faithful” who has found friendship and camaraderie through her love of the 49ers and WON events.

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

Honestly, I can’t remember. My parents always had the Forty Niners games on TV every Sunday. I am sure that helped cement my love of sports and the team so, I suppose it would be during grade school.

What do you love about WON?

WON has helped me come out of my shell. I feel deep down inside that I am a shy person, and WON has given me the opportunity to meet fellow passionate female fans who now have become friends. If you have never been to a WON event, I would highly recommend attending. It is a great opportunity to meet new people, and you will be happy you did!

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

One moment that stands out to me, was the watch party that I attended for the 2014 NFC Championship Game against the Seattle Seahawks. Watching that game with a group of passionate fans was both wonderful and heartbreaking. Obviously, the outcome was heartbreaking but the memories with friends from earlier in the game are wonderful to reflect on. After each game, I always try to carry the attitude that win or lose, the time spent with fellow diehard fans is priceless.



Gloria finishes a 5K on the field at Levi's® Stadium



Gloria and her son Marc at 49ers Trivia



Gloria meets Jesse Sapolu at Candlestick Park

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

I don't have any superstitions per se, but I have to watch the game live on the day the team plays. Everything else on that day is planned around the Niners game.

What impact has the 49ers had on your life?

The 49ers have helped create new friendships and cement old ones. They have given me the opportunity to attend unique and awesome events while strengthening my knowledge of the game.

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

COMMUNITY CONNECTION

Each month learn how the 49ers organization makes an impact off the field through hands-on service projects, outreach to those who serve our communities, and creating uplifting experiences for those who need hope the most.

Convoy of Hope

On December 4th, the San Francisco 49ers partnered with international humanitarian-relief organization, Convoy of Hope, for the third year in a row to host a free Holiday Fair at Levi's® Stadium for 1,200 honored guests. Almost 200 49ers players, coaches, ownership, executives, and front office staff participated with their families and came together to volunteer for the evening.

Guests came from 15 nonprofits all serving the community in the 49ers backyard, including homeless shelters, foster homes, Title 1 schools, and domestic violence shelters. Guests were provided with groceries, haircuts, books, family portraits or headshots, toys, shoes, diapers, health resources, professional development tools, and a warm meal, all in a spirited holiday atmosphere.



Every year, the team looks forward to opening up its home to spread holiday cheer and welcome guests to the 49ers family while also providing much needed resources that they might not otherwise have access to. Equally as special is the impact that the nonprofit families have on those who volunteer their time. As Kicker and 49ers 2018 Walter Payton Man of the Year nominee Robbie Gould explained, “These are moments in your NFL career that changes your life. You know, their cheer, their smiles, reading a book with some of the young kids to watching them pick out shoes. This is an event that they look forward to every single year and I think it’s pretty incredible to be able to share those memories of giving back and of hope to families and you know, it’s awesome that they get a chance to see Levi’s® Stadium but more importantly I think it’s incredible the smiles that they have on their face.”

Written by // Saya Lindsay, Community Relations Coordinator



WON PRO TIPS

Health and wellness information from the men and women who keep 49ers professional athletes at peak performance.

Laura McCabe at 49ers game



WORKOUT RECOVERY TIPS

After a long or difficult work-out it is very important to hydrate. Muscles and joints rely on water to work properly and being properly hydrated helps transports nutrients throughout your body to help you recover from a workout. Sports drinks are also beneficial to restoring electrolytes and fluids, but should be used in moderation.

Doing light exercise or getting out for a walk the day following a strenuous workout is also beneficial for recovery and valuable for a few reasons. It increases your heart rate, which increases blood flow to your muscles and helps flush out any soreness or lactic acid that your workout has caused. Movement also increases joint lubricants that help keep joints healthy and mobile. Walking is a great activity that moves your ankles, knees, hips, and shoulders to aid in maintaining healthy joints.

Laura McCabe
Assistant Athletic Trainer

SHOULD I HIRE A PERSONAL TRAINER OR FLY SOLO?

I highly recommend hiring a qualified personal trainer, if it is financially feasible. Would you want a dentist to fix your car engine? Would you want a car mechanic to pull your tooth? The answer is no. A qualified personal trainer will assess where you are, physically and mentally, before beginning any training program. The trainer will then devise a plan to help you reach your goals based on the assessment. It might take you a few tries to find the right trainer, but it can really make the difference between reaching your goals or falling short.

Going in alone can be a bit like steering a boat with no compass. I know some people can navigate a gym and create a workout on their own. However, on average, most people don't know how to create a multifunctional program that has progression and layers that keeps your body from hitting a plateau.

Most fitness facilities offer affordable personal trainers. They should have an accredited certification, be well organized and professional. Ask for job references and even ask to speak to some of their former clients.

Ray Wright
Head Strength & Conditioning



Ray Wright at 49ers practice

DECEMBER EVENT

WON Meet the Women of the Front Office Mixer

In December, WON presented a new event unlike anything done before from the club. Members were invited to the 49ers Museum to not only explore the rich history of the team, come face to face with statues of the 49ers Hall of Fame, and see the organization's five Lombardi Trophies but also be a part of a richer conversation.

To highlight the event, attendees gathered in the Morabito Theater to hear a discussion from women of the 49ers front office including Hannah Gordon (Chief Administrative Officer and General Counsel), Nikki Hawkins (Director, Partnership Activation), Laura Johnson (Senior Manager, Game Day Presentation & Live Events), Angela Nix (Director of Guest Service), and moderated by 49ers team reporter Keiana Martin.



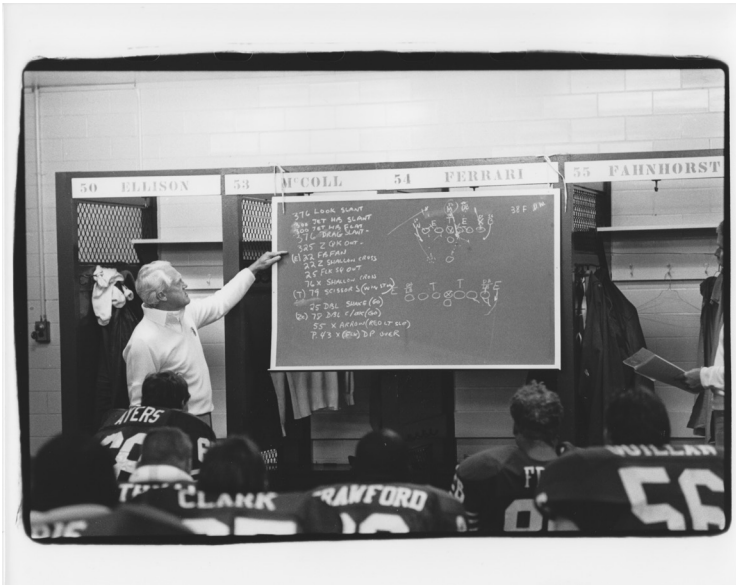
Each member of the panel offered unique insights to what it is like to work for the organization, backgrounds on their path to the 49ers, and advice for any woman looking to grow her career. The conversation took an inspiring turn when discussing the culture of being a woman in the sports industry. The speakers were able to shed light on how the 49ers go above and beyond to empower women in the front office and on the football staff. The team created the Denise DeBartolo York Fellowship to give upcoming, female professionals the opportunity to gain hands on experience working for an NFL club. The program is a 12-month entry level, rotational position that allows the recipient to try her hand at multiple positions across the organization.

As always with WON events, there were raffle prizes to close out the program that included 49ers gift bags, a DeForest Buckner signed helmet, an autographed Jimmy Garoppolo jersey, and the grand prize of two tickets to the 49ers vs Bears on December 23rd for Fan Appreciation Day.



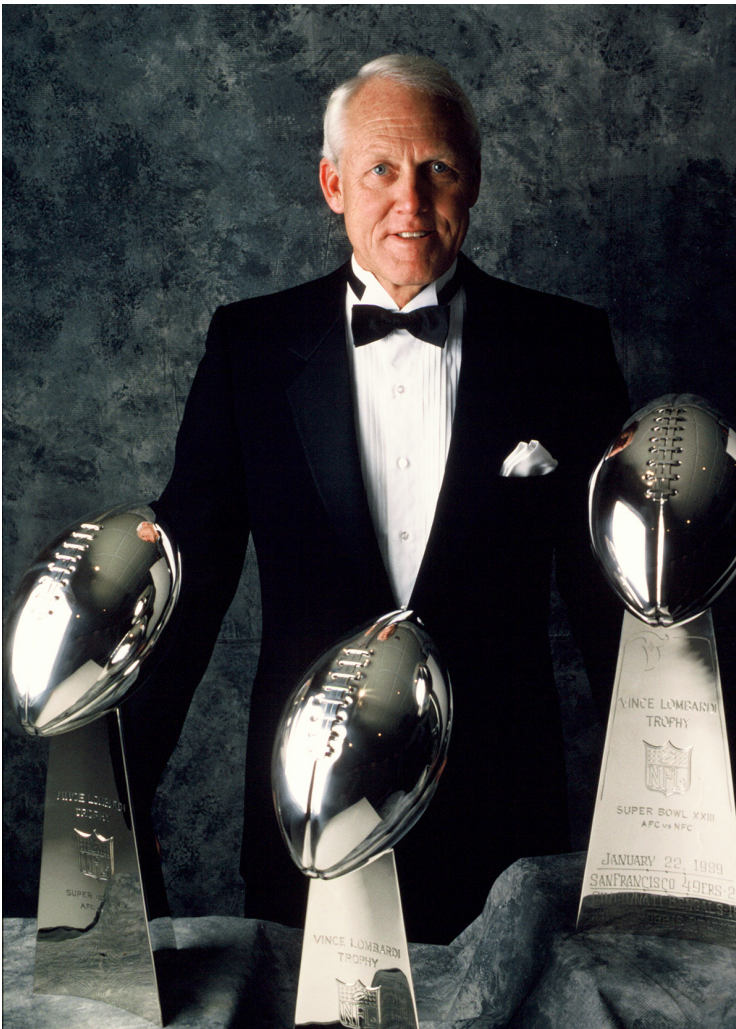
THIS MONTH IN 49ERS HISTORY

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



Bill Walsh was officially introduced as the head coach and general manager of the San Francisco 49ers. Walsh inherited a 2-14 club and revitalized the franchise. He led the 49ers to their first Super Bowl championship after the 1981 season and was the architect behind the club's reign as the "Team of the 1980s." During Walsh's 10 years at the helm, the 49ers won six division titles, three NFC championships and three Super Bowls. He was named the NFL's Coach of the Year in 1981 and 1984, and was selected to the Pro Football Hall of Fame in 1993.

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



*January 9, 1979
40th Anniversary of Bill Walsh
hired as 49ers Head Coach*