

WON

WOMEN OF THE NINERS



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49ers PREP Flag Football



Million Dollar Backfield: V.A. Title, Hugh McElhenny, John Henry Johnson, Joe Perry



PLAYER FEATURE

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



NICK BOSA'S GOLDEN NUGGETS

Nick Bosa appeared in 30 games (10 starts) in three seasons at Ohio State (2016-18) and registered 77 tackles, 17.5 sacks, 29 TFLs, 2 PDs, 2 FFs and 2 FRs. As a junior in 2018, Bosa started all 3 games in which he appeared and finished the season with 14 tackles, 6 TFLs, 4.0 sacks, 2 FRs and 1 FF, earning All-Big Ten Honorable Mention honors. In 2017, he was named Big Ten Smith Brown Defensive Lineman of the Year and an All-American by the American Football Coaches Association after appearing in 14 games (7 starts) and registering 34 tackles, 16 TFLs, a team-high 8.5 sacks and 1 FF. As a freshman in 2016, he earned Freshman All-American honors by ESPN after appearing in 13 games for the Buckeyes and finishing with 29 tackles, 7 TFLs and 5.0 sacks.

Nick Bosa and the entire 2019 Rookie class swapped their helmets and shoulder pads for hairnets and plastic gloves as they suited up alongside 49ers front office staff members to pack 30,000 nutritious meals for families in need through a partnership with Feeding Children Everywhere for the 49ers annual Community Day. The group saw the immediate impact of their hard work that afternoon as they hand-delivered the meals, in addition to groceries and backpacks to families at CityTeam San Jose's Mobile Pantry sites.

97 NICK BOSA

DL

6-4 || 266 || OHIO STATE

10.23.97 || FORT LAUDERDALE, FL || ROOKIE || ACQUIRED D-1 IN '19



COACH'S CORNER

This month's "Coach's Corner" comes from 49ers Wide Receivers Coach, Wes Welker.

What were the keys for you in having a successful playing career?

I think it was just the hard work that I put into it. I came into this league as an undrafted free agent, so I might say that it was to give everything I had every single day and if I got cut then I could hold my head up high and know I gave it everything I've got. I just wanted to give myself every opportunity to possibly make it and if everything worked out then great, if not, at least I knew I gave everything I had.

What excites you about working with this group of wide receivers?

I think just the youth. All these guys are young guys and they're still learning and they're still developing. They're very hungry. That's one thing that I've really enjoyed about them is the fact that they're eager to learn, eager to work hard, and here to do whatever is necessary to be successful on the field.

What's the biggest transition from playing wide receiver to coaching them?

First off, it was learning how to use a computer because I hadn't had to do that in a long time. Excel, Visio, all that stuff was a work in progress. I would say that was one of the key points. Also, understanding that not everybody is going to do it the way I would have done it depending on skill set, size, and different things like that. So, really trying to understand there's more than one way to get open.



Is there a trait you value more than others at the wide receiver position?

Obviously, I'd love if they have good hands, but I think that goes without saying. I'm big on quickness. Speed is a luxury, I think quickness is a necessity.

What players did you look at as mentors or role models?

When I first came into the league I was in San Diego and Tim Dwight [San Diego Chargers] was there. Tim and Eric Parker [San Diego Chargers] really set a standard of what it's like to be a pro. So, being with those guys really early on in my career, especially first coming in, just to see the work ethic and everything that is put into it. They were great examples to me of what to do on a day-in and day-out basis, on how to be a pro, how to prepare, how to eat right, how to work out. Those guys worked their tails off. You think you're working hard in college and everything else, but until you see that example from guys who have been prudent in this league, it really amplifies everything for you.

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: LISA RICH

Lisa Rich, a 49ers Faithful from day one who loves that she can spend time with her mother and daughter at WON events.

Lisa and her mother at the women's club Paint Nite



Lisa meeting her football idol, Dwight Clark

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

I was born a Faithful. My dad was the only 49ers fan in our family amongst a sea of Dallas fans. So like any good daughter, I was there with him on Sundays watching the game and supporting him. As I grew older, I had the opportunity to change my fandom but I stood by the Niners and committed to being a 49ers Faithful for life. I didn't go to my first 49ers home game until 2012 at Candlestick, but in my household I raised my kids to know that only the 49ers fans get to have a good view of the game on TV. Because of this rule, my daughter became fascinated with football. As she grew more interested, I told her she could get a jersey but only if she committed to being a Faithful. She took the challenge and now watches every game, cheering for our Red & Gold.

What do you love about WON?

I joined the women's club back in 2015. Originally, it was something that my daughter and I could do together. She had become such a big fan, so it made sense to sign us both up to spend more time together and meet other likeminded women. After a few events, my mom who had not been much of a football fan throughout her life wanted to be a part of the experiences so we signed her up as well. Since joining the group, she has started to watch every game and we often hear her yelling at the TV on gamedays. Being part of Women of the Niners has become a three-generation family experience. Something that I could do with my mom, something my daughter could do with her grandmother. It is something the three of us can all do together.

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

The Catch. I was very young, but I remember watching that game and all the excitement since my family is mostly split San Francisco and Dallas fans. From that game, I remember loving Dwight Clark. I would later go on to buy his jersey and I even had the opportunity to meet him and his wife a few years back. Can I just say, I was in heaven!

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

Every single Sunday during the season and into the off-season I am wearing something 49ers. If I can't be at the game you will see me at home with the family watching the game or if I have to be away from home, I will find a way to stream it on my phone. My kids often get me 49ers apparel as gifts since they know, every Sunday, I'll be in my gear no matter what.

What impact has the 49ers had on your life?

My mom has said through the years that I lack faith. As a daily reminder to have more faith, I had it tattooed on my wrist to remind me that I have to have faith. It connects me to the team on gameday, as a constant presence to believe in the players and coaches on the field, believe in the scouts and general manager during the NFL Draft, and stands as an important reminder in my everyday life as well. My mom often reminds me, "You gotta have Faith, Lisa."



Lisa's Faith Tattoo

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

COMMUNITY CONNECTION

49ers PREP presented by U.S. Bank Flag Football Program presented by Mountain Mike's Pizza

In 2018, 49ers PREP presented by U.S. Bank launched brand new flag football leagues in partnership with local community partners, presented by Mountain Mike's Pizza. These completely **FREE** leagues saw over 500 Bay Area boys and girls participate in its first year. The program offers an opportunity for these young people ages 7 – 14, to participate in an organized youth sports program while not having to shoulder the burden of the high registration fees that dominate the youth sports landscape. Now in season two, the program is growing in popularity and leagues are in high demand internationally. 49ers PREP Flag Football Program has grown to more than 3,000 participants with over 35 leagues spanning the Central Valley, Northern California, and Hawaii. 49ers PREP Flag Football Program offers community organizations the ability to host top quality leagues conveniently located in local parks and fields. Each partner organization is provided with jerseys, flag belts, mouth guards, and backpacks for their players. Coaches, referees, and other league staff are given training through handbooks and hands-on orientations to ensure a high quality



and safe environment that fosters sportsmanship and diversity. In addition to these resources, 49ers players have volunteered their own time in the offseason to coach and make an impact in the lives of these young athletes.



WON PRO TIPS

Strength Training: The Benefits and How It Can Be Incorporated Into Your Daily Routine

Incorporating a resistance training program into your weekly schedule will provide both internal and external benefits to your health which can be maximized through a consistent nutrition program.

Benefits Include:

- + Reduces resting blood pressure
- + Decreases low-density lipoprotein cholesterol (bad cholesterol)
- + Increases high-density lipoprotein cholesterol (good cholesterol)
- + Reducing cardiovascular demands to physical activity
- + Increases bone mineral density
- + Improves body composition

Resistance training is not limited to barbells and lifting heavy weights. Other variations include:

- + Medicine Balls
- + Resistance Bands
- + Machines

- + Dumbbells
- + Suspension Straps
- + Your own Body Weight

How to Get Started:

- + Focusing on good technique is always the first priority. If you are new to resistance training, seek out a personal coach to help guide you through the beginning stages to ensure proper form and progressions are in place.
- + Total body training can maximize your time in the gym when time is limited due to other responsibilities.
- + Emphasize circuit training with shorter rest periods to keep your heart rate higher and to burn more calories in the session and throughout the day.
- + Resistance training is a life long journey so start slow.

Tips by // Dustin Perry, Head Strength & Conditioning



WON EVENT INVITE

We hope you will be able to join us for our next event!

Join us for the 2019 WON Insider Happy Hour on Monday, August 12 from 5:30PM - 7:30PM as we build closer to the start of the NFL Season. Attendees will be treated to an evening of light bites, drinks, amazing downtown San Francisco views, and a raffle. Raffle prizes will include prize bags and two (2) tickets to a 49ers home game. The grand prize is the opportunity to receive a private tour of the NBC Sports Bay Area studios and watch a 49ers away game with the talent of NBC Sports Bay Area's 49ers Post Game Live which includes 49ers alumni Ian Williams, Donte Whitner, and Jeff Garcia.

The evening will be highlighted by a conversation with NBC Sports Bay Area's Jennifer Lee Chan, NFL Network's MJ Acosta, along with Taneka Smothers of the Athletic, and moderated by the 49ers own Team Reporter, Keiana Martin.

To be a part of this one of a kind event, register through the button below by Thursday, August 8. Space is available on a first-come, first-served basis, so be sure to sign-up soon. All registered attendees will receive additional event details on or before Friday, August 10.

WON Insider Happy Hour

*Monday, August 12
5:30 pm–7:30 pm*

*Roof of the NBC Sports Bay Area building
at 360 3rd Street, San Francisco, CA*

[*Register Here*](#)



THIS MONTH IN 49ERS HISTORY

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

August 29, 1948

Joe "The Jet" Perry Rushes for the 49ers



Pro Football Hall of Fame running back Joe Perry registered his first regular season rushing attempt with the 49ers. He wasted no time flashing his formidable skill. On his first pro football carry he darted 57 yards for a touchdown against the Buffalo Bills in San Francisco's 35-14 win. Perry, the first African-American player signed by the 49ers, finished his rookie season with 562 yards and 10 rushing touchdowns on just 77 carries. "Joe hit the hole so quick I thought he was jumping offside," recalled quarterback Y.A. Tittle. "I had a hard time getting him the ball fast enough." Perry rushed for 8,689 yards during his 14 seasons as a 49ers running back.

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

