

# WON

## WOMEN OF THE NINERS





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# PLAYER FEATURE

*Fred Warner Shares the Most Influential Woman in His Life:*  
Watch [HERE](#).



48  
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LB

## FRED WARNER

6-3 || 236 || BRIGHAM YOUNG UNIVERSITY

11.19.96 || SAN MARCOS, CA || ROOKIE || ACQUIRED D-3A IN '18



### FRED WARNER'S GOLDEN NUGGETS

Became the first rookie since 2000 to begin his career with 4 consecutive games of at least 10 tackles, according to Gamebook Statistics. Warner finished the 2018 season with 122 tackles, ranking 3rd in the NFL among rookies.

Warner credits his mother, Laura, as the number one influence in his life. He notes that his mother raised him and his siblings all by herself while making sacrifices along the way. "She taught all of us about hard work," Warner said. On draft day, Laura was by Fred's side as he was selected by the 49ers in the third round. "She was right next to me," he said. "She got the first hug."

Caught the attention of BYU coaches after a die-hard BYU fan and family friend sent Warner's highlight tape to the coaches and was later offered a scholarship.

Warner and his teammates surprised guests of the Cityteam Men's Program and House of Grace on November 20, 2018, at Levi's Stadium. The group believed they were just taking a tour of the stadium, but they were in fact joining the 49ers players for a night full of exciting events. The guests received a makeover and haircut, selected a new outfit from Dockers, snapped a new headshot and then shared a Thanksgiving dinner with the 49ers players.



# COACH'S CORNER

*This month's "Coach's Corner" comes from Linebacker Coach, DeMeco Ryans.*



## **What fundamentals are essential for linebackers to be successful at the NFL level?**

Fundamentally, linebackers need to be smart. They need to be able to use their hands really well to get off of blocks. They also need to have great speed because the game is more passing. Also, just awareness and instincts of the things offenses are trying to attack them with.

## **Why are linebackers referred to as MIKE and WILL?**

MIKE is the middle linebacker and WILL is the weak side linebacker. SAM is the strong side linebacker who plays to the side of the tight end.

## **What is more valuable as a linebacker, size or speed?**

Definitely speed. Nowadays, teams are passing the ball a lot more, so speed for a linebacker is one trait that you have to have.

## **Is it more challenging to coach run fits or coverages?**

I think coverages can be more challenging. There are a lot of different route concepts, a lot of different passes the offense can present. Coverages are becoming a little bit more difficult. It's also tougher to cover guys because these receivers are so fast. Run fits are pretty simple because teams don't run the ball as much anymore, so run fits have become easier.

## **When you played linebacker, what did you enjoy most about the position?**

I enjoyed being involved. As a linebacker, you have to be involved in both the run game and the pass game. You also have to be able to direct traffic, which I liked a lot. Things happen fast and as a linebacker, especially as a MIKE linebacker, you have to be able to communicate to the defense and get guys lined up. If things are off or a guy gets out of position, you have to get them lined up. I always liked that challenge.

## **As a linebacker, what should you be focused on reading before and during the play?**

Before the play, you should definitely focus on seeing the entire formation of the offense. Then, during the play you have to key in on the running back. The running back tells you a lot, so we teach our guys to make sure they key the running back.

## **Did you play MIKE, SAM, or WILL while you were playing? Which one was your favorite and why?**

I played all three actually, but I enjoyed MIKE the most because you're the guy out in front of the huddle getting the calls and communicating to the defense. I enjoyed MIKE the most because it's the most challenging and demanding. It's similar to coaching because things don't always go right so you have to be able to fix things. Kind of like a coach on the field, so it was kind of an easy transition for me to step into coaching.



*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: STEPH SMITH

*Steph Smith, a native of Walnut Creek, now plays beach football in Southern California and makes sure to see the 49ers play every year when they take on the division rival Rams in LA.*

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

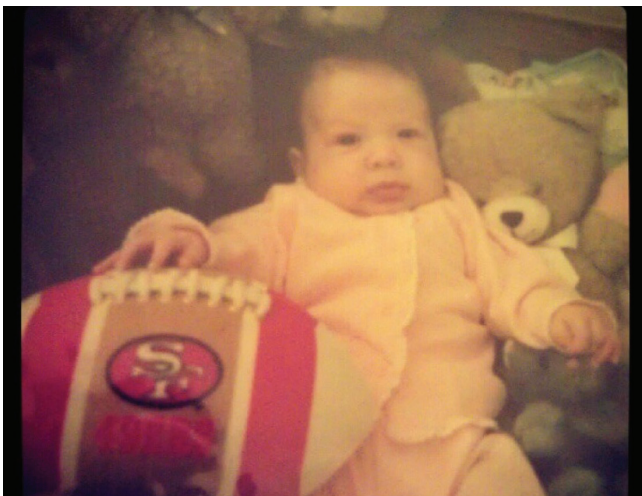
My Dad had season tickets for the Niners at Candlestick Park long before I was even an idea. He was in attendance for The Catch during the 1982 NFC Championship Game, so I really had no choice in the matter, I was raised a 49ers fan from birth. My Dad likes to joke that I was watching games with him on his lap at six months old.

## What do you love about WON?

My favorite thing about WON is that it is not marketed as a group that needs to learn football at an intermediate level. Most of the women in attendance know the game of football and the organization understands that. The WON group focuses more on creating and adding to the overall 49ers experience instead of trying to teach it. Many of us already have vast football minds and I love that the 49ers unlike other organizations understand that and don't try to dumb it down or treat us differently just because we are women.

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

Growing up, everyone in my family from grandparents to aunts, uncles, and even family friends were all 49ers fans, so my fandom to the Red and Gold was always confirmed. A few of my favorite moments as a fan would have to be attending the Legends of Candlestick event and watching the 2012 NFC Divisional Round playoff game against the New Orleans Saints.



*Baby photo of Steph Smith*



*Steph Smith and her dad tailgating for a 49ers game*

The Legends of Candlestick event was just so cool. Never could I imagine I'd be able to see all of those generations of legendary players together, let alone playing with one another. It was amazing to see Joe Montana throw passes to Jeff Garcia who would pass to Steve Young to hit Jerry Rice in the End Zone for a touchdown!

I also remember watching the playoff game against the Saints with my dad, just like I did as a kid. We had originally decided to watch at a restaurant, but given all of the emotions of that game, we quickly realized we needed to be back home to see the thrilling conclusion of the game. As Vernon Davis walked off the field with tears in his eyes from scoring the game winning touchdown, I remember seeing him and having to hold back tears of joy myself.

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

In my family we have two 49ers traditions. The first was started by my dad back in the 80's at Candlestick Park. His friends and he would make sure they were one of the first people in the parking lot on the mornings of game days. They often would be tailgating all by themselves in an empty lot as soon as it opened. We continue that tradition to today. Whenever, we have the opportunity to attend games, we are one of the first people in the lot tailgating and preparing to watch our Niners.



# WON OF US: STEPH SMITH

Our other superstition has to do with our family dog, Larry. Every game, home or away, Larry has to be wearing his 49ers jersey. More times than not, if Larry isn't wearing his jersey, the team loses. We make sure every week that Larry has his jersey on and bring the team the luck they need for victory.

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

Above everything else, the 49ers give me something to be truly passionate about. It is a great conversation piece, it's a way for family and friends to become closer together and not only that, it also allows for strangers to get to know one another as they root on the team. Overall, I love that 49ers football is something to share and be passionate about.



Steph Smith's dog Larry

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

## COMMUNITY CONNECTION

49ers EDU's K-8 STEAM field trip program teaches students about STEAM (Science, Technology, Engineering, Arts & Math) concepts through the game of football. 49ers STEAM Educators greet the students as they arrive in the parking lot. Walking up to the stadium, the students cross one of the three solar bridges at Levi's® Stadium and later learn about how they contribute to the stadium's LEED Gold Certification.

49ers STEAM Educators show the students how football connects to Science, Technology, Engineering, Arts, and Math concepts. For example, by touching and feeling uniforms, students observe the different materials used to create the uniform and discuss the engineering and design process that took place to create and improve the jerseys that the 49ers wear during their games.

Throughout the day students will experience a walk-through the 49ers Museum to learn about the team's history, an educational tour of Levi's® Stadium to see how it contributes to a safer and cleaner world, the 49ers Movement Lab where students are put through some physical activity stations, and most importantly, students immerse themselves in STEAM concepts in one of the interactive classroom spaces built into Levi's® Stadium.

Classroom lessons in our Denise DeBartolo York Education Center are standard-aligned and selected by the teacher at the time of application. In addition to offering a free field trip experience at Levi's® Stadium, 49ers EDU also grants free bus transportation within a 75-mile radius for a number of schools that apply. At the end of this year, 49ers EDU's flagship STEAM field trip program will have provided 200,000 participants with a free, unforgettable experience at Levi's® Stadium since the program's inception in 2014. Applications for the 2019-20 school year will open in Spring 2019.



*If you like to receive more information or have any questions, please reach out to us at [edu@49ers.com](mailto:edu@49ers.com).*



# WON PRO TIPS

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

Jordan Mazur at Levi's® Stadium



Making some major changes, like overhauling your diet, can be overwhelming and incredibly difficult to follow through on. Ignore fads, trending tips, and conflicting messages. Here are some key tips to kick off your healthy eating habits and losing those unwanted pounds:

## 1. EAT A BALANCED BREAKFAST EVERY DAY

Start the day with protein, complex carbs, fruits, and vegetables. It'll set the tone for the day, help kick start your metabolism, and fuel your brain. Studies show you're less likely to eat later on in the day when you don't skip breakfast.

## 2. FILL HALF YOUR PLATE WITH VEGETABLES AT EVERY MEAL

Everyone could use more vegetables. They can help you feel fuller and help prevent overeating. Plus, they also contain a load of antioxidants, nutrients, vitamins, and minerals to help your body operate optimally.

## 3. PLAN AHEAD

If you take a few hours every weekend to shop and meal prep for the week, you'll save money but also save on calories from eating out during the week.

## 4. DON'T BACKLOAD YOUR CALORIES

Eat your biggest meals around the times of the day that you're most active (for most people that's breakfast and lunch), then taper your caloric intake. This way, you burn off the calories when you need them and don't store them when you're not being active.

## 5. FOLLOW THE 80/20 RULE

Allow yourself to eat the foods you love, just in moderation. As the name suggests, you'll follow your fueling plan 80 percent of the time and 20 percent of the time you'll splurge on the foods that aren't that great for you.

## 6. GET ENOUGH SLEEP

The importance of getting enough quality sleep cannot be overstated. It may be just as important as diet and exercise, if not more. Poor sleep can drive insulin resistance, throw your appetite hormones out of whack and reduce your physical and mental performance. What's more, it is one of the strongest individual risk factors for future weight gain and obesity. One study showed that short sleep was linked to 89% increased risk of obesity in children, and 55% in adults.

## 7. TAKE CARE OF YOUR GUT HEALTH WITH PROBIOTICS AND FIBER

The bacteria in your gut, collectively called the gut microbiota, are sometimes referred to as the "forgotten organ." These gut bugs are incredibly important for all sorts of health-related aspects. A disruption in the gut bacteria is linked to some of the world's most serious chronic diseases, including obesity. A good way to improve gut health, is to eat probiotic foods (like yogurt, sauerkraut, and kombucha), take probiotic supplements (but make sure it's the right one for you), and eat plenty of fiber. Fiber functions as fuel for the gut bacteria.

Jordan Mazur  
*Coordinator of Nutrition*



# 49ERS FOUNDATION'S VIP CONCERT

*49ers Foundation's Rolling Stones VIP Concert*

WON invites you to join the 49ers Foundation's VIP Concert Party at the Rolling Stones! Get your tickets now to see The No Filter Tour live at Levi's® Stadium and support a great cause!

As a WON member, you will receive a special discount of \$25 off each ticket until Friday, February 15th! Go to [49ers.com/VIPConcertParty](http://49ers.com/VIPConcertParty) and enter GIVEBACK to access the \$25 discount and get your tickets today!

## CONCERT PARTY PERKS

Choose from two (2) ticket options to get a variety of party perks, including:

- Exclusive access to our VIP Concert Party on the Pepsi Fan Deck
- All-inclusive food, beer, and wine
- Photo opportunities with Super Bowl Trophies and 49ers Alumni
- 49ers Foundation Gift
- Gold Ticket option includes VIP Parking

*For questions, please email us at [Foundation@49ers.com](mailto:Foundation@49ers.com).*





# THIS MONTH IN 49ERS HISTORY

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

Ricky Watters



The 49ers dominated the 1994 Pro Bowl lineup with 10 players on the NFC roster. Just a week after crushing San Diego, 49-26, at Super Bowl XXIX, the 49ers sent four defensive stalwarts to Hawaii for the all-star classic: defensive backs Merton Hanks and Deion Sanders, safety Tim McDonald and tackle Dana Stubblefield. The 49ers offense was represented by center Bart Oates, guard Jesse Sapolu, tight end Brent Jones, quarterback Steve Young, receiver Jerry Rice and running back Ricky Watters. Young completed eight of 15 passes for 126 yards, including a 51-yard touchdown strike to Minnesota's Cris Carter.

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

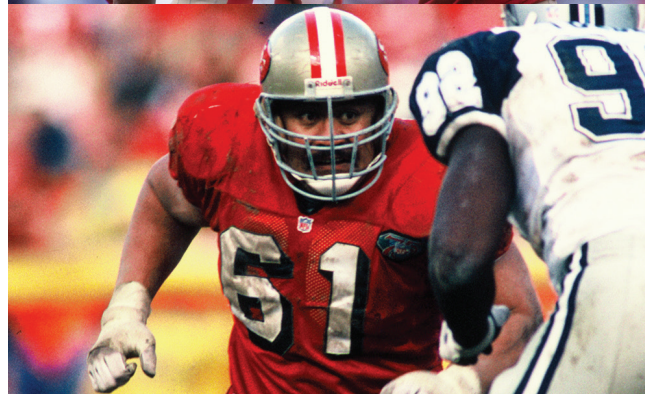
## February 5, 1995 1995 Pro Bowl



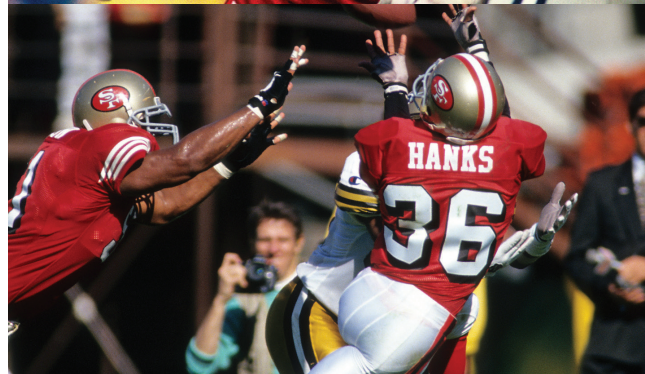
*Steve Young raising the Super Bowl XXIX trophy*



Jerry Rice and Brent Jones



Jesse Sapolu



*Merton Hanks*