

# WON

WOMEN OF THE NINERS



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# PLAYER FEATURE

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



## DANTE PETTIS' GOLDEN NUGGETS

In 2018, Dante registered the most TD receptions (five) by a member of the 49ers in their rookie season since RB Jimmy Thomas registered five TD receptions in 1969, and tied for the second-most by a rookie in franchise history.

Pettis' father, Gary, played Major League Baseball for 11 seasons with the California Angels (1982-87), Detroit Tigers (1988-89 & 1992), Texas Rangers (1990-91) and San Diego Padres (1992). He was a five-time Gold Glove winning center fielder and is the current third base coach for the Houston Astros.

Set an NCAA record with nine punt return touchdowns in his career.

Pettis, while a standout football player in his own right, has many interests off the field, including playing the guitar and ukulele, literature and photography. If he wasn't playing football, Pettis says that he would be taking wildlife photos for a publication such as *National Geographic*.

Pettis and his teammates joined Levi's® in support of breast, colon and pediatric cancer warriors at the Crucial Catch Fashion Show presented by Dignity Health on October 2, 2018. 49ers players and cancer warriors took to the runway to show off their attire and share their stories of strength and courage with the audience.

18  
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WR

## DANTE PETTIS

6-1 || 195 || WASHINGTON

10.23.95 || SAN CLEMENTE, CA || 2ND YEAR || ACQUIRED D-2 IN '18



# COACH'S CORNER

*This month's "Coach's Corner" comes from Passing Game Coordinator Mike LaFleur.*



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

The first thing would be they have to be fearless. What I mean by that is that they have to be willing to get hit, take the contact in the middle of the field and not think twice about it. Just go over the middle and make plays. The second thing is that they have to be able to catch the ball really well, at an elite level. That gives them at least a chance if they're not able to get to the third thing, which is what we call separation. In one-on-one situations, they need to consistently create some space for the quarterback to throw the football.

## **What is the role of the slot receiver?**

The role of a slot receiver is, like I said previously, they have to be able to separate. Trent Taylor and Richie James are our slot receivers. They did a really good job when they were in college, putting on tape the skill of being able to separate and do the things over the middle that needs to get done to produce. Those guys, especially the slot guys, have to be extremely tough and extremely fearless because they're sometimes not the biggest guys but they're playing over the middle with a lot of big dudes inside there.



## **What is the difference between a stock block and crack block?**

A stock block is a receiver blocking the man right over him. A crack block is, we're going to blind side a guy and hopefully they don't see us. Or, we're going to push off a guy and try to blind side him. So, stock is, we both have vision on each other. Crack, hopefully, the guy doesn't see it coming.

## **Why are the wide receivers known as X and Z? What differentiates them?**

For us, the Z means that they go to the tight end's side predominantly and the X means they go away from the tight end. Wherever Kittle is, the Z is usually on that side, Kendrick Bourne for example. The X is Dante Pettis and Marquise Goodwin. That's pretty much what differentiates them from the starting point.



*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: LEANNE GERLACH

*Leanne Gerbach was brought up as a 49ers fan by her family, including her grandfather, who was a season ticket holder at Kezar Stadium and discovered the team after settling in San Francisco after World War II.*

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

My mother liked to joke that I have been a part of the 49ers Faithful since she was six months pregnant. The day that my parents took me home from the hospital, I was already wearing a 49ers onesie and a felt cap that was in the shape and color of a 49ers helmet. Being 49ers fans is just what my family does and have done. I'm a third-generation fan, following in the footsteps of my parents and my grandfather who settled in San Francisco after fighting in World War II. He had tickets back at Kezar and never missed a game. At Candlestick, our family had six seats and we were at every game. We might have gotten in trouble for missing church, but we almost never missed a 49ers game. In 2007, I took over the tickets at Candlestick and I'm proud to say that we still have a pair of seats at Levi's® Stadium to keep the family tradition alive.

## What do you love about WON?

There are several things that I love about WON. At the heart of it, it feels like a thank you from the organization to its female fans for being equally as faithful as any other fan. It's been a long time coming to be appreciated as fans from the NFL and I am so grateful that the 49ers have this club, knowing that my friends who are fans of other teams don't have these opportunities. Each event is like a mini reunion! Over the years, we have built such a camaraderie, we meet new members and in many cases, have become lifelong friends. The best part has to be that the events are so inclusive and never make us feel like we are segmented 'girl' fans but that we are real football fans just like anyone else. Each unique event always has a football theme to it and gives women a comfortable place to be fans.



*Leanne's signed family seat to send off Candlestick*



*Baby photo of Leanne in Niners onesie and knit cap*

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

For me, the most inspirational moment in team history was the Pick at the Stick, by a long shot. As 49ers fans, we are so lucky to have so many great memories like The Catch, but my moment will always be that play during the last game at Candlestick Park. I remember dreading that day to an extent, knowing that there was not another 49ers home game scheduled to be played there ever again. I was emotional and crying just thinking about it, knowing that I was raised in our seats at Candlestick. We had those seats with my grandfather and my mother who have both passed. It was devastating to think we wouldn't be able to be in that place ever again that was so special to our family. I was so glad that I attended the game and it was just perfect that my brother joined me and we could send off the seats as family. The play itself was magnificent and was really beautiful defensive football. It was the loudest I had ever heard the stadium in my entire life of attending games. To this day, I am still shocked that we were able to send off that building with such a magnificent ending.

# WON OF US: LEANNE GERLACH

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

We never really had superstitions, just traditions that we are really religious about. From the time that I started attending games as a child with my grandpa, he had a specific set of rules or else we weren't allowed to attend the game. We always wore and still wear red and gold (never black since we have other family members that are Raiders fans), we never boo the home team, we are always in our seats at kickoff and we stay in the section until there are zeros on the clock. My grandpa used to say, "As long as the team is on the field playing, we stay in our seats to show respect." To this day I have specific wardrobe pieces that I wear every game day. As a kid in 1977, I won a 49ers ring in a quarter machine that still fits, it remains as part of my "Sunday's Best." Years ago, my mother gave me a red and gold flower clip that I always have. When my mother passed away, we had a few of her ashes placed in a locket so that I could bring her with me to games. Unfortunately, the locket was lost on the field but I like to think that Mom just couldn't help but not wanting to leave the home of the 49ers.



*Leanne's 49ers ring from 1977*

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

The number one impact on my life has been the lifelong friendships that I have developed. Whether they are seatmates I've met, WON members or just fellow fans. We meet, we become friends and we even exchange gifts and holiday cards. My life has been so interwoven into the team's history for three generations and we've met so many great friends. 49ers football on the field has taught me how to balance my life. You have Super Bowl winning seasons and you have high draft pick seasons and in life you have great days and darker days, but it all cycles. You have to face each day and you'll always get through the good and the bad. This game has so greatly impacted my strength of character and personal stability. No matter the outcome, you always move forward.



*Leanne celebrating Crucial Catch in 2014*



*Leanne and her brother Ken at the last Candlestick home game*

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



# COMMUNITY CONNECTION

## *2018 49ers PREP Coach of the Year Photo Essay*

49ers PREP, presented by U.S. Bank's Charlie Wedemeyer High School Coach of the Week Award Program, is dedicated to honoring high school football coaches around the Bay Area for their achievements on the football field. At the end of the 2018 season, 49ers PREP selected Ryan Partridge, head coach of the 2018 D-1A State Champion Liberty Lions, as Coach of the Year.

Coach Partridge's journey with 49ers PREP began in September when he was nominated as the week six Coach of the Week.



*Coach Partridge  
Coach of the Year*

The Lions' perfect 2018 season culminated in one wild December. In the wake of the Camp Fires throughout Northern California, all North Coast Section (NCS) football games were postponed due to air quality. After two long weeks of delays, the Lions were able to get back on the field to make their playoff run.

Liberty surpassed Valley Christian High School, winning the California Interscholastic Federation (CIF) NCS championship. Partridge's team was chosen to play for the State Championship. The week of the game would prove to be a busy week of the coach.

### **DECEMBER 14**

As a recipient of the Charlie Wedemeyer Memorial Coach of the Week Award, Coach Partridge was invited to attend a private 49ers practice and meet Kyle Shanahan. Among his peers and the 49ers Head Coach, Partridge was surprised as the 2018 Coach of the Year.



# COMMUNITY CONNECTION

*2018 49ers PREP Coach of the Year Photo Essay*

## DECEMBER 15

The day after this momentous experience, Partridge took his team down to Cerritos College in Southern California to face Sierra Canyon. The Lions won 19-17 to take the State Title for Liberty High School.



## DECEMBER 16

The next morning, Partridge took his senior team captain, Sione Vaki, on an early morning flight back to San Jose to be honored on the field at Levi's® Stadium, not just as Coach of the Year but also as a CA State Champion.



The celebrations didn't end there. All 32 NFL club-selected High School Coaches of the Year were invited to bring one football player with them to join the Pro Bowl festivities in Orlando, FL. Coach Partridge and Liberty Lions senior Jerrin Easter-Williams joined the 49ers PREP team for a week full of events including an on-field recognition at the NFL's all-star game.





# 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



## TIPS FOR A CHANGE IN DIET

One of the best ways that you can improve your diet and reduce your caloric intake this year is becoming more aware of all the liquid calories you put in your body. Sugar-sweetened beverages are leading sources of added sugar in the American diet, according to the Center of Disease Control. The most common examples of sugar-sweetened beverages include regular soda, fruit drinks, sports drinks, energy drinks, sweetened waters and coffee and tea beverages with added sugars. On top of all that, alcohol is a major contributor of added liquid calories in the diet, which are usually high in carbohydrates and sugars.

Become more aware of the calories that you may be drinking, in addition to what you eat. Don't get me wrong, not all beverages with calories are bad, they may just need to be limited based on your goals.

## HOMEMADE FRUIT-INFUSED WATER

What if I told you there's a beverage that can boost physical performance, impact your energy levels and brain function, help alleviate and prevent headaches, aid in digestion and potentially help with weight loss and weight management? It does exist - H<sub>2</sub>O. Drink more water. How much should you aim for? One easy way to remember how much we all should drink is to drink half of your body weight in ounces every day, at a minimum. Add natural flavors like lemon slices, orange slices or cucumber slices for a true natural addition without anything extra.

## 4 OF MY FAVORITE RECIPE BLENDS:

### *Blackberry Mint Infused Water*

- ¼ cup fresh blackberries
- 2 small sprigs fresh mint or one large sprig
- 4 cups fresh water

### *Lemon Lime Infused Water*

- ½ lime sliced
- ½ lemon sliced
- 4 cups fresh water

### *Strawberry Cucumber Infused Water*

- ½ cup strawberries sliced
- ½ cup cucumber sliced
- 4 cups fresh water

### *Blueberry Orange Infused Water*

- ¼ cup blueberries
- 1 orange sliced
- 4 cups fresh water

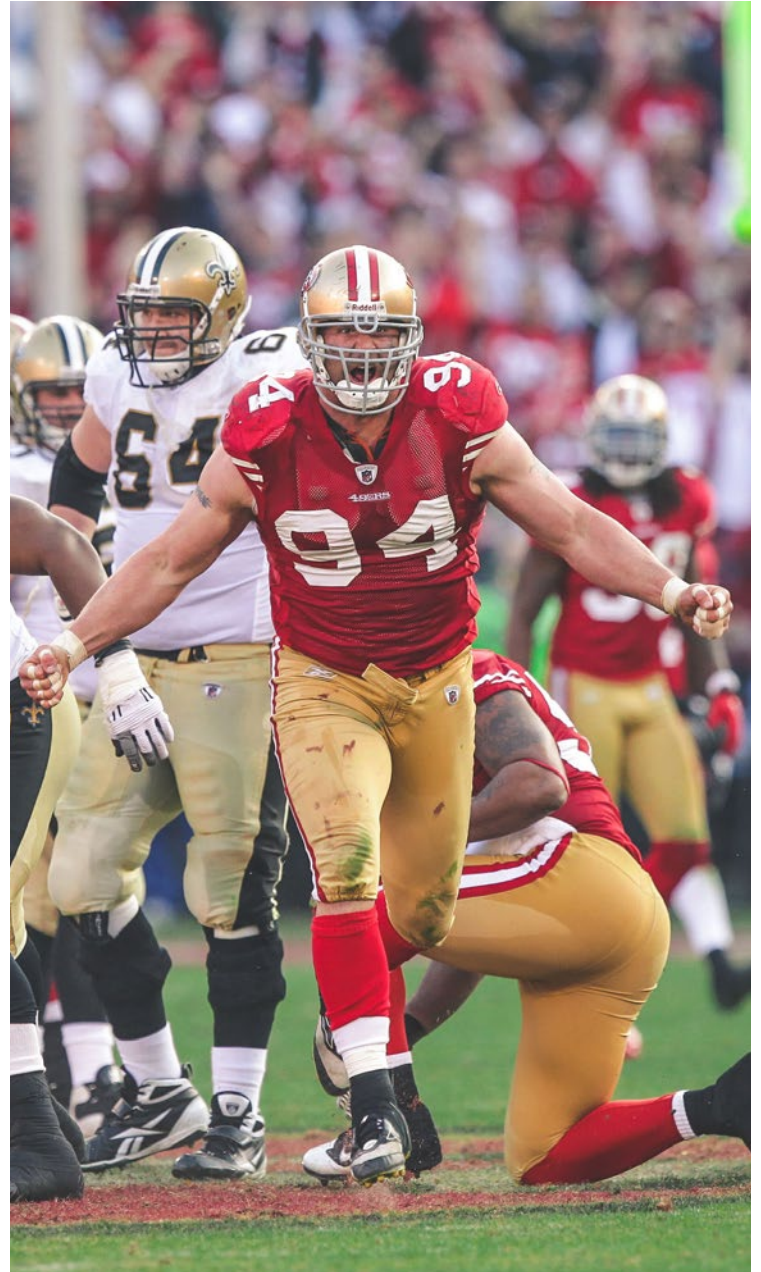


# THIS MONTH IN 49ERS HISTORY

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

The 49ers signed free agent defensive lineman Justin Smith. Known as “Cowboy” to his teammates, Smith anchored the 49ers defense from 2008-14, starting all 110 games in which he appeared and registering 43.5 sacks. Smith won the hearts of 49ers fans while playing in just his third game with the 49ers in 2008 by intercepting a Jon Kitna pass to seal a win over the Detroit Lions. In 2012, Smith was selected by his teammates as the Len Eshmont Award winner. He is also a two-time recipient of the club’s Bill Walsh Award (the 49ers team MVP) as chosen by the coaches. Smith was a three-time AP All-Pro selection (2011-13) and was named to five consecutive Pro Bowls (2010-14).

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



*March 1, 2008  
Justin Smith Joins 49ers*