

WON

WOMEN OF THE NINERS



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PLAYER FEATURE

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



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JIMMY GAROPPOLO

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JIMMY GAROPPOLO'S GOLDEN NUGGETS

As a kid in suburban Chicago, 49ers quarterback Jimmy Garoppolo and his three brothers occasionally rose early to join their dad, Tony, at his job. Tony is now a retired union electrician, following a career spanning more than 40 years. Working hard to support his family of six, Tony instilled his work ethic into Jimmy. "It was that blue-collar mentality," said Garoppolo. "When you're raised like that, you don't know any different. All I knew was hard work, and it translates over to football." In May of 2019, Jimmy and Tony went to the Silicon Valley Career Technical Education Center in San Jose to speak to and congratulate over 90 recent high school graduates who decided to pursue a career in a skilled trade. A take on national signing day for high school athletes, each person would sign papers at a table, be rewarded with a cap and announce at the podium what trade

they would follow. The event encourages students to take up a skill trade, something that doesn't require a four-year university. "This can help set the path earlier in kids' lives — they want to be in trades and they can get started in high school," said Garoppolo. "It can require a blue-collar mentality, and some people don't have that — but I'm glad I grew up that way."

For fans traveling to the San Francisco Zoo, they can keep an eye out for one of the zoo's snow leopards, Jimmy G, whom the zoo chose to name after the 49ers quarterback. The zoo received both a male and female snow leopard in early 2018 and quickly found a new name. You can find Jimmy G in the enclosure outside the Lion House near the Lion Fountain.



COACH'S CORNER

This month's "Coach's Corner" comes from 49ers Defensive Line Coach, Kris Kocurek.

What are the goals for the defensive line this year?

The goals are, when people watch us on TV and people watch us on tape, is to see a very aggressive physical front that plays with extreme effort down in and down out for four quarters. We want to set edges with our defensive ends and we want our interior linemen to penetrate, disrupt and create a new line of scrimmage. Then, you want to see four guys on our defensive line playing with their hair on fire – 100 hundred miles an hour, as fast as they can go, flying around and just bringing the energy down in, down out for the entirety of the game.

What are you doing in the offseason to make those improvements?

One is developing the mindset that this is the type of front we're gonna play because not everyone plays this style of defense. So it's creating the mindset that we're gonna play an attack that is an aggressive style up front and having the guys buy into that. Then once you get the guys to buy in, it's constant repetition of techniques and fundamentals daily. Individual drills at the beginning of practice – usually we have about 25 minutes to just constantly rep, rep, rep – technique, fundamentals, pad level, explosion, effort, pass rush technique. Then once we get into the team settings as practice goes on, it's repetition of them versus our offense to be able to execute the defense the way we want it played. Then we review it on tape and make corrections of any mistakes that we make and point out good plays that we see that we want the other guys to try to emulate.

How does Nick Bosa fit into this already strong group of defensive linemen?

My thought as a defensive line coach – and it has been for 11 years in the NFL – the more good players that you can have up front the better off you're gonna be. He just fits, obviously picking him second, he fits great with all the other guys that we have in the room and it should make for a collection of a really, really talented front. With the other guys like DL DeForest Buckner, DL Arik Armstead, DL Solomon Thomas, DL Dee Ford, DL Ronald Blair III, DL Sheldon Day - the thought process is that we attack teams with numbers. It's very difficult in the NFL to just have four front line starters that play the entirety of the game, so the thought process is to collect as much talent up front



as we can and get a really good rotation throughout a game and throughout a season to keep our guys fresh and playing as fast as they possibly can throughout games. Then once the end of the season comes along, they should still be fresh to be able to still play at the same speed once it's crunch time week 12, 13, 14, 15, 16 towards the end of the season. We should see them playing at the same tempo. So, Nick's gonna fit in great. Everything is earned in our room, the role that he carves out for himself will be earned just like the rest of the players, but he's gonna be an integral part of what we are trying to do moving forward obviously.

What traits make someone an elite pass rusher?

First, speed and quickness. The ability to make an offensive tackle change the way his technique is played. It's tough to block a guy that has the speed to get on you really fast and the quickness to work either half of an offensive lineman. Secondly, it's hands and feet being tied together. Guys that are very coordinated and are able to use their hands and their feet to create edges to get on the half of an offensive lineman, to be able to get to the quarterback. Then the third element of becoming an elite pass rusher is that you've got to have the ability to show that you can go speed, to power and use power to collapse the pocket on top of the quarterback. If you can combine the three elements of speed and quickness, with hand and feet coordination, with power, you have a good chance of having an elite pass rusher on your hands.

COACH'S CORNER

This month's "Coach's Corner" comes from 49ers Defensive Line Coach, Kris Kocurek.

How much does veteran experience play a role in your DL group's growth?

Veteran experience, especially in the defensive line room, is always very, very critical, but the aspect of it that's even more critical is that it's the right veteran leadership. When your veterans are also your hardest workers, the guys that are the hardest on themselves, the guys that put it on their shoulders to try and do everything exactly right from the minute they walk in the building; from the film room, to the weight room, to the practice field. When you have the right type of veterans that set that example for the younger players, it can be instrumental in what we're trying to do, especially in the defensive line room. With some of the veterans that we do have in the room, I'll name a couple – DL DeForest Buckner is awesome and exactly the type of veteran leader that we're looking for in the room. You have other guys that may go a little bit behind the scenes. But a guy like DL Ronald Blair III is a guy that sets great examples for our

younger players, tries to do everything exactly like we ask, great role model for the younger players in the room. Another guy that comes to mind is DL Sheldon Day, as a defensive tackle in our room, very similar to Ronny in the aspect that he shows up every single day to try to do everything exactly the way that we are asking him to do it and it just trickles down to the room as time goes on. When younger players come in the room and they see these guys doing things exactly the way we want it done, it just sets a precedent in the room. So veteran leadership is critical and it's even more critical to have the right type of veteran leaders in the room and we definitely have that here with some of the guys that we have starting with DL DeForest Buckner. DL Arik Armstead is another guy that I would like to mention that's done a really good job of showing up, doing the right things, working his tail off and setting a very good example in the meeting room, weight room and on the practice field for what we want to try and get done here.

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WON OF US: ROXANNA RENTERIA

Roxanna Renteria, a member of the 49ers Women's Club dating back to 2012, finds inspiration from the team on & off the field.

Roxanna and family barbecuing & watching the 49ers game at home



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

I have been a 49ers fan since the late 90s when, as a kid, my whole family was watching that Battle of the Bay, the Raiders vs. 49ers game. My brother was rooting for the 49ers and my cousin was for the Raiders. Both of them were doing their best to recruit me to join their fan base but I saw the light and chose the Niners that day and have been a fan ever since! As life went on, since so many of us in the family are 49ers fans, we use the team to break the ice when we haven't seen each other in a while. The Niners are always a topic that we can bring up to really bring the family together.

What do you love about WON?

I love the events! I have so many favorite moments from events through the years. In one of the earliest events, we were able to meet a coach and listen to a chalk-talk about what the coaches are looking for from the team. There were varying levels of football knowledge in the room but coach made sure there was an opportunity for anyone to ask questions, whether they were more simple or complex. The Trivia Night is also a great opportunity for us to win great prizes. One year, our team won pre-game field passes, which was such a great experience!

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

There are so many great 49ers moments in my life. One underrated moment that sticks out to me was watching the team in the mid-2000s, when the team was struggling and we would watch Frank Gore carry the team and break through on tremendous runs. This is when I truly took my fandom to another level. It's easy to be a fan when the team is winning but to watch a team grow, there is nothing quite like seeing when they take that next step. This was exemplified through Frank Gore. He was working so hard on a struggling team but then a few years later, he really got to shine when the team was consistently in the playoffs.



Roxanna meeting Ted York after winning field passes

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

For my family, every Sunday we gather at my dad's house, have a barbecue and watch 49ers football. All of us have our favorite or lucky shirts or jerseys that must be worn but we don't get overly superstitious. It's our tradition, we all love the Niners and the team gives us a reason to get together and enjoy each other's company.

What impact has the 49ers had on your life?

Obviously, the games allow my family a great reason to come together but beyond watching a game, the 49ers inspire so many of us. The on-field inspiration is fun to watch but what the organization does off the field can be just as inspiring as what they do on game days. Last year, following all of the fires in Northern California, the 49ers did so much for our community in Redding, CA. This inspired myself and several of the members of the Redding Chapter Niner Empire to do more to help out. At all of our events we did our best to raise money and supplies to support those nearby that needed it. A lot of it was because we saw how the team help out and it inspired us to do even more.



Roxanna treats her nieces to a trip to 49ers Fan Fest 2013

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

COMMUNITY CONNECTION

49ers 2019 Training Camp Community Corner

The 49ers were honored to welcome local community groups to the SAP Performance Facility for the second year in a row for an exclusive experience in the team's Community Corner at Training Camp presented by SAP. For each day of practice, a 49ers position group selected a cause meaningful to them and hosted organizations that supported their chosen cause. Capping off a memorable day watching the team practice, the special guests were treated to photos and autographs with 49ers players.

Notable highlights from camp included mental health awareness groups cheering on the team and interacting with the entire defensive line including mental health advocate DL Solomon Thomas, as well as over 300 active military and veterans who were greeted by the quarterbacks and tight ends. The team also hosted the family of fallen Sacramento police officer Tara O'Sullivan alongside over 100 first responders. General Manager John Lynch, Head Coach Kyle Shanahan and numerous players, including Sacramento natives DL Arik Armstead, TE Ross Dwelley and CB Ahkello Witherspoon met with Officer O'Sullivan's family.

Wrapping up camp, the 49ers organization celebrated the life and legacy of 49ers alumnus Dwight Clark on August 7, 2019. Coined "87 Day" last year, it is



the annual day when the team celebrates Clark's contributions to the team, his fight against ALS, and the continued efforts to support both ALS awareness and the Golden Heart Fund. Over thirty 49ers alumni joined guests with ALS and their families from the ALS Association Golden West Chapter and Augie's Quest at practice before hosting them for a reception in the 49ers Museum presented by Foxconn Industrial Internet.



49ERS PHOTOGRAPHY

Meg Williams, a team photographer for the San Francisco 49ers, shares her favorite moments covering the 2019 49ers preseason.



RB Raheem Mostert scored the first touchdown in the 49ers vs. Broncos game week 2. I was positioned in the end zone waiting for the 49ers to score. He ran the ball into the end zone straight towards me and continued to celebrate right into my lens. I have photos of his touchdown run, but I think this one tells the story better. His eyes show the intensity of the moment. What really captured my attention in the image is how well you can see his arm scar. Mostert had a season ending arm injury last year and this was only his second game back returning to action. That scar is a reminder of how hard he worked this offseason to get back on the field.

Each day at training camp there's a ritual of the Rookie Hype Machine, in which a rookie is chosen to get the crowd energized and ready for practice. I got a heads up from LB Azeez Al-Shaair that he has going to go up in the stands to greet and high five fans. This gave me enough time to position myself to get this image of him as he ran down the stairs. Moments like this are what I love to shoot.

Genuine interaction between fans and players, making memories that will last a lifetime.



I thought I had initially missed this photo while I was taking it. This image is of the deep ball that WR Deebo Samuel caught against Dallas week 1. I was using my long lens because the action was up field from where I was shooting. I didn't have enough time to switch to my shorter lens, so I kept pressing the shutter as they were running closer. Samuel jumped and somehow came down with the ball and it was beautiful. I thought my shooting position was too tight that I had missed his hands or his head but in a miracle, I got everything I needed to tell the full story of the moment in frame. It was a wonderful surprise.

The few days leading up to the Denver game the 49ers held joint practices with the Broncos. Live tackling always ups the intensity of any moment in practice. This photo of

DJ Reed Jr. is of him doing a back flip to celebrate a rep during special teams work he was extra proud of. I think it conveys the fun that players have at practice while grinding away during Training Camp. Also, Denver has some of the best clouds in the country which makes any picture better.



WON EVENT

WON Insider Happy Hour

On Monday, August 12 WON Members and guests were treated to an evening of food, drinks, amazing downtown San Francisco views, and a raffle on the rooftop patio of the NBC Sports Bay Area building.

The event was highlighted by a wonderful conversation with several media women who cover the 49ers. The panel included 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 Senior Reporter, Keiana Martin. Each panelist gave her perspective on how they got to their current role, what it is like to be a woman in a male dominated industry, and of course previewed the 2019 49ers season.

As the sun set over The City by the Bay, the afternoon concluded with a raffle full of amazing prizes including tickets to the 49ers home opener against the Pittsburgh Steelers on Sunday, September 22, and a copy of *Letters to 87*, which author, Matt Maiocco was in attendance to sign. To conclude the event, the grand prize winner took home the opportunity to take a private tour of the NBC Sports Bay Area studios and watch a 49ers away game with the hosts of NBC Sports Bay Area's 49ers Post Game Live. Video Recap [here](#).



Save the Date

WON Health & Wellness Fair

Thursday, October 3

Levi's® Stadium

THIS MONTH IN 49ERS HISTORY

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

September 6, 1998

Garrison Hearst Wins it for the 49ers in OT



Running back Garrison Hearst raced 96 yards from scrimmage for a game-winning touchdown in overtime. Considered one of the most dramatic runs in NFL history, Hearst broke six tackles en route to the end zone as San Francisco beat the New York Jets 36-30 in the 1998 season opener. He finished the day with 187 yards rushing. Hearst went on to have his best NFL season, rushing for 1,570 yards and snatching 39 passes for another 535 yards. He earned Pro Bowl recognition with the 49ers in 1998 and 2001.

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

