



THE FASTBREAK CLUB

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San Diego Mesa College Women's Basketball · 7250 Mesa College Drive · San Diego, CA 92111 · (619) 388-5905 · coachhootner@gmail.com



Hello and welcome to the FastBreak Club! I first want to thank all of you for your support!

We could not provide such tremendous experiences for our girls if it weren't for the help of our alumnae, family, and friends of the program.

I am also attempting to reach as many alumnae as possible so if any of you have contact information for anyone, please forward me their information so I can include them in all future mailings and emails.

For those of you who don't know me, my name is Michael Hootner and I'm the Head Women's Basketball Coach.

Originally from Detroit, Michigan, I moved to San Diego in the fall of 1987.

I myself played for Mesa from 1988-90. After earning my Associate of Arts Degree from Mesa, I continued my playing career at Goucher College in Baltimore, Maryland, where I earned my Bachelor's Degree in Communication. In addition to playing basketball at Goucher, I also played intercollegiate tennis during my senior year.

Following my graduation in 1992, I went to Frostburg State University where I earned my Master's Degree in Health and Physical Education.

While there, I was also the Assistant Men's Basketball Coach and Intramural Coordinator.

I then returned to Goucher in 1994 and for the next five years I was the Assistant Men's Basketball Coach, Professor of Wellness, Head Men's Tennis Coach, Intramural Director, and Hall Director.

In 1999 I returned to paradise and began helping Mesa's Head Men's Basketball Coach, Ed Helscher, where I remained for eight years.

In addition to my current basketball responsibilities, I am also the Head Men's Tennis Coach and teach Health and Physical Education courses.

Have a great fall and please feel free to email or call anytime! We hope to see you at some games this year. Our schedule, media guide, games viewable through MSN Video and more are available at our website at:

www.sdmesa.edu/athletics/basketball-women.

A LOOK BACK AT 2007-08

Five Olympians Moving on to Four-Year Institutions

The summer workouts and showcases are done. 2008-09 is right around the corner. The excitement for the new year is palpable and the expectations are high. October 15th, the first official day of practice for schools all over the country, including Mesa is less than six weeks away.

But before we begin, let us take some time to take one last look back at the special year that was 2007-08.

Last season was the first for Head Coach Michael Hootner. He had a number of challenges right from the beginning. He had only six girls for the first 12 weeks of the season, of which, only two of had played significant minutes from the year before. Another had taken two years off before deciding to lace 'em up again. And one had not played ball in 12 years!

"It was definitely an interesting start to my first year," acknowledged Coach Hootner.

"I had to make some adjustments to make sure I made it challenging but fun at the same time. Sometimes Coach (Dan) Bruton and I had to step in so we could at least go 4 on 4," added Coach Hootner.



2007-08 Team Captain Rosalie Hughes (#20).

Despite a number of early challenges, the Lady Olympians endured. The first game of the year was the first time they went 5 on 5. And despite going 0-8 to begin the season, they finished the year by winning 10 of their last 14 games and tying the school record for most conference wins in school history (10).

"We had a very competitive non-conference schedule last year and I think this is a big reason as to why we finished so strong," said Coach Hootner.

Overall, the Olympians finished 13-16. Amanda Mills and Joy Edwards earned 1st-Team All-Conference laurels.

"I am so proud of them," said Coach Hootner. "It was an honor to coach them and to watch them evolve on and off the court. I will miss my first bundle a great deal next year," concluded Coach Hootner.

Five members of the 2007-08 squad will be moving on.

1st-Team All-Conference selection Amanda Mills (Oregon City High School, OR) earned a full ride to Division I Presbyterian in Clinton, South Carolina.

All-Conference Honorable Mention Gillian

Griffin (Federal Way High School, WA) will continue her career at Division 2 Cal State Dominguez Hills.

1st-Team All-Conference selection Kelsey Ash (Santana High School, San Diego, CA) will continue her career at Hunter College in New York City.

All-Conference Honorable Mention Simone Byrd (Laramie Senior High School, WY) will play next season at Fairleigh Dickinson University in Madison, NJ.

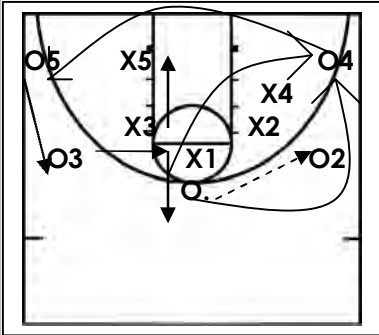
And finally, Rosalie Hughes (Grace Christian High School, San Diego, CA) will take a year off and finish her last two years beginning in the fall of 2009 at San Diego Christian College. GOOD LUCK EVERYONE! STAY IN TOUCH.

2007-08 FINAL STANDINGS

PACIFIC COAST CONFERENCE

Team Name	PCC W-L	Overall W-L
Palomar	14-0	27-6
San Diego Mesa	10-4	13-16
Grossmont	10-4	19-12
Imperial Valley	9-5	17-15
Southwestern	5-9	6-22
MiraCosta	4-10	7-20
San Diego City	4-10	6-20
Cuyamaca	0-14	2-26

COACHES CORNER



“50”

50 indicates that we will be setting up with five players outside of the three point line and no one in the point. This play involves screens, cuts, and the offensive players maintaining proper spacing at all times. Reading the defense is critically important as well.

After the person at the point position enters the ball to O2, she runs “Guard Around” or makes an “Inside Cut” to the strong side corner. O4 will clear through to the help side or interchange with the point guard by either making a reverse inside cut or a scissor cut behind O2 as the point guard is simultaneously running guard around.

Lets assume that O4 clears through. O3 will now flash hard in an attempt to bait X3 into overplaying her. If so, O3 now makes a sharp cut and goes back door looking for the pass from O2. If X3 does not overplay and sags instead, O3 now pops high and is used as the reversal person. If denied, she goes immediately over to O2 and sets a pick for O2.

O5 then fills O3s position foul line extended and O4 is now where O5 originally started. The ball is then swung to O5 and whomever made this pass (O3 or O2), they now cut to the inside corner or run guard around on the other side.

QUOTE OF THE MONTH



“Sticks in a Bundle are Unbreakable”

- African Proverb

HOOTNER EXCITED ABOUT 08-09 SCHEDULE

The 2008-09 schedule has been finalized and to say Lady Olympian Head Coach Michael Hootner is excited is putting it mildly. “To have the opportunity to play perennial powers such as Orange Coast, Pasadena, Saddleback, Riverside, and Santa is tremendous!

Mesa will also participate in three eight-team tournaments including Mesa’s Tip-Off Tournament to start the year, followed by Irvine Valley’s December 11-13 and ending with Grossmont’s Tournament from December 27-29.

“This very challenging non-conference schedule will prepare us for Pacific Coast Conference play in January and February,” said Coach Hootner. “Our goal is to win our first Pacific Coast Conference title since 2002 and make the State Playoffs,” concluded Coach Hootner.

The Olympians will have to contend once again with efending PCC Champion Palomar as they are expected to be strong once again this season.

2008-09 Women’s Basketball Schedule

DATE	OPPONENT	PLACE	TIME
NOV. 7-9	SAN DIEGO MESA TOURNEY		TBD
First Round Opponent is:			
NOV. 15	PASADENA	SD MESA	5:30 PM
NOV. 19	ORANGE COAST	SD MESA	6:00 PM
nov. 22	saddleback	saddleback	5:00 PM
dec. 3	long beach city	long beach	5:00 PM
dec. 5	victor valley	victorville	5:00 PM
dec. 11-13	irvine valley tournament	@ Irvine	TBD
First Round Opponents is:			
DEC. 18	RIVERSIDE	SD MESA	5:30 PM
DEC. 20	SANTA ANA	SD MESA	5:30 PM
dec. 27-29	grossmont tourney	el cajon	TBA
First Round Opponent is:			
JAN. 3	LASSEN	SD MESA	3:00 PM
JAN. 7	SOUTHWESTERN	SD MESA	7:00 PM
JAN. 10	IMPERIAL VALLEY	SD MESA	3:00 PM
JAN. 14	PALOMAR	SD MESA	7:00 PM
jan. 17	grossmont	el cajon	3:00 PM
jan. 21	cuyamaca	el cajon	7:00 PM
JAN. 24	*MIRA COSTA	SD MESA	5:00 PM
jan. 28	sd city	sd city	7:00 PM
jan. 31	**southwestern	chul vista	3:00 PM
feb. 4	**imperial valley	el centro	5:00 PM
feb. 7	palomar	san marcos	3:00 PM
FEB. 11	GROSSMONT	SD MESA	7:00 PM
FEB. 14	CUYAMACA	SD MESA	3:00 PM
feb. 18	**mira costa	oceanside	5:00 PM
FEB. 21	*SD CITY	SD MESA	3:00 PM
FEB. 25	SoCal Regional Playoffs (QUARTER-FINALS)		
FEB 27/28	SOCAL REGIONAL PLAYOFFS (SEMI-FINALS)		
MAR 5-8	SOCAL REGIONAL PLAYOFFS (REGIONAL FINALS)		

FORMER OLYMPIAN STANDOUT SCHIELE JOINS HOOTNER STAFF

Shannon Schiele will begin her first year as Assistant on Coach Hootner’s staff after spending two years in the Chiungutwa Village in Tanzania, Africa, as a United States Peace Corps Educator.

“My experiences with the people in Tanzania were something I’ll never forget. I will miss my time there a great deal but am eternally grateful for the opportunity I was given,” said Schiele.

Coach Schiele known for her enthusiasm, determination, and work ethic will be working with the guards while assuming some of the recruiting responsibilities.

Prior to her time abroad, Shannon was finishing her undergraduate degree at Linfield College where she graduated with honors while earning her Bachelor’s

Degree in Education with an emphasis in Early Childhood and Elementary Education.

While at Linfield, Shannon played basketball and ran track for two years. She won the “Coaches Award” in 2004, the basketball team’s highest award.

Prior to transferring to Linfield, Schiele was a two-sport standout at Mesa. She was voted All-Conference in 2002 as a member of the volleyball team while being named Women’s Basketball Player-of-the-Year in the Pacific Coast Conference in 2002-03. She graduated in 2003 from Mesa with honors.

During her scholastic days at El Cajon Valley High School, Schiele played varsity volleyball, basketball, and softball while running track. She was All-

Conference in volleyball and basketball while earning the Gold Glove Award as the Braves left fielder.

She graduated in 2001 with honors while receiving the Physical Education Recognition Scholarship Award.

In addition to her responsibilities with the Women’s Basketball team, Schiele will be working with Head Volleyball Coach Kim Lester as the Assistant Women’s Volleyball Coach.

“I am excited to come back to Mesa and give back to the two programs that I was a part of during my time at Mesa,” concluded Schiele.

Mesa Athletics and Academic Program (MA2P) A HUGE SUCCESS!

The Mesa Athletics and Academic Program has been around for a long time but you would have never known it. That's because Kristy Carson, coordinator of the MAAP or MA2P program didn't arrive until August of 2006. As a part of the Counseling Office here at Mesa, **The Mesa Athletics and Academic Program (MA2P)** is a cooperative effort between the Counseling and Physical Education/Athletic Departments.

They are dedicated to helping our student-athletes attain academic success. For most students, college is both exciting and challenging. They want to help our student-athletes develop and achieve their educational, athletic, and personal goals.

Counseling and guidance is offered in educational planning, athletic eligibility, personal concerns, and athletic and academic issues. As we mentioned above, Kristy Carson (see photo) heads up the MAAP program and meets with any and all student-athletes who need academic assistance. Individual appointments can be made with Kristy who deals strictly with our student-athletes. Olympian Head Coach Michael Hootner is incredibly grateful to have the opportunity to work collaboratively with Ms. Carson' "Kristy is amazing! She has restructured the entire program. And without her, there is no way our program, the Athletic Department, or the student-athletes would be where they are now if it wasn't for her passion, leadership, and vision. More than anything, she cares, and it shows," concluded Coach Hootner.

Our student-athletes, are striving to succeed in two demanding areas simultaneously. They have the responsibility of developing and working toward an educational goal as well as training hard in their respective sport. Good study skills and planning are essential ingredients to being successful now and in the future. Kristy and her staff want to help them develop and achieve their educational, athletic, and personal goals.

Finally, the Mesa Athletics and Academics Program offers counseling and guidance in: adjusting to college, educational planning, academic and personal goals. issues, athletic issues, and personal concerns



Kristy Carson

A LOOK AHEAD...WE ARE MORE THAN JUST A SMOKE-FREE CAMPUS

Since its inception in 1964, Mesa College has grown into one of the largest community colleges in the nation. With the exception of a few buildings on campus, most of the original structures and infrastructure remains. With the approval of Proposition S in 2002 and Proposition N in 2006, funds are now available for the three San Diego Community College District campuses and Continuing Education sites. These funds will be used to repair, renovate, and construct the necessary demands of their students, faculty and staff, and community at large. The two proposals together will bring over one billion dollars to the aforementioned areas.

To create a more cohesive and comprehensive campus setting, several design goals steer the planning and design of the Facilities master Plan for Mesa College. Existing facilities will be relocated into new buildings. More on-campus parking will be available in the new 5-level environmentally friendly parking structure, and surface parking lots will be reorganized for improved traffic circulation. The new East Entry Drive will create a sense of arrival, and will also help direct traffic into the campus rather than onto neighboring streets.

Following LEED (Leadership in Energy Efficient Design) guidelines, buildings will be designed to be more energy efficient, and will provide healthier indoor and outdoor learning and working environments for students, faculty, and staff.

Throughout the campus, a new landscape and hardscape palette will be integrated with existing campus features to create an improved sense of place for the buildings and outdoor spaces. New signage and way-finding devices will facilitate pedestrian and vehicular traffic circulation.

Future buildings on campus will complement each other rather than being separate entities. Propositions S and N will fund several buildings on the Mesa College campus, including the Social and Behavioral Science Building with the Health Services and Physical Conditioning on the ground floor, the Math and Science Building, expansion and renovation to the Cafeteria, Bookstore, Instructional Facility to support Fine Arts, Instructional equipment, computer networking, and furnishings for all projects, a Shipping and Receiving Building, and the Instructional Technology Building. The new parking structure has already begun construction!

The final Facilities Master Plan and the conceptual visions for Mesa College extend beyond the funding and goals of Proposition S and N. These visions include improvements to the existing outdoor athletics facilities, including but not limited to a new football stadium and all-weather track, a new swimming pool and gymnasium, new physical education facilities, and a new west entrance parkway to the campus off of Marlesta.

Like to Make a Tax-Free Donation? Simply mail a check payable to Mesa College – Women's Basketball to:
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THINK PINK



Nearly 220,000 women and men are diagnosed annually with breast cancer. Of those, roughly 41,000 women and 500 men will die.

February 13-22, 2009, is Breast Cancer Awareness week. Join the Mesa College Women's Basketball team in

conjunction with the WBCA and the V Foundation in fighting this disease and to help *Find The Cure*.

Visit the American Cancer Society at www.cancer.org or www.wbca.org for more info.

FIRE VICTIMS



We also want to honor all those people who lost their homes in the '07 California Wildfires.

Thanks to all the firemen and women of this great state as well as the volunteers, police, the Governors office and for Federal aid.

Michael Hootner
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Visit us on the web at:

www.sdmesa.edu/athletics/basketball-women