



# 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

## October Player Profile

### #30 Shannen Crawford



- Class – Soph
- Height – 5'10
- H.S. – Cross Creek
- Weight - 150
- Position - F
- Birthdate – 1/23/83

### Shannen's Favorites:

Food: Everything!  
 Retired: Charles Barkley  
 Shows: CNN, Cartoons, King of Queens, MTV  
 Teams: Dallas Cowboys!  
 Movies: V for Vendetta  
 Musicians: Mozart  
 College: Mesa Yo!  
 Hobbies: Drawing, writing, reading, and ballin'.

**Future goals:** "Shannen hopes to continue her playing career at a D-I school outside the state of California...Shannen hopes to one day be a chef as she is currently in the Culinary program here at Mesa...**Of Note...**Shannen admires anyone who feels comfortable in their own body...**Favorite Quote:** Give Me Liberty or Give Me Death.

**Hootner on Crawford:** "Shannen has tremendous potential. She has a nice touch from 15' and in and is aggressive on the glass. She will provide some much needed depth inside. Her attitude is terrific and is always positive.

**More on Crawford...** Shannen averaged 8 points and 5 rebounds per contest while shooting nearly 50% from the field during the 2007-08 campaign in which she helped the Lady Olympians tie the school record for the second most conference wins in school history (10) and a second place finish in the Pacific Coast Conference (10-4).

## MIDNIGHT MADNESS TO KICKOFF 2008-09 CAMPAIGN

### Lady Olympians Eager to Start

Midnight Madness is a massive pep rally on the first official day of college basketball practice.

This year's first day is October 15, 2008. And although "The Madness" is typically done at larger universities and colleges where as many as 20,000 fans show up like at the University of Kentucky, Maryland, Texas, and the University of Texas El Paso, Women's Assistant Basketball Coach Dan Bruton brought the idea up and thought it would be a good way to get the school, the community and the men's and women's basketball teams excited for the new season.

The night will start with introductions at Midnight followed by a 3-point contest, a dunk contest on the men's side, concluded with a scrimmage.

One lucky fan will receive the opportunity to win all of their books paid for for the entire spring semester if they can hit 4 shots (layup, free throw, 3 point shot, and halfcourt shot) in 35 seconds.

"It should be a fun time and hopefully we'll get a few hundred people to come and cheer on the 2008-09 Olympian squads," concluded Head Women's Basketball Coach, Michael Hootner.



#30 Shannen Crawford

The 2008-09 Lady Olympians lost nearly 75% of it's scoring and rebounding from last year's returners on this year's team. That doesn't seem to worry Lady Olympian Head Coach, Michael Hootner.

"I am confident that these 13 young ladies will have as much if not more success on the court despite these numbers," said Coach Hootner.

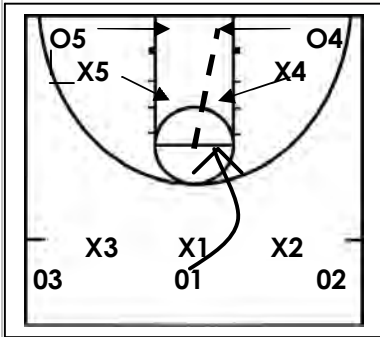
Why so confident? "This year (20 minutes, 8 points is probably the deepest and most balanced team I've had in my 17 years of coaching. We have size, quickness, and depth at all positions. Of course, there is no way to tell how successful we are going to be on the court but if the preseason is any indication of the things to come, I am very encouraged," concluded Coach Hootner.

"The girls have been wonderful. They have bought into our system, been incredibly supportive of one another, and worked incredibly hard in the classroom and on the court. But we have a long ways to go if we are going to win our first Pacific Coast Conference Championship since 2002. They have become very prideful of details and the little things individually and collectively open up at home on and that is a big step for us. November 7<sup>th</sup> at 5 PM If they continue to improve and evolve at this rate, it could be a fun year," said Coach Hootner.

There are only three returners on this year's squad. Elizabeth Jones (Clairemont, San Diego), Joy Tili (Madison, San Diego), and Shannen Crawford (Cross Creek, GA). Crawford is the only one of the three who contributed significant minutes and statistics last year (20 minutes, 8 points and 5 rebounds per contest).

But Tili and Jones have improved tremendously since last year and are going to be counted upon to make major contributions this year. The newcomers are sisters Magy and Tammie Edwards who hail from Westchester, Los Angeles), Katrena Gabardi (Granite Hills, San Diego), Katie Gerlek (Christian, San Diego), Annessa Jamison (Poway, San Diego), Kim Martin (Sahuarita, AZ), Kirby Schulenberg (Lake Havasu, AZ), Tessa Spence (Franklin, TX), and Chanah Spencer (Mission Bay, San Diego). The Lady Olympians open up at home on November 7<sup>th</sup> at 5 PM versus Oxnard College. Hope to see you there!

**COACHES CORNER**



**“Bobcat”**

Bobcat is an offense that was used by Dean Smith at North Carolina for years to spread the court out typically when you are ahead in the game.

The idea is to force the defense to have to come guard you which then makes the defense vulnerable to penetration and higher percentage shots, namely layups.

Any shot other than a layup is discouraged. O1 begins to attack the middle of the floor. If O1 can beat X1 off the dribble, she goes and attempts to draw X4 or X5 to help. If this happens, as soon as O1 reaches the top of the key, O4 and O5 begin to sprint under control towards the basket.

Once X4 and/or X5 commit to helping on O1, O1 now has to make the correct read and find the open man, preferably O4 or O5 for the layup.

It isn't always this easy however. Sometimes, X2 and X3 help on that initial penetration and don't allow the point guard to get that deep into the paint. If the help comes, X1 is to then hand the ball off to O2 if X2 helped on a left-handed dribble drive and O3 if X3 helped during a right-handed dribble drive.

Once the hand-off occurs, the initial ball handler replaces to the position where the new ball handler originally started. This process continues until one of the guards can successfully attack the “redzone” (the paint) and look for an easy crib (layup).

Equally as important as the penetration is the person receiving the pass. If we miss a layup, chances are that the opposition will have a fast break layup going back the other way.

**QUOTE OF THE MONTH**

**Both optimists and pessimists contribute to our society. The optimist invents airplanes and the pessimist parachutes.**

**CHANGES AND ADDITIONS TO 2008-09 SCHEDULE**

The 2008-09 schedule has had a couple of changes since the first issue of The Fast Break Club was sent out, said Olympian Head Coach Michael Hootner.

Mesa will open the San Diego Central Courtyard by Marriott Tip-Off Tournament at Mesa College on September 7, 2008, at 5:00 PM against Oxnard College. Mesa beat Oxnard last season 80-51.

The Saddleback game has also been changed from November 22 to November 21. Game time will be at 5 PM in Mission Viejo.

Following the tip-off tournament, the Lady Olympians will play five single games before traveling to Irvine Valley on December 11<sup>th</sup> to play Merced College in the opening of the Irvine Valley Holiday Tournament. Merced embarrassed the Lady Olympians last year 62-25.

Finally, on February 14, 2009, Valentine's Day, at 12 noon, the Alumnae versus Alumnae game will precede a day-night doubleheader with the Lady Olympians playing Cuyamaca at 3 PM with the Olympians playing at 5 PM also against Cuyamaca.

*2008-09 Women's Basketball Schedule*

DATE	OPPONENT	PLACE	TIME
NOV. 7-9	SAN DIEGO MESA TOURNEY		TBD
First Round Opponent is:	OXNARD	SD MESA	5:00 AM
NOV. 15	PASADENA	SD MESA	5:30 PM
NOV. 19	ORANGE COAST	SD MESA	6:00 PM
nov. 21	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:	merced	irvine valley	4:00 PM
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:	TBD	grossmont	TBD
JAN. 3	la. trade tech	los angeles	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	occeanside	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)		
MAR 12-15	STATE CHAMPIONSHIPS	FRESNO	

**Assistant Dan Bruton Excited to Begin His Second Year**

Coach Bruton, who will begin his second year on Coach Hootner's staff is excited to see what this year's new bundle what will bring. "Last year was an amazing first year. But every year is unique and I'm excited to see what is in store for us this year," concluded Coach Bruton,

Coach Deeder, as he is known to the girls owns his own marketing firm and currently works with high profile professional athletes in the NBA, NFL, as well as a number of corporate businesses such as Fatheads/LLC.

Prior to starting his own company, Bruton worked for The Upper Deck Company where he was the Vice President of Marketing. During his time with Upper Deck, Bruton's marketing team managed exclusively the image, likeness and signature for Michael Jordan, Kevin Garnett, Kobe Bryant,

and Tiger Woods.

Despite having a great deal of success off the court, Bruton wanted to give something back to a sport he loves and once played in college. "I wanted to give back to this wonderful game that has been so good to me over the years," said Bruton. "I love college basketball and hope I can share some of the lessons that I have learned along the way with our student-athletes."

After playing scholastically at St. Laurence High School in Chicago, Bruton went on to play varsity basketball at St. Mary's University from 1981-1983, as well as for Ealing College in London, England, in 1984, where his team won the International Sports Tournament in Paris, France.

Coach Bruton was an Assistant Men's Basketball Coach here at

Mesa from 2002-2004. This is where he and Coach Hootner first met.

"I am so lucky to have Dan on my staff. He is an incredible person and a terrific communicator. He also brings a wealth of knowledge to the table," concluded Coach Hootner.

Prior to his arrival at Mesa, Dan coached at University High School in Chicago, Illinois, during the 1998-1999 campaign, where the Lady Maroons finished 18-6, including a conference championship.

Bruton is a graduate of St. Mary's University in Winona, Minn., where he earned a B.A. Degree in Marketing and Management in 1985. He later went on to earn a Master's Degree in Business Administration from Loyola of Chicago in 1987.

Bruton, a Chicago native, currently makes his home here in San Diego.

## WAYS IN WHICH SAN DIEGO MESA AND WOMEN'S BASKETBALL WORK COLLABORATIVELY TO HELP OUR STUDENT-ATHLETES...PT. 1 <sup>3</sup>

The primary mission of San Diego Mesa College is to promote student access, retention, and success. The college as a whole along with the Athletic Department and the Women's Basketball program are committed to preparing student-athletes to meet the challenges of the rapidly changing and highly competitive world. Here are a few ways that we work collaboratively for our student-athletes.

Mesa College Student Services offers superior, comprehensive student services for all students that promote the success of all students, in an environment that fosters learning and celebrates the diversity. The college offers a comprehensive array of services that support our instructional programs and enhance access, retention and student success. These services include:

1. Admissions/Records—Open from 7AM—8:30PM and offers a wide array of services from Gradeline, e-grades, Reg-e, and more.
2. Free Counseling—The counseling staff is available to help our student-athletes with academic, career, and personal/psychological counseling (\$10 per hour for psychological counseling). One of the major aspects of the Counseling Center is **MAAP, the Mesa Athletic and Academic Program**.

**The Mesa Athletics and Academic Program (MA2P)** is a cooperative effort between the Counseling and Physical Education/Athletic Departments. We are dedicated to helping you attain academic success. For most students, college is both exciting and challenging. We want to help you develop and achieve your educational, athletic, and personal goals.

Counseling and guidance is offered in educational planning, athletic eligibility, personal concerns, and athletic and academic issues. 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. She can be reached in 1430 (on the 3rd floor) or at (619) 388-2672 (TTY-5729).

As a student-athlete, you are striving to succeed in two demanding areas simultaneously. You have the responsibility of developing and working toward an educational goal as well as training hard in your sport. Good study skills and planning are essential ingredients to being successful now and in the future. We want to help you develop and achieve your educational, athletic, and personal goals.

## A LOOK INSIDE...SAN DIEGO MESA COLLEGE

As one of the largest and most successful of California's 109 community colleges, and as the largest college in the San Diego Community College District, Mesa College takes pride in its high academic standards. At Mesa College, students will find a wide and diverse array of courses and programs leading to the A.A. or A.S. degree in both academic and vocational subjects, as well as programs leading to occupational certificates. Students may also pursue programs of general interest. Because of the college's comprehensive offerings, its excellent programs, its uniquely talented faculty, and its support services, Mesa College enjoys one of the highest student transfer rates in California.

Mesa College students excel when they transfer to the University of California and California State University campuses as well as other four-year institutions. Students completing vocational programs have similar success when they enter employment situations.

Mesa College offers a beautiful campus environment, including a state-of-the art Learning Resource Center, which opened in April 1998. The new Center was constructed at a total cost of \$20 million, and its four stories occupy 107,000 square feet in the middle of the campus. The facility offers expanded library holdings, an enormous computer lab for student use, and advanced media facilities.

The campus also includes classroom buildings, science labs, an athletics complex and fields, a theatre and fine arts facilities, and beautiful landscaping.

Mesa College provides extensive collegiate experiences for students, including such opportunities as student government, joining various clubs, 20 intercollegiate athletic teams, clubs, performance groups, and a host of activities in which students learn leadership skills, expand their cultural

horizons, and celebrates cultural diversity. For more information, visit the Associated Students Government office. The college counselors will answer any questions you may have about programs and services at Mesa College and will assist you in making your educational plans. To contact a counselor, call 619-388-2672. Visit us online at [www.sdmesa.edu](http://www.sdmesa.edu).

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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