



THE FASTBREAK CLUB

November, 2008
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HAPPY THANKSGIVING!



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

November Player Profile

#10 Joy Tili



Class – Soph
Height – 5'5
H.S.–Madison
Weight - 150
Position G/F
DOB-10/10/86
Eyes-Brown
Hair-Brown

JT's Favorites:

Food: Spaghetti, Rice, Ribs
Retired: Jordan
Pro: D-Wade
Shows: That 70's Show
Teams: Lakers, Pads, Chargers
Movies: Mulan & Lion King
Musicians: TLC, SWV, Channa
College: CSUN, Gallaudet
Hobbies: Cooking, Baby Joy Shopping, Cleaning.

Future goals: JT hopes to major in American Sign Language at either CSU Northridge or Gallaudet University...Joy will have one year of eligibility remaining at the 4-year level...**Of Note**...Joy also played two years of volleyball at Mesa...

Most Admired: Mom, sister, and Mesa W-Volleyball Coach, Kim Lester...**Favorite Quote:** "You can never lead by following."

Hootner on Tili: "JT has shown unbelievable improvement since her freshman year. She has shown an amazing ability to balance a number of academic, athletic, and personal responsibilities and shown tremendous leadership this year. She is hungry and a fierce competitor. Aggressive on the glass, she also has a great touch from 15' and in."

More on Tili... JT played an important role last year in helping Mesa win the second most conference wins in school history (10) and a second place finish in the Pacific Coast Conference (10-4).

RIO HONDO CAPTURES SAN DIEGO CENTRAL COURTYARD BY MARRIOTT TIP-OFF TOURNAMENT

Lady Olympians Show Tremendous Potential



#10 Joy Tili

Rio Hondo Head Coach Kathy Pudelko was very humble about her team's success in winning the San Diego Central Courtyard By Marriott Mesa College Tip-Off Tournament.

"I have to give all the credit to my Assistant, Jose Herrera. I was out all summer and he did all of the recruiting. If it weren't for him this wouldn't have been possible."

Rio beat perennial power, Cerritos in the opening round and then disposed of Irvine Valley College in the semi-finals. They then dismantled Fullerton in the Championship Game.

Freshman Leslie Vodicska, a 5'7 guard from St. Paul High in Los Angeles was named the Tournament MVP.

Joining Vodicska on the All-Tournament team were teammate Champaign Hood, Courtney Kollasch from Irvine Valley, Ashley McWharter from Grossmont, Mercedes Taylor from Cerritos, Shaniqua Perkins from Oxnard, Renee Wood and Taiyande Huskey from Fullerton, Nicole Lopez from Bakersfield, and **Katherine Gerlek from San Diego Mesa.**

The Lady Olympians lost both games in the tournament but there were a number of bright spots.

Aside from Katie Gerlek being named to the All-Tournament Team, Freshman Tessa Spence (Franklin High School, El Paso, Texas) had a breakout game, scoring in a variety of ways finishing with 18 points and 15 rebounds in a 72-51 loss to Bakersfield.

Freshmen Jamie Franklin (Westchester, Los Angeles, CA) and Magy Edwards after combining for 13 turnovers in the first game, a 56-35 loss to Oxnard College, only had 3 combined turnovers.

"I've shared with the girls from the beginning that we have to find a way to win on nights when we shoot less than 35%. And the way that you do that is, a)have 12 or fewer turnovers, b)outrebound the opposition, c)Make more free throws than your opponent attempts, and d) execute at both ends of the floor. What does this mean?"

When we are on offense, we have to make the correct reads and get a quality shot every trip down the floor.

It's important to make the opposition's defense work hard so they are tired when they go on offense.

On the defensive end of the floor, it means having urgency in transition, having constant communication with one another, putting intense pressure on the ball and being ready to help, and not allowing second shot opportunities.

If those things are in place, we will put ourselves in a position to win a lot of games, even on nights when we shoot poorly.

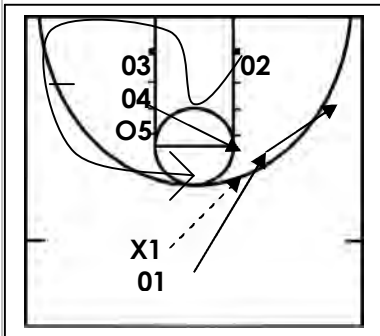
Freshman Annessa Jamison (Poway, CA) had a solid opening weekend averaging 9.5 points and 4.5 rebounds per contest. She was 5-11 from the floor against Oxnard and 4-5 from the free-throw line against Bakersfield.

Despite the two losses, Coach Hootner is encouraged. "With nine freshman, it takes time to transition to the college game. But they are working hard in practice and challenging each other," concluded Coach Hootner.

Mesa plays host to perennial state powers Pasadena on 11/15 at 5:30 PM and Orange Coast on 11/19 at 6PM before traveling to Saddleback on 11/21 at 5:30 PM.

Mesa is then off for Thanksgiving week.

COACHES CORNER



“Detroit”

Detroit is an attempt to isolate the guards based on how the defense reacts.

O1 looks for O4 flashing to the high post. O1 then sprints towards O4 and looks for the hand off. If O1 doesn't receive the pass, she flares out to the right wing. If O1 does receive the pass, she is looking for the isolation layup.

O2 has already cleared through. Right on O1's footsteps is O2 coming around as the second person looking for the hand off.

If the defense adjusts well, then we will end up transitioning immediately into our “32” offense which is 3 out and 2 in. There are a number of options and reads that we are looking for in “32”.

Mainly, we are looking for great spacing and high low or low high passes to take advantage of our size.

QUOTE OF THE MONTH

“Watch your thoughts as they become words. Choose your words because they become actions. Understand your actions, for they become habits. Study your habits, for they will become your character. Develop your character, for it becomes your destiny.”

QUOTES FROM DAILY PRACTICE PLANS

Every day, there is a quote of the day. Here are some of the one's from this year's practice plans. Enjoy them and we hope that they inspire you in some way.

“Within each of us is a hidden store of energy. Energy we can release to compete in the marathon of life. Within each of us is a hidden store of courage, courage to give us the strength to face any challenge. Within each of us is a hidden store of determination. Determination to keep us in the race when all seems lost. You may feel like dwelling on your limits or your fears. Don't do it. A perfect prescription for a squandered, unfulfilled life is to accommodate self-defeating feelings while undercutting your finest, most productive ones. Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them, every day begin the task anew.

- ANON

“Courage is being scared to death – and saddling up anyway. There are people who put their dreams in a little box and say, yes, I've got dreams, of course I've got dreams. Then, they put the box away and bring it out once in a while to look in it, and yep, they're still there. These are great dreams, but they never even get out of the box. It takes an uncommon amount of guts to put your dreams on the line, to hold them up and say, how good or how bad am I? That is where courage comes in. Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising which tempt you to believe that your critics are right. To map out a course of action and follow it to an end requires courage. Pay attention and follow your inner-voice. It is your map.”

- ANON

“Change happens because people demand it, it is that American spirit, that American promise, that pushes us forward even when the path is uncertain; that binds us together in spite of our differences; that makes us fix our eye not on what is seen, but what is unseen, that better place around the bend. That promise is our greatest inheritance.”

- President Elect Obama

“Cooperation is a key component to any team success. If you want to be heard, you also must become a thoughtful listener. Be interested in finding out the best way, not in having your own way.”

- John Wooden

2008-09 Women's Basketball Schedule

DATE	OPPONENT	PLACE	TIME/RESULT
NOV. 7	OXNARD	MESA	L; 35-56
NOV. 8	BAKERSFIELD	MESA	L; 51-72
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	l.a. 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	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)		
MAR 12-15	STATE CHAMPIONSHIPS	FRESNO	

“There is no I in TEAM – Together Everyone Achieves More. Once this happens, and we genuinely and truly become selfless and sacrifice our own glory for the good of the team, the end result will be crystal clear – that the sum of the parts are greater than the parts themselves.”

-ANON

“It is from numberless diverse acts of courage and belief that human history is shaped. Each time a man or woman stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he or she sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance.”

-Robert Kennedy

“We do not believe in ourselves until someone reveals that deep inside us is valuable, worth listening to, worthy of our trust, and sacred. Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.”

- ANON

When we reveal ourselves to our teammates and find that this brings healing rather than harm, we make an important discovery – that your team can provide a sanctuary from the world of facades, a sacred space where we can be ourselves, as we are...

- ANON

This kind of unmasking, speaking our respective truths, sharing our inner struggles, and revealing our raw edges – is a sacred activity, which allows us individually and collectively to meet and be touched more deeply.”

- ANON

“The one thing you can't take away from me is the way I choose to respond to what you do to me. The last of one's freedoms is to choose one's attitude in any given circumstance.”

Holocaust Survivor and Psychologist
- Victor Frankl

“Good work habits help develop an internal toughness and a self-confident attitude that will sustain you through every adversity and temporary discouragement. Toughness is in the mind, soul, and spirit, not in your muscles.”

- ANON

“Learn the art of patience. Apply discipline to your thoughts when they become anxious over the outcome of a goal. Impatience breeds anxiety, fear, discouragement and failure. Patience creates confidence, decisiveness and a rational outlook, which eventually leads to success. The fear of being wrong is the prime inhibitor of the creative process. Every tomorrow has two handles. We can take hold of it by the handle of fear and anxiety or by the handle of trust and faith.”

WAYS IN WHICH SAN DIEGO MESA AND WOMEN'S BASKETBALL WORK COLLABORATIVELY TO HELP OUR STUDENT-ATHLETES...PT. 2

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. **Transfer/ Career/ Employment Center**—The San Diego Mesa College Transfer Center was established to strengthen the transfer function and to prepare students for transfer to four-year institutions through the coordination of college transfer efforts. The transfer center is the focal point of transfer activities including but not limited to the following:
 - Assisting students in ensuring a successful transfer.
 - Providing potential transfer students with appropriate academic planning including courses required for university admission requirements, general education options (IGETC, CSU GE, individual campus breadth) and major preparation. Also, encouraging participation in transfer programs such as the Transfer Admission Guarantee (TAG) to SDSU, UCSD, and UC Riverside. And Transfer Admission Agreement (TAA) to UC Davis and GATE, to UC Santa Cruz and University Links Program.
 - Coordinating visitation and appointment schedules of college representatives.
 - Informing students about transfer through a monthly calendar of activities and newsletters.

Providing a library of transfer materials for student browsing and counselor research and coordinate transfer workshops for CSU San Marcos and other CSU/UC workshops.

2. **Disability Support Program and Services**—The DSPS Department at Mesa College was established to more fully accommodate the academic and support needs of students with disabilities as mandated by Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. The DSPS Department offers eligible students access to a variety of specialized support services and assistive equipment in a timely manner. These services are intended to assist college students with disabilities to more successfully participate in regular college programs and activities. DSPS strives to support Mesa College in the inclusion of students with disabilities as independent, responsible and productive members of the campus community.
3. **Extended Opportunities Programs and Services**—(EOPS) is a state funded program designed to provide counseling, retention and support services to increase college enrollment for those individuals who have previously not considered college as an option. EOPS strives to alleviate the educational barriers that preclude many students from college attendance. EOPS provides services, "above and beyond" those offered by the college, to enhance the educational success of program participants. They offer an outreach program that stresses "college is for everyone with a dream," and "success can be a reality for those with a plan." As students progress through their programs, EOPS will assist as they prepare for graduation and/or transfer by helping with educational and career planning. EOPS helps eligible students enroll, stay in college, and succeed. Part of the EOPS services is a program called CARE:

CARE—Services Include:

- Cash grants for education-related expenses (above and beyond CalWORKs and EOPS grants)
- School supplies including notebooks, paper, backpacks, and calculators
- Special counseling and advisement
- EOPS/CARE Club membership including networking, family activities, and support groups
- Referrals to campus and community-based service programs
- Holiday party for parents and children
- CARE Eligibility Requirements
- Be at least 18 years of age
- Be a single, head of household, and a current recipient of TANF/ CalWORKs for yourself and/or your children
- Be a parent or legal guardian of at least one child under the age of 14
- Be enrolled in at least 9 units at Mesa College
- IN ORDER TO BE ELIGIBLE FOR CARE, YOU MUST ALSO BE ELIGIBLE FOR EOPS

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