



Honoring the 10th Anniversary of 9/11 and all of our Fallen Heroes

THE FASTBREAK CLUB

Published annually by The Mesa College Women's Basketball Office

September, 2011

Volume 4, Issue 1

Fall Edition



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Fall Player Profiles

#12 Denise White



- Class – Soph
- Height – 5'9
- H.S.—Westview
- Weight - 150
- Position G/F
- DOB-04/23/92

Denise's Favorites:

- Food:** Sushi, Lasagna, Burritos, Strawberries, Lumpia
- Retired:** Michael Jordan
- Pro:** Steve Nash/Dwight Howard
- Shows:** The Office
- Teams:** Phoenix Suns & Orlando Magic
- Movies:** Ferris Bueller's Day Off, Breakfast Club, She's the Man
- Musicians:** All-American Rejects, Kelly Clarkson
- College:** CSU Fullerton, CSULB, CSULA
- Hobbies:** Funning, Hanging with Friends, Photography, Watching The Office, Rollerblading, the Beach, Trying New Foods.

Future goals: D-Dub hopes to continue playing ball at the next level while earning her Bachelor's in Graphic Design or Advertising...**Of Note...**Denise also ran Cross Country and Track in High School...**Most Admired:** Mom...**If You Could Be Anyone For A Day Who Would It Be:** Taylor Swift because she's so talented yet humble...**Favorite Quote:** "If there comes a day we can't be together, keep me in your heart, I'll stay there forever."

Hootner on White: "Denise is one of the most complete players I've ever had the honor of coaching in my 20 years of coaching. She's the consummate student-athlete and teammate. We have been so blessed to have here here. We will miss her next year."

Best Part About Living in San Diego..."the weather and the beach.

2009-10 Stats: 10 points per game and 4 rebounds. Denise shot over 30% from 3 and over 70% from the free throw line.

Westview: Team went 26-6 her senior year as CIF Runner-Up. Was All-Academic her senior year. 2010 San Diego County All-Star selection. Played for coach Bob McHeffey.

2011-12 LADY OLYMPIANS READY TO BALL

Midnight Madness on October 1, @ 7 PM...

Sophomores Ready to Lead ...

Coach Hootner's fourth season as Head Coach of the Lady Olympians has come and gone. So, that being said, as he begins preparations for his fifth campaign at the helm, he and the Lady Olympians are excited about the upcoming year.

The first official practice begins on October 1, 2010, this year, two weeks early than has been the case for the previous three decades.

Midnight Madness, the annual kickoff to the college basketball season, typically held on the 15th of October at most four-year colleges and universities will be held on Saturday, October 1, at 7PM to better accommodate the fans.

Friends and family are encouraged to come cheer, support and meet the new team and watch them play in a brief scrimmage as well as a three-point contest. Colleges and universities around the entire country have similar celebrations, some with as many as 25,000 people!

Many of the players were together over the summer and have already started to realize how important this experience was for both themselves and for the coaching staff. "Any time you have the chance to see how your team performs under game conditions and have the chance to grow as a team is huge," concluded Coach Hootner.

Coach Hootner acknowledges that it will take some time to grow as a collective unit because some of the team were not here in the summer, but he believes that his team has the makings of something special. "What I learned in the summer is that we have tremendous leadership, quickness, size, strength, people that love to learn, a group that genuinely cares about one another, the ability to rebound the heck out of the basketball, great team defense and depth. And the girls are hungry," concluded Coach Hootner.

That is on paper. Will this translate into wins...or its first conference championship in 10 years? A state title? Again, only time will tell.

If it does happen, it will

take place with the most sophomores (6) that Coach Hootner has had in a single year. "It has taken five years to build things, but we are finally at a point where we have some experience," said Coach Hootner.

The sophomores will be led by, returning 1st-Team All-Conference selection, captain, and the 2010-11 leading scorer, Denise White (Westview, San Diego). White averaged 10 ppg and 4 rpg. Along with White will be Katie Ratfield (Modesto Christian, CA), Karina Dekker (Concord, CA), Chanel Putras (Grossmont, San Diego), Angela Eley (Serra, San Diego), and Ashley Howard (Concord, CA).

This means 10 of this year's team will be comprised of freshman. "We have been preparing for the season since June. Most of the freshman have been learning the system for over five months. And I'm confident that they will be ready once the season begins," said Coach Hootner.

The non-conference pre-season schedule will provide several good tests for the Lady Olympians beginning with the Mesa College James Mulvehil Coaches vs Cancer Holiday Inn Mission Valley Stadium Tip-Off Tournament. Mesa will open against College of the Desert at 7PM on November 11. The tournament includes 8 teams and will go from 11/11-13.

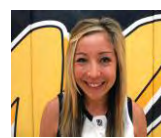
The Lady Olympians will then be on the road for over two months at five different tournaments at Santa Barbara (11/17-19), Chaffey (12/2-4), L.A. Valley (12/9-11), San Diego City College (12/16-18), and Glendale College (12/21-22). Before returning home on January 13, 2012, against Southwestern College. Conference play begins on 1/4/12 at San Diego City College at 7PM.

The season concludes with "Sophomore Night" and "Think Pink" night on February 10, versus Mira Costa College at 5PM. The gate money will be used to raise money for the Kay Yow and Jimmy V cancer foundations while raising awareness for breast cancer. We will also honor our six sophomores on this night as well.

Visit us at: www.sdmesa.edu/athletics/basketball-women for more info. Thank you for your support!

Fall Player Profiles

#22 Katie Ratfield



- Class – Soph
- Height – 5'9
- H.S.—Modesto Christian
- Weight - 155
- Position G/F
- DOB-09/12/88

KT's Favorites:

- Food:** Sushi, Mexican, Home Cooked Meals
- Pro:** Rondo, D-Wade, & Steve Nash
- Shows:** Criminal Minds, Lost, Gossip Girls
- Teams:** San Francisco Giants
- Movies:** The Hangover & Peter Pan
- Musicians:** Anything Country but especially Tim McGraw, Carrie Underwood, and Michael Bubble
- College:** Hawaii & Nevada Reno
- Hobbies:** Planning Parties, Disneyland, Relaxing, Shopping, and Getting People Together.

Future goals: Katie hopes to earn a basketball scholarship and earn her Bachelor's Degree in Hospitality and Events Management...**Of Note...** Katie played Volleyball, Softball, and ran Track in high school...**Most Admired:** Sandra Bullock...**If You Could Be Anyone For A Day Who Would It Be:** Carrie Underwood because she's beautiful and can sing and I love to sing (in the shower)...**Favorite Quote:** On your knees, you look up, decide you've had enough, you get mad, you get strong, wipe your hands, shake it off mad, you get strong, wipe your hands, shake it off, then you stand.

Hootner on Ratfield: "Katie has improved so much since she arrived here. But more importantly Katie has been a true ambassador for the program. She has been a tremendous leader, a terrific teammate, and epitomized what a student-athlete is all about."

Best Part About Living in San Diego...The beach, weather, and there's always something to do.

2009-10 Stats: 4 ppg and 4.5 rpg.

Modesto Christian: All-League last three years. Played for Coach Robb Spencer

COACHES CORNER



Diagram 1



Diagram 2

“UCLA (Olympian) Guard Around”

Guard around is a part of our UCLA (Olympian) series.

The point guard (1) looks to enter the ball to either wing (2 or 3). Let's say for this play we enter the ball to the 2, or the right wing.

The 1 then goes behind 2 and ends up in the corner. While that is happening, the 4 screens across for the 5. The 5 then looks to cut to the block curling or cutting back door.

If the 2 passes to the 1, 2 cuts through to the other side and the 5 then can post or set a pick for the 1 on either side.

If the 2 dribbles towards the 1 for a handoff, as soon as the ball is handed off to 1, the 5 simultaneously sets an on-ball pick for 1.

This makes it difficult for the opposing team to defend because they are now forced to deal with a hand-off and a pick from two different people simultaneously.

After the 4 sets her pick, she will then slide down to where the “x2” is. The 3 slides down to where it says, “x1”. While the action is going on on the right side of the floor, if we can get a skip pass to the 3 in the corner, the 4 will then pick for 3's defender while the ball is in the air freeing up the 3 for a 3 point shot.

If the 3 doesn't have a 3, the 4 comes out and either picks for the 3 or slides into the post area and looks to receive the pass from the 3 with the post defender caught on her back from when the skip pass was made.

There are a number of other options in the “Olympian” series. Depending on where the ball is entered, a different option is now initiated.

For example, if the ball went to the right high post player instead of the right wing, the right wing would cut back door immediately and look for a back door layup. If they didn't receive the pass, they'd continue to go to the opposite corner.

Right after, the point guard would follow her pass and look for a handoff to the 5 to take it in for a layup. If the handoff wasn't available, the 3 would now come from the opposite side and look for another hand-off opportunity. The 1 would slide to the corner if she didn't receive the handoff.

If 3 received the second handoff, she could go in for a layup, pull up for a short jumper or look to kick it to the corner to 1 if 1's defender over-committed on the help.

Come watch us in person or live at www.justin.tv/mhootner as all of our games will be broadcast live on the internet (audio and video)

QUOTE OF THE MONTH:

“Sticks in a Bundle are Unbreakable.”

- African Proverb

QUOTES FROM DAILY PRACTICE PLANS

“Sticks in a Bundle are Unbreakable.” - African Proverb

“The Strength of the Pack is in the Wolves while the Strength of Wolves is in the Pack.” - Kipling

“Champions aren't made in gyms. Champions are made from something they have deep inside them: a desire, a dream, a vision. They must have the skill and the will. But the will must be stronger than the skill.”—Ali

“You are what you Eat.” - Anon

“Don't let what you Cannot Do interfere with what you Can Do” - John Wooden

“Life is 10% Circumstance and 90% how you Deal with these Circumstances.” - Anon

“People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success.” - Normal Vincent Peale

“People are Always Blaming their Circumstances for what they are. I Don't Believe in Circumstances. The People who get on in this World are the People who Get up and Look for the Circumstances they Want, and if they Can't Find them, Make them.” -George Bernard Shaw

“When One Door of Happiness Closes, Another Opens; but Often We Look so Long at the Closed Door that we do not See the one Which has Opened for us.” - Helen Keller

“Both Optimists and Pessimists Contribute to Our Society. The Optimist invents the Airplane While the Pessimist invents the Parachute.” - Stern

“Please Grant me the Serenity to Accept the Things I Cannot Change; Courage to Change the Things I Can; and Wisdom to Know the Difference. Living One Day at a Time; Enjoying one Moment at a Time; Accepting Hardships as the Pathway to Peace.” - Niebuhr

“Courage, it Would Seem, is Nothing Less than the Power to Overcome Danger, Misfortune, Fear, Injustice, while Continuing to Affirm Inwardly that Life with all its Sorrows is Good; that Everything is Meaningful Even if in a Sense Beyond our Understanding; and that there is Always Tomorrow.” -Dorothy Thompson

“Never Give Up! Failure and Rejection are only the First Step to Succeeding.” - Jimmy V

“There are 86,400 seconds in a day. It's up to you to decide what to do with them.” - Jimmy V

2011-12 Women's Basketball Schedule

DATE	OPPONENT	PLACE	TIME
NOV. 11-13	MESA Tip-Off Tourney	SD MESA	TBD
nov. 17-19	santa barbara tourney	santa barbara	tbd
dec. 2-4	chaffey tournament	chaffey	tbd
dec. 9-11	La. valley tournament	La. valley	tbd
dec. 16-18	san diego city tourney	san diego city	tbd
dec. 21-22	glendale crossover	glendale	tbd
dec. 17-19	sd city tourney	sd city	tbd
jan. 4	san diego city (dh)	san diego city	7:00
jan. 6	bve		
jan. 11	grossmont (dh)	grossmont	7:00
JAN. 13	SOUTHWESTERN (DH)	SD MESA	7:00
jan. 18	mira costa (dh)	mira costa	7:00
JAN. 20	IMPERIAL VALLEY	SD MESA	5:00
JAN. 25	PALOMAR (DH)	SD MESA	7:00
JAN. 27	SD CITY	SD MESA	5:00
Feb. 1	bve		
FEB. 3	GROSSMONT	SD MESA	5:00
feb. 8	southwestern (dh)	southwestern	5:00
FEB. 10	MIRA COSTA (DH)	SD MESA	5:00
feb. 15	imperial valley (dh)	ive	5:00
feb.17	palomar (dh)	palomar	5:00
feb. 22	SoCal Regional Quarters	tbd	
feb. 24-25	SoCal Regional Semis	tbd	
mar. 3	SoCal Regional Finals	tbd	
mar. 9, 11-12	STATE CHAMPIONSHIPS	ventura	

“If you laugh, you think, and you cry, that's a full day. That's a heck of a day. You do that seven days a week, you're going to have something special.” - Jimmy V

“Proper Preparation Prevents Poor Performance” -Anon

“It is Amazing how Much You Can Accomplish When it doesn't matter who Gets the Credit.” - Anon

“Expect the Unexpected.” - Anon

“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.” - ANON

“Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.” – John Wooden

OCTOBER IS BREAST CANCER AWARENESS MONTH

...We want to honor the nearly 192,000 women and 1,500 men who are diagnosed annually with breast cancer. Of those, roughly 41,000 women and 500 men will die. **February 10-19, 2010** is Breast Cancer Awareness **WBCA Pink Zone Challenge Week**.

Join the Mesa College Women's Basketball team in conjunction with the WBCA 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.

The **Kay Yow/WBCA Cancer Fund** was announced on December 3, 2007, during the Jimmy V Classic. The Kay Yow/WBCA Cancer Fund, in partnership with The V Foundation for Cancer Research, will raise money in the fight against cancer.

Kay Yow, the former North Carolina State University head women's basketball coach, was a past president and founding member of the Women's Basketball Coaches Association (WBCA) and a galvanizing voice for the Association. Yow was first diagnosed with breast cancer in 1987, and lost her battle with the disease in 2009. In her 37 years as a head coach at the college-level, Yow is one of only six Division I head women's basketball mentors to achieve 700 career victories. Yow was also the head coach of the 1988 US Olympic Team that won the gold medal in Seoul.



2010-11 Think Pink Week at Imperial Valley College. Both teams combined for this fun event.



2010 Breast Cancer Awareness Month (October)

Coach Hootner and fiancé, Heather Kiley attend the Race for the Cure last year.



Founded by the American Cancer Society and the National Association of Basketball Coaches



THE LADY OLYMPIANS ARE TWEETING AND ON FACEBOOK!

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Once you arrive at www.facebook.com, in the search box, type in "Sandiegomesacollege Women'sbasketball" and then request to be a friend of the program. To search for our email address it is, mhootner@sdccd.edu.



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Michael Hootner - Head Women's Basketball Coach
San Diego Mesa College
7250 Mesa College Drive,
San Diego, CA 92111

PAY WITH A CREDIT CARD OR PAYPAL!!

Email Head Coach, Michael Hootner with questions or problems with the link at: COACHHOOTNER@GMAIL.COM



OUR NEW 2011-12 MEDIA GUIDE IS DUE OUT AROUND NOVEMBER 1. TO VIEW IT AND MORE GO TO:

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