



# the FALCON flyer

the official newsletter of the Solano College women's basketball team



October 2010

## Adopt a Falcon today!

The Solano women's basketball team is very grateful for the support it receives from fans, friends, family and alumni every year.

One way to help support our program is through the Adopt-A-Player fundraising program.

In order for your name to appear in this year's media guide as an "adoptee," you must submit an Adopt-A-Player form by **October 15**.

This program has been very successful in helping the team raise money necessary to pay for equipment and travel expenses. It's very rewarding for the sponsor who gets so much in return for their contribution — big or small.

"The players really get into our Adopt-A-Player program and our fans love to 'adopt' a player throughout the season," said Coach Matt Borchert. "We have faculty and staff on campus who get involved and the players' family members and friends are very supportive as well."

Visit [www.solano.edu/physical\\_education/wbasketball.html](http://www.solano.edu/physical_education/wbasketball.html) to download the flyer and learn more about the program.

All donations are tax deductible. Call Coach Matt at (707) 863-7837 for more information.

Looking for up-to-the minute information about the Solano women's basketball team? Read the team's blog, [www.solanowbb.wordpress.com](http://www.solanowbb.wordpress.com) and get behind-the-scenes updates from the players and coaches! **Check it out today!**

# Fall conditioning pays off on, off the court

The Solano Community College women's basketball team conducted its first official practice on October 1. The Falcons were more than prepared as an intense fall conditioning season got them in great shape to run up and down the court.

But the work never ends. The team continues to train in preparation to defend its Bay Valley Conference championship from 2010 with off the court and on the court workouts.

"The biggest goal with fall conditioning is to build mental toughness," said Solano Coach Matt Borchert. "We want to build mental toughness so the players are able to overcome barriers and transition that into a basketball situation."

Coach Matt's methods are effective as seen in past years when his teams reach their peak toward the end of the season and never get to a "burn-out" phase.

"We get a good cardio foundation with our outside running and we transition that into a more anaerobic exercise when basketball practice starts," he said. "The players are getting great conditioning."

The team will run their first timed mile on October 11. Each player has a specific time they have to achieve in order to "earn" their game uniform.

"With all the conditioning the players have done, it shouldn't be a problem," said Coach Matt.

He said that fall conditioning is also a great time for the team to bond as a unit. The players arrive on campus at Solano at

6:45 a.m. and support one another through the event.

"The timed mile is a big team thing," Coach Matt said. "It's a great individual thing — to earn that uniform, but is a sense of success when everyone on the team finally makes their time."

Coach Matt has been impressed with the leadership of his four returning sophomores — Carmen Belser, Ivy Jones, Destinee Sinegal and Jessica Woods. All were named captains recently.

"They were very excited to be named captains," Coach Matt said. "They did a great job over the summer. They each have their own personalities and own leadership styles and I am glad that they are embracing their roles as

captains."

Coach Matt is also pleased with the efforts put forward by his freshmen.

"They are coming along," he said. "They are learning that every possession counts in college basketball. That's a different mindset than in high school basketball. They have to finish every drill hard and have the attitude that everything we do now has a purpose and will come to life in game situations."

He said that the freshmen have adapted well to the fall conditioning and are in outstanding shape.

"When we are in tight situations this season, they will be able to lean back on our fall conditioning and know that what they did then is paying off down the line," said Coach Matt.

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# Former SCC coach to be inducted into Hall of Fame

The Solano Community College women's basketball program is gearing up to induct the winningest coach in program history into the Solano Hall of Fame.

Kim (Mitchell) Gervasoni, who coached the Falcons from 1992-2000, will be inducted into the Hall of Fame on Oct. 11 in a ceremony at the Hilton Garden Inn in Fairfield, Calif. Kim compiled a 207-77 record in her time at Solano, leading the Falcons to five Bay Valley Conference championships and two State Final Four appearances.

This is a very special night for Kim and her family and she would love to have as many former players who are still in the area attend the ceremony. We look forward to seeing you there!

Former Solano coach Kim (Mitchell) Gervasoni and former point guard Allison (Gill) Johnson (95-97) are organizing a reunion of former Solano players who suited up from 1992-2000. The reunion will take place on Oct. 10. If you are interested in learning more about the event, contact Allison at (707) 365-5775. We look forward to seeing you there!

## Sit Down... with Coach Matt

**Former Solano coach Kim (Mitchell) Gervasoni is being inducted into the SCC Athletic Hall of Fame on Oct. 11. What does Kim mean to you as a coach and what does her induction mean to the program?**



We are very excited to have Kim inducted into the Hall of Fame. Over the last few years, we have made an effort to get a lot of her former players into the Hall of Fame because that was her wish. Once a big chunk of her players were in, it was finally going to be her turn.

It's going to be an exciting night for her. She is way deserving of this honor. We could've put her in a long time ago but she wanted her players to go in first.

Allison Johnson, one of her players from the mid-90s, is putting together a reunion of her former players the day before the Hall of Fame banquet and it's going to be nice for a lot of her players to see her again. Many of her players may not get the chance to come to the banquet so the reunion will give them a chance to celebrate this great honor with her.

Kim means a lot to me professionally. She trusted me with her program. She basically took this program from scratch and built it up to where it was one of the best women's basketball programs in the state.

She hand-picked me to take it over in 2000 when she moved on. That means a lot because she had trust and confidence in me. She was very influential in me getting the job here and that was a huge factor in shaping my life. It was a full-time job and it allowed me to start a family.

## Become a 'fan' of Solano basketball!

We are closing in on 100 Facebook fans! Have you become a fan of the Solano Community College women's basketball team yet?

The first game is right around the corner and you don't want to miss any of the latest news!

Keep up with Solano on Facebook as the Falcons prepare for the 2010-11 season.

"There are a lot of fans of the Solano women's basketball program on Facebook," said Solano coach Matt Borchert. "Creating this fan page is a great way for us to connect with alumni, family and friends of the program and keep them updated of games, events and everything that's going on with the program. We have had a great response so far but we know there are more people out there who want to know everything that's going on with our program."

Log on to Facebook and become a fan of Solano Community College women's basketball.

There are pictures from Fun Friday team building events, outtakes from the sophomore photo shoot and more!

Keep up with the team as the 2010-11 season approaches. There will be updates after games as well!

## Upcoming Dates

October 6  
Madison McDaniel's birthday

October 11  
Hall of Fame banquet

October 30  
Scrimmage at San Mateo

October 31  
Happy Halloween!

November 6  
Game at Fresno City, 5 p.m.

November 18-20  
Santa Barbara tournament, TBA

November 25  
Happy Thanksgiving!

November 27  
Game at San Jose City, 6 p.m.

# Fun Fridays allow team to bond off court



Clockwise from top: The players use teamwork to navigate through Cool Patch Pumpkins in Dixon; Freshman Ashley Rehm enjoyed a day off from practice to enhance her bowling score; the team hammed it up at Chuck E. Cheese to also celebrate teammate Ruby Leon's birthday; Coach Matt Borchert always enjoys himself at the patch; Tara Cooley and Ashia Johnson had a great time at Chuck E. Cheese's; Desiree Strong, Ivy Jones and Tara Cooley show off their awesome bowling socks.

# Falcons poised for exciting season

Mark your calendars! Set up reminders on Facebook! The Solano Community College women's basketball team opens the 2010-11 season in November and we want you to be there for every thrilling moment.

Cut out the schedule below and post it on your refrigerator and cheer on the Falcons as they attempt to win their fourth straight Bay Valley Conference title.

## 2010-11 Solano women's basketball schedule

<b>Date</b>	<b>Day</b>	<b>Opponent</b>	<b>Location</b>	<b>Time</b>
Nov. 6	Sat.	Fresno City	Fresno	5 p.m.
Nov. 18-20	Thu-Sat	Santa Barbara Tourney	Santa Barbara	TBA
Nov. 27	Sat.	San Jose City	San Jose	6 p.m.
Dec. 2-5	Thu.-Sat.	Tom Gilcrest Invitational	Visalia	TBA
<b>Dec. 10-12</b>	<b>Fri-Sun</b>	<b>Solano Showdown</b>	<b>Fairfield</b>	<b>TBA</b>
Dec. 16	Thu.	Cosumnes River	Elk Grove	6 p.m.
Dec. 28-30	Tue-Thu.	Mike Gervasoni Memorial	Cupertino	TBA
<b>Jan. 5</b>	<b>Wed.</b>	<b>*Napa Valley College</b>	<b>Fairfield</b>	<b>5:30 p.m.</b>
<b>Jan. 7</b>	<b>Fri.</b>	<b>*Yuba College</b>	<b>Fairfield</b>	<b>5:30 p.m.</b>
Jan. 12	Wed.	*Merritt College	Oakland	5:30 p.m.
<b>Jan. 14</b>	<b>Fri.</b>	<b>*Mendocino College</b>	<b>Fairfield</b>	<b>5:30 p.m.</b>
Jan. 19	Wed.	*Los Medanos College	Pittsburg	5:30 p.m.
<b>Jan. 26</b>	<b>Wed.</b>	<b>*College of Marin</b>	<b>Fairfield</b>	<b>5:30 p.m.</b>
Jan. 28	Fri.	*Contra Costa College	San Pablo	5:30 p.m.
<b>Feb. 2</b>	<b>Wed.</b>	<b>*Laney College</b>	<b>Fairfield</b>	<b>5:30 p.m.</b>
Feb. 4	Fri.	*Napa Valley College	Napa	5:30 p.m.
Feb. 9	Wed.	*Yuba College	Marysville	5:30 p.m.
<b>Feb. 11</b>	<b>Fri.</b>	<b>*Los Medanos College</b>	<b>Fairfield</b>	<b>5:30 p.m.</b>
Feb. 15-16, 18	Tue-Wed., Fri.	Bay Valley Conference tournament		TBA

\* denotes Bay Valley Conference contest

# Time out with Jessica Woods



Jessica Woods is a returning sophomore who made big contributions as a freshman last year. Whether she was a starter, or in a reserve role, she made an impact in the post.

Jessica averaged five points, four rebounds and 1.1 steals per game. She shot 55 percent from the field during Bay Valley Conference games, helping the team to its third straight conference title.

**You sat out a year before playing last year. How did you feel last year being back on the court and playing again?**

Jessica Woods: It felt really good to be back on the court. I missed the team a lot, and just the feeling of playing again was a lot to take in. I was very excited.

**What were some highlights for you last year – personally and team-wise. What did you enjoy the most from last season?**

JW: My most memorable highlight from last season was definitely beating San Francisco and winning the Gervasoni Memorial tournament. I just remember how much that particular tournament meant to the coaches. It was a very emotional tournament, and I truly believe that the outcome of that tournament was a stepping stone to our successful season.

**What are your goals this season? What do you hope to accomplish?**

JW: My goals for this season are to step up on and off the court. I want to contribute more to the team this season, and also help motivate and encourage the freshmen.

**What did you work on this summer and what do you hope to continue to improve upon as the season progresses?**

JW: This summer I tried to focus more on my shooting and

ball-handling because I know that realistically if I were to move on to the next level, I would be playing the 2 and 3 positions. I hope to continue to improve on being aggressive and consistent.

**What sports do you watch on television? Who are your favorite teams?**

JW: I like to watch the NBA, football and boxing. I am a die-hard Lakers fan!

**If you could run practice for a day, what drill would you eliminate?**

JW: If I could run practice for one day, I would probably have to eliminate 4-on-4 rush.

**If you could pick a destination for Fun Friday for you and your teammates, where would you go?**

JW: If I could choose a place to go for Fun Friday, I would take the team to my job at Six Flags Discovery Kingdom.

**Your birthday is on New Year's Eve. How do you normally celebrate your birthday and what is the best birthday you remember?**

JW: Even though my birthday is on New Year's Eve, it's still a normal day to me. I normally just celebrate it throughout the day with my family and spend the evening with my close friends. My most memorable birthday would have to be when I turned 12 and spent the entire day in the city with my family and staying over night at a really nice hotel.

