When the Vallejo Unified School District made the decision to close Hogan High School at the conclusion of the 2010-11 school year, Solano coach Matt Borchert knew he had an opportunity to add a gem of a coach to his staff.

Coach Matt and Ann Talamantes-Ristow developed an excellent professional relationship over the past 10 years, with the latter sending several of her players to SCC to continue their athletic and academic careers.

On May 1, Ann was introduced as an assistant coach, joining Natalie Cooley and Conni Holloway on Coach Matt’s bench.

“We are excited to have Ann on staff,” said Coach Matt. “She’s a great teacher of the game and knows our program so well. I have a great deal of respect for her as a coach and she’s going to be a wonderful addition to our staff.”

Ann is equally excited to be part of the team. “Solano has a rich tradition of academic and athletic success,” she said. “I feel very fortunate that Coach Matt approached me and am looking forward to a great season!”

Ann rebuilt a Hogan program that was at the bottom of the Monticello Empire League standings for years. She led the Spartans to the Sac-Joaquin Section title game in 2006, only to lose to crosstown rival Vallejo.

Ann is a staple at Hogan High, also serving as the school’s athletic director, badminton coach since 2006 and assisting with the junior varsity volleyball and softball programs. This past year, Ann was named a Model Coach by the Sac-Joaquin Section.

“What a great honor,” she said. “It’s so humbling to be named a Model Coach because some great teachers and coaches have earned this honor through the years. I am fortunate to have worked alongside some great students and coaches over the years.”

Ann will be essential on the recruiting trail, said Coach Matt, and will serve as another set of eyes in practice in helping the Falcons capture their fifth straight Bay Valley Conference title in 2011-12.

Looking for up-to-the minute information about the Solano women’s basketball team? Read the team’s blog, www.solanowbb.wordpress.com and get behind-the-scenes updates from the players and coaches! Check it out today!

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Former Hogan High coach joins Solano staff
Coach Ann Talamantes-Ristow joins the Solano College coaching staff. She is excited to help the Falcons work toward another Bay Valley Conference title in 2011-12.
Former Falcons walk in graduation ceremony

Former Solano basketball players Jessica Woods, who just completed her sophomore season with the Falcons, and Ashley Daniels, who played at Solano from 2008-2010, walked in Solano’s graduation ceremony on May 25.

Coach Matt Borchert was on hand to congratulate the pair, who both come from Hogan HS in Vallejo, before the ceremony.

“I am extremely excited for Jessica and Ashley,” said Coach Matt. “They were hard working student-athletes in their time at Solano and they both have bright futures ahead of them. It was great to see them in a cap and gown. They should be very proud of themselves for all they have, and will, accomplish.”

Jessica earned her associates degree in criminal justice while Ashley has her degree in universal studies. Congrats to both ladies!

Robinson headed to Hall

The Solano College women’s basketball team is excited to announce that former student-athlete Joyce (Robinson) Martinez will be inducted into the Solano College Athletic Hall of Fame in October.

Joyce played at Solano from 1993-95 and continued her playing career at University of South Florida.

As a sophomore, Joyce was part of the Falcons team that won the Bay Valley Conference Delta Division with an 11-4 record. The team went 23-11 that season.

Joyce was an outstanding point guard for the Falcons, earning all-BVC honors as a sophomore. She ranks eighth all-time with 211 career assists.

Joyce will be the 15th former women’s basketball player to be inducted into the Hall of Fame. She joins former teammates Shamone Warren, Marisa VonBromssen, Vonetta Miller-Huddleston, Maria Lara, Spring Steed and her former coach Kim Mitchell-Gervasoni.

“We are excited to add another great women’s basketball player to the Hall of Fame this year,” said Solano coach Matt Borchert. “Joyce exemplified the class of our program - carrying herself well on the court and off.”

Adopt a Falcon today!

One way to support the SCC women’s basketball program is through the tax-deductible Adopt-A-Player fundraising program.

In order for your name to appear in the 2011-12 media guide as an “adoptee,” you must submit an Adopt-A-Player form by October 15.

Visit www.solano.edu/physical_education/wbasketball.html to download the flyer and learn more about the program.

Upcoming Dates

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<td>June 23</td>
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<td>July 4</td>
<td>Happy Independence Day!</td>
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<td>July 21</td>
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<td>Solano co-ed basketball camp</td>
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Sit Down... with Coach Matt

What should parents consider when looking for a basketball camp for their child(ren) this summer?

Parents should be looking for quality instruction and balancing it with the cost. They want to get the most out of their money as possible. A camp that really concentrates on the fundamentals of the game should be of their utmost concern. There are a lot of camps out there that tie in a celebrity name and overcharge in relation to the instruction that is given throughout the week. Parents should be wary of those.

Our camp at Solano is fantastic because the community is involved. We receive donations from the community that help us with lunch for the campers, raffle prizes and more. For a reasonable fee the focus is on fundamentals, teamwork and having fun! Plus they receive a ball, t-shirt and camp picture.

The instruction at our camp is high quality with our players coaching and interacting with the kids all week. The evolution cycle is wonderful as our current players help out potential Solano players of the future. The money raised is not only helping our current players but also our program and players of the future as well. In a way the parents are making an investment in their child’s future when they enroll them in our camp.

These are all things that I consider as well when I look for camps for my oldest child - whether it’s sports-related or not.
Ann Talamantes-Ristow, pictured above with Solano assistants Conni Holloway (center) and Natalie Cooley, joins the Solano women’s basketball coaching staff after serving as the head coach at Hogan High in Vallejo for 16 years. Get to know the program’s newest assistant coach and make sure to welcome her to the family when you see her on campus!

_Falcon Flyer:_ What is your coaching style for those who may not have seen you coach at Hogan HS?

**Ann Talamantes-Ristow:** That’s funny, because when I started at Hogan I used to yell and scream and get very emotional and negative and the girls at the time couldn’t stand it. Now I think I’m more relaxed and try to guide, rather than direct. The girls now don’t like it that much, they seem to think I need to yell more as long as I’m not yelling directly at them - of course! I think athletes will learn more and get more from the experience if they are motivated from within (intrinsic) rather than from external sources (extrinsic motivation) - like me yelling!

_FF:_ What excites you about joining the staff at Solano? What do you hope to learn?

**AT-R:** I’m very excited to be a part of such an outstanding program. I have always encouraged my athletes to play at Solano because I believe Coach Matt does a great job getting his athletes to perform at their peak. I also really appreciate how academically driven the program is and how many of the players continue to play and do well in the classroom at four-year institutions. Being a teacher, I believe that lifelong learning is important.

I am really looking forward to seeing things from an assistant’s perspective, and expand my knowledge base. I find that I do many things the way I was taught/coached, I’m looking forward to experiencing another dynamic and using that to improve my skills as a coach.

_FF:_ Talk about your last few weeks as a teacher/coach at Hogan HS. What will you miss the most about the school?

**AT-R:** I don’t have children, and last year I realized that if Hogan girls basketball was my child, she’d be 15 years old. So it’s very sad to say goodbye to this school and the giant role it has had in my life over the past 16 years! The number one thing I’ll miss are the students and my relationships with them. I know that my new school will have students, and I will probably become close to them too, but the Spartans are special. I’ve been very lucky as the Activities Director and Athletic Director that I’ve had a chance to develop other kinds of relationships with students and athletes instead of just the teacher/student role. I’m glad Solano’s colors have royal blue in them, since I have quite a wardrobe of blue clothing. It would be hard (and expensive) to replace my entire coaching wardrobe!

_FF:_ What are you doing now? Where are you teaching?

**AT-R:** I don’t know where I’ll be yet, the district hasn’t let us know our placement for the 2011-12 school year. I hope that I’ll be teaching physical education at either Vallejo or Bethel high school, and I’m happy that I’ll have a job of course.

_FF:_ What do you bring to the Solano program as an assistant coach? What are your strengths?

**AT-R:** I think that I’m a good support person. I am enthusiastic and positive. I think that I have a unique background in that I didn’t get to play college basketball, due to an injury but I learned a lot from that year I had to sit out and I think it helped me see more of the total game - I was very "post"-centric prior to that, because that’s what I was most familiar with. I love rebounding, and controlling the game from that first missed shot opportunity. I have also learned that I am a competitive person and I really love the thrill of the game and being of course being successful.