

February 23, 2009

The Atlanta Xplosion GM Top Pre-season Picks

Week 2

"AWFFL Rookie and Veteran of the Week"

This season the Atlanta Xplosion has introduced a new Player Recognition Program to its line up to recognize each week one veteran and one rookie of the week during their pre-season. All players will be graded each week during the preseason practice sessions, classroom sessions, and viewed on their off the field contributions as it relates to player fees, media involvement, fundraising etc.

Player's designated position coaches and Head Coach will make their recommendations to the front office, however, the General Manager, Mashonda Gilmore will make her pick of the week. The criteria of her choices will be graded against the following statutes:

- * Player's Attendance in practice
- * Player's Accountability
- * Effort in Practice
- * Communication with staff and teammates
- * Ability to listen to coaches and teammates
- * Dress Attire "are you in colors"
- * Progression of fundamentals and skill sets

Each Saturday a player will be announced in practice being recognized as the AWFFL GM's Pick of the Week.

Week 2 AWFFL Rookie of the Week selected was Heather "Ya Ya" Ayala. Ya Ya plays on the defensive line for the Atlanta Xplosion and is showing progression in her skill set each practice. She is truly a very coachable athlete who loves the Atlanta Xplosion. It would not be a surprise to view Heather's stats in the 2009 IWFL stat book this season for the most sacks this season. As a result of her accomplishment Ya Ya was given a \$25 Gift Certificate to dine at Jason's Deli as a token of the AWFFL and the Atlanta Xplosion appreciation.

The AWFFL Veteran of the week was Sheila Braxton. Sheila plays mainly offensive line, however, she has the capabilities to play the defensive Line as well. From the beginning of training camp Sheila has shown her ability to lead her team. She to has proven to show great work ethic on and off the field. The AWFFL and the Atlanta Xplosion would like to congratulate Sheila for a job well done and deserving. She to has received a \$25 Gift Card to dine at the Olive Garden.