

# THE BASEBALL COLLEGIAN

THE COACHES' SOURCE FOR AMATEUR BASEBALL

www.baseballcollegian.com

Vol. 1-Issue 2 - February 15, 2025

## Best in Show!

### Awards for ABCA convention's most exciting products

By MARK WOODWORTH  
EDITOR/THE BASEBALL COLLEGIAN

The annual American Baseball Coaches Convention is a grand tradition for baseball coaches from America and beyond. As the new calendar turns, thousands of coaches descend on a convention center to learn new ideas, connect with old friends, make new ones, and get inspired and rejuvenated as a new season begins. It is undeniably the greatest collection of baseball minds in one place, as well as featuring the greatest amount of love of the game.

The main stage clinics are a great source of knowledge, while the adjacent trade show hall might have the greatest source of baseball energy with over 400 vendors displaying every possible baseball item you can dream up. Everything from bats to gloves to uniforms to field equipment can all be found under one roof.

While there are many impactful items, to continue the amazing tradition of celebrating some of the more exciting innovations and products in the sport, we at *The Baseball Collegian* visited every booth at the trade show to honor products that we consider innovative and exciting with our 2025 ABCA Convention Best in Show award.

**CONTINUED ON PAGE 8**



Tennessee coach Tony Vitello takes the stage at the 2025 ABCA convention in Washington D.C. as is custom for the coach of last year's National Champs.

## Baseball season is here!



## Is Confidence Real? Thoughts from Ken Ravizza

The legendary Ken Ravizza did groundbreaking work in sports psychology, and his impact on the baseball world is still seen even after his passing. Here are some thoughts that he shared with *baseballthinktank.com* on confidence:

There are so many times you play the game and the confidence isn't there. I think sometimes it gets overrated. I've been around enough professional and college athletes' swagger. Gotta have swagger, I've got swagger. I've worked with these people. Confidence is fragile for all of us as human beings. Let me say that again: Confidence is fragile. No one's got their self all together. We all have our frailties, it's called being human.

But the issue is, do you have something to go to when you're not feeling great? So the question I'm always asking players is, "Are you that crappy you have to feel great and be confident to perform well?" "Uhh, I haven't thought about that."

Well, let's stop worrying about the confidence and get back to: This is what I need to do when I'm putting on my batting gloves. This is what I need to do when I'm in the hole. This is what I need to do when I'm on-deck. And this is the way I'm going to get in and I'm going to take possession of the batter's box. And when I'm in that batter's box, I own that batter's box. And sometimes you have to talk your way through it, that's part of the dance. But you can't be freaking out that "I don't feel good, I don't feel right." Feeling good is overrated.

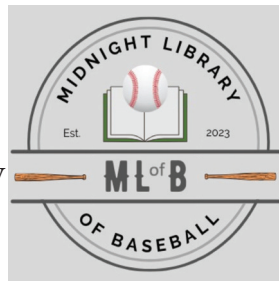
# Top Baseball Podcasts!

COMPILED BY THE BASEBALL COLLEGIAN STAFF

With an overwhelming amount of podcasts out in the world, it's hard to know which ones are worth our time and commitment. Here is a primer on some outstanding voices furthering the game with unique and inspiring insights. Check them out!

## Midnight Library of Baseball

The Midnight Library of Baseball serves two key purposes. First, to explore the fascinating and checkered history of an eccentric sport that screams its humanity with every origin and evolution story. Second, to welcome listeners into a night-time conversation without loud noises or music that disrupt the peaceful transition toward sleep.



**Editor** - Check out Season 2's deep dive into all the magical elements of the making and legacy of the movie *Field of Dreams*.

## Cespedes Bar-B-Cast

The smartest dumb baseball podcast or the dumbest smart baseball podcast? Thrice a week, Jake Mintz and Jordan Shusterman of Cespedes Family BBQ take you on a journey through the weird, wacky and wonderful universe of baseball. If you want to know what's going on in MLB, but also want to smile along the way, then this is the podcast for you. So fire up the grill and get ready for an absolute roast on Baseball Bar-B-Cast.



**Editor** - The hosts take a joyful ride in reminding us of how much fun baseball can be.

## The Competitor's Brain

We take years of experience in sports psychology, including working with greats in the business like Ken Ravizza, Brian Cain, and Dr. Rob Gilbert, and assemble the highlights into an easy-to-digest three minute podcast.



**Editor** - The official podcast of the *The Baseball Collegian*, host Loren Foxx brings profound insights into being your best in baseball and in life.

## Patrick Jones Baseball Podcast

We find the best tools, to build the best players. In this podcast we feature a new guest every week who is an expert in their field. We will talk college recruiting, player development, coaching techniques, and anything else to help coaches and players.



**Editor** - Patrick's interviews with outstanding coaches from around the country are an essential learning tool.

## Pelotero Podcast

Former MLB player Chris Colabello and famed hitting coach Bobby Tewksbary, cofounders of Pelotero discuss the hottest topics in baseball, sports, and athlete development through the lens of player intelligence.



**Editor** - Amazing insights from the two hosts that really expose how to really play the game.

# THE **B**ASEBALL COLLEGIAN

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[www.baseballcollegian.com](http://www.baseballcollegian.com)

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## From the Publisher

As we enter the second issue of *The Baseball Collegian*, many thanks to all who have supported us as we launch this endeavor. We are proud to continue the spirit of *Collegiate Baseball* and the amazing work of Lou Pavlovich. Our intent is to continue to be a resource for new and old ideas on coaching and learning baseball and get them out into the world in one place, including on our website [www.baseballcollegian.com](http://www.baseballcollegian.com).

Additionally, the goal is to continue to celebrate all levels of baseball, particularly the coaches from the approximately 18,000 college and high school teams, and the app. 530,000 players around the nation.

With baseball back and starting around the country, best of luck to everyone!

### Online

[www.baseballcollegian.com](http://www.baseballcollegian.com)

### Publication

Online/Emailed monthly

### Social Media

Twitter/Instagram

## Podcast



**The  
Competitor's  
Brain**

Hosted by  
Loren Foxx

We take years of experience in sports psychology, including working with greats in the business like Ken Ravizza, Brian Cain, and Dr. Rob Gilbert, and assemble the highlights into an easy-to-digest three minute podcast.



[MANZOBASEBALL.NET](http://MANZOBASEBALL.NET)

# New Formula for NCAA Division III

While NCAA Division III baseball will have 64 teams in the tournament for the first time in 2025, there will also be a new method of determining the regional rankings, and thus, who receives at-large bids. In the past, the primary criteria for selection was by looking at winning percentage, as well as a strength of schedule formula that consisted of 2/3 opponents' winning percentage and 1/3 opponents' opponents' winning percentage. Other data was considered secondary criteria.

In 2025, there will be a different criteria, primarily featuring the NPI (NCAA Power Index). Each team will achieve an NPI number which is calculated in the following ways:

## **Win % - Team's overall winning percentage**

Wins divided by Total Games (the resultant number will be two digits with no decimal).

Example: 30 wins in 40 games = Win % of 75

## **Strength of Schedule (SOS) - The average of your opponent's NPI.**

Example: Team A plays teams with NPI of 52, 58, and 70. SOS is calculated as  $52+58+70=180$ ;  $180/3 = 60$ . The SOS = 60.

## **Quality Win Bonus (QWB): - A bonus applied to the NPI total for wins against "quality" teams.**

QWB base - A base value NPI is set at 53.5 (at the time a game is played).

QWB multiplier - The multiplier is 0.70.

To determine bonus points, take the opponents' NPI value at the time a game is played, then subtract the QWB base value (53.5), then multiply by the QWB multiplier (0.70). The result will be the amount of bonus points.

Example: Win over a team with NPI of 60 (at the time they are played).

$60-53.5 = 6.5$ ;  $6.5 \times .70 = 4.50$  (4.50 is the quality win bonus).

Example: Win over a team with NPI of 50 (at the time they are played).

$50-53.5 = -3.5$ ;  $-3.5 \times .7 = -2.54$  (no bonus points because the number is negative).

## **Final NPI Calculation:**

When these numbers are determined, winning percentage will count as 25% of the NPI and SOS will be 75% of the NPI.

Example:

Record: 30-10 (75%); SOS: 52; Bonus Points: 4.5

$NPI = (75 \times .25) + (52 \times .75)$

$NPI = 18.75 + 39$

$NPI = 57.75$

Add Bonus Points =  $57.5 + 4.5 = 62.5$

Final NPI - 62.5

Team's will be ranked nationally from 1-389 per their NPI. Teams will also be ranked regionally from 1 until the bottom. All teams' national and regional NPI ranks will be posted on NCAA.org.

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## Unbeatable Division I Baseball Records

As a new season begins, here are some records from the great history of college baseball that have been seemingly unapproachable:

**Robin Ventura - Oklahoma St. - 1987** - 58-game hitting streak

**Pete Incaviglia - Oklahoma St. - 1985**- 48 home runs in a season, and 100 career HR

**Marshall McDougall - Florida State - 1999** - 6 home runs and 16 RBI's in one game

**George Plender - Vermont - 1958** - 57.2 scoreless inning streak

**Phil Stephenson - Wichita State - 1982** - Career leader in hits (480), walks (300), and stolen bases (206).

**Jim LaFountain - Louisville - 1976** - Three grand slams in one game (two in one inning and four HR on the day)

**John McBroom - Air Force - 1967** - Went 9-9 in one game

**Don Guillot - Texas Rio Grande Valley - 1997** - 107 stolen bases in a season

# The Competitors Brain

## Chop Wood, Carry Water

BY LOREN FOXX  
EDITOR/THE BASEBALL COLLEGIAN

*Chop Wood, Carry Water* is a great book by Joshua Metcalf – really easy to read. It tells the story of John who’s a young samurai warrior who goes to camp to learn how to become a samurai. But he’s super disappointed because all he does at camp isn’t what he expected. He’s just chopping wood and carrying water. Every day before enlightenment, chop wood, carry water. After enlightenment, chop wood, carry water.

Eventually, he falls in love with the process. The process is chop wood, carry water. For him it becomes the process of becoming great. And to him, greatness is a bunch of small things added together, the most people think are too small to matter. Metcalf says, “Every now and then, a person comes along and accidentally gets it the first time. Most of us have to learn the hard way through

multiple failed experiments which allows us to learn lessons and skills that those who had it easier did not develop.

In the off-season, you have more time to chop wood and carry water. You can do all the little things that people think are too small to matter. You can do different things – You can lift heavy, you can do a throwing program, you can have a diet because you have more time. But you have to have a plan for it. You can also sleep more too, that’s super important. You can do big things, physical fixes, surgeries, physical therapy. You can work on mental skills. You can work on recruiting – getting yourself out there to coaches and doing things that your opposition might not be doing to get yourself in front of coaches in places that you might want to play. Setting goals, deciding what your M.V.P. process is. In short, you have a chance in the offseason to decide who you want to become.



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**BASEBALLFORALL.COM**

# DISPATCHES

## 2025 ABCA Convention

The ABCA convention came back to the east coast for the first time since Philadelphia in 2008 with over 10,000 attendees and vendors combined at the Gaylord National just outside of Washington, D.C. This was the third straight at a Gaylord hotel (Opryland in 2022 and Texan last year), and this was easily the least walking of the three. The hall for speakers was stacked on top of the trade show hall, and both were just off the lobby. One of the trickiest parts of conventions is getting a quick bite to eat with so many people, but this time it worked out really well as the Marketplace in the lobby featured all kinds of hot food to quickly purchase. Lots of great conversations were being had all over the two-tier lobby, and the rooms were all pretty easily accessible.

One of the great innovations over the years has been the expansion of the Hot Stove Panels. Not just five years ago, there was one hitting and one pitching Hot Stove. This year, there were 10 panels and 62 speakers covering everything from hitting to leadership to baserunning and strength and conditioning. The casual Q&A interplay in a smaller group setting has turned into one of the best learning opportunities at the convention.



The opening of the convention with 7,000 coaches continues to be an inspiring moment. ABCA President Matt Noone welcomed everyone, and then the national coaches of the year (national champions in their respective divisions) and assistant coaches of the year were honored on stage. Gerry Baldwin from East Coast Baseball and Greg Goodwin from Mentoring Viable Prospects were honored with the Service Award. Tom O'Connell then introduced the Dave Keilitz Ethics in Coaching Awards to Dan Griesbaum, Sr. from Grosse Pointe South (Mich.) HS and Tom Meyer from Riverside University (Minn.) HS who made strong speeches.

The traditional of the coach of the the past year's NCAA Division I Championship team is always a highlight. Tony Vitello from Tennessee was fantastic. He led with the concept that he "didn't have any secret sauce," as well as recognizing that certainly Tennessee and the SEC has its advantages. He was humble in talking about coming to his first convention with his father, a high school baseball coach, at a young age, and how he feels lucky to been hired by great coaches and mentors.

Lots of main stage speakers and not a lot of time (thankful for the videos that will be released), since the trade show is always such an inspiring place. It's one of those things that baseball people need to experience in this life. Even if you're not going to buy a lot of things, the inspiration and motivation and ideas for the future are great take-aways.

All-in-all, the flurry of energy and conversations and ideas was exciting, and is a uniquely special thing that baseball coaches get to do every year. Thanks has to go to everyone who made it another great convention.

# 2025 World Baseball Convention

The Mohegan Sun Baseball Convention, as it's affectionately called, is really a profound lab for learning baseball. Certainly a highlight is the regional nature of seeing friends in Connecticut from the baseball world from a smaller northeast radius than the ABCA convention, but the focus on elite coaches giving multiple presentations on very detailed aspects of the game is profound.

With 2-4 panels happening at all times, there is always something for everyone's interest every year. The two speaker halls are perfect for ideas and visuals, while a batting cage and actual field offer real demonstrations with actual players. The adjacent trade show is also a great opportunity for coaches and vendors to connect.



A major highlight was the pitching coaches panel. Moderated expertly by college consultant and former college coach Wayne Mazzoni, it featured MLB pitching coaches giving great insight into how they really approach their craft. Matt Blake from the Yankees and Pete Woodworth from the Mariners were also joined by long-time MLB pitcher Rich Hill. It was a real insider look to learn from.

## Ahead

Next up in the baseball world is the season! Division I starts on Fri., Feb. 14, while other divisions can start any time and thus many of them start in early February.

While many of the games played, particularly in Division I, are simply three or four-game series, the tradition of teams of smaller schools going to tournaments every year in warm-weather climates continues. Big tournaments that teams return to year-after-year are found in Tucson, Ariz., Clearwater, Fla., Ft. Myers, Fla., and Myrtle Beach, S.C. Division I has some key early tournament with powerhouse teams in Arlington, Tex., Palm Springs, Calif., and in Compton, Calif.

High schools travel too, led by the 12th annual National High School Invitational in Cary, N.C. Hosted by USA Baseball in April, this 12-team tournament always hosts some of the very best teams in the nation.

Good luck to everyone!

### ABCA Future Dates and Locations

2026 – Jan. 8-11	Columbus, Ohio
2027 – Jan. 7-10	Chicago, Illinois
2028 – Jan. 6-9	Nashville, Tenn

# Best in Show!

## ABCA 2025

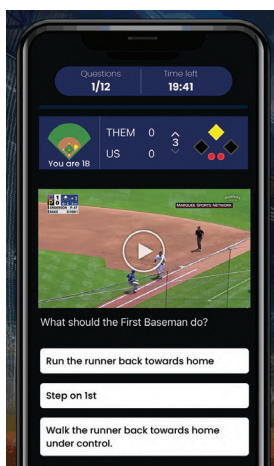
*The Baseball Collegian* visited every booth at the 2025 ABCA convention, and saw over one thousand products that are part of making the game of baseball great. From bats to screens to uniforms to technological advances, there were opportunities for everyone to maximize their baseball program.

Many items stood out for their creativity and impact on the game. Here is our celebration of a select few who stood out with our annual BEST IN SHOW winners.



### 6 Tool Baseball IQ app 6-tool.com

The 6-tool app asks the question, “What good is having a strong arm if you don’t know which base to throw it to?” The 6-Tool app features over 2,000 MLB and college video clips to view on your phone, and players take a quiz on the right thing to do in various situations. A ground-breaking tool to help players learn the nuances of the game and improve their decision-making on the field.



### Force 3 Pro Gear Catchers Mask with springs force3progear.com

Force 3 refers to its revolutionary catcher mask as “the one with the springs.” The ground-breaking design features springs that absorb the shock of the ball hitting the mask. Their goal is to “protect athletes and officials” with their patented Shock Suspension System. Force 3 also features DuPont Kevlar chest protectors and shin pads.



### Perfect Swings Swing Plane Tee perfectswingsusa.com

When used properly, tees can be strong learning tools. However, positive and negative feedback on swing technique is essential to really get the most out of a tee. This product is an interactive tee that forces the hitter to swing with the correct swing plane and barrel tilt. The tee is easily adjustable for different heights and different heights. The instant feedback on correct contact makes this a truly revolutionary baseball tool.





## Great Ape Grips

Rice Bucket grip trainer  
greatapegrips.com

A truly revolutionary product, the Great Ape Grip is made to replicate using the old school rice bucket for training forearm and hand strength.

Founded by a former professional athlete, the product is a rice-filled bag, which fits your hand like a glove to squeeze and strengthen without the mess and lack of portability.



This video analysis tool separates itself with the ease of use through the phone, and especially with the feature of sharing directly with athletes through their app. OnForm makes it easy to “capture, analyze, and share HD videos to provide detailed feedback for skill development.”

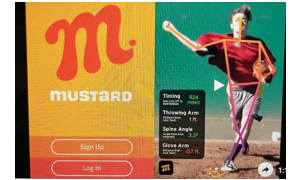
## OnForm

Video Training App  
onform.com



A ground-breaking app that uses Artificial Intelligence to track mechanical efficiency and kinematic sequencing. The app allows players to be easily recorded on video, and then the program quickly analyzes the angles of the pitcher’s technique and compares them to optimal throwing mechanics. Legendary pitcher and coach Tom House was instrumental in merging the analytics with pitching instruction for this app.

Mustard  
AI Training App  
teammstrd.com



## Changeup Circle

Changeup Training Tool  
changeupcircle.com

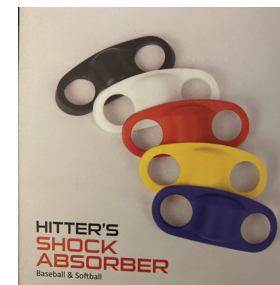
This is unique educational product to really help players feel how to throw a good changeup. The cylinder-shaped tool is easy to grip and easy to throw, inherently giving the feel of the changeup. There is instant visual feedback to guide the learning curve. A great invention by a family-owned company.



## Guard UP

Shock Absorber Grip  
guardupstore.com

This easy-to-use hitting tool is a rubber shock absorber to hold with your thumb and forefinger. The Shock Absorber Grip not only reduces any sting or vibration from hitting (particularly on cold days or when training), but it also forces the hitter to hold the bat in the fingertips.



# Best in Show! ABCA 2025

## Losny Sports

AI Pitching Machine

losnysports.com

This new pitching machine on the market made in Seoul, Korea innovates with a video screen that shows the pitcher's motion in order for the hitter to time the pitch. Artificial Intelligence is also used to replicate the velo and shape of most all MLB-level pitches from both sides. The machine throws from 50-105 MPH. Despite the high price tag, this certainly is innovative and the next level in pitching machine training.



## Blumaka

Insoles

blumaka.com

Blumaka has furthered the cause of helping baseball player and all athletes with their footwear to match the high demands of their sport. Blumaka sells insoles that are used by many professional athletes to help absorb the shock of stopping short. Their insole with patented Konnect technology is created to “stop your foot from slipping inside your shoe, increasing your speed, traction and control, and reducing your risk of injury.”

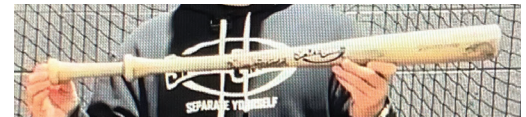


## Split Grip

Training and decorative bats

splitgrip.com

This product creates a natural and easy way to separate the hands comfortably to teach the concept of wrist action during the swing. The Split Grip bat can be used as an invaluable training tool for hitters. In addition to training, these beautifully crafted wood bats also can be ordered as decorative gift bats.



## GameDay Signals

Sign Communication Tool

gamedaysignals.com

There are a slew of pitch and sign communication devices. Gameday Signals separates itself with ease of use and cost for non-verbal signs from coach to player. The coaches' keypad relays the sign to the players who can choose to wear either a wristband or watch. This is a very popular product in the college game.

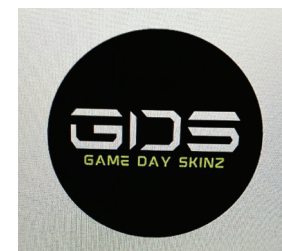


## Game Day Skinz

Stickers

gamedayskinz.com

Among many products for helmet and equipment stickers, Game Day Skinz stands out for their 3D stickers that make the logos “pop-off” for a great look. Offered in matte, chrome and gloss, their unique “skinz” are able to be customized for any team.



## Oates Specialties

### Training Tools

[oatespecialties.com](http://oatespecialties.com)

Founded by a former pitcher, Oates has created over 100 tools for learning baseball, like the Throwing Sock, the Connector Throwing Club and the Shoulder tube. They offer something for everyone with their goal of making “cutting-edge training tools for serious athletes who are committed to being the best they can be.”

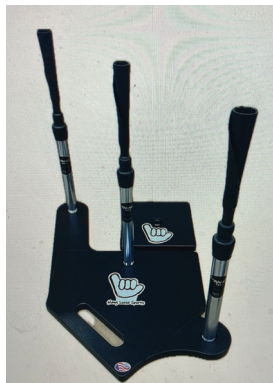


## Hang Loose Sports

### 3-Position Tee

[hangloosesports.com](http://hangloosesports.com)

A dynamic and unique tee that recognizes that pitches arrive in different locations. The three positions allow the hitter to quickly work on different pitch locations without having to reset the tee between reps. This dynamic hitting tool inherently helps the hitter gain an understanding of the relationship between the bat and different contact points.



## Vertical Athletics

### Cooling headbands

[verticalathletics.com](http://verticalathletics.com)

Vertical Athletics features much needed cooling headbands and towels. A female and veteran-owned company, they are made with patented Coolcore fabric that you simply “wet, wave, then wear.” Designs offered include all MLB teams as well as other unique designs.



## ThighPro

### Catchers Padded Pants

[thighpro.com](http://thighpro.com)

A wonderfully innovative clothing line that recognizes the unique nature of catchers, and the unpadded area in the thigh. Made in the USA and a veteran-owned company, ThighPro garments protect the inner thigh with padding that dissipates energy of the ball, while offering “ultimate comfort and performance.”



# Hitting - A Statistical Perspective on Approach

By MARK WOODWORTH  
EDITOR/THE BASEBALL COLLEGIAN

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In the constant quest to cut-through anecdotal observations on what are successful hitting approaches, it seems that to have the best hitting plan, it is imperative to combine quantitative and qualitative observations. In a study of more than 2,000 at-bats at the Division III college level, there were many illuminating facts observed, which in turn, naturally lead to some conclusions that can inform the pitch choices of hitters.

**Pitchers throw less offspeed pitches (66% for FB, 22% for CB, 12% for CH).**

**Conclusion:** There are more opportunities to get hits with the FB.

**Pitchers throw more strikes with their fastball (63%) vs. with CB's (56%) and CH's (60%).**

**Conclusion:** Greater chance to get a hittable pitch with a FB.

**Out of 100 pitches, pitchers average 42 FB strikes, 12 CB strikes, and 7 CH strikes.**

**Conclusion:** Greater chance to get a hittable pitch with a FB.

**FB's have less movement, more consistent movement, and more consistent speed than CB's.**

**Conclusion:** It's easier to hit FB's because they are more predictable.

**CB's have more movement, greater variation in movement from one to the next, & slower speeds than FB's.**

**Conclusion:** It's harder to hit CB's because they are less predictable.

**With less than two strikes, hitters get 19% hits per swing vs. FB, 14% for CB and 10% for CH.**

**Conclusion:** Hitting the FB is more successful.

**Hitters hit fastballs with less than two strikes to opposite field 40% of the time.**

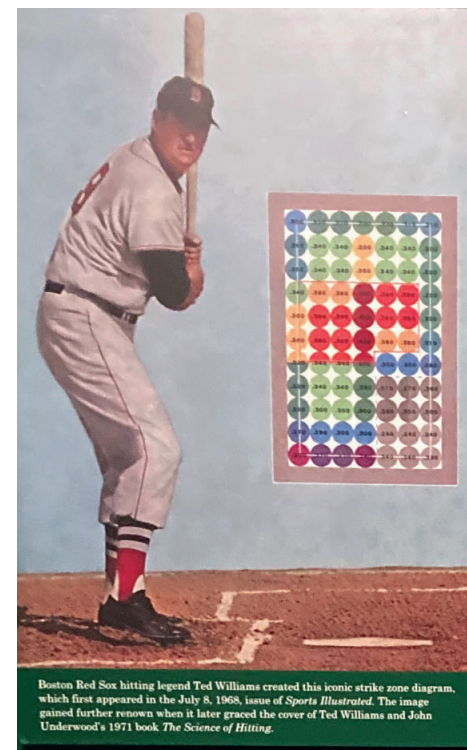
**Conclusion:** Hitters are late on too many fastballs with less than two strikes.

**With less than two strikes, hitters foul or miss FB's 54% of the time, while foul or miss CB's 67% of the time.**

**Conclusion:** It is much harder to hit CB's than FB's.

**Hitters have higher hitting success with less than two strikes vs. two strikes (.392 vs. .287).**

**Conclusion:** Expanding the zone with less than two strikes gets you closer to two strikes, where it's harder to hit.



**Fouling balls or missing balls with less than two strikes, gets you closer to two strikes.**

**Conclusion:** It's important to be timed up & ready for pitches w/ less than 2 strikes when the hitter has more control.

**Hitters have much higher average on balls in play vs. FB's (.375) vs. CB's (.297) or CH's (.311).**

**Conclusion:** Hitting the FB is more successful.

**Fouling balls off is a product of not being on-time.**

**Conclusion:** It's very difficult to be on-time for both fastballs and offspeed. This reduces hitting success.

**Hitters pull offspeed 69% of the time (oppo 31%).**

**Conclusion:** Hitters are slowing up their swing too much.

**The main way hitters hit offspeed oppo is by slowing up their swing ("Waiting", "Staying Back").**

**Conclusion:** The result is hitters being late on slow pitches.

**Hitters hit .175 when swinging at the first pitch against a new pitcher (vs .272 later in the count).**

**Conclusion:** Swinging at the first pitch against a new pitcher has a low success rate.

**Hitters are only hitting the ball in the air 40% of the time (this includes line drives).**

**Conclusion:** The best chance of getting a hit is a line drive, & the most power comes from higher line drives & deep fly balls.

## Summary

Hitting fastballs with less than two strikes yields much higher hitting success.

Hitters need to pull less-than-2 fastballs more (only pulling 60%) to better be on time for more hits and power.

Hitters need to hit 2-strike fastballs oppo more (only 40%) to be less exposed on offspeed.

Hitters slow up their swing too much on offspeed (31% of the time), resulting in late weak outs.

Hitters need to hit the ball in the air more (only 40% of the time, including line drives) - to have more line drives and power.

First-pitch swinging vs. a new pitcher has a very low success rate (Hits only 5% of the time).



# THE TEAM

## Quotes from around the sports world

Great coaches and teams in every sport have a lot to offer each other. As the 2025 season begins, here are some key quotes on being a great team.

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### **Bill Belichick - NFL Coach**

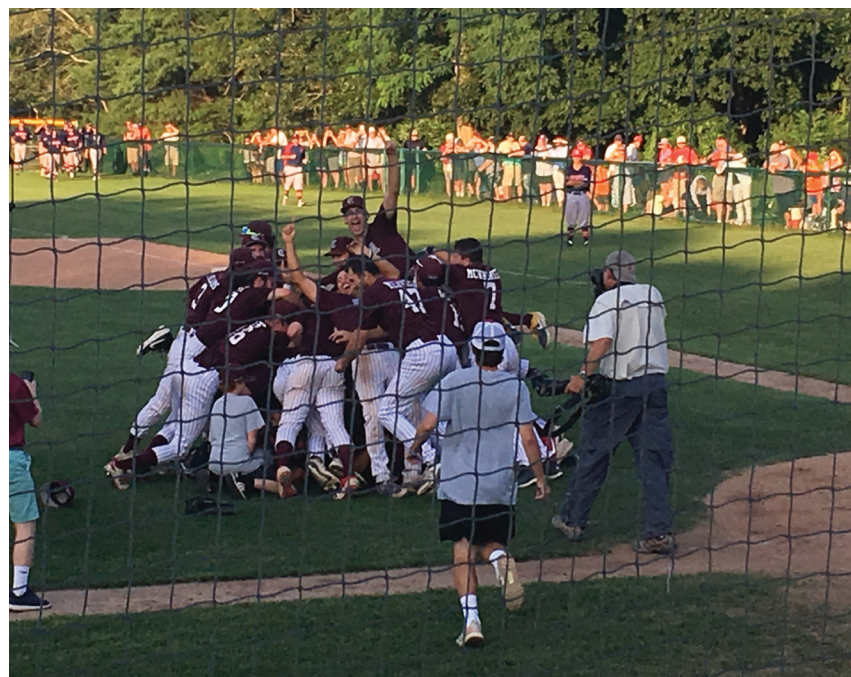
We don't have backups and starters, we just have a team. Everybody is out there competing. It's just a team, that's all. All the players will earn their playing time. Whatever they get, they'll earn it.

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### **Tom Brady - New England Patriots**

When you play this game for a while and reflect on all the great teams you've had, it comes down to a lot of guys that are willing to pay the price for each other. I think that's really what you're really trying to establish at this time of year.

What type of team you're going to be? Who is willing to put it all on the line when, really there is no glory in this, an OTA practice. There is no glory in the weight room or out there on the conditioning field. But it will show up at some point. It's a long season. At some point, the mental toughness, the discipline of the team, always shows up. Those are the things we're trying to work on.



### **Bill Bradley - Princeton Basketball/Senator**

Championship teams share a moment few others know. The overwhelming emotion derives from more than pride. Your devotion to your teammates, the depth of your sense of belonging, is like blood kinship but without the complications. In the nonverbal world of sports, it's like grace and beauty and ease, and it spills into all areas of your life.

### **Martin Luther King – Cleveland’s Glenville High School – 1967**

Set out to do a good job and do that job so well that nobody can do it any better. If it falls your lot to be a street sweeper, sweep streets like Michelangelo painted pictures.

Sweep streets like Shakespeare wrote poetry.

Sweep streets like Beethoven composed music.

Sweep streets so well that all the hosts of heaven and earth will have to pause and say, ‘Here lived a great street sweeper who did his job well.’

We must keep moving. And so:

*If you can’t fly, run.*

*If you can’t run, walk.*

*If you can’t walk, crawl.*

*But by all means, keep moving.*



---

### **Kevin Millar - 2004 Boston Red Sox**

You hear a lot, “What’s chemistry? If you don’t have the players, you don’t have chemistry.” Bull. Bull. You’ve got to pull for each other because you’re not fooling us. You can’t fool your teammates,” Kevin Millar said. “If you feel that someone is pulling against Keith Foulke because he wants to be the closer and doesn’t know his role, you feel that. If you’re pulling against Pedro Martinez because he wants to be the guy, you feel that. We pulled for each other and that’s what was cool.

Those kinds of things you can’t teach. You either have it or you don’t. We had the right mix. We loved each other. It’s hard to explain, but we cared because there were good guys.

### **E.O. Wilson, Environmental Biologist:**

Teams are operating both at the level of the individual, and the level of the group. It binds together individual striving and group success.

Within groups, selfish individuals win. However, groups of altruistic individuals always beat groups of selfish individuals.

There is a sense of profound communion we can feel in these situations of collective euphoria, being lifted out of ourselves.

---

### **Championship Teams - David Price, MLB Pitcher**

People that don’t understand what team chemistry means don’t work in baseball. It makes me mad, because obviously they don’t know how important it is. Ask the Giants. Ask the Royals. Ask the Cardinals.

You look at the Giants, and they’re not more talented than everyone else every year, but they’re so close, and together. The Cardinals are the same way. They definitely have talent, but they’re no more talented than a lot of the teams they’re beating every day.

The Cardinals are unbelievable. They lose their ace (Adam Wainwright). They lose their No. 3 and No. 4 hitters in (Matt) Adams and (Matt Holliday). And they’re still winning. They’re just unreal.

It’s the same thing as the Royals. Yeah, they have talent, but you can tell how close they are by watching them. I pay attention to all of that.

# TEAM NCAA STATISTICAL CHAMPIONS

## DIVISION I

### Batting Average

2024 Austin Peay	.359	1989 Delaware St.	.396
2023 Alabama St.	.332	1988 BYU	.379
2022 Georgia Tech	.327	1987 BYU	.371
2021 Wright St.	.339	1986 UNI	.363
2019 New Mexico St.	.356	1985 Iona	.368
2018 Tennessee Tech	.332	1984 Texas Tech	.358
2017 Air Force	.344	1983 Missouri St.	.367
2016 UNCG	.346	1982 The Citadel	.346
2015 Morehead St.	.332	1981 Northern Colo.	.378
2014 Delaware St.	.331	1980 Air Force	.382
2013 New Mexico	.334	1979 Wichita St.	.384
2012 Utah Valley	.350	1978 Memphis	.357
2011 New Mexico St.	.337	1977 Temple	.353
2010 Utah Valley	.372	1976 Buffalo	.361
2009 New Mexico	.363	1975 Murray St.	.332
2008 Florida St.	.355	1974 Arizona	.348
2007 Col. of Charleston	.350	1973 Arizona St.	.333
2006 Jackson St.	.359	1972 Southern Ill.	.322
2005 Col. of Charleston	.355	1971 Auburn	.339
2004 Eastern Ky.	.375	1970 Ohio	.329
2003 Southern U.	.351	1969 West Chester	.318
2002 Southern U.	.377	1968 LIU Brooklyn	.315
2001 Bowling Green	.360	1967 Denver	.328
2000 Stony Brook	.347	1966 Arizona	.322
1999 Arizona St.	.356	1965 LIU Brooklyn	.328
1998 Wichita St.	.369	1964 Air Force	.337
1997 Delaware	.365	1963 Air Force	.328
1996 Wyoming	.363	1962 Air Force	.330
1995 Texas Tech	.344	1961 Northern Colo.	.347
1994 Air Force	.360	1960 Missouri	.336
1993 BYU	.362	1959 Northern Colo.	.339
1992 Louisville	.353	1958 Manhattan	.321
1991 Iona	.356	1957 Arizona	.359
1990 LIU Brooklyn	.356		

### E.R.A.

2024 Hawaii	3.78
2023 Wake Forest	2.83
2022 Tennessee	2.51
2021 Texas	2.93
2019 UCLA	2.60
2018 Stetson	2.56
2017 Oregon St.	1.93
2016 Cal St. Fullerton	2.22
2015 UCLA	2.17
2014 TCU	2.22
2013 Arkansas	1.89
2012 Missouri St.	2.57
2011 Virginia	2.24
2010 Texas	2.45
2009 Arizona St.	2.90
2008 North Carolina	2.92
2007 Charlotte	2.64
2006 Cal St. Fullerton	2.73
2005 Long Beach St.	2.53
2004 Rice	2.64
2003 VCU	2.54
2002 Rice	2.79
2001 Delaware St.	2.99
2000 Nebraska	3.14
1999 FIU	3.07
1998 St. Francis Brooklyn	3.46
1997 Arkansas St.	3.14
1996 Clemson	3.03
1995 FIU	2.40
1994 Delaware	2.53
1993 Kent St.	2.37
1992 Le Moyne	1.95
1991 Wichita St.	2.93
1990 Miami (FL)	2.57
1989 Le Moyne	2.46
1988 Penn	2.97
1987 Columbia	2.12
1986 Brown	2.76
1985 Washington	2.80
1984 Rice	2.60
1983 Texas	2.72
1982 Wichita St.	2.53
1981 East Carolina	2.78
1980 Princeton	2.06
1979 The Citadel	2.24
1978 Hawaii	1.93
1977 Cleveland St.	2.05
1976 UConn	1.71
1975 North Carolina St.	1.65
1974 South Carolina	1.60
1973 Saint Joseph's	1.67

### Fielding Percentage

2024 Notre Dame	.985
2023 Oral Roberts	.984
2022 Texas	.985
2021 Liberty	.984
2019 Omaha	.984
2018 Yale	.985
2017 Ill.-Chicago	.984
2016 Stanford	.983
2015 Florida	.984
2014 Creighton	.982
2013 Mercer	.982
2012 Evansville	.981
2011 San Francisco	.985
2010 Texas	.980
2009 Creighton	.984
2008 Duke	.978
2007 Arizona St.	.979
2006 Oklahoma	.983
2005 Washington	.978
2004 Creighton	.982
2003 Long Beach St.	.980
2002 South Carolina	.975
2001 Stanford	.977
2000 Houston	.977
1999 Mississippi St.	.974
1998 Ohio St.	.972
1997 Pepperdine	.970
1996 Jacksonville St.	.973
1995 Wake Forest	.974
1994 Tennessee	.977
1993 Tennessee	.975
1992 Cincinnati	.976
1991 Texas	.977
1990 Northwestern St.	.981
1989 Michigan St.	.975
1988 Loyola Marymount	.970
1987 Navy	.973
1986 Loyola Marymount	.969
1985 Michigan	.976
1984 Rutgers	.972
1983 Rice	.971
1982 Texas	.976
1981 Rice	.973
1980 Gonzaga	.971
1979 Cal St. Fullerton	.973
1978 New Orleans	.972
1977 Cal St. Fullerton	.978
1976 Toledo	.976



# TEAM NCAA

## STATISTICAL CHAMPIONS

### DIVISION II

#### Batting Average

2024 Bluefield	.354	1998 Central Mo. St.	.390
2023 Colorado Mesa	.370	1997 Miles	.400
2022 Colorado Mesa	.371	1996 LeMoyne-Owens	.375
2021 Colorado Mesa	.373	1995 Longwood	.363
2019 Angelo St.	.350	1994 Mansfield	.371
2018 Georgia College	.360	1993 Shaw	.356
2017 Georgia College	.358	1992 Longwood	.378
2016 St. Cloud St.	.363	1991 American Int.	.357
2015 Minnesota St.	.355	1990 Concordia (NY)	.391
2014 Colorado Mesa	3.50	1989 Denver	.363
2013 Concord	.357	1988 Denver	.387
2012 Stillman	.356	1987 LeMoyne	.368
2011 West Texas A&M	.361	1986 Md.-Balt. County	.377
2010 Mount Olive	.387	1985 Illinois Tech	.368
2009 N.M. Highlands	.377	1984 Pace	.388
2008 Regis (CO)	.374	1983 Assumption	.366
2007 N.M. Highlands	.379	1982 Mansfield	.376
2006 West Virginia St.	.380	1981 Adelphi	.380
2005 West Virginia St.	.366	1980 Minnesota St.	.340
2004 Colorado Mesa	.374	1979 Assumption	.344
2003 Fort Hays St.	.371	1978 Regis (CO)	.378
2002 Fort Hays St.	.368	1977 Jacksonville St.	.373
2001 Delta St.	.369	1976 Mississippi Valley	.370
2000 Savannah St.	.380	1975 Central Missouri	.352
1999 Central Oklahoma	.375	1974 Kentucky St.	.331

#### E.R.A.

2024 Pace	3.21
2023 East Stroudsburg	3.24
2022 Tampa	2.98
2021 Minnesota St.	3.11
2019 Delta St.	2.65
2018 New Haven	2.51
2017 LeMoyne	2.61
2016 Franklin Pierce	2.32
2015 Franklin Pierce	2.01
2014 Dowling	2.42
2013 Southern NH	2.20
2012 Southern NH	2.41
2011 UMass Lowell	1.83
2010 Southern Conn. St.	2.53
2009 Dowling	2.30
2008 Pace	2.62
2007 Franklin Pierce	2.49
2006 SIU-Edwardsville	2.09
2005 Southern Conn. St.	1.99
2004 West Chester	2.67
2003 West Florida	2.70
2002 Concordia (NY)	2.91
2001 Texas Lutheran	2.58
2000 Savannah St.	2.30
1999 Millersville	2.50
1998 Kennesaw St.	2.49
1997 Kennesaw St.	2.66
1996 New Haven	1.54
1995 New Haven	2.36
1994 St. Andrews	2.08
1993 Florida Southern	2.52
1992 Armstrong St.	2.33
1991 New Haven	1.88
1990 North Alabama	2.66
1989 New Haven	2.76
1988 New Haven	2.72
1987 New Haven	2.65
1986 New Haven	2.66
1985 Pace	2.66
1984 Adelphi	2.14
1983 Minnesota St.	3.10
1982 Gannon	2.67
1981 UMass Lowell	2.28
1980 Armstrong St.	2.23
1979 Youngstown St.	2.06
1978 Youngstown St.	2.56
1977 Youngstown St.	1.81
1976 Mississippi Valley	1.79
1975 Springfield	1.96
1974 Shippensburg	1.79

#### Fielding Percentage

2024 Central Missouri	.982
2023 Angelo State	.985
2022 Point Loma	.982
2021 North Georgia	.981
2019 Central Oklahoma	.985
2018 Georgia College	.981
2017 Chico St.	.983
2016 North Georgia	.979
2015 Harding	.977
2014 Minnesota St.	.977
2013 Minnesota St.	.979
2012 Minnesota St.	.977
2011 Millersville	.979
2010 UC San Diego	.984
2009 UC San Diego	.982
2008 UC San Diego	.975
2007 Columbus St.	.974
2006 Franklin Pierce	.974
2005 Cal Poly Pomona	.972
2004 Bryant	.973
2003 UC Davis	.970
2002 UC San Diego	.972
2001 Colorado Mesa	.971
2000 Chico St.	.970
1999 Florida Southern	.969
1998 Kennesaw St.	.971
1997 Tampa	.963
1996 UC Davis	.976
1995 North Florida	.966
1994 Jacksonville St.	.967
1993 Bloomsburg	.968
1992 Mansfield	.969
1991 SIU-Edwardsville	.966
1990 UC Riverside	.976
1989 Florida Southern	.969
1988 Florida Southern	.973
1987 Cal St. Dom. Hills	.975
1986 New Haven	.970
1985 New Haven	.971
1984 Eckerd	.965
1983 New Haven	.970
1982 Assumption	.976
1981 Cal Poly Pomona	.975
1980 Md.-Balt. County	.970
1979 Md.-Balt. County	.970
1978 Assumption	.971
1977 Cal Poly Pomona	.966
1976 New Haven	.970
1975 Wisc-Oshkosh	.967
1974 Cal St. Fullerton	.967

# TEAM NCAA STATISTICAL CHAMPIONS

## DIVISION III

### Batting Average

2024 Wilson	.350	1998 Ohio Wesleyan	.397
2023 Wilson	.390	1997 Waynesburg	.382
2022 Marietta	.378	1996 Bethany (WV)	.401
2021 Haverford	.417	1995 Lehman	.385
2019 Swarthmore	.351	1994 Curry	.388
2018 Franklin	.351	1993 Southern Maine	.365
2017 Texas-Dallas	.352	1992 Thomas More	.372
2016 Wisc.-Lacrosse	.370	1991 Southern Maine	.382
2015 Cortland	.362	1990 Marietta	.372
2014 Mount Union	.355	1989 Curry	.396
2013 Cal Lutheran	.354	1988 Monmouth	.391
2012 Old Westbury	.362	1987 Wisc-Oshkosh	.411
2011 Mitchell	.352	1986 North Central	.378
2010 Anderson (IN)	.391	1985 Manhattanville	.384
2009 Curry	.370	1984 Bates	.355
2008 Johns Hopkins	.377	1983 Ithaca	.371
2007 CCNY	.368	1982 Marietta	.375
2006 Alvernia	.374	1981 Kean	.356
2005 Wisc.-Whitewater	.363	1980 Ithaca	.363
2004 Lynchburg	.380	1979 Mass. Maritime	.363
2003 Alvernia	.369	1978 Utica	.356
2002 Aurora	.382	1977 Barrington	.358
2001 St. Thomas	.372	1976 Curry	.351
2000 Wisc-Oshkosh	.389	1975 Monmouth	.345
1999 Sul Ross St.	.387	1974 Wilkes	.365

### E.R.A.

2024 Endicott	2.99
2023 Lynchburg	3.25
2022 Eastern Conn. St.	2.91
2021 Webster	2.19
2019 Wash. U-St. Louis	2.05
2018 Bethel (MN)	1.98
2017 Castleton St.	2.24
2016 Emory	2.73
2015 Rhodes	2.48
2014 Birmi.-Southern	2.00
2013 Keystone	2.07
2012 Marietta	2.35
2011 Marietta	1.74
2010 St. Thomas (MN)	2.41
2009 Trinity (CT)	2.77
2008 Trinity (CT)	1.97
2007 Salisbury	2.33
2006 St. Scholastica	2.19
2005 St. Scholastica	2.28
2004 Rowan	2.40
2003 Chapman	1.96
2002 Trinity (TX)	2.26
2001 Williams	2.45
2000 Suffolk	2.69
1999 Wisc-Oshkosh	1.38
1998 N.C. Wesleyan	2.83
1997 RPI	2.42
1996 RPI	2.04
1995 Ill. Benedictine	2.49
1994 Brandeis	2.33
1993 Aurora	2.10
1992 Cal Lutheran	2.22
1991 DePauw	1.96
1990 St. Mary's (MN)	2.34
1989 William Penn	2.41
1988 Bridgewater St.	3.02
1987 Aurora	2.86
1986 Johns Hopkins	2.56
1985 Salem St.	2.29
1984 Western NE	2.44
1983 Salem St.	2.29
1982 Western NE	2.44
1981 Wooster	2.73
1980 Ithaca	2.15
1979 Wooster	1.87
1978 RPI	1.49
1977 Binghamton	2.24
1976 Lynchburg	1.97
1975 York	1.76
1974 Miles	1.28

### Fielding Percentage

2024 Endicott	.979
2023 St. Joseph's (LI)	.979
2022 Marietta	.981
2021 Old Westburg	.981
2019 Wisc-Lacrosse	.978
2018 Wooster	.978
2017 Pacific Lutheran	.985
2016 Concordia-Chicago	.978
2015 Frostburg St.	.975
2014 Webster	.975
2013 Texas-Tyler	.978
2012 St. Thomas (MN)	.976
2011 George Fox	.975
2010 Linfield	.972
2009 St. Thomas (MN)	.978
2008 St. Thomas (MN)	.975
2007 Pacific Lutheran	.975
2006 Bridgewater (VA)	.970
2005 George Fox	.979
2004 Brandeis	.978
2003 George Fox	.969
2002 Gustavus Adolphus	.968
2001 Washington (MD)	.973
2000 Montclair St.	.970
1999 Johns Hopkins	.969
1998 Wisc-Oshkosh	.978
1997 Mary Washington	.977
1996 Anderson (IN)	.972
1995 Wisc-Oshkosh	.975
1994 Marietta	.975
1993 MIT	.976
1992 Ferrum	.976
1991 Mary Washington	.969
1990 Capital	.971
1989 Methodist	.971
1988 William Patterson	.966
1987 Simpson	.965
1986 Simpson	.971
1985 Montclair St.	.967
1984 Oswego St.	.968
1983 North Adams St.	.973
1982 Westfield St.	.964
1981 Elmhurst	.962
1980 Westfield St.	.968
1979 Brandeis	.962
1978 Eastern Conn. St.	.964
1977 Augustana	.968
1976 Lynchburg	.963
1975 Brandeis	.969
1974 Ashland	.978

# TEAM NCAA

## STATISTICAL CHAMPIONS

### JUNIOR COLLEGES

#### Batting Average - D1

2024 Connors State (OK)	.378	2002 Lamar (CO)	.404
2023 Connors State (OK)	.377	2001 New Mexico JC	.438
2022 Wabash Valley (IL)	.396	2000 New Mexico JC	.395
2021 Wabash Valley (IL)	.405	1999 Seminole St. (OK)	.390
2019 Wabash Valley (IL)	.382	1998 Crowder (MO)	.403
2018 Cisco (TX)	.402	1997 Fort Scott (KS)	.383
2017 Odessa (TX)	.400	1996 Snow (UT)	.385
2016 NE Oklahoma A&M	.389	1995 New Mexico JC	.407
2015 Harford (MD)	.386	1994 Trinidad State (CO)	.387
2014 Grayson (TX)	.365	1993 Trinidad State (CO)	.397
2013 Coastal Ala.-South	.362	1992 Quinsigamond	.397
2012 Iowa Western	.403	1991 Morton College (IL)	.392
2011 Howard (TX)	.394	1990 Quinsigamond (MA)	.396
2010 Iowa Western	.398	1989 Allegany Maryland	.389
2009 Howard (TX)	.421	1988 Connors State (OK)	.379
2008 Howard (TX)	.430	1987 SUNY Broome (NY)	.391
2007 New Mexico JC	.429	1986 Cochise (AZ)	.418
2006 New Mexico JC	.416	1985 Allegany Maryland	.377
2005 New Mexico JC	.411	1984 Sinclair (OH)	.414
2004 Garden City (KS)	.333	1983 Baltimore City (MD)	.396
2003 New Mexico JC	.394	1982 Iowa W.-Clarinda	.390
		1981 Pima	.392

#### Batting Average - D2

2024 N. Okla. Tonkawa	.364
2023 Heartland (IL)	.382
2022 Bismarck State (ND)	.407
2021 Muskegon (MI)	.370
2019 West Okla St. (OK)	.372
2018 Dakota (ND)	.370
2017 Jones (MS)	.370
2016 N. Okla. Tonkawa	.370
2015 Williston State (ND)	.368
2014 Miles (MT)	.357
2013 West Okla St. (OK)	.352
2012 Catawba Valley (NC)	.365
2011 West Okla St. (OK)	.402
2010 West Okla St. (OK)	.400
2009 West Okla St. (OK)	.402
2008 West Okla St. (OK)	.413
2007 Elgin (IL)	.379
2006 Lenoir (NC)	.426
2005 Morris (NJ)	.387
2004 St. Catharine (KY)	.378
2003 Sussex County (NJ)	.366
2002 Cecil (MD)	.414
2001 Brookdale (NJ)	.395
2000 Brookdale (NJ)	.389
1999 North Arkansas	.348
1998 Lurl. Wallace (AL)	.374
1997 Brookdale (NJ)	.387
1996 Kirkwood (IA)	.367
1995 Lakeland (OH)	.381
1994 Brookdale (NJ)	.384
1993 Mott (MI)	.390

#### Batting Average - D3

2024 Brookdale (NJ)	.405
2023 Gloucester (NJ)	.403
2022 N. Essex (MA)	.379
2021 Herkimer (NY)	.372
2019 N. Essex (MA)	.386
2018 Herkimer (NY)	.377
Gloucester (NJ)	.377
2017 N. Essex (MA)	.374
2016 North Arkansas	.382
2015 Herkimer (NY)	.416
2014 Brookdale (NJ)	.370
2013 North Arkansas	.375
2012 Camden Co. (NJ)	.404
2011 North Arkansas	.384
2010 Herkimer (NY)	.393
2009 North Arkansas	.420
2008 North Arkansas	.429
2007 North Arkansas	.424
2006 Herkimer (NY)	.380
2005 N. Essex (MA)	.404
2004 North Arkansas	.406
2003 Jefferson (NY)	.321
2002 DuPage (IL)	.390
2001 Holyoke (MA)	.372
2000 Waukesha Co. (WI)	.373
1999 Columbus St. (OH)	.347
1998 Raritan Valley (NJ)	.437
1997 Ocean County (NJ)	.388
1996 Fulton-Mont. (NY)	.385
1995 Middlesex Co. (NJ)	.366
1994 Norwalk (CT)	.376
1993 CC-0Allegheny (PA)	.352
1992 Gloucester (NJ)	.341

### NAIA

#### Season Statistical Records

#### Batting Average

1985 Ohio Dominican .441

#### E.R.A.

1967 Grambling 1.07

#### Fielding Percentage

2022 Bellevue .981

# Positioning The Team Way

If you watch a lot of amateur baseball, you'll see overall quite a bit of lack of knowledge on positioning and how to efficiently perform cuts and relays. This is seen in a college a bit too, particularly in younger players who haven't had the training growing up.

In order to get players on the same page and best play winning baseball, it is imperative all players are coached on these elements, and have a split-second awareness of how to perform these correctly.

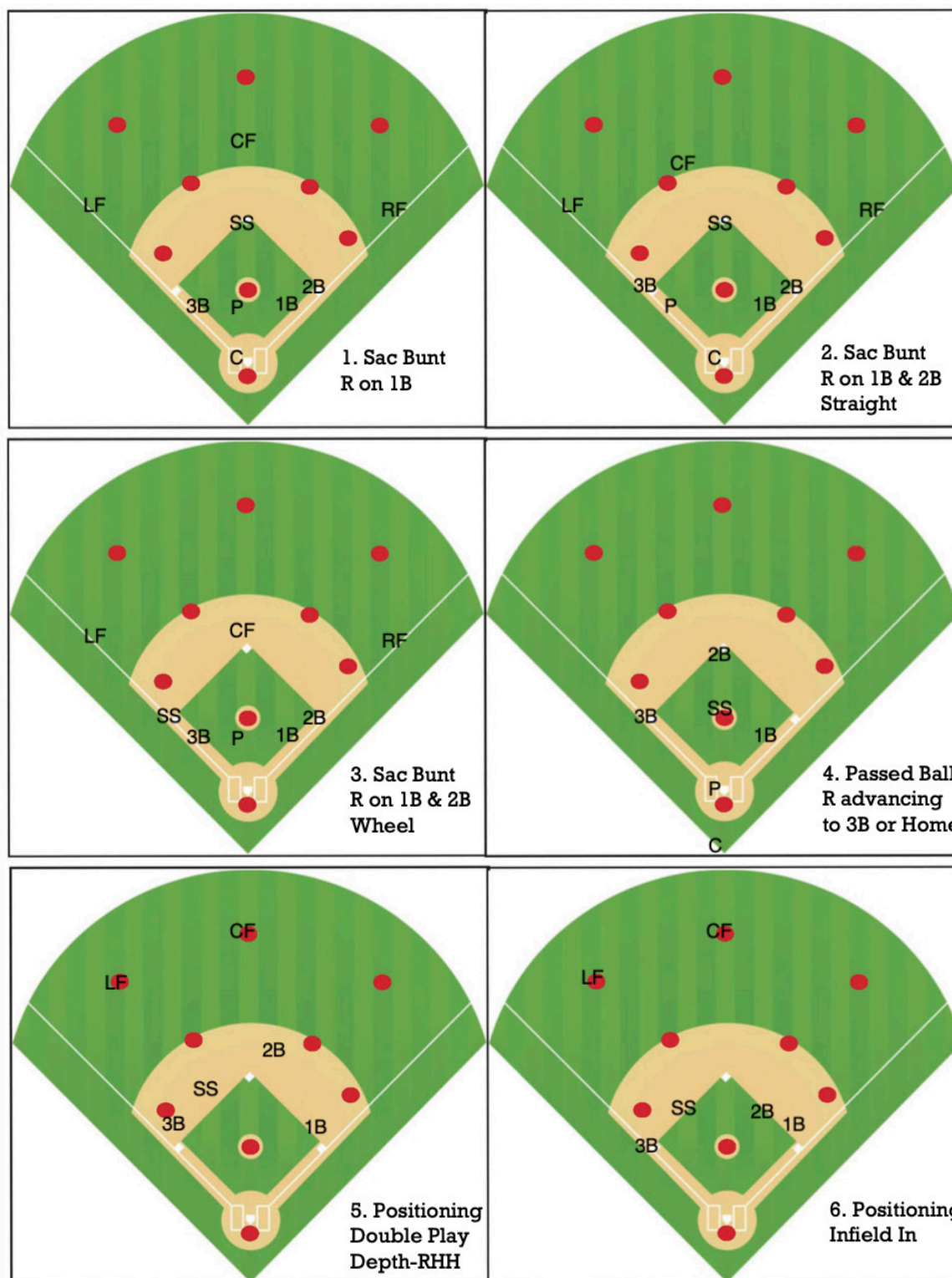
Here are some positioning techniques, that while some people may teach differently, if you think about it, make a lot of sense:

## Passed Ball - Runner on 3B

A lot of people yell at the 1B to back up, which is fine, but it really should be the shortstop. He has no other responsibilities, and since most times when the catcher throws it past the pitcher, it goes towards the mound, he has a direct angle to easily collect the stray throws.

## Double Play Depth - RHH

Most times double play depth is taught to move two-in and two-over. However, this causes routine ground balls towards the hole that the infielder would normally get to end up going-through, or simply get one out. The goal is to get closer to the batter due to extra time needed to turn two, as well as get closer to the bag in case the SS is needed to cover. By determining where the odds are the hitter will hit it, then moving *halfway* in towards the hitter, this achieves both, and in turn greatly increases double plays turned.

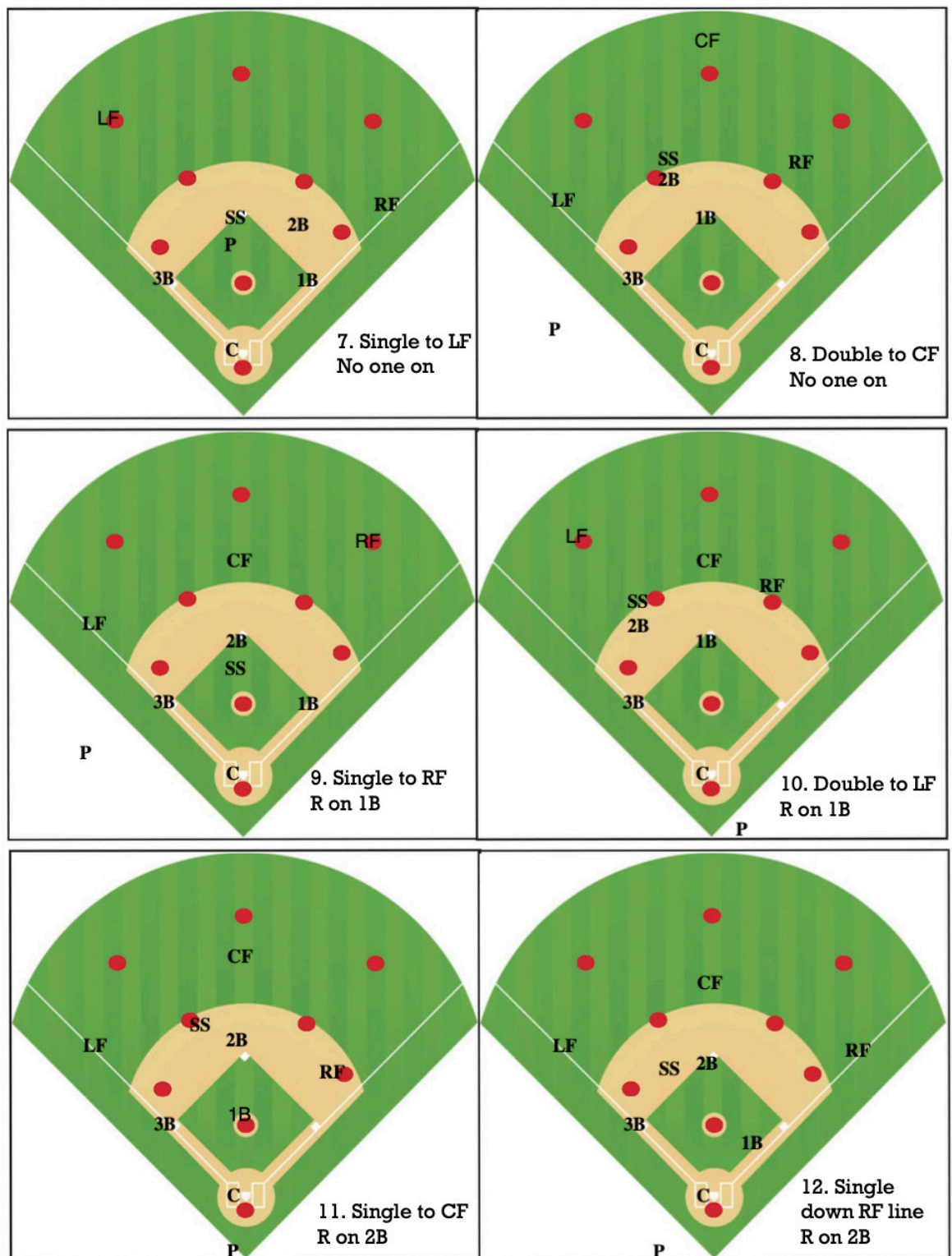


### Single to LF - No one on.

Everybody has the shortstop go out and be cut-off man, and the 2B covers second. If you think about this, it's kind of ridiculous. If there needs to be a play on the batter at second base on a single, he will be safe if there is a cut-off. The only way to get him would be a direct throw. Thus, why not have this be the base play - throw directly to second? This not only helps train the outfielder on this throw, but it also allows them to be a proper backup system where the shortstop covers second, and the 2B backs up the play.

### Double to right Field - No one on

When there is a double, the tandem-relay is used (shortstop as lead cut and 2B right behind). Sometimes this is abandoned when the ball is down the right-field line and the 2B ends up being the lead cut in front of the shortstop. While this might seem intuitive, this is a bad idea generally for two reasons: the 2B most often has a weaker arm, and thus is unable to execute the long throw to third very well; Also, by having the shortstop as the lead cut *all-the-time*, there is never any confusion. Finally, it is really only about a 100-foot run for the shortstop, so the concern about the SS getting there in time is largely unfounded.



# THE BASEBALL COLLEGIAN

## PITCHING PROJECT



### A Non-Partisan Resource on Pitching

**THE INTENT OF THE BASEBALL COLLEGIAN PITCHING PROJECT** is to inform coaches and players and parents of some of the many theories on being a successful pitcher.

Most every concept has advocates with very strong opinions on either side of the argument. Too often, a theory is chosen based on popularity, conventional wisdom, or because someone famous does it that way, as opposed to one's own analysis. With so many contradicting theories, it is essential to have an understanding of all of the possible options before deciding which one to commit to.

These pitching theories are presented without judgment, without confirmation bias, with no preconceptions, and without dogma or commercialism. In turn, the strong hope is that people are inspired to do the work to make up their own mind based on as much information as possible – and in turn, do what makes most sense to them.

Last month, the discussion was about the cause of arm injuries. This week, the discussion turns to staying healthier.

### Q. HOW DO YOU STAY HEALTHIER?

#### General Belief:

#### • Pitch Counts & Technique

American Sports Medicine Institute — Thus, the recommendations for preventing injuries in adolescent baseball pitchers are:

1. Watch and respond to signs of fatigue (such as decreased ball velocity, decreased accuracy, upright trunk during pitching, dropped elbow during pitching, or increased time between pitches). If an adolescent pitcher complains of fatigue or looks fatigued, let him rest from pitching and other throwing.
2. No overhead throwing of any kind for at least 2-3 months per year (4 months is preferred). No competitive baseball pitching for at least 4 months per year.
3. Do not pitch more than 100 innings in games in any calendar year.
4. Follow limits for pitch counts and days rest.
5. Avoid pitching on multiple teams with overlapping seasons.
6. Learn good throwing mechanics as soon as possible. The first steps should be to learn, in order: 1) basic throwing, 2) fastball pitching, 3) change-up pitching.
7. Avoid using radar guns.
8. A pitcher should not also be a catcher for his team. The pitcher-catcher combination results in many throws and may increase the risk of injury.
9. If a pitcher complains of pain in his elbow or shoulder, discontinue pitching until evaluated by a sports medicine physician. Inspire adolescent pitchers to have fun playing baseball and other sports. Participation and enjoyment of various physical activities will increase the player's athleticism and interest in sports. (asmi.org)

#### Maximum Pitch Counts

<u>Age</u>	<u>Pitches per Game</u>
7-8	50
9-10	75
11-12	85
13-16	95
17-18	105

#### Rest Periods Required

<u>Ages 7-16</u>	<u>Ages 17-18</u>	<u>Calendar Days Rest</u>
61+	76+	3
41-60	51-75	2
21-40	26-50	1



## • Pitch Counts & Coaches

Glenn Fleisig - “Pitch counts are an artificial control,” said Dr. Glenn Fleisig. “We know that overuse is accumulated and that pitching when fatigued is damaging, so this works for a broad population. It’s not individualized. Some pitchers could go 100 pitches and some could go 50, but we set the limits to do the most good possible. It’s up to the coaches and athletes at some point.” (bleacherreport.com)

## • Biomechanical Analysis

Thomas Karakolis - Karakolis said the “golden ticket” in gauging injury risk is biomechanical analysis, which has been embraced by some MLB teams to varying degrees. One of the biomechanics tools currently available is the so-called “Tommy John sleeve,” which is a fitted sleeve embedded with sensors that is worn by the pitcher and can transmit data on how much stress is being put on the elbow with each pitch and whether or not the pitcher is growing fatigued. (www.thestar.com)

## OTHER PHILOSOPHIES:

### • Throw More, with less exertion

Leo Mazzone - “The bottom line is this: Pitchers at that age need to be throwing more often, with less exertion,” said Mazzone, whose tenure with the Braves included a 14-year run of division titles and a championship in 1995. “Everyone is so enamored with how hard kids throw now. Youngsters see this guy throwing 88, this guy throwing 90, and getting scholarships and signing professionally.

“To them, they’re thinking they need to hit a certain number on the [radar] gun. And in trying to get there, they are tearing apart their arms. It’s not pitch counts.” (archive.northjersey.com)





## • Strength Training

Eric Cressey - Simply stated, strength training is helping guys throw harder; there's no doubt about it. It's how that strength training is programmed and what's done to complement it that determines if the increased velocity will lead to an injury. Nothing happens in isolation. (ericcressey.com)

## • Nothing

Jeff Passan - Baseball never will eradicate arm injuries. Any suggestion it can do so presupposes that the inherent genetic differences between people somehow can be mitigated through modification, and I like to think about the future of baseball without a side of dystopia. At the same time, as technology improves, leaps in understanding are inevitable. Whether they're tangible enough to solve for the perils that velocity presents I can't say. (nytimes.com)

## • Forearm muscle relationship

Jeff Passan - (Jeff) Buffi's initial research confirmed the importance of the flexor-pronator muscles in the forearm. Perhaps they were what enabled R.A. Dickey to pitch without a UCL. Maybe they explained why some pitchers stayed healthy and others didn't. To further test his hypothesis, Buffi worked with researchers at Massachusetts General Hospital's biomechanics lab, which captured the throwing motions of 20 college pitchers with markers as well as ground-force data collected with force plates. Buffi's optimization algorithm fit the markers in the model as close as possible to those on the real pitchers. "The goal," Buffi said, "is to get the model to move in exactly the same way the real pitcher moves."

Of the 20 pitchers, 13 had no previous major arm injuries and seven did. Blinded to the results, Buffi correctly identified six of the seven injured pitchers and 12 of the 13 without injuries based solely on the model's data. Buffi then used inverse dynamics, the standard method, to assess all 20 pitchers. It could not tell the difference between who had been injured and who hadn't.

"I don't want to say I can fix elbow injuries, but I think I can compensate for the thing that I found with training," Buffi said. "It's a really, really hard problem to solve. Hopefully I'm making some good steps toward solving it." (sports.yahoo.com)







## • **Technique**

Mike Marshall - I know the injurious flaws in the 'traditional' baseball pitching motion that injure baseball pitchers and how to eliminate all pitching injuries. I also know the mechanical flaws in the 'traditional' baseball pitching motion that decrease release velocity, release consistency and the variety and quality of pitches pitchers can throw and how to correct these mechanical flaws. ([drmikemarshall.com](http://drmikemarshall.com))

## • **Long Toss**

Alan Jaeger - There isn't any reason why a player should have a chronically sore, weak, or injury prone arm. If the arm would get the same kind of attention that our hitting, defense or pitching gets than it too would have a chance to thrive on a daily basis. Unfortunately, most baseball players neglect their arms or take them for granted.

As the arm begins to develop endurance it will not only want to throw more often but it will want to throw more distance. The stretching phase of throwing will commonly go from, per se, 150 feet to 250 feet in a few weeks time. ([jaegersports.com](http://jaegersports.com))

## • **Weighted Balls**

Kyle Boddy - High intent ballistic throwing creates increased dynamic range of motion (ROM) at the shoulder joint. By using overload implements, a greater stretch is realized, which is vital in both amateur athletes and professionals who have suffered an arm injury in the past and have significantly reduced ROM in the glenohumeral joint. Elite pitchers have much higher external rotation ROM in the shoulder than mediocre pitchers (source: ASMI), and by using high intensity throwing training methods, dynamic ER ROM is built. ([drivelinebaseball.com](http://drivelinebaseball.com))



# National Polls

## Division I

(presented by D1Baseball.com)

Preseason Poll (1/13/25)

1	Texas A&M	53-15
2	Virginia	46-17
3	LSU	43-23
4	Tennessee	60-13
5	Arkansas	44-16
6	North Carolina	48-16
7	Oregon State	45-16
8	Georgia	43-17
9	Florida State	49-17
10	Florida	36-30
11	Duke	40-20
12	Oregon	40-20
13	NC State	38-23
14	Wake Forest	38-22
15	Clemson	44-16
16	Vanderbilt	38-23
17	Oklahoma State	42-19
18	Mississippi State	40-23
19	Texas	36-24
20	Dallas Baptist	45-15
21	Arizona	36-23
22	UC Santa Barbara	44-14
23	TCU	33-21
24	Nebraska	40-22
25	Troy	37-22

## Division II

(presented by Diviibaseball.com)

Preseason Poll (1/19/25)

1	Tampa	52-8
2	Angelo State	44-21
3	Catawba	46-17
4	Central Missouri	52-10
5	Point Loma	46-13-1
6	Southern NH	37-19
7	Colorado Mesa	38-18
8	UIndy	41-21
9	Augustana	47-10
10	Indiana (PA)	41-18
11	UNC Pembroke	43-14
12	West Chester	43-9
13	North Greenville	41-14
14	Georgia College	37-22
15	Young Harris	41-15
16	Lubbock Christian	45-16
17	Missouri Southern	44-15
18	Arkansas-Monticello	35-24
19	East Stroudsburg	43-14
20	Ashland	42-15
21	Cal State Monterey Bay	39-21
22	Millersville	38-16
23	Seton Hill	41-17
24	West Texas A&M	37-19
25	Northwest Nazarene	36-15-1

### Receiving Votes:

Central Oklahoma 37-16, Charleston 44-10, Embry-Riddle 35-22, Harding 37-19, Lander 38-15, Lee 39-18, Maryville 40-19, Minnesota State 37-20, Molloy 42-14, Mount Olive 39-18, Regis 32-24-1, Saginaw Valley 41-18, Saint Leo 38-13, San Francisco State 34-26, West Florida 35-23

## Division III

(presented by Netting Professionals)

Preseason Poll (1/28/25)

1.	Wisconsin-Whitewater (9)	45-12
2.	Endicott (Mass.) (6)	47-4
3.	Salve Regina (R.I.) (1)	40-10
4.	Denison (Ohio) (3)	42-8
5.	Misericordia (Pa.) (11)	44-11
6.	Johns Hopkins (Md.)	35-11
7.	Lynchburg (Va.)	37-17
7.	Pomona-Pitzer (Calif.)	37-14
9.	East Texas Baptist	39-10
10.	Salisbury (Md.)	32-12
11.	Baldwin Wallace (Ohio)	33-11
12.	Wisconsin-La Crosse	36-16
13.	Randolph-Macon (Va.)	33-16
14.	Christopher Newport (Va.)	29-12
15.	Trinity (Texas)	32-15
16.	La Verne (Calif.)	30-16-1
17.	Case Western Reserve (Ohio)	33-11
18.	Adrian (Mich.)	33-16
19.	Cortland (N.Y.)	31-14-1
20.	North Carolina Wesleyan	36-13
21.	Penn State-Harrisburg	35-11
22.	Claremont-Mudd (Calif.)	32-15
23.	Rowan (N.J.)	29-15
24.	Aurora (Ill.)	34-11
25.	Centre (Ky.)	36-13
26.	Transylvania (Ky.)	34-14
27.	Benedictine (Ill.)	33-14
28.	Cal Lutheran	29-16
29.	Arcadia (Pa.)	33-14
30.	Babson (Mass.)	30-13

**Receiving Votes:** Eastern Conn. State 68, Spalding (KY) 58, Ithaca (NY) 50, Mitchell (CT) 47, Middlebury (VT) 43, Washington & Jefferson (PA) 35, Rhodes (TN) 33, Catholic (DC) 31, Coe (IA) 28, Keystone (PA) 23, Messiah (PA) 20, Chapman (CA), 18, TCNJ 17, Elizabethtown (PA) 14, Ramapo (NJ) 14, NYU 11, Whitworth (WA) 9, Wheaton (MA) 7, Union (NY) 6, Alvernia (PA) 5, LaGrange (GA) 5, Montclair State (NJ) 5, Willamette (OR) 5, Webster (MO) 4, Marietta (OH) 3, Marymount (VA) 3, Berry (GA) 2, Hanover (IN) 2, North Park (IL) 2, Shenandoah (VA) 2, Colby (ME) 1, Johnson & Wales (RI) 1, Linfield (OR) 1

## NAIA

### Pre-Season Poll (11/6/24)

1	Tennessee Wesleyan	44-18
2	Hope International (Calif.)	45-16
3	Georgia Gwinnett	53-9
4	LSU Shreveport (La.)	44-11
5	Cumberlands (Ky.)	52-8
6	Reinhardt (Ga.)	44-18
7	Lewis-Clark State (Idaho)	38-13
8	Webber (Fla.)	43-14
9	William Carey (Miss.)	37-16
10	Arizona Christian	38-21
11	Southeastern (Fla.)	52-8
12	Kansas Wesleyan	48-12
13	Mid-America Christian	41-13
14	Central Methodist (Mo.)	44-11
15	Bellevue (Neb.)	39-14
16	Missouri Baptist	41-12-1
17	Indiana Southeast	37-20
18	Faulkner (Ala.)	37-17
19	Taylor (Ind.)	42-16
20	Concordia (Neb.)	42-15
21	Loyola (La.)	37-19
22	Tabor (Kan.)	38-16
23	Oklahoma City	35-18
24	British Columbia	34-21
25	Mid-America Nazarene	34-20

### Receiving Votes:

Doane (Neb.) 57, Columbia (Mo.) 41, St. Thomas (Fla.) 37, Houston-Victoria (Texas) 32, Northwestern Ohio 28, OUAZ (Ariz.) 23, Science and Arts (Okla.) 23, Keiser (Fla.) 20, Milligan (Tenn.) 15, Oklahoma Wesleyan 14, Talladega (Ala.) 7, Indiana Wesleyan 4

## Northwest Community College

### NWAC

#### Final Poll (5/14/24)

1	Linn-Benton
2	Tacoma
3	Everett
4	Lower Columbia
5	Spokane
6	Umpqua
7	Edmonds
8	Columbia Basin
9	Blue Mountain
10	Wenatchee Valley

## Junior College

### NJCAA Div. 1

#### Pre-Season Poll (1/21/25)

1	Blinn College
2	McLennan CC
3	Iowa Western CC
4	Florida Southwestern State
5	Johnson County CC
6	Georgia Highlands
7	Salt Lake CC
8	Florence-Darlington
9	Louisiana State University Eunice
10	Crowder
11	Weatherford
12	Chipola
13	Shelton State CC
14	Gaston
15	Wabash Valley
16	College of Southern Nevada
17	Walters State CC
18	San Jacinto-North
19	Central Arizona
20	Cowley County CC
21	Navarro College
22	Indian River State
23	Hutchinson CC
24	John A. Logan
25	Delgado CC

**Receiving Votes:** McHenry County, Central Florida, State College of Florida, Seminole State (OK), Kansas City Kansas, Midland, Tyler

## Junior College

### NJCAA Div. 3

#### Pre-Season Poll (1/21/25)

1	Rowan South Jersey - Gloucester
2	Dallas Eastfield
3	Brookdale CC
4	Dallas Richland
5	Northampton CC
6	SUNY Niagara
7	Surry CC
8	Northern Essex CC
9	St. Cloud Technical & CC
10	College of DuPage
11	Herkimer
12	Camp CC
13	Kingsborough CC
14	Owens CC
15	Joliet JC

**Receiving Votes:** Dallas - North Lake, Suffolk CC, Middlesex, Century, Erie CC

## Junior College

### NJCAA Div. 2

#### Pre-Season Poll (1/21/25)

1	Brunswick CC
2	East Central CC
3	St. Johns River State
4	Heartland CC
5	Pearl River CC
6	Wallace CC-Dothan
7	Kirkwood CC
8	Madison
9	Southeastern CC
10	South Mountain CC
11	Frederick CC
12	Jones
13	Parkland
14	Iowa Central CC
15	Kellogg CC
16	South Arkansas CC
17	Des Moines Area CC
18	Lurleen B. Wallace CC
19	Kankakee CC
20	Meridian CC
21	Westchester CC
22	Lansing CC
23	Pima CC
24	Pasco-Hernando State
25	Grand Rapids CC

**Receiving Votes:** Black Hawk, Rock Valley, Western Oklahoma State, Northeast (NE), Coastal Alabama-North, Northern Oklahoma-Tonkawa, Montgomery (MD), Louisburg

## California Community College

### Final Poll

#### North

1	Feather River	35-10
2	Santa Rosa	31-15
3	Fresno City College	31-12
4	West Valley	38-14
5	Butte	30-14
6	San Joaquin Delta	36-15
7	Lassen	26-15
8	Chabot	34-13
9	Skyline	30-14
10	Modesto	27-14

#### South

1	Golden West	31-14
2	Cerritos	38-10
3	Santa Ana	35-15-1
4	Palomar	36-11
5	LA Valley	37-8
6	Saddleback	34-17
7	Mt. San Antonio	30-15
8	Cuesta	32-13
9	Long Beach	30-15
10	Fullerton	25-19

# THE BASEBALL COLLEGIAN

## A fresh start right now

**“I have always been delighted at the prospect of a new day, a fresh try, one more start, with perhaps a bit of magic waiting somewhere behind the morning.” -- J.B. Priestley**

We are now into the New Year and a lot of us are probably wishing for that “fresh-start feel” we had on Jan. 1 when there was a blank slate before us.

It’s no different than a sports team that opens its season excited about the possibilities ahead only to suffer some misfortune or a losing streak early on.

But here’s the thing: Every day can be a fresh start if you commit to letting it be by letting go of what happened yesterday. So long as you continue to carry yesterday’s defeat (or the previous moment’s defeat) into the present it will quickly turn into

your future.

I see it all the time in baseball. A player swings at a bad pitch early in an at-bat and the frustration carries over into the next pitch and suddenly that bad swing turns into a bad at-bat, which then turns into bat at-bats the rest of the game. A pitcher doesn’t execute a pitch the way he wants and gets angry at himself. That takes the focus off his next pitch which he leaves right down the middle and is hit for a home run.

We put so much hype on the beginning of a New Year or a new season/semester/sales month that we think it’s the only time that we can have a clean slate.

Today, realize that you can have a clean slate any time you would like simply by letting go of what has just happened and focusing on what you are doing right at this moment.



Contact MLB.com writer Steve Gilbert at [winyourday@gmail.com](mailto:winyourday@gmail.com) to sign up for his daily inspirational emails.

