

THE BASEBALL COLLEGIAN

THE COACHES' SOURCE FOR AMATEUR BASEBALL

www.baseballcollegian.com

Issue 11 - May 1, 2026

THE PITCHING REVOLUTION

Perry Husband Brings Effective Velocity to the Dominican Winter League

BY MARK WOODWORTH
EDITOR/THE BASEBALL COLLEGIAN

While most baseball players were resting this winter, the Dominican Republic Winter League (LIDOM) was once again putting on one of the greatest shows in baseball.

Everyone knows about the love of baseball in the Dominican, as well as the numerous MLB stars from the small island.

Word is slowly starting to spread of the joy of their Winter League with its ecstatic crowds and high intensity play and thrilling celebrations.

Carlos Pena first became known as an elite first baseman from Northeastern University, followed by his 14-year MLB career that saw him hit 286 career home runs. In his first season as the General Manager of Leones del Escogido in the Dominican League, all he did was lead his team from a rough start to winning the league championship series.



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RELIEF: THE PRO RELIEVER

BY BRYAN COREY
SPECIAL TO THE BASEBALL COLLEGIAN

Former Major League pitcher Bryan Corey has created The Pro Reliever, a portable massage device that is having a major impact in helping pitchers warm up and get loose. In his words, he shares his thoughts on his mission to help pitchers and all athletes:

In pro ball, I was throwing quite a bit at and getting into a lot of games. In the bullpen, it's, 'Hurry up and get loose quick,' and you don't have the treatments and work from a trainer. That's sometimes five, six hours before. Now you're trying to get loose again in the bullpen and we don't have access to that same treatment.



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GUYS NEED TO PLAY MORE

BY MARK WOODWORTH
EDITOR/THE BASEBALL COLLEGIAN

Guys need to play more baseball.

There's a reason the greatest player development system in the world (MLB) has its players play a million games. They know that game experience is everything.

Does it take time? Yes. Does it sometimes seem like the coaches aren't doing enough? Yes. Does it work? Yes.

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Soul Throwers

Better Command

By **BROOKS HALL**
SPECIAL CONTRIBUTOR/SOUL THROWERS



Everyone wants to know how to have better command.

How do you get better at putting? How do you get better at free throws? How do you get better at playing FIFA? How do you get better at darts? How do you get better at billiards?

By doing it.

And then eventually you'll start to understand how to aim better. Your brain will figure it out.

When you're putting, you might have to give it more break, or maybe you like to play with more speed and hit it to the back of the cup. I don't know.

Maybe when you're throwing on the mound and you're missing arm side, you should just change your direction. Turn your foot, act like down-and-away is a foot outside. And now when you aim there, you miss down and away, instead of missing up and in.

You have to find where your release point is and how that's going to feel. Lay on your bed, or lay in the grass, and just throw the ball up over and over in the sky, and feel that thing off your fingertips. Then the next day, take it into your throwing session. There's my release point, there it is.

If you can repeat your release point, you'll probably get better command.

There's no magic sauce.

Each month at *The Baseball Collegian*, we highlight insights from 14-year pro pitcher Brooks Hall found on his Soul Throwers Instagram page.

"We take our own approach when it comes to finding the path for you. We start with a full body assessment and then determine your body's capacity. We find ways to go back to the basics and find a way to turn the brain off and just play. We have more of a holistic approach compared to the industry. Our favorite thing is to throw gas and win on the mound and mold players to do the same thing.

*"We've helped hundreds of players gain velocity, get rid of anxiety, create confidence they never thought they would have, look at baseball in a different lens, and much much more. We are trying to help people gain perspective on what they are trying to accomplish. We are just helping shape real humans that want to keep playing baseball." - **SoulThrowers.com***

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Issue 11
May 1, 2026

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From the Publisher

The regular season is over in high schools down south; Northern schools are halfway through their season; Division II and III are about to start the playoffs, while Division I still has a few weeks left. And it's barely May.

For half the country, the weather is just turning nice enough to really enjoy the experience of playing baseball. For the other half, it's getting closer to being too hot to play. For high schools organized by state, the calendar works well. For colleges, it is a sport in conflict with itself.

That is why The Baseball Collegian started the Northern College Baseball Poll. There have only been one or two northern schools in the Div. I national rankings all year. Imagine telling Michigan or UConn basketball that they have no chance of being ranked in the Top 25, never mind not being able to win a national championship? We are excited to celebrate those teams that might not look good next to their southern peers, but they are in fact having outstanding seasons.

Maybe one day the calendar will change, or maybe there will be a Northern College World Series some day, but for now, enjoy what's left of your school's baseball season!

Mark A. Woodworth

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www.baseballcollegian.com

Publication

Online/Emailed monthly/Printed Quarterly

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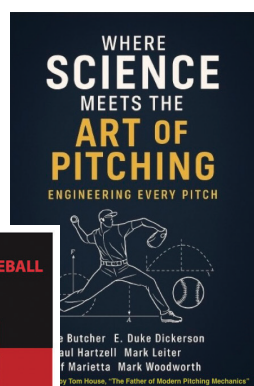
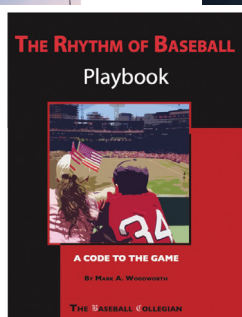
THE BEST OF THE COLLEGIAN
The Coaches' Source for Amateur Baseball 2025 Special Issue

From the Pages of

The Baseball Collegian

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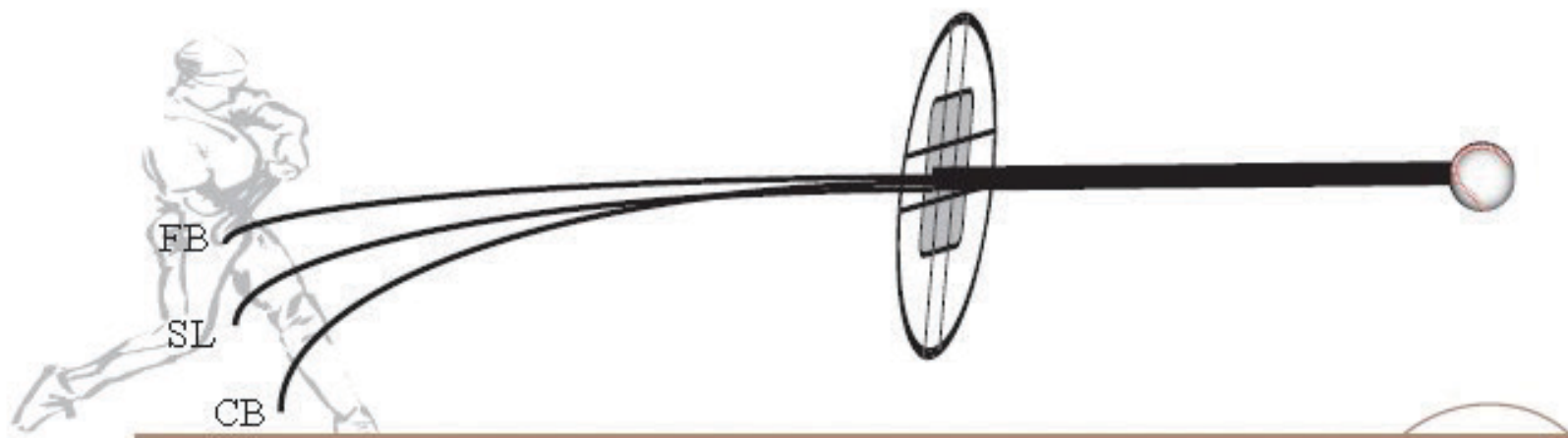
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THE PITCHING REVOLUTION

EFFECTIVE VELOCITY & PERRY HUSBAND

CONTINUED FROM PAGE 1



“I do everything I can to give them everything I can, to give our coaches information, to guide them,” Pena told *mlb.com*. “The same goes for the players. Give them everything they need so that their talent can flourish to the fullest on the field.”

A profound example of helping the players was Pena bringing in groundbreaking baseball mind Perry Husband to help the team. Husband has revolutionized baseball with his studies and implementation of what he calls “Effective Velocity.” His studies have proven statistically what leads to success and failures for pitchers and hitters alike. And it has been proven on the field with many players and programs, from Coastal Carolina’s national championship team, to Oklahoma softball’s dominance, to Gerrit Cole to most recently, Ranger Suarez. His footprint on the game has been quietly profound.

Perry Husband on his experience in the Dominican:

It’s 100% about timing.

Yes, hitters can see spin and see direction, but they can’t do it fast enough to be able to adjust in real time.

In the static world of analytics, all they care about is the result. What we’re focused on is the timing of how things work.

We’re trying to disrupt that timing, making it very difficult for hitters to see and at the last second, pitches split all over.

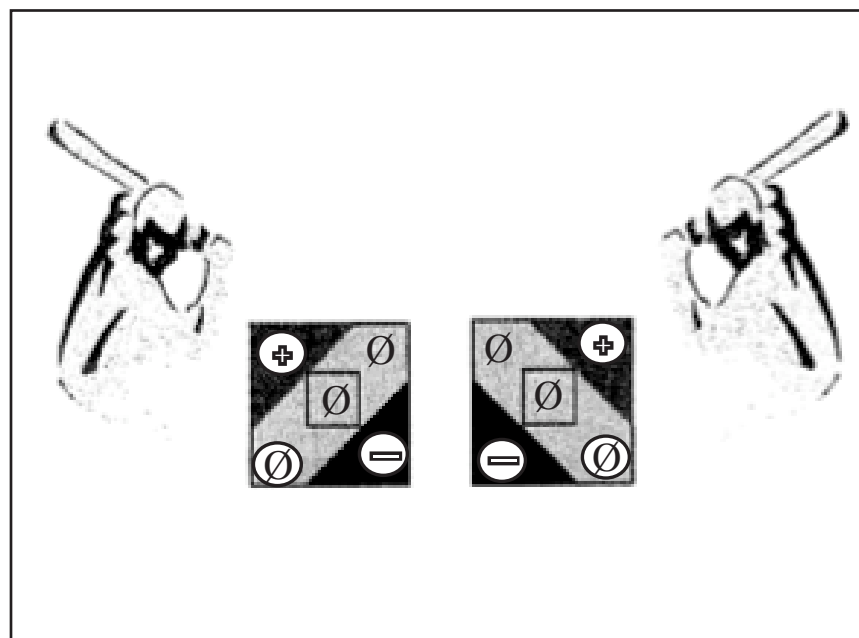
I got a call from Carlos Pena about coming to the DR. I thought I’d be here two weeks max – big league pitchers, big league hitters who won’t be very receptive. But what I found was the total opposite: They were super receptive.

(Leones del Escogido Facebook)

In the Dominican, players were slow to buy in to a change from the traditional and safe concept of what they were taught leads to success. But after some coaching changes, players started to buy in on Pena and Husband's vision, and the results were immense. After starting out 16-21, they went 28-15 to win the Dominican title and advance to the semifinal of the Caribbean Series.

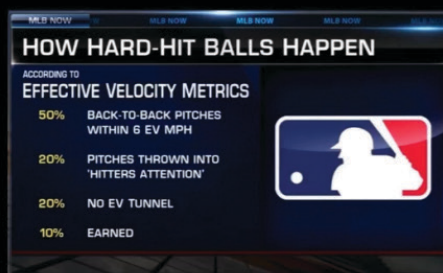
What changed? A different way of looking at the pitcher-hitter battle. Husband's studies have shown that there is a science behind hitters timing up pitchers, and pitchers upsetting hitter's timing.

The foundational concepts of Husband's approach include Tunneling (the term Husband created to describe making all pitches appear to look alike), Hitter's Attention Theory (hitter's timing is greatly influenced by the speed and location of the previous pitches), and Effective Velocity (pitches essentially act like different speeds to the hitter, based on location in the zone).



There are numerous stories of success with this approach for the individual players who buy in, and it is slowly revolutionizing the game. Whether it's Carlos Pena as a player working with Husband to hit 46 home runs with the Tampa Rays, or Carlos Pena as a GM joining forces with Husband to win the LIDOM championship, it's clear this revolution is here.

Effective Velocity Wrote the Book on 'Pitch Design'



**Barry Zito Ev
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1. Pitch Deception Metrics
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6. Location Adjusted Speed
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INFIELDING TIPS

Presented by 6-Tool

From Coach Mainieri



By PAUL MAINIERI

As Told to The Baseball Collegian

Alex Bregman was thought of more as a catcher prospect. He had caught the whole summer before he came to LSU. I had told him during the summer to catch for your summer team, but take ground balls at shortstop every day and let me decide whether or not you can do it there.

I only use him as an example because the first day we went out there, he displayed to me that he had the natural instincts to field the ball. The ball just had a way of finding the pocket of his glove on a consistent basis.

There's the old traditional way that we all grew up learning to field a baseball. Great balance and your left foot slightly ahead of your right foot.

Then the Hispanic influence came to America, and they started fielding the ball with their left-foot back, and a little bit more flash.

But the infielder I think revolutionized how to play infield defense was Ozzie Smith. What Ozzie did was he just attacked everything. He fielded balls on the run all the time. When you field a ball on the run, you are attacking the ball, and you might not catch it before the next bounce, but you certainly can get it on a short hop. And short hops are easy to catch. They look fancy to fans in the stands, but they are really easy to do.

The other thing to do is, once you've caught it, you've shortened the throw to first base. So if you're adept at throwing the ball on the run, you have less chance for an error that way.

Just emphasizing making routine plays. My attitude has always been for infielders to be really aggressive and attack the ball. And that way their throws will be more consistent as well.

Outside of that, I don't really have any major secrets. I had great infield instructors when I was growing up. I had a great college coach who worked with the infielders by the name of Tom Schwaner.

Bucky Dent was the shortstop for the Yankees, and he had played for my father in junior college. I was 12 when he played for my dad, and I thought Bucky walked on water. He was my idol and I had the eye-black and the wristbands just like Bucky, because I wanted to be just like him. When he was in the big leagues and would come back to Miami, I would literally work out with him in the off-season. So every day when I would take ground balls, he would give me little tips here and there, which obviously I passed on to the players that I coach.

Paul Mainieri-South Carolina

Mainieri coached 41 years of college baseball, from Air Force to Notre Dame to LSU and most recently at South Carolina. When he retired, he was the active leader in career wins in Div. I with 1,533. His teams won 46 championships, including the College World Series with LSU in 2009.

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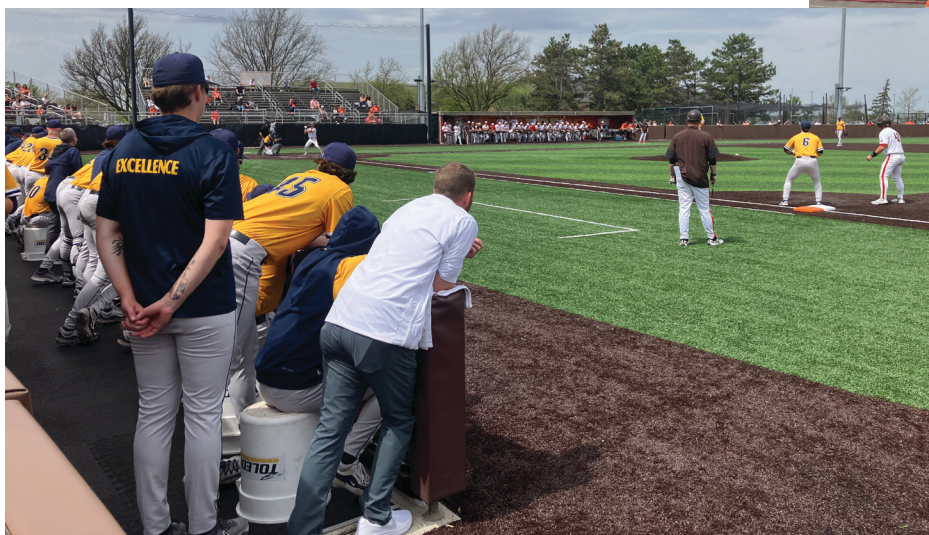
Know your role in every situation

DISPATCHES Bowling Green, Ohio



On one of the nicest days of the spring season, the Bowling Green baseball stadium fills up nicely, as nearby rival Toledo comes to town for a three-game MAC series. The orange and brown school colors jump out on the pure green turf that was newly installed last year, making the sightlines at Stellar Field perfect for watching a game.

Orel Hershisher famously played here and his name is on the outfield wall as a reminder that a redshirt can still make the majors.



It is a quiet crowd, except for some passionate students dressed in orange who won't let the opposing pitcher forget he hit three batters in the second inning.

There are three home runs from the home team, and the cheers can be heard over at the adjacent softball field and tennis courts.

Despite losing the next two days to their rivals, a victory on this day sends the crowd home happy.

Coach Mazzoni

Where is the Pitchability?

By **WAYNE MAZZONI**

SPECIAL CONTRIBUTOR TO THE BASEBALL COLLEGIAN

I coached college baseball for 30 years, 1992-2022. Since then, I've been running College Baseball Advisors, where I help kids develop, help them manage the recruiting process, help them perform in college, and then play in the summer and after college.

I've developed this course called Develop Elite Pitchability.

Yes, I know, everyone wants velocity, and of course velocity matters. Velocity gets you looked at, velocity helps you move up levels, velocity can keep your career going.

However, when it comes to actually performing in games, while velocity is great and a weapon, it's more about pitchability.

The modern world is training kids to be stronger and throw harder, with a very proven method. Most of you all winter-long trained on how to get stronger and throw harder, which again, has its place in the baseball world.

However, pitchability is being lost. What is pitchability? Pitchability is having elite command. How do you train for elite command? How do you develop different speeds on your fastball? How do you have reliable, throw-at-any-time secondary pitches, including an *actual* changeup you can use in games. How do you perform under pressure? Can you deal with different mounds, different game situations? Are you consistent?

Developing elite pitchability is about how to get outs. The job of a pitcher is to get outs. Once you're on a college team, the coach doesn't say, "The highest velocity guy is the Friday night guy, the second-velocity thrower is the Saturday guy." It's, "Who is the guy that gets the most outs?" You need to discover the way to get outs.

I see so many kids, well-meaning kids, kids who are working their butts off all winter and have gained velocity. Yet, I'm tracking them halfway through the college season, they have 13.00 ERAs, and 15.00 ERAs, and more walks than strikeouts. Something is missing, and it's pitchability. Pitchability is missing. If you look at all old school pitchers, they had elite pitchability.

Ideally, you're going to learn how to blend modern strength training and modern velocity improvement, with old-school developing pitchability tactics to get people out.

You'll be consistent, you'll get more innings, you'll get more outs and you'll keep your career going.

This is a self-paced video-based course that can be done any time during the course of the year, in-season, out-of-season, post-season, pre-season – it does not matter. You learn as you go, and you can put these things into practice.

It's worth thousands of dollars, but I know the world is more sexy to look at velocity: "I can get you 10 miles-per-hour, 15 miles-per-hour," – I've done all the velo programs.

What I'm trying to help you do is actually get more people out. How do you train your delivery? What are key mechanics? What are practice plans? What are concepts that help you develop elite pitchability and become one of the best pitchers on your team?

Listen to the Podcast!

Interviews with top college coaches
College Baseball Advisors Podcast

Develop Pitchability!

Video course to develop elite command
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Guys Need to Play More

CONTINUED FROM PAGE 1

Here is why it is integral to play more games:

1. Experience

You must make the same mistake 10 times with things that only happen on the field.

Yes – work on your swing in the cage; work on your pitching technique in the bullpen or indoors.

BUT! You have to do that with the pressure of a 3-2 count and the bases loaded. You have to mess it up a bunch of times, then use that experience to know what not to do – for example: don't overthrow as a pitcher, or expand the zone as a hitter.

Here's a concept:

How do you teach someone to ride a bike? Is it possible to describe the feeling to someone of balancing in the air? You can't. Instead, riding a bike is the absence of falling. To quickly teach someone how to ride a bike, teach them how to fall. Once they know how to fall, they can then know how it is distinct from not falling, i.e. balancing in the air.

Playing baseball is the same. You have to know the distinctions between failure and success. And much like riding a stationary bike is distinctly different than riding a real bike where you can fall and get hurt, game situations are distinctly different because you can fail and there are consequences.

If you fail a bunch, you finally realize that maybe you should stay down on that grounder, or you should lay off the low

spinning pitch. There is no preparation for life and baseball greater than experience.

2. Playing more leads to discoveries.

A friend once accidentally picked up a bunted ball in a game with a split-finger grip and threw it to first. The ball nose-dived towards the ground, and he thought, "Wow, that would be a great pitch." He rode that split-finger to an 11-0 record one year in college and became an All-American. All because an accident born out of experience.

3. Playing baseball is fun.

Yes, practice can be and should be enjoyable. But it needs to be in service of playing baseball. If you only practiced and never played, there might be some level of enjoyment, but for anyone playing organized baseball, the games are what makes it all worthwhile.

Free play is well-known to be a prime developmental learning tool for young athletes. When they get older, it's deemed not serious enough, despite the same exact learning that occurs.

The problem with playing baseball games in practice is that it is too slow. Here are some models for getting the best of both worlds – fast-paced practice, combined with real game play.

Batting Practice:

- Have a BP pitcher who throws lots of strikes.
- BP pitcher throws from the stretch, and quickly gets to the next pitch.
- Make players throw the ball to first in BP.

- Don't chase fouls or bunts – throw the next pitch.

Intrasquad with a real pitcher:

- Hit fungoes between each pitch to infielders and outfielders.
- Have pitchers warmup mostly in the pen, and only take a couple of warmups off the mound.
- Have baserunners practicing steals
- Have the outfielders play shallow, so they practice going back on balls.
- Have three teams of 4, with eight players in the field, and a batting order of 4.

Modified game with a coach pitching

- Keep different scoreboards:
 - Teams with most hard-hit balls.
 - Runs
 - Least defensive miscues.

The point is that versions of live-pitched games are the ideal environment to learn. Fungoes, BP, bullpens – they are a supplement, but not a replacement for learning the game, experiencing the game, making distinctions between being focused and un-focused, relaxed vs. too tight, slowing the game down vs. speeding the game up.

Real Games

Look at it like pro ball – don't get too high, nor too low. Realize the ebbs and flows of success over a season – it's not football. By playing the long-term development game, not only will you win more games overall, but you'll get better at a higher rate than your opponents. And thus, be your best when it's most important – in the postseason.

INTERNATIONAL BASEBALL



BY FABIAN VALKIESER, THORSTEN BÖHM,
ANDRE' HUGHES AND DUKE DICKERSON
SPECIAL TO THE BASEBALL COLLEGIAN

The Story of the European Baseball Winter Meeting - November 2026

Solingen, Germany — In baseball, as in life, progress is rarely the result of isolated brilliance. It is forged through alignment. Through trust. Through shared purpose.

More than a century ago, baseball established itself as more than a game. It became a teacher of values, a builder of community, and a proving ground for leadership. Today, as the game continues to expand beyond its traditional borders, the question is no longer whether baseball will grow globally — but how, why, and with whom.

The answer lies in shared ambition.

Across continents and cultures, organizations committed to the game have independently arrived at the same truth: the future of baseball depends on the quality of the people entrusted to teach it. Coaches, mentors, parents, administrators, umpires, and former players are not simply participants in the game — they are its stewards.

This belief unites the American Baseball Coaches Association (ABCA), the European Baseball Coaches Association (EBCA), Curaçao Baseball Week (CBW) and the Bam Bam Foundation (BBF), the Major League Baseball Players Alumni Association (MLBPAA), Simba's Helping Hands, and the Solingen Alligators Baseball Club. Different missions. Different geographies. One shared conviction.

That conviction gave rise to the European Baseball Winter Meeting (EBWM).

A Bridge, Not an Event

EBWM was not created to compete with existing conventions. It was created to connect them.

Positioned deliberately between the annual gatherings of the ABCA and the EBCA, the European Baseball Winter Meeting serves as a

living bridge — translating global standards into local action, and local ambition into global relevance. It addresses a fundamental reality facing the sport: as baseball's popularity grows across Europe, so too does the demand for education, consistency, ethics, and sustainable development systems. The EBWM is where those forces finally meet.

The Coach at the Center

At the heart of this shared ambition, vision and mission is a simple, powerful truth long upheld by the ABCA and the EBCA: the single most important variable in the development of players — and people — is the coach.

The next generation of athletes will one day become parents, professionals, leaders, and citizens. Their character does not develop automatically. It is shaped through daily interactions, modeled behavior, and the standards set by those entrusted with their development.

EBWM exists to strengthen that trust. Through world-class classroom education, elite on-field instruction, and intentional alignment across all levels of the game, the meeting reinforces the role of the coach not merely as an instructor of skills, but as a guardian of values — honesty, integrity, respect, accountability, and lifelong learning.

One Game. One Language. One Standard.

What sets the European Baseball Winter Meeting apart is not only who teaches — but how teaching is unified.

The same former Major League players, professional coaches, and top European instructors who educate coaches in the classroom step directly onto the field to teach players. Umpires receive instruction from respected professionals aligned with those same standards. Administrators, healthcare professionals, and parents engage in parallel sessions addressing development pathways, arm care, mental health, governance, and sustainability. The result is rare in sport: complete consistency.

Where Shared Ambition Becomes Shared Action

Inspiration with Responsibility

Through the influence of Curaçao Baseball Week, the Bam Bam Foundation, Simba's Helping Hands, and the MLB Players Alumni Association, EBWM reinforces another essential principle: inspiration alone is not enough.

Young people deserve access to role models — but also to tools. Discipline. Resilience. Education. Life skills. Environmental stewardship. Community responsibility.

By integrating baseball with broader personal development, EBWM ensures that the game continues to uplift not only performance — but lives.

Why Solingen Matters

The host city is no coincidence.

Solingen, a city known for craftsmanship, precision, and pride, reflects the same values EBWM seeks to instill in the game. The Solingen Alligators Baseball Club embodies a philosophy rooted in family, character, courage, and loyalty — building community through baseball while looking far beyond the field.

In Solingen, global expertise meets local commitment. Tradition meets innovation. Vision meets execution.

A Moment — and a Message

The European Baseball Winter Meeting is both a continuation and an exclamation point.

It continues decades of work by organizations dedicated to education, ethics, and excellence. And it declares, clearly and confidently, that Europe is ready to grow baseball responsibly — with intention, alignment, and shared purpose.

In November 2026, the global baseball community will not simply gather in Germany. It will align. It will learn. It will lead.

And in doing so, it will help secure the future of the game — not just for the next season, but for generations to come.

RELIEF FROM THE PRO RELIEVER

CONTINUED FROM PAGE 1

Usually, I would go to the training room and do my active release and shoulder work, then go throw. One day, I didn't have a chance to do that, so I used a broom to quickly massage under my arm. I started throwing, and I was like, "Oh my gosh, I'm totally loose."

I started thinking maybe I could get something you could do yourself. I kept thinking about it. Fast forward to coaching club baseball and pro guys, and guys would come up to me and say their arms are killing them, they can't throw, they're throwing in practice, they have private lessons. And I saw this as something they could quickly use on their own.

It's hard to get trigger point therapy or massage-type stuff when you really need to help loosen up your shoulder and to get that range of motion back that allows your arm to move more freely, which helps reduce the risk of injury and it helps you feel better. Pitchers stress the muscle and they just get tired and fatigued and this allows you to loosen it up and move more freely.

Before I created this, I used a broom at the field and I just leaned into the handle. And then I used a rake, and right away, I was like, "Oh, my Lord. Yes." I was just looking for something to get in there, to mimic somebody's thumbs, and pin it down, and kind of stretch it out a little bit. But I can't really do that and really get in there and find those tight spots.

To use it, you stick it under your shoulder, just up underneath there, kind of in the back part of your armpit where it meets into the sub-scap area. Guys get tight in the rotator cuff, and sometimes in the front, depending on how they throw or how much they throw. You just kind of find the hot spots, and sometimes you can kind of hit some nerves and stuff, and you just move it around, you kind of slide it, but you want to be in the belly of the muscle tissue too. And that's kind of where you feel the most effect and you get the best release, and you can kind of get into that lat and that sub-scap up underneath the arm. And I have yet to find a device that can really do it the way that this product can do it.

It's just kind of been full circle from my time in San Diego to today, and it's coming to fruition. They can do it themselves and they can knock it out and loosen up their shoulder area. They can also loosen up their back, their elbow, whatever. And it's just by leaning into it and applying that pressure. And it's lightweight,

and small enough to fit in their bags. Most kids have massive bags anyway. It doesn't need to be charged. There's no mechanics to it.

I know if you feel better, you generally are going to play better. It doesn't mean you will, but you have a much better chance of having a better performance. So it's just a win-win all around.



If I'm not there or the trainer is not there, the coaches aren't going to do it. I'm not going to do it, obviously, and their parents aren't going to do it in the middle of a game or before a game or in between games like in tournaments. It's something that they can do themselves. And I had this vision about what I wanted to accomplish. So that's where it came about.

In the bullpen, guys mainly will use plyo balls. Also, they'll play catch with the outfielders. That's one of the reasons why I created this. It is to minimize the amount of throws and wear-and-tear you have to put on your arm to keep loose and stay loose. You don't have to make as many throws. And then when you get up, you're looser and you need less time to get loose. You've already used this to get loose, and now you can just get ready. And the same thing in the dugout with a long inning or a delay. I see guys just throw plyos, but it's all still wear-and-tear, you know? And this is not wear-and-tear. It's just easier. The concept of loose is really what everyone's aspiring for, right?

I know there are several high school and college guys that were hurting in the shoulder and they're good now. The only thing they changed was using this. I know how that sounds, but that's just the truth. And it's not just for pitchers. It's for all throwers as guys just get tired sometimes. It's really for wherever you feel like you're tight.

The beauty of what I have with the Pro Reliever is the end of it is small enough to still get those spots, but not too small that it digs

in or it's too pointy. It's got a softer cap to it on one end and when you're on a spot, you really feel it. But it's not like you're digging in and it hurts from digging. That was something that was really important to me because you want to still be able to get in there.

It's not necessarily like it's needed every day. Sometimes you just feel good and when you're constantly working in an area, that area starts to get used to it and it stays looser.

I really just want to help people stay healthy and give themselves the best chance to feel as good as they can and perform in this game and in life in general, not just in this game. My friend recently saw one of the top two-way players in Arizona, and he's got a bat in his hand, a Gatorade, and he's got one of my sticks. And my friend said, "Hey, is that a Pro Reliever? How do you like it?" And he goes, "It's awesome. I sit there playing video games at home and I just dig in. I take it out here to the field and I use it before I go out and start throwing. And it's just like magic."

I'll give it to a kid or the kids will buy it and then I get feedback. I know what the feedback is going to be. I know how they're going to feel. It's a rhetorical question. I already know because once you use it, you kind of go, "Oh yeah."

We're trying to educate people on this stuff. It doesn't have to be fancy. It doesn't have to be gadgety. It doesn't have to be all these bells and whistles. It can be simple. I've never had an arm injury in my 33 years in the game, 20 years total pitching. I had to grind through two years for five teams in the majors, 12 years in Triple-A, going overseas and doing two years in Japan, one in Ko-

rea, one in Taiwan. I take so much pride in not ever having missed a day for my arm.

I'm all in to reach as many people. It is in Australia, it's in Japan and it's in South Africa. Penn State has been pretty prominent using it. It's at other programs and several high schools, like Casteel High School in Arizona and they're one of the top programs in the country. It's mostly players, including a bunch of MLB and minor league players.

Every time I hear stuff like this, I just get excited and it makes me feel like I'm on the right track here.



Bryan Corey pitched parts of five seasons in the Major Leagues, including winning a World Series with the Boston Red Sox in 2007. He spent 20 years pitching in pro baseball, including five overseas where he is one of only four people to strike out a hitter in MLB, Japan, Korea and Taiwan.

Corey played for Thousand Oaks (Calif.) High School, and was signed out of Los Angeles Pierce College.

He is currently the Minor League Pitching Rehab Coordinator for the Oakland A's. He has also served as a Triple-A pitching coach, as well as a scout.

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Joe Espinosa currently coaches infielders at Yale University, and had also coached championship teams at Amherst College, and at Eastern Conn. State where they won a DIII National title with a 49-3 record. He has also coached thousands of players in private training over many decades.

In Part Two of a wide ranging interview (See Part 1 in Issue 10-April 1), he goes over practice models for coaches to use at any level.

Fielding Practice Model

Practice Warmup

If we're talking about a two-hour practice with only one or two coaches, lots of players, and limited time, 15 minutes is probably going to be a dynamic warm-up. And as soon as they step on that field, I'm watching them. And then there's going to be a throwing segment where I take my infielders and pair them up. Then go to the foundational drills: The knees drill, the wide base. Add the hand break. Add the basic footwork. And then you could improvise a little bit if you want to and add a tag play or something. So maybe they throw for 10 minutes and they're doing individual work for 10. The same thing with the catchers. Then they're ready to take fungoes.

Double Fungoes

If you can get two pitchers to hit the fungoes, that would be great, and then the coach can be behind the infielders. I work with them individually and I am just behind the infielders as they're getting reads and making their plays. I actually have my glove just for self-protection.

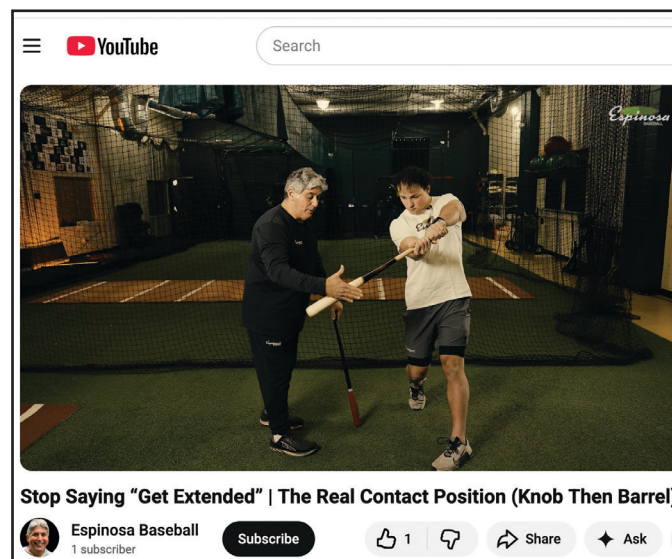
We've actually just discontinued the practice of having fungoes during the BP.

We do a Double-Fungo Routine. The two hitters alternate. It is scripted on a card and I call it out. There are balls straight at them; Glove side; Backhand; Slow rollers with glove and bare hand. And then plays at the plate. We alternate hitting to different fielders with throws.

Pitchers Fungo Practice

Pitchers need fungo hitting practice and training because if they don't hit the fungo properly, the whole thing gets thrown off. I hit them medium speed with a mix of topsin and underspin. You can

<u>Fungo Hitter 1</u>	<u>Fungo Hitter 2</u>
6-3	5-4
4-3	5-2 & 6-2
3-6	pop-up to 5 & 4
5-3	4-6



Coach Espinosa's transformative videos and coaching trainings on foundational fundamentals can be found on his Youtube channel and his website, espinosa-baseball.com.

put cones down for the pitcher to have targets to hit.

Index Card

The other good thing for coaches to do is keep a little index card in their pocket and make a note because you'll forget. I may write "wide base" or something and that's a note to give him later.

52-Ball Pickup

A drill I picked up from Perry Hill is 52-ball pickup. You have the balls spread out and you have them in different depths and different locations. I saw Dee Gordon do this by himself, but you might have three or four guys. The first guy goes and he picks out whatever ball he wants and he's got to go to it, get in the right position, pick it up and at game speed, either throw or fake the throw before putting in a bucket. Once he's done, the next guy goes. So you can imagine balls spread out all over the place, including backhands. That is a very helpful.

Progression

You go from that to a rolled ball to a short fungo, to a regular fungo. And on some days, maybe we eliminate the two pitchers hitting fungoes and one of them soft tosses to the coach, and you just hit it randomly and they have to make the plays. I love that. And by the way, you don't have to hit from home plate. You can hit between home plate and the foot of the mound and be more accurate.

Game Situations

For game situations, it's about live plays during batting practice. We have a runner on first. I'm not big on trying to speed them up, or having a stopwatch on them. I understand the reasoning behind the internal clock. The ball is going to tell you how fast to go. Play where the ball takes you and make the play. So only one guy in a position all the time, including the outfield. And you can

have a guy in foul territory and after the other guy gets a rep, they switch. But as soon as you start over-populating the field, you get zero results like that.

Hitting

Non-BP Hitting Warmup

For the others, there are a lot of things to do. Very rarely do I use the tee, because I think it teaches the hitter to look down. I'm a big fan of dry swings. It makes it easy and they start swinging efficiently so they're not over-swinging. I use the torque drill, which is both toes facing the same direction and I like to stop them at contact. And then go full. I have something I call modified torque where the back foot is parallel to the back line of the batter's box and they go from there. That's really good. Then I go to no-stride swings so they can feel the heel drop and the back hip rotation, that connection. And then I may add the stride phase without the swing.

BP Concepts

We then go into game swings or batting practice swings because I find guys take batting practice and if they're not destroying balls, they're not happy. And that's really the time where you're grooving the swing. Those are not actual game swings – you're not facing game pitching that's designed to get you out because they over-swing and get frustrated. And that destroys the whole kinetic

chain. They start using their upper body – I call it the caveman swing, as we all know what happens when the upper body goes.

Pepper

They should also learn how to play pepper.

The coaches put us

on the side of the field. We didn't want to stop playing the pepper games. We played hot pepper. We played all kinds of stuff.

Fun Drill

Here's a great one that Mike Epstein told me about when he coached his son's team. He wanted to teach the swing plane, so he tied a rope between two trees. And all he did was have them hit. Not even baseballs, but, like, softies or wiffle balls. And their whole goal was it couldn't be a fly ball. They had to hit line drives over that rope. And he said they had been grounding out all the time, and then they started hitting great. The parents were going, "What are you teaching them? This is great." He says, "I'm not teaching them anything. They wanted responsibility more than we know, and we just gave them a target to shoot for."

Pre-Game BP Routine

Sac Bunt-1B, then Sac Bunt-3B

Hit and Run – on ground anywhere but pitcher

Move runner

Runner in scoring position-2 outs –


low liner up the middle

Infield in – high line drives

0 strike swings – full swings

1 strike swings – full swings

2 strike swings – inside-out swing




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The Wisdom of Skip Bertman

Chapter #4 – THE FEAR FACTOR

Skip Bertman has produced more than 20 Major League players during his tenure at LSU. His players know how to play under pressure because one of Bertman's techniques is designed to help players overcome a powerful but distracting emotion — fear.



DEFINITION AND EFFECTS OF FEAR

There's a saying that you might want to teach to your team. It goes like this: Weak teams avoid challenges. Champions rise up and meet them. Anybody who runs from a challenge often is running simply because of plain old fear. It's the doubt, the anxiety, the nervousness from knowing that you're about to be put to the test — and you might not make it.

Well, here's an example of how you can get your team to put fear on their side. You and your team should know that fear is natural. It's the appropriate response in challenging situations. At its worst, fear sends bad messages that start with physical responses like a faster heartbeat or a dry throat. Then, the imagination runs wild and players imagine exaggerated consequences. Suddenly, everything seems more difficult than it really is, causing people to underreact or overreact. To help your team handle fear, you must get them to acknowledge it. Don't ignore it or shrug it off.

THE TITANIC— DANGERS OF BEING TOO COOL

I don't like it when players become too cool; I believe it's the wrong attitude. The crew on the deck of the Titanic— they were too cool. Initially, they thought that their ship couldn't be sunk by an iceberg. Obviously, that wasn't the appropriate response.

The first thing you need to do is acknowledge fear. The good news is that we have plenty of company. Everybody fears failure — even the great ones. Here are a couple of examples:

BILL RUSSELL

Bill Russell, one of the greatest and winningest NBA players ever, would get nauseous before big games.

EDWIN MOSES

Edwin Moses, the greatest 400-meter hurdler ever who ran 102 races spanning years without ever losing, said, "Before a race, I feel like I'm being led to my execution."

ANALOGY FOR FEAR

The best competitors understand that there is no choice but to confront fear and turn anxiety into excitement and action. Here's an analogy: Fear is like fire. When under control, it can provide the energy and the warmth that you need. When it's out of control, it can burn up everything around it. When fear is controlled, it can be your friend. Fear can be your ally.

ACRONYM FOR FEAR

Here's an acronym that we've used for years: F-E-A-R — False Evidence Appearing Real. FEAR tells lies. It distorts and exaggerates, making it hard to tell what is real and what is imagined. What is real is the point I want to make to my players again and again. Their coaches and teammates will love and support them no matter what happens. And that goes a long way toward turning fear into a tool for excellence.

DEAN SMITH

Dean Smith, the former great North Carolina basketball coach, had this to say about fear and its imaginary consequences: "If all the situations we describe as matters of life and death really were, there would be an awful lot more dead people around."

THE IMAGINARY TRIP AROUND THE BASES

Here's a good mental and emotional exercise. Learn it and use it often in those moments of fear. I tell our players to take an imaginary trip around the bases.

Starting at first base, acknowledge that fear is real. Then take a deep breath, relax, and go for second.

At second base, look around and imagine the worst thing that could happen at that moment. Then decide what you would do, and do it. Then run to third and get there safely. At this point, your players have already visualized success in tight spots.

At third base, I tell our players to visualize what they want to happen — all the good things that the player and his teammates are going to do.

Then mentally get to home plate and put those things into action.

Tell your players to find the “can do” things and make them happen.

REHEARSING FEARFUL SITUATIONS

The best way to keep fear in its appropriate place, as a tool, is to get your team to practice fearful situations and to focus on those things they can control — not on those things they cannot. For example: In the bullpen, set the pitcher up with a winning run at third base. All he can do is deliver the pitch; That's all he can control in a batting practice situation. Make sure that the hitter is up with the winning run at third base and that he tries to get the ball into the outfield.

You must focus on those things that you can do — not on those things that you can't control. The reason fighter pilots can enter very real life-and-death situations and still take appropriate action is that they have rehearsed the situation literally thousands of times and they are confident. Remind your players as they confront fear that they have rehearsed many times and they, too, can act with confidence.

TECHNIQUES IN USING STORIES

Here's a technique I've used for years: Capitalize on the energy that fear creates and help your team turn it into a tool at just the right moment. There are a few minutes right before the game that can provide you with a wonderful teaching opportunity. That's when real readiness on the players' part exists.

If the players were to have problems with fear and self-doubt, this would be the time. Many think, “What if I'm the one who makes the error? What if we lose tonight? What if I play poorly?” And so on. That's never said out loud, but it's often thought of at this time. It's right after infield. It's just minutes before the game begins. I always take my team to right or left field, depending upon which dugout we are using, and go over the signals, repeating the game plan information that I think is necessary. Then I wait for eye contact and I tell a story - a true story about a person or people who have performed best when it counted. At just the right time, my players can hear about and even feel the fear that others before them have felt and overcome. Then they can take the field and do well in spite of their own anxiety.

DENNIS KRIMBLE STORY

Here are parts of a story that you could use about fear: Dennis Krimble, a Navy pilot, takes off in the Kitty Hawk in the Persian Gulf. And he's on a combat mission. He describes in vivid detail the anxiety and how hard your heart beats. And at 40 miles, his radar picks up other aircraft. As a flight leader, he has to decide very quickly whether they're friend or foe, whether to engage or withdraw, and assign to each of his planes who to go after. When he's within 15 miles, the decision must be made. At 15 miles, there are only 75 seconds left. The reason those fighter pilots can do that is that for every combat mission they're in, they have been in a simulator — a similar situation - hundreds and hundreds of times. They are prepared. They have chemistry of confidence. They believe that they can.

What you have to remember is that pressure will make you better because you, too, are prepared. You've been prepared for this game for weeks and months and, in essence, for years. So today, when you go out, use fear. Talk to it. Make it your ally. There is no real pressure. You're going to be supported and loved by your teammates and coaches no matter what happens because you represent your school, you represent your family and you represent your Maker. Today, play like champions and have fun, too.



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 judg-

ment, 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 which side of the rubber to throw off of. This month, the discussion turns to how fast you should go in your pitching motion.

Q. How fast should you go in your pitching motion?

General Belief:

• **Fast Brad Mills**

Moving fast into a long stride is the key to pitching velocity that not one coach or pitching instructor in 100 knows about. If they knew this they would never have a pitcher waste time on long toss, weighted baseballs, weight training, or the host of endless towel drills, kneeling drills, or balance drills that only serve to waste valuable time, slow pitchers down, and turn them into mechanical robots who can't break a pane of glass. Once a pitcher has his delivery built, he does not need many drills.

(pitching.com)





Other Philosophies:

• **Medium Fast** Guy Hansen

They need to realize that they thrive with an upticked tempo rather than a deliberate one. Most pitching coaches emphasize slowing down, staying back, and maintaining balance. My view is I want a connected delivery with a consistent flow to it. Obviously, it needs to be balanced, but I don't want pitchers to slow down too much or they risk failing to stay connected, fluid, and athletic.

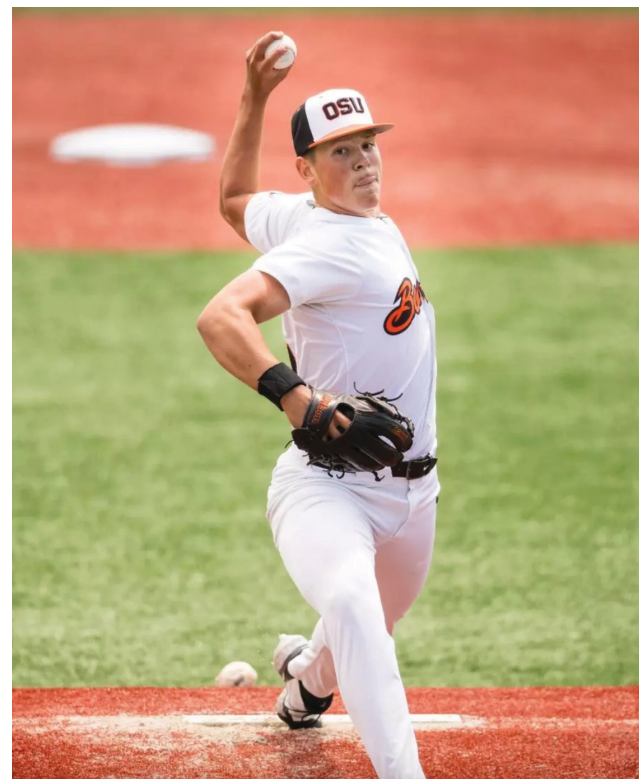
(A Baseball Guy by Guy Hanson)

• **Slower** Chris O'Leary

In many cases, rushing can be caused by a pitcher trying to get something extra on the ball by striding especially forcefully toward the plate. The problem is that the stride toward the plate isn't the real source of a pitcher's power; instead, the properly timed and sequenced rotation of the hips, torso, and shoulders is. By trying to stride especially powerfully toward the plate when throwing a particular pitch, pitchers are far more likely to mess up their timing, and possibly even cost themselves velocity as a result, than they are to increase their velocity.

In general, when I sense that my pitchers are rushing during a game, I emphasize that they need to be steady and smooth when moving to the plate rather than jumping toward the plate. When they are getting ready to pitch, I will call out to them "Nice and smooth" which usually reminds them to not move too quickly toward the plate. If that doesn't work, then I tell that they should only try to throw 90% (rather than 110%).

(chrisoleary.com)



MID-SEASON STAT LEADERS

FOUR-YEAR COLLEGES

Hitting

Batting Average	Charlie Bussey	Francis Marion	DII	.506
Home Runs	Tague Davis	Louisville	DI	24
RBI	Tague Davis	Louisville	DI	73
	Carlos Sanchez	LSU Shreveport	NAIA	73
RBI per game	Dagan Brewer	Pittsburgh St.	DII	2.1
Walks per Game	Brandon Garcia	Lynchburg	DIII	1.66
Toughest to Strike Out	Joseph Torres	Old Westbury	DIII	0%
Stolen Bases	Zach Blair	AZ Christian	NAIA	50
On-Base Percentage	Charlie Bussey	Francis Marion	DII	.619
Hits per Game	Brody Duvall	Col. School of Mines	DII	2.0
Doubles per Game	Jack Griffin	St. John Fisher	DIII	0.66
Triples per Game	Jackson Frey	St. John Fisher	DIII	0.36
Home Runs per Game	Tague Davis	Louisville	DI	0.60
Batting Average	Wittenberg	DIII	.384	
Hits	Texas Tech	DI	488	
Home Runs	Georgia	DI	113	
Runs per Game	Francis Marion	DII	12.1	
Stolen Bases per Game	Talladega (Ala.)	NAIA	5.1	
On-Base Percentage	Lynchburg	DIII	0.488	
Doubles per Game	Denison	DIII	3	
Triples per Game	LSU Shreveport	NAIA	0.75	
Home Runs per Game	Georgia	DI	2.76	

MID-SEASON STAT LEADERS

FOUR-YEAR COLLEGES

Pitching

ERA	Jackson Flora	UC-Santa Barbara	DI	0.71
Victories	BJ Bailey	Tampa	DII	10-0
Saves	Brody Burnett	Bellevue (Neb.)	NAIA	13
Hits Allowed per 9	Bryce Riggs	Eastern Illinois	DI	3.86
Walks Allowed per 9	Luiz Ortiz	Salve Regina	DIII	0.26
Strikeouts	Evan Koehler	Ga Southwestern	DII	109
Strikeouts per 9	Ethan Lund	Oklahoma St.	DI	16.01
WHIP	Bryce Riggs	Eastern Illinois	DI	0.72

ERA	Denison	DIII	2.34
Shutouts	Point Loma Nazarene	DII	9
Hits Allowed per 9	Endicott	DIII	6.38
Walks Allowed per 9	Salve Regina	DIII	2.25
Strikeouts per 9	LSU	DI	12.5
WHIP	Endicott	DIII	1.08
Fielding Percentage	Incarnate Word	DI	.987

MID-SEASON STAT LEADERS

JUNIOR COLLEGES

Hitting

Batting Average	Dawson Smail	Brookdale CC	JC3	.540
Home Runs	Kameron Yeasley	John Logan	JC1	36
RBI	Caden Davidson	Gaston CC	JC1	100
RBI per game	Caden Davidson	Gaston CC	JC1	2.0
Walks per Game	Joey Ncholson	Gaston CC	JC1	1.4
Stolen Bases	Noah Figuered Tyler Hacker	Edmonds Salem CC	Pac NW JC3	50 50
On-Base Percentage	Caden Davidson	Gaston CC	JC1	.643
Hits per Game	Holden Pantier	Walters State CC	JC1	1.8
Doubles per Game	Brandon Leon	College of the Desert	Cal CC	0.69
Triples per Game	Michael Sardou	Monroe CC	JC2	0.29
Home Runs per Game	Kameron Yeasley	John Logan	JC1	0.77
Batting Average	Harford CC	JC1	.416	
Home Runs	Johnson CC	JC1	150	
Runs per Game	Iowa Central CC	JC2	14.3	
Stolen Bases per Game	Salem CC	JC3	4.69	
On-Base Percentage	Gaston CC	JC1	.543	
Doubles per Game	Antelop Valley	Cal JC	3.43	
Triples per Game	Barton CC	JC1	0.83	
Home Runs per Game	Johnson County CC	JC1	3.3	

MID-SEASON STAT LEADERS

JUNIOR COLLEGES

Pitching

ERA	Quinn Hubbs	Lower Columbia	Pac NW	0.52
W/L %	Logan Flores	Midland	JC1	11-0
	Lane Fenske	LSU-Eunice	JC1	11-0
Saves	Hudson Melaerts	Blinn	JC1	9
	Nicholas Lorenz	Florida S.Western	JC1	9
Strikeouts	Fabio Bundi	Monterey Peninsula	Cal CC	110
Strikeouts per 9	Michael Solis	Lamar CC	JC1	18.5
WHIP	Cole Fenton	Alvin CC	JC1	0.96
ERA	Lower Columbia	Pac NW	2.01	
Hits Allowed per 9	Umpqua CC	Pac NW	6.35	
Walks Allowed per 9	Herkimer CC	JC3	3.09	
Strikeouts	Johnson CC	JC1	492	
Strikeouts per 9	Johnson CC	JC1	13.1	
WHIP	Lower Columbia	Pac NW	1.12	
Fielding Percentage	Lower Columbia	Pac NW	.987	

College Club Baseball

2026 Players of the Week

Division I

	<u>Player of the Week</u>		<u>Pitcher of the Week</u>	
Week 22	Jaden Earle	Grand Canyon	Derek Steinbrenner	Wisc.-Lacrosse
Week 21	Preston Ocmand	LSU	Bryan Sfanos	Georgia
Week 20	Benjamin Welsh V	Maryland	Owen Walker	Cincinnati
Week 19	Quentin Anguay	Oregon St.	Jacob DiVincenzo	Oregon
Week 18	Austin Stroberg	UCLA	Giuliano Hernandez	Parker
Week 17	Leo Stein	Pitt	Jacob Iverson	Tennessee
Week 16	Ty Bristol	Nevada	Landon Ristau	Virginia
Week 15	Donovan Hunt	Florida	Cole Madsen	Nebraska
Week 14	Carter Hunt	Nebraska	Drew Meyer	Creighton
Week 13	Brayden Bowman	Appalachian St.	Herbie Mitchell	Colorado St.
Week 12	Ethan Casas-Wu	UC-Santa Barbara	Davis Lomenick	Georgia Tech
Week 11	Brock Bergey	Auburn	Brandon Warren	East Carolina
Week 9	Jake Hileman	Pitt	Matthew Bean	Pitt
Week 8	Michael Zordani	Wisconsin	Jimmy McFadden	Notre Dame
Week 7	Scott Hodinko	Penn State	Nate McKenna	Boise State
Week 6	Kelin Rasmussen	MSU-Mankato	Jake Nordean	MSU-Mankato
Week 5	Ryan Cramer	Cincinnati	Noah DeSaulniers	Iowa
Week 4	Nathan Nichols	Marquette	Jared Zerr	South Dakota St.
Week 3	Eli Gramenz	Utah	Jascob Hudepohl	Cincinnati
Week 2	Nate Venneri	Boise State	Nate McKenna	Boise State

Division II

	<u>Player of the Week</u>		<u>Pitcher of the Week</u>	
Week 22	Caton Lodice	Col. St. Pueblo	Andrew Ishag	Minnesota
Week 21	Donnie Raymond	Stanford	Archer Fouts	Montana
Week 20	James Tate	Arkansas	Cole Bzdawka	UW-Milwaukee
Week 19	Skylor Wild	Colorado Mines	Ryan Jamison	Wisconsin
Week 18	Cole Judkins	Eastern Wash.	Donnie Raymond	Stanford
Week 17	Erich Poynter	Idaho	Teddy Gerkin	Georgetown
Week 16	Grant Smith	Eastern Michigan	Seth Kisner	Ball State
Week 15	Evan Puccio	Central Florida	Tate Nelson	Washington
Week 14	Caton Lodice	CSU-Pueblo	Aiden Roman	Santa Clara
Week 13	Donnie Raymond	Stanford		
Week 12	Anthony DiMillo	North Florida	Frank Contreras	CSU-Northridge
Week 11	Kaden Borst	Georgia	Connor Anderson	Santa Clara
Week 10	Scott Buckmaster	CSU-San Marcos	Julian Sais	CSU-San Marcos
Week 9	Noah Lippman	Indiana	Seth, Kisner	Ball State
Week 8	Will Matias	Marist	Constantine Cheung	Stony Brook
Week 7	Quentin Jehn	Wisconsin	Tate Slowiak	St. Thomas
Week 6	William Vandrey	George Mason	John David O'Hara	Denver
Week 5	Charles Williams	Ball State	Preston Sepe	Indiana
Week 4	Andrew Setter	Milwaukee	Cole Bzdawka	Milwaukee
Week 3	Chase Benson	Fordham	Chris Aucoin	UMass-Lowell
Week 2	Aaron Rupp	Akron	Zack Dezininski	Sacred Heart
Week 1	Jason Due	Marist	Patrick Mattia	Adelphi

Division III

	<u>Player of the Week</u>		<u>Pitcher of the Week</u>	
Week 22	Ryan Mesko	Robert Morris	Morgan Rohweder	Winona St.
Week 21	Jack Kirwan	VCU	Tyler Wright	Youngstown
Week 20	Brandon Henderson	Cleveland St.	Andrew Kozlevcar	George Wash.
Week 19	Ryan Clarke	Charleston	Ben Ward	VSU
Week 18	Clayton Saftner	Charleston	Evan Wells	Maryville
Week 17	Troy Susnak	John Carroll	Hayden Dowler	Toldeo
Week 16	Griffen Jones	E. Tennessee St.	Jayger Brewer	E. Tennessee St.
Week 15	Will Stevens	E. Tennessee St.	Lillian Everette	E. Tennessee St.
Week 14	Brady Brazell	Robert Morris	Tristan Baron	Catholic
Week 13	Zach LaComb	Furman	Will Hemp	Wake Forest
Week 9	Matthew Riehle	Hillsdale	Jonathan Patten	Hillsdale
Week 8	Ben Ward	VCU	Jon Patten	Hillsdale
Week 7	Ben Ward	VCU	Michael Noonan	John Carroll
Week 6	Nate Scherer	Robert Morris	Nathan Lindner	Adrian
Week 5	Tyler Wright	Youngstown St.	Evan Wells	Maryville
Week 4	Dylan Casani	Sacred Heart	Braden Golden	Sacred Heart
Week 3	Kyle Witte	John Carroll	Tyler Wright	Youngstown St.
Week 2	Sam Schneider	UW-Stevens Pt.	Hayden Dowler	Toledo
Week 1	Cameron Bush	John Carroll	Brendan Laret	John Carroll

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SOURCE: NATIONAL CLUB BASEBALL ASSOCIATION (NCBA)

Club Baseball News & Polls

The National Club Baseball Association (NCBA) is in full swing of their full academic-year seasons which start in September and finish in May. Many teams took spring break trips to Panama City Beach, Fla, and Henderson, Nev. In May, regionals and World Series take place, crowning champions in three divisions from the over 300 college club teams in America.



Division 1

Regionals – May 8-10

World Series – May 22-28 (Lloyd Hopkins Field, Altoona, Ill.)

Division 2

Regionals – May 1-3

World Series – May 15-19 (Lloyd Hopkins Field, Altoona, Ill.)

Division 3

Regionals – May 1-3

World Series – May 15-17 (Pullman Park, Butler, Pa.)



Club Baseball Division 1

NCBA Rawlings Poll (4/30/26)

- 1 Penn State
- 2 Virginia Tech
- 3 Oregon
- 4 Tennessee
- 5 Cal Poly
- 6 East Carolina
- 7 Georgia
- 8 Florida Gulf Coast
- 9 Florida State
- 10 UC Davis
- 11 Utah State
- 12 Auburn
- 13 Pittsburgh
- 14 Boise State
- 15 Texas A&M
- 16 Parker
- 17 Wisc.-Lacrosse
- 18 Creighton
- 19 Grand Canyon
- 20 NC State

Receiving Votes:

Kennesaw St., Colorado, James Madison, Minn. St.-Mankato, Michigan St., Clemson, Cal Miramar, Michigan, Baylor, Air Force, San Diego St., UCLA, Central Florida, Wisconsin, Georgia Tech

Club Baseball Division 2

NCBA Rawlings Poll (4/23/26)

- 1 Grand Canyon
- 2 Penn State
- 3 Ohio State
- 4 Santa Clara
- 5 Stanford
- 6 Arkansas
- 7 New River CC
- 8 South Carolina
- 9 Georgia
- 10 Grand Valley St.
- 11 Lone Star
- 12 Millersville
- 13 Maryland
- 14 Florida
- 15 Wisconsin
- 16 SUNY-Brockport
- 17 Bryant
- 18 California (PA)
- 19 Colorado School of Mines
- 20 Central Florida

Receiving Votes:

Clemson, Sacred Heart, Northern Iowa, St. Thomas, Embry-Riddle, Marist, Texas A&M-Cadets, SUNY-Cortland, Idaho, Southern Utah, Stony Brook, Stevenson

Club Baseball Division 3

NCBA Rawlings Poll (4/23/26)

- 1 Wake Forest
- 2 Sacred Heart
- 3 Adrian
- 4 Maryville
- 5 East Tennessee St.
- 6 VCU
- 7 Catholic
- 8 Drake
- 9 Wisc.-Stevens Point
- 10 York

Receiving Votes:

Winona St., Navy, Rowan, John Carroll



THE BASEBALL COLLEGIAN

National HS Baseball Poll

May 4, 2026

#	High School	State	Record
1	Venice	Fla.	29-1
2	Tomball	Texas	34-0-1
3	Barbe	La.	38-3
4	Trinity	Ky.	25-3
5	Calallen	Texas	29-2
6	Orange Lutheran	Calif.	21-5
7	Stony Brook School	N.Y.	19-2
8	Keller	Texas	32-2-2
9	Tampa Jesuit	Fla.	24-5
10	Harvard-Westlake	Calif.	21-5
11	Canterbury School	Fla.	25-3
12	Buford	Ga.	27-3-1
13	South Walton	Fla.	26-4
14	Fairfield Prep	Conn.	10-1
15	Magnola Heights	Miss.	30-4-1
16	First Presbyterian	Ga.	27-1
17	Stillwater	Okla.	27-5
18	Waxahachie	Texas	33-2
19	North Paulding	Ga.	28-5
20	Malvern Prep	Penn.	27-4
21	St. Laurence	Ill.	24-1
22	Siegel	Tenn.	35-4
23	Norco	Calif.	23-3
24	Grapevine	Texas	26-5
25	James Island	S.C.	24-2
26	Archbishop Moeller	Ohio	14-2
27	Center Grove	Ind.	15-1
28	Cleveland	N.M.	23-3
29	Conley	N.C.	21-2
30	Bishop Gorman	Nev.	27-5
31	Loganville	Ga.	28-4
32	Catholic	La.	32-5
33	Paul VI	Va.	22-4
34	Dorman	S.C.	24-2
35	Bishop Snyder	Fla.	22-6
36	Brother Martin	La.	32-5-1
37	Enterprise	Ala.	32-5
38	Pleasant Grove	Texas	30-4
39	Corona	Calif.	19-6
40	Omaha Westside	Neb.	26-4
41	Conway	Ark.	23-2
42	Delbarton	N.J.	18-3
43	Huntington Beach	Calif.	20-6-1
44	Olathe East	Kan.	13-2
45	Rouse	Texas	31-3
46	Cathedral Catholic	Calif.	20-3
47	Lyman Hall	Conn.	13-0
48	BC High	Mass.	15-2
49	Casteel	Ariz.	20-7
50	Metrolina Christian	N.C.	25-4



Teams by State:

Texas	7
California	6
Florida	5
Georgia	4
Louisiana	3
Connecticut	2
North Carolina	2
South Carolina	2
Alabama	1
Arizona	1
Arkansas	1
Illinois	1
Indiana	1
Kansas	1
Kentucky	1
Massachusetts	1
Mississippi	1
Nebraska	1
Nevada	1
New Jersey	1
New Mexico	1
New York	1
Ohio	1
Oklahoma	1
Pennsylvania	1
Tennessee	1
Virginia	1

National Polls - College

NCAA Division I

Baseball Collegian Poll (5/4/26)

1	UCLA	43-4
2	Texas	35-10
3	Georgia Tech	39-8
4	Georgia	38-11
5	Texas A&M	35-10
6	Mississippi State	36-12
7	Southern Mississippi	34-14
8	Kansas	37-11
9	North Carolina	37-9
10	Florida State	33-14
11	Southern California	37-12
12	Auburn	32-14
13	Nebraska	34-14
14	West Virginia	31-12
15	Oregon State	36-11
16	Alabama	32-16
17	Jacksonville State	38-10
18	Mississippi	32-17
19	Coastal Carolina	33-14
20	Liberty	35-13
21	Cincinnati	32-17
22	Oregon	35-12
23	Florida	31-17
24	Arkansas	32-17
25	Oklahoma	30-16
26	UC Santa Barbara	30-15
27	Arizona State	33-15
28	Wake Forest	32-17
29	Miami, Florida	33-14
30	Oklahoma State	31-17

Receiving Votes: Texas-San Antonio, Boston College, Virginia, Purdue, Tennessee, Kentucky, Kent St., Michigan

NCAA Division II

Baseball Collegian Poll (5/4/26)

1	North Greenville	47-9
2	Catawba	41-9
3	Tampa	37-8
4	Pittsburg State	40-9
5	Colorado Mesa	41-3
6	West Florida	37-13
7	North Georgia	41-12
8	Grand Valley State	41-8
9	Francis Marion	42-12
10	Point Loma Nazarene	41-10
11	West Chester	36-9
12	Rollins	32-12
13	Lenoir-Rhyne	39-13
14	Cal State Monterey Bay	36-14
15	Belmont Abbey	38-14
16	Rogers State	38-12
17	Seton Hill	41-8
18	Texas-Tyler	40-10
19	Young Harris	38-16
20	Metropolitan State	33-10
21	Central Missouri	34-14
22	Augustana, South Dakota	37-13
23	Wingate	37-16
24	Lee	36-15
25	Minnesota State-Mankato	37-12
26	Wayne State, Michigan	34-12
27	Molloy	36-9
28	Southern New Hampshire	38-10
29	Northwest Missouri State	35-15
30	East Stroudsburg	35-13

Receiving votes: South Carolina-Aiken, St. Mary's (Tex.), West Alabama, Emporia St., Angelo St., Bentley, Cal St. San Marcos, Missouri Southern-Joplin, N.C. Pembroke, Lander

NCAA Division III

Baseball Collegian Poll (5/4/26)

1	Denison	37-1
2	Lynchburg	33-5
3	Wisconsin-Whitewater	36-3
4	Shenandoah	32-9
5	Salve Regina	34-4
6	East Texas Baptist	33-10
7	Johns Hopkins	33-9
8	Salisbury	30-9
9	Bridgewater (Va.)	32-11
10	Adrian	28-9
11	Baldwin-Wallace	28-9
12	Montclair State	30-9
13	Tufts	27-9
14	Wittenberg	29-9
15	Claremont	29-11
16	Mount Union	30-8
17	Endicott	31-8
18	Belhaven	31-12
19	Rowan	32-5
20	Washington-St. Louis	28-11
21	Wisconsin-La Crosse	30-10
22	Millikin	32-8
23	Pomona-Pitzer	28-12
24	Kalamazoo	30-9
25	SUNY Cortland	27-10
26	Kean	30-11
27	DeSales	31-12
28	Luther	31-9
29	Bethel, Minnesota	29-8
30	Russell Sage	33-5

Receiving votes: DePauw, Messiah, Trinity (Conn.), Mary Washington, Bethany Lutheran, Chicago, Randolph-Macon, Piedmont, Southern Maine

NAIA

Baseball Collegian Poll (5/4/26)

1	Bellevue (NE)	42-3
2	Taylor (IN)	42-4
3	Georgia Gwinnett	46-5
4	Doane (NE)	41-9
5	Lewis-Clark State (ID)	40-7
6	Johnson (TN)	37-12
7	Cumberlands (KY)	42-8
8	Indiana-Southeast	38-13
9	Southeastern (FL)	32-12
10	Kansas Wesleyan	48-7
11	Huntington (AL)	35-12
12	Mid-America Christian (OK)	29-9
13	Milligan (TN)	40-13
14	Missouri Baptist	39-10
15	Texas Wesleyan	39-8
16	Abraham Baldwin (GA)	33-13
17	Tennessee Wesleyan	40-14
18	LSU-Shreveport	35-10
19	Concordia (NE)	33-15
20	Marian (IN)	34-16
21	British Columbia	32-13
22	Keiser (FL)	30-13
23	Loyola (LA)	35-17
24	Indiana Tech	40-14
25	Saint Thomas (FL)	28-17

Receiving Votes: Morningside (IA), William Carey (MS), Indiana Wesleyan, Oklahoma Wesleyan, Freed-Hardeman (TN), Faulkner (AL), Shawnee St. (OH)

Northwest Community College

NWAC

NWAC Poll (4/28/26)

1	Lower Columbia	38-8
2t	Linn-Benton	33-7
2t	Everett	37-3
4	Spokane	30-11
5	Edmonds	31-11
6	Lane	31-15
7	Wenatchee Valley	28-16
8	Umpqua	24-14
9	Pierce	24-18
10	Columbia Basin	25-21

Junior College

NJCAA Div. 1

NJCAA Poll (4/27/26)

1	Johnson County CC	50-2
2	Gaston	50-3
3	Cloud County CC	43-5
4	Midland	44-6
5	Blinn	36-12
6	Chipola	40-11
7	LSU-Eunice	39-9
8	Iowa Western CC	38-9
9	Florence-Darlington Technical	46-10
10	McLennan CC	39-11
11	John A. Logan	44-8
12	Southern Nevada	35-10
13	Gulf Coast State	31-18
14	Walters State CC	45-10
15	Grayson	31-14
16	Central Florida	33-19
17	Florida SouthWestern State	33-15
18	Georgia Highlands	41-11
19	Seminole State	40-9
20	Cochise	40-13
21	Arizona Western	37-11
22	Crowder	40-16
23	Hutchinson CC	40-12
24	Shelton State CC	38-14
25	Weatherford	32-18

Receiving Votes: San Jacinto, Tyler, Odessa, Southern Idaho, Delgado, Hatford

Junior College

NJCAA Div. 3

NJCAA Poll (4/27/26)

1	Dallas -Eastfield	37-11
2	SUNY Niagara	39-3
3	Rowan S. Jersey - Gloucester	28-9
4	Hudson Valley	27-1
5	Caldwell CC & Tech	30-12
6	Alexandria Tech & CC	30-8
7	Northern Essex	22-7
8	Brookdale	33-9-1
9	St. Cloud Tech & CC	30-6-1
10	Middlesex	29-14
11	Cayuga	28-14
12	Northampton	25-14
13	Oakton	19-20
14	Terra State	24-21
15	Herkimer	18-4

Receiving Votes: Dallas-Richland, Monroe-Bronx, Riverland, Rowan S. Jersey-Cumberland

Junior College

NJCAA Div. 2

NJCAA Poll (4/27/26)

1	Pearl River	43-9
2	East Central	41-11
3	Kellogg	38-6
4	Brunswick	40-8
5	Kirkwood	42-7
6	Madison	32-9
7	Southeastern	38-12
8	Lake-Sumter State	35-20
9	Murray State	37-11
10	Heartland	33-13
11	Jones	34-15
12	Lurleen B. Wallace	37-14
13	Pasco-Hernando State	31-21
14	St. Johns River State	34-20
15	Western Oklahoma State	38-16
16	South Mountain	40-16
17	Black Hawk	39-9
18	Iowa Central	39-9
19	Catawba Valley	33-18
20	South Arkansas	35-15
21	Frederick	28-11
22	Parkland	30-17
23	Northwest Mississippi	30-17
24	Copiah-Lincoln	31-18
25	Kankakee	29-15

Receiving Votes: Rock Valley, Baltimore County-Essex, Monroe CC, Macomb

California Community College

CCCBCA Final Regular Season (4/27/26)

1	Fresno City	37-3
2	Palomar	34-5
3	Santa Ana	33-6-1
4	Ohlone	33-6
5	El Camino	33-7
6	Modesto	29-10
7	San Joaquin Delta	28-11
8	Riverside City	29-11
9	Santa Rosa	28-12
10	Glendale	29-10-1
11	Citrus	30-10
12	West Valley	27-12-1
13	Allan Hancock	31-9
14	College of the Desert	31-6
15	Feather River	29-11
16	Saddleback	24-16
17	Cypress	26-14
18	Folsom Lake	27-13
19	Mt. San Antonio	23-17
20	Cerritos	26-14
21	Golden West	21-19
22	Chabot	22-17-1
23	Skyline	30-10
24	Lassen	27-13
25	Grossmont	25-15

The Baseball Collegian
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THE BASEBALL COLLEGIAN

How Are You Living Today?

*"Your thinking creates your world."
-- Robin Sharma*

Read the following text from top to bottom:

Today was the absolute worst day ever
And don't try to convince me that
There's something good in every day
Because, when you take a closer look,
This world is a pretty evil place.
Even if
Some goodness does shine through
once in awhile
Satisfaction and happiness don't last.
And it's not true that
It's all in the mind and heart
Because
True happiness can be obtained
Only if one's surroundings are good
It's not true that good exists
I'm sure you can agree that
The reality
Creates
My attitude
it's all beyond my control
And you'll never in a million years hear me say that
Today was a good day.



Now read it again, but this time start from the end and read it from bottom to top.

Today, remember that how we look at things determines whether we view them as positive or negative. As events happen throughout your day that seem bad, challenge yourself to look at them from another perspective. You might find it changes the entire situation, or at least helps you to deal with it in a more constructive way.

Win Your Day!
Steve Gilbert

Contact MLB.com writer Steve Gilbert at winyourday@gmail.com to sign up for his daily inspirational emails.

