

# IOWA HIGH SCHOOL BASEBALL COACHES ASSOCIATION

DECEMBER 1971 NEWSLETTER

Vol. 4 No. 4

**MEMBERSHIP:** Our membership is still growing. We now have 210 members which is 33 more than at this time last year. This is a 15% increase. We are shooting for our goal of 300. We should try and sell the organization to the baseball coaches who are new and also to the ones in your league who are not members. Talk to umpires, fans — anyone in your area who is interested in baseball and have them join. Remember to remind your coaching friends that the Clinic is free if they are members before March 1, 1972. If they are not members by then, it will cost them \$10.00 for the Clinic.

**RESULTS OF ELECTIONS:** On the map you will find the results of the election to the Board of Directors. Their terms will start with the Clinic meeting March 9, 1972. They will take office at the General Meeting March 10, 1972. Congratulations to the winners. They are to represent their district at all Board meetings. If you have anything that is to be brought up or discussed, contact your representative or contact me. The two highest vote winners are the representatives. The third highest vote getter is the alternate who will have a vote if one of his district representatives is absent or cannot vote. All are to attend the Board meetings.

**CLINIC:** Start making your reservations for the Clinic. Last year the motel situation was rather "tight." Make your plans early. Enclosed you will find Session II. This looks like a real interesting Session: The Mini-Clinic Theory is getting some great comments.

**CLINIC SPEAKER:** Herk Robinson, Assistant Farm Director of the Kansas City Royals, will be with us giving the coaches the theories behind the Kansas City Royals' Academy. Herk's background started with the Reds and from there he moved to Baltimore where he served in the front office and scouting. He came to Kansas City in 1969 as Assistant Farm Director in charge of Scouting. Herk will do an excellent job.

**BANQUET SPEAKERS:** Bump Elliott, Athletic Director of the University of Iowa, has been contacted to be our banquet speaker. Plan to attend the banquet and help honor the many different coaches. The following will be honored March 10, 1972: Hall of Fame, District Coach of Year, College Coach of Year, Coach of Year, and all coaches that have coached 15, 20, 25, or 30 years. Make it to the banquet and help honor these people.

**MEMBERSHIP MAP:** On the back side of your Directors Map you will find a map of membership by district. Compare this map with the map in the October 1970 newsletter which showed last year's membership and see the gains and losses. Again we need to get more assistant coaches involved. Some day they will become the head coach. We are disappointed that more college coaches have not joined. The Coaches Association can be of great help to them. At this point 115 coaches that belonged last year have not renewed their membership.

**WHAT ATHLETICS HAVE MEANT TO ME:** MICKEY MATTIACE, Head Coach at Cedar Rapids Prairie wrote the following article. I feel it is excellent for the modern athlete.

"Growing up in an area which has now become one of the nation's largest drug centers, I often times reflect on my high school days and wonder how I escaped being influenced by this environmental situation. Foremost was my parents' influence and direction, but very significant was my involvement in athletics. Athletics was a major part of my life from early grade school through high school and on to professional baseball. As a young fellow in a large metropolitan area, there were many temptations and boring times, but athletics always seemed to provide the needed detraction and excitement. Athletics for me provided an initiative, a challenge, and a competitive basis for life.

"Athletics have been invaluable to me and there is no way I can measure the personal benefits. The lessons taught me have been numerous and profound. Very important among them is the development of self-discipline — a quality essential to all aspects of life. The training involved in becoming a skilled athlete requires hours and hours of practice, often depriving one of more pleasurable activities. It is through the routine of becoming a well-developed athlete that I learned to sacrifice and discipline myself. The ability to mentally and physically push yourself to reach certain standards of play and then bounce back when these endeavors fail, is certainly invaluable in many of life's situations.

"By participating in team sports as I did, I very quickly learned the importance of working with other members of the team rather than thinking only about myself. It is very easy to concentrate on your own abilities and development, but, in a team sport, the ultimate goal must be those of a member of a team. Anytime an individual puts his needs ahead of the team's needs, he has weakened a link in the team.

"Athletics are so much like one's daily life — one never knows what is going to happen until it happens. This has taught me to always be ready for the unexpected and to face the challenge as best I can. Often times these situations find us unprepared, but if we are willing to give a 100 per cent effort, even though it may not always be enough to "win," there is a great deal of satisfaction in knowing we gave our best effort.

1/81  
Banquet  
speaker

### Responsibilities—

"Too many young men today fail to give themselves sufficient time to develop their skills. They expect instant success without putting in the necessary time. **Becoming an adept athlete requires self-sacrifice and hours of practice in a continuous effort to improve. Too often we judge an athlete's success in a sport by the score of the game. This is probably one of the last criteria to show his personal value of athletics.**"

**SENIOR BALL PLAYERS:** Now is the time for you to start thinking about your senior ball players and what schools they are planning to attend. A good time to meet the college coaches would be at our clinic March 10-11. We will try to get a large turnout of College Coaches to attend. This will be an ideal time to get to know our College Coaches and talk to them about baseball and your program. We had a large number of College Coaches the last two years who came to our Clinic.

**GENE BAKER AND SUMMER BASEBALL:** In Iowa with a large Summer program our players are at a disadvantage. A College Coach or Pro Scout sees a boy play in the Summer of 1971, but can't offer him a scholarship or draft him until the end of the baseball season and that is too late, because most of the drafts or scholarships have been given out by then. A 17-18 year old youngster changes at that time and who's to know whether he got hurt playing football or basketball before next spring rolls around. Gene feels youngsters today are getting a better background in the sport and are receiving some excellent coaching when they reach high school and college. The high school trend toward summer baseball in Iowa doesn't meet with the approval of baseball scouts, including Baker. If Baker had his say-so, high schools in Iowa would play an extensive schedule in the spring much the same as in basketball. "It's a major sport, so why not give these baseball coaches a chance to coach it during the spring when school is in session?" he poses. Gene will be at our Clinic, and I'm sure he will go into greater detail if you wish to ask his opinion.

**HALL OF FAME:** At the Clinic we are planning to Honor Seven Great baseball men. They will be announced at a later date.

**LOOKING FOR A BASEBALL JOB:** A number of Coaches have indicated they are looking for a head baseball coaching position. If anyone has an idea of a job opening, drop me a line and I will forward the information on to the coaches.

**CHANGE OF ADDRESS:** IF YOU ARE PLANNING a change of address, please drop a card to me with your new address.

**ATHLETIC CODE:** An Athlete is:

- 1/ A gentleman both on and off the field.
- 2/ A student of both his academic subjects and the sport in which he is participating.
- 3/ A direct representative of his school both at home and away contests.
- 4/ Striving for team success rather than individual honors.
- 5/ Careful about his appearance and language at all times.
- 6/ Idolized by younger boys and therefore should set a good example.

## 1972 ANNUAL IOWA HIGH SCHOOL BASEBALL COACHES ASSOCIATION CLINIC

### SESSION II

REGISTRATION 8:00 - 8:30 A.M.

8:30 - 9:00 HARRY ROBBINS (Developing Pride in Your Baseball Program)

9:00 - 9:45 CAP TIMM (Running Game Theory)

9:45 - 10:30 HERK ROBINSON (Kansas City Royal Baseball Academy)

10:30 - 10:45 BREAK

10:45 - 12:00 Mini Clinics

### MINI CLINICS SEMINAR

HITTING	CATCHING	NEW TRENDS IN BASEBALL EQUIPMENT	CARE & PREVENTION OF BASEBALL INJURIES
Host:	Host:	Host:	Host:
Vern Bredeson, C.R. Jeff	Bob Locker, D.M. Lincoln	Duane Banks, Iowa	Tom Vincent, C.B. Jefferson
Hal Trosky	Bob Oldis	Part II, Signals:	Tom Spajl, Iowa
Cap Timm	Ken Blackman	Clair Rierson, Iowa State	Frank Randall, Iowa State
Norris Dobbins			

### GYMNASIUM (FOR STUDENTS ONLY !)

Host:

BOB VERBICEK, C.R. Taft

RULES

KANSAS CITY ROYAL ACADEMY

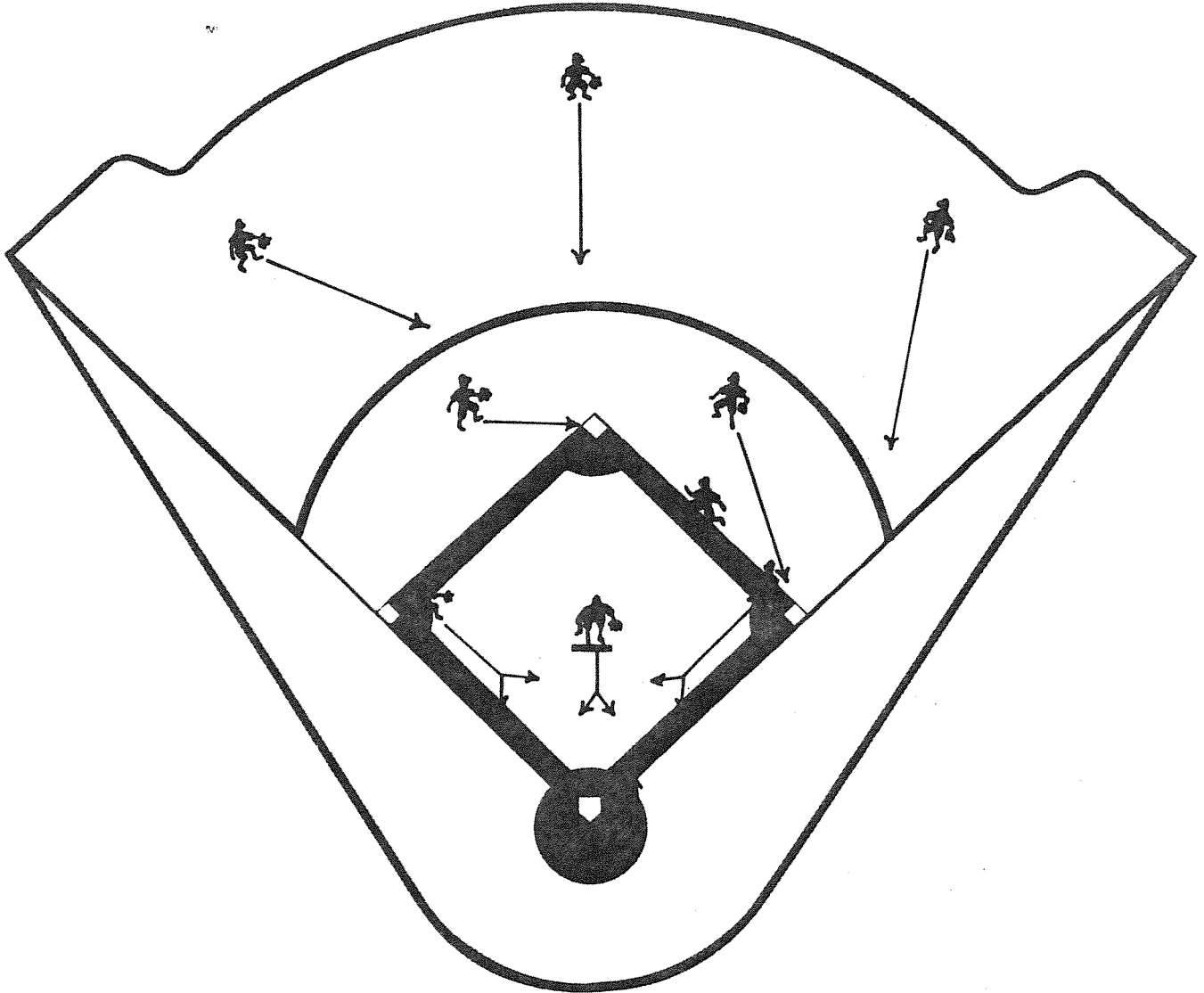
SESSION III WILL COME OUT IN THE JANUARY NEWSLETTER

"MERRY CHRISTMAS AND A HAPPY NEW YEAR."

DEFENSIVE ASSIGNMENTS ON BUNT SITUATIONS

SITUATION #1

With a runner on 1st base and the bunt in order.



**Pitcher:**

Break toward plate after delivering the ball.

**Catcher:**

Field all bunts possible; call the play; cover 3rd base when 3rd baseman fields the bunt in close to Home plate.

**1st Baseman:**

Cover the area between 1st and the mound.

**2nd Baseman:**

Cover 1st base...cheat by shortening position.

**Shortstop:**

Cover 2nd base.

**3rd Baseman:**

Cover the area between 3rd and the mound.

**Left Fielder:**

Move in toward 2nd base area.

**Center Fielder:**

Back up 2nd base.

**Right Fielder:**

Back up 1st base.

## BUNT SITUATIONS

### A. Man on 1st base:

- a. When you are anticipating the sacrifice bunt, charge in when the pitcher throws the ball.
- b. If the ball is bunted hard to you, make the play to 2nd base. (The catcher will call this play.)
- c. If play at 2nd base is doubtful, make sure you get one out by throwing to 1st base.

### B. Runners on 1st and 2nd:

- a. The 3rd baseman's judgment is the key to this play, and he is in full charge of the play.
- b. Position is just inside of the line and four steps in front of the bag, and stationary.
- c. Tell the pitcher he must field the ball.  
IMPORTANT: Know your pitcher's fielding ability.

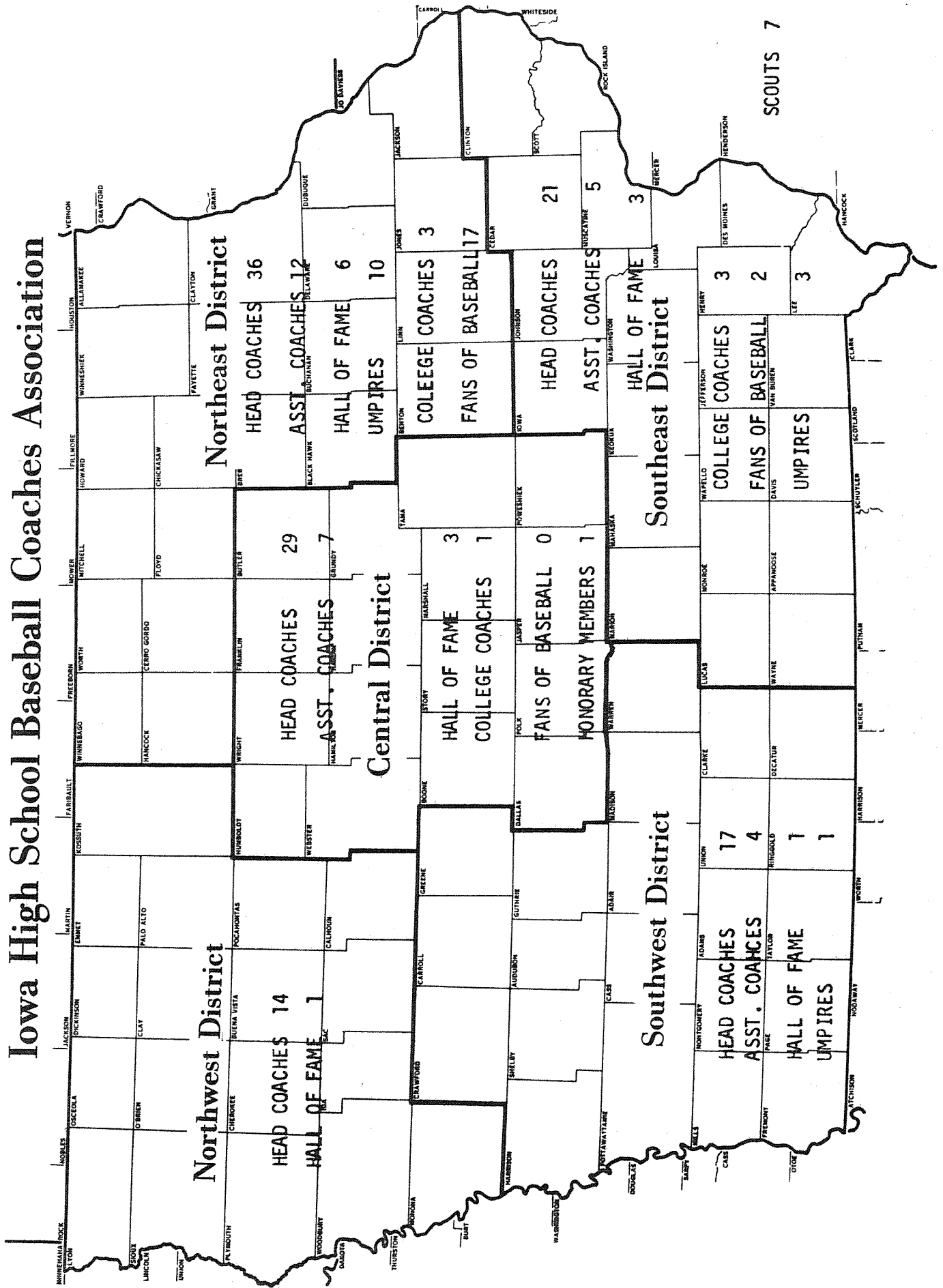
NOTE: ONE OUT MUST BE MADE IN THIS SITUATION.

- d. The bunted ball the pitcher can handle easily. The 3rd baseman will cover the base without taking his eyes off the ball. Tag the base with your right foot for better balance, to be in position to make the throw to 1st base.
- e. On balls bunted down the line, the 3rd baseman charges the ball and runs the pitcher off.
- f. If your judgment is to go for the ball, run the pitcher off at all times. The play to 1st base is much easier for the 3rd baseman in this situation.

### C. Runners on 1st and 2nd:

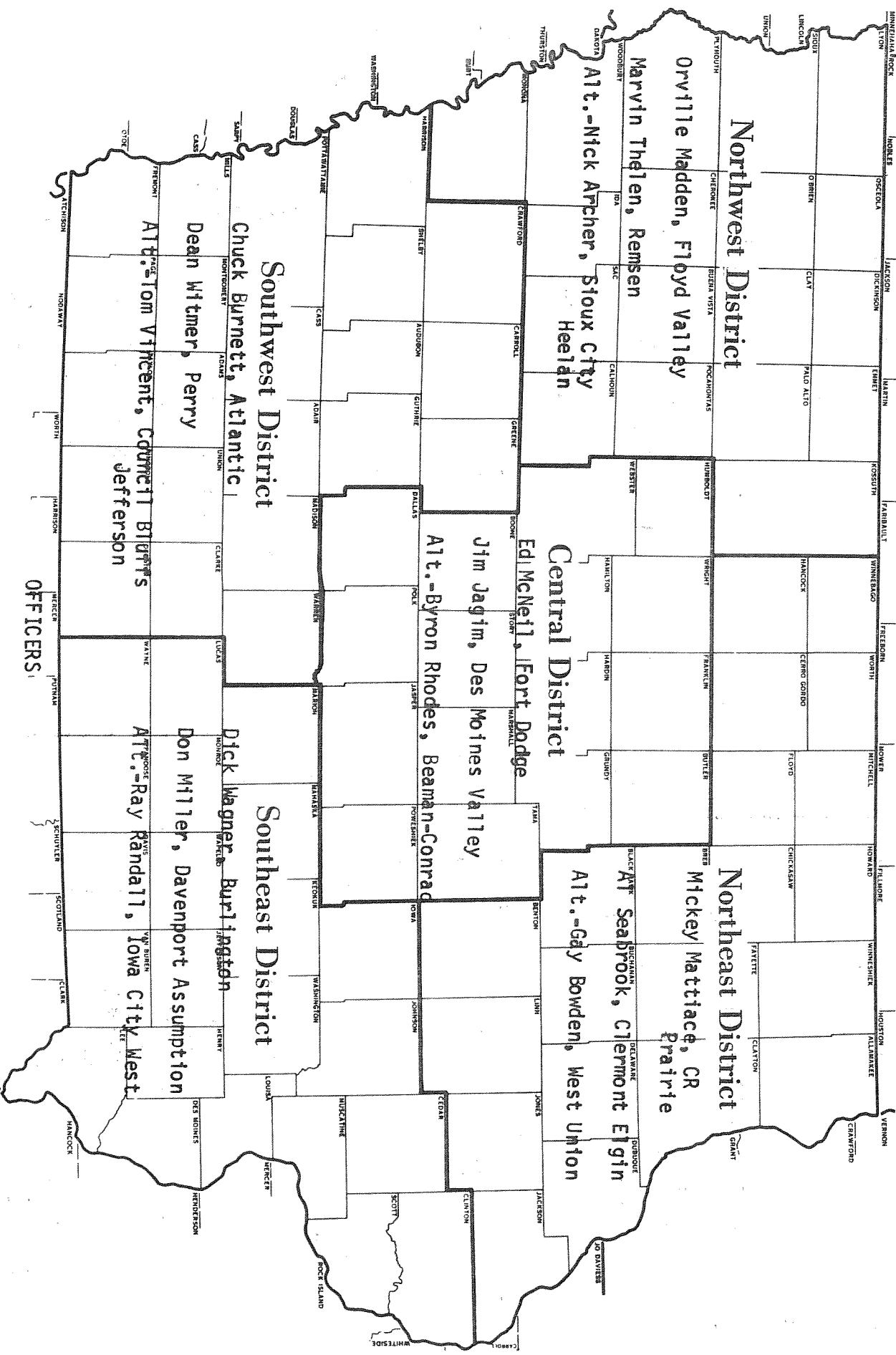
- a. Situation #3 is an option and must be controlled by a sign. The pitcher, 1st baseman and 3rd baseman charge toward the batter. The shortstop bluffs the runner back to 2nd, then races to 3rd.

# Iowa High School Baseball Coaches Association



SCOUTS 7

# 1972-73 BOARD OF DIRECTORS AND OFFICERS Iowa High School Baseball Coaches Association



**OFFICERS:**

- President-Elmer Starr, Mason City
- Vice-President-Vern Bredeson, CR Jefferson
- Executive Secretary-Harold Primrose, CR Washington
- Secretary-Dave Hoyt, Cedar Rapids Washington
- Treasurer-Bill Freese, Davenport Central

PARLONS  
**BASEBALL**  
AVEC LES INSTRUCTEURS • WITH COACHES

LET'S TALK



A I D S I N C O A C H I N G B A S E B A L L

CONDITIONING AND TRAINING

1. Advise players to get a pair of shoes that are comfortable, a long sleeve sweat shirt, and a jacket.
2. Players should be advised that proper diet and regular rest are important.
3. In conditioning, players should be given a lot of running. Wind sprints are good.
4. In early season practice, start sessions with exercise.
5. Always make a practice plan before going on the field. Your players will accept a well planned, well organized practice session.
6. End your practice with sprints, drills that stress running the bases, etc.

A) P I T C H I N G

A pitcher must be able to concentrate and relax. If he does not, his arms and legs will not co-ordinate and he will be wild. No one has ever been a successful wild pitcher. If there is a short cut to success, it is practice, practice and practice. A pitcher should do an extra amount of running since his legs must be in excellent shape. A pitcher is as good as his legs.

CONTROL

Young pitchers should throw every pitch at the middle of the plate. All young pitchers with a tendency to be wild, should pitch batting practice every day or in some way be on the mound every other day. Until you are able to concentrate and relax, you will never have good control. Records show that 50% of the hitters will take the first pitch. Get ahead of the hitter! Tell your pitcher not to pitch too "fine". You cannot do a good job of pitching until you get ahead of the hitter. Make that first pitch a strike, with something on it. Records show that every time you throw a strike with something on the ball, odds are over 12 to 1 that the hitter will not get a hit.

## CONFERENCE STANDINGS

### Upper Iowa Conference

Spring-	
Postville	7-1
North High	6-2
MFL-Monona	4-3
Central Elkader	1-5
West Central	0-7
Summer-	
Postville	12-2
North High	10-3
MFL-Monona	7-6
Central Elkader	7-6
Valley-Elgin	6-7
West Central	5-9
Fayette	4-10
Sumner	3-11

### Tri-County League - Two Division

#### American Division-

Sgt. Bluff-Lutore	9-1
Lawton-Bronson	7-3
Meridan-Cleghorn	5-5
Anton-Oto	4-6
Whiting	4-6
Willow Comm.	1-9

#### National Division-

Westwood	7-3
West Monona	7-3
Woodbury Central	6-4
Kingsley-Pierson	5-5
Maple Valley	3-7
Ida Grove	0-10

Play-Off Winner - Sergeant Bluff

### Little 8 Conference

Stuart	13-1
Cumberland-Massena	12-2
Earlham	8-6
Anita	7-7
Bridgewater-Fontanelle	6-8
Adair-Casey	6-8
Orient-Macksburg	2-12
Menlo	2-12

### Saydel Invitational Baseball Tournament

1. Needs 2 teams (would make total of 8 teams)
2. Dates July 1-2-3
3. Double Elimination Tourney (all teams will play Saturday and Sunday with finals on Monday, July 3.

#### Schools interested contact:

Lou Yacinich  
 Saydel High School  
 5601 NE 7th  
 Des Moines, Iowa 50313  
 262-9325