

IOWA HIGH SCHOOL BASEBALL COACHES ASSOCIATION

JANUARY 1972 NEWSLETTER

Vol. 4, No. 5

1972 GOALS: The Baseball Coaches Association wants to wish each of you a Happy and Winning New Year. Listed are some goals we would like to achieve:

- 1/ 300 paid members
- 2/ The best baseball clinic around
- 3/ More head coach involvement
- 4/ More college coaches taking an interest in the High School Program
- 5/ Identifying coaches who have served baseball over the years in Iowa
- 6/ Improvement of baseball in Iowa
- 7/ Getting school administrators to select their baseball coach like they do their football and basketball coach

We need all membership to get involved to achieve these goals.

NEW DISTRICT REPRESENTATIVES: In the December Newsletter your new district representatives were announced. If any of you have anything to discuss or new ideas which your association should try, drop them a line. The new directors will take office March 10 at the Annual General Meeting. They should plan to attend the meeting on March 9, 1972, at 7:30 P.M. and participate in the meeting Friday morning and afternoon with the old members. The alternates should attend also to voice their opinions on topics of discussion. The alternate will have a vote if one of the elected representatives is absent or cannot vote. Each district will have two votes.

OFFICERS ELECTION: The officers will be voted on at the annual meeting of all membership in attendance to be held Friday evening, March 10, 1972. The nomination committee consists of Chairman Bob Locker, Vic Belger, Mick Mattiace, Byron Rhodes, and Dick Wagner. They will present a slate of officers for the members to elect.

MEMBERSHIP: Our membership now stands at 220. This is 49 more than last year at this time. An increase of 28 per cent. In 1969 we had 137, 1970 - 136, 1971 - 177. If you see a baseball coach or umpire during the basketball and wrestling season mention the Coaches Association Clinic to him and encourage him to join our organization. Tell him about the diagram plays, clinic, benefits and encourage him to join.

WEIGHT TRAINING BOOK: Iowa State Coaches recommended a book on weight training for baseball. Application of Weight Training to Athletics, by Gene Hooks, Publisher, Prentice Hall. They tell us it's an excellent book. We are going to have a weight training session during the clinic. Mick Mattiace of Cedar Rapids Prairie will conduct a session. He has done some research in this area.

HALL OF FAME: The Hall of Fame nominees have been notified and invited to attend the Clinic and banquet on Friday, March 10, 1972. Not only will we honor Hall of Fame but coaches who have served over 15 years, College Coaches of Year, High School District Coach of Year and High School Coach of Year. We hope you all are planning to attend and bring some of your players along to help make it a successful clinic.

CLINIC: In the past two months newsletters you found times and topics of our clinic. Enclosed in this letter you can find Session III. We hope the Clinic will be of some help to you; we all can use new ideas and refresh our old ones.

The Clinic will be open to the public. It will cost everyone who is not a member \$10.00 to attend the clinic. The Clinic is free if you are a member. It will cost you for your meals. The banquet on Friday will be \$3.00 and \$1.75 for the noon lunch on Saturday.

The clinic will be open to High School Ball Players. It will cost them \$1.00 per session or a total of \$3.00 for the entire clinic. If they choose to attend 2 sessions the cost will be \$2.00.

In February we will send out a booklet about the clinic. This will go to every coach in Iowa. We hope some of our non member coaches can see some benefits of our organization. Also in the February newsletter we will send meal reservation cards. We cannot afford to lose money on the meals. **You must have advance reservations.**

Don't forget the Great Party at the Elks Club after Friday's sessions. This is all Baseball talk. Many stories and lies are told here. We hope you make it a total baseball weekend.

RESERVATIONS: It is recommended that you get your reservations in early if you plan to stay overnight. I have talked to the Holiday Inn and they gave us special rates for Clinic participants. These are the places to call:

Holiday Inn, Williams Blvd. S. W., 319-365-9441
Howard Johnsons, Highway 30 West, 319-363-8101
Town House Motor Inn, First Ave. East, 319-362-3131
Roosevelt Hotel, Downtown Cedar Rapids, 319-364-4111
Montrose Hotel, Downtown Cedar Rapids, 319-364-9111
Y.M.C.A., Downtown Cedar Rapids, 319-362-1138

Make your reservations early.

BOARD OF DIRECTORS MEETING: The next Board of Directors meeting will be held at Cedar Rapids Washington, March 9, 1972, starting at 7:30 P.M., Little Theatre. Everyone is welcome to attend these meetings. All Old Directors and New Directors are to attend these meetings.

1971-72 COMMITTEES I.H.S.B.C.A.

ALL DISTRICT

Chm., Dick Wagner, Burlington
Nick Archer, Sioux City Heelan
Mick Mattiace, C.R. Prairie
Ed McNeil, Fort Dodge
Vince Meyer, Bancroft
Jim Jagim, West Des Moines
Tom Vincent, C.B. Jefferson

ALL STATE COACH

Chm. Dennis Olejniczak, Decorah
Nick Archer, Sioux City Heelan
Bill Freese, Davenport Central
Kent Folsom, Dysart-Geneseo
Bill Lehr, Clinton
Byron Rhodes, Beaman-Conrad
Ray Randall, Iowa City West

HALL OF FAME

Chm., Vince Meyer, Bancroft
Vern Bredeson, C.R. Jeff
Bill Freese, Davenport Central
Bob Locker, D.M. Lincoln
Bill Sapp, Boone
Jim Schulz, Bettendorf
Charles Wolever, C.B. St. Alberts

NOMINATION

Chm., Bob Locker, D.M. Lincoln
Vic Belger, Fonda, O.L.G.C.
Mick Mattiace, C.R. Prairie
Byron Rhodes, Beaman-Conrad
Dick Wagner, Burlington

CONSTITUTION

Chm., Vern Bredeson, C.R. Jeff
Gay Bowden, West Union
Charles Burnett, Atlantic
Bill Lehr, Clinton
Ed McNeil, Fort Dodge

MEMBERSHIP

Chm., Jim Jagim, West D.M.
Vic Belger, Fonda, O.L.G.C.
David Beane, S.E.M.C.O.
Charles Burnett, Atlantic
Duane Buttenob, Aurelia
Buck Cheadle, Pekin-Packwood
Bill Sailor, Albia
Anley Twedt, Jefferson
Tom Vincent, C.B. Jefferson
Dick Wagner, Burlington

PROGRAM

Chm. Pinky Primrose, C.R. Wash
Vern Bredeson, C.R. Jeff
Dave Hoyt, C.R. Washington
Joe Kenney, C.R. Washington
Mick Mattiace, C.R. Prairie

1972 ANNUAL IOWA HIGH SCHOOL BASEBALL COACHES ASSOCIATION CLINIC MARCH 10 - 11, 1972

SESSION III

12:30 - 1:00 MICK MATTIACE (Weight Training)
1:00 - 1:30 JIM ELLWANGER (Practice Organization and Sessions)
1:30 - 2:00 PRESTON "BUTCH" MILLER (Defensive Baseball)
2:15 - 3:30 MINI-CLINIC SEMINAR

MINI CLINICS SEMINAR

PITCHING	CATCHING	FIELDING - INFIELD	OUTFIELD PLAY
Host: Lou Yacinich, Saydel Dutch Leonard John Klippstein	Host: Duane Newton, Zearing Bob Oldis Ken Blackman	Host: Bob Watson, D.M. Hoover Gene Baker Pat Daugherty	Host: Rick Koolbeck, Kirkwood Tom Vincent, Council Bluffs Dick Wagner, Burlington Nick Archer, Sioux City

GYMNASIUM (FOR STUDENTS ONLY !)

Host:
DAVE HOYT, C.R. Washington
PAT DAUGHERTY — Baseball Talk (15 minutes)
HAL TROSKY — Hitting (30 minutes)
CAP TIMM — Fielding (30 minutes)

MIKE RYBA--SCOUT

Mike Ryba was an active member of the Iowa High School Baseball Coaches Association. Mike scouted the state of Iowa for the St. Louis Cardinals. He was one of the best known scouts to the High School Coach and ball player. Mike will be missed by everyone. If you wish to send Mike's wife a note, here is the address: Mrs. Mike Ryba
R.F.D. 1, Box 125
Brookline Station
Mo. 65619

The Article below was taken from the Sporting News.

Dominic (Mike) Ryba, believed to be the only man who ever pitched and caught in both major leagues, died in Springfield, Mo., December 13, after falling from a ladder while trimming tree limbs. He was 68.

Ryba had a long and varied career in baseball as a player, coach, manager and scout. At the time of his death he was a scout for the Cardinals, the organization with which he started.

Ryba languished in the minors for eight years before he was given a chance by the Cardinals in 1935. He was with the Redbirds as a pitcher, and occasionally a catcher, until 1939 when he was hustled back to Rochester. From 1941 through 1946 he was with the Red Sox as a pitcher and also a sub catcher.

It was difficult for Ryba to pinpoint just why he didn't get a major league shot until he was 32. Sometimes he blamed Branch Rickey, the architect of the farm system, and other times he blamed his versatility.

"I could play any position and this made me pretty valuable in the minors," Ryba once recalled. "If I had specialized in pitching—or at another position—I think I'd have been more successful."

Not An Ace With Rickey

What really made Ryba determined to become a successful major leaguer, though, was Rickey's statement calling Mike a "good minor leaguer and nothing more."

"I vowed I'd show Rickey," said Ryba. Mike, who was tagged with his nickname by Bill McKechnie, was primarily a relief pitcher and compiled a 52-34 major league mark. His batting average was .235.

As a member of the old school, Ryba had difficulty in understanding the attitude of modern-day players.

Although he attended St. Francis College in Loretto, Pa., for two years, he still worked in the coal mines in Pennsylvania, even after he was in the minors.

"I couldn't get out of the mines fast enough once I started earning respectable money," said Ryba. "In the winter I never saw the sun except on Sundays."

Some of the things he saw as a minor league manager and Cardinal coach disgusted him.

When he was a coach in 1954 he was burned up by the attitude of some players, especially during spring training.

Some Only Have Buicks

"The biggest thing on their minds now," he maintained, "was who'd drive their Cadillacs home after we break camp. I don't mean all of them have Cadillacs. Some of them have only Buicks.

"You can't imagine the gripes you hear. Too much night ball. Too much traveling. Not enough meal money. The air conditioning is terrible. And all the time they're getting paid big for playing a game that's fun. They owe the game more than it owes them."

He also was a little perplexed as a scout.

"When you talk with good prospects instead of you interviewing them, they interview you," he sighed. "They're just as talented as the players in other eras, but they just don't want to work as hard. Any time I could play baseball, I regarded it as a vacation."

There's no question Ryba worked hard during the more than 40 years he was in the sport.

As he shuffled through the minors, playing in at least a dozen leagues, he earned most valuable player honors in four—the International, American Association, Middle Atlantic and Western Association.

As a manager at Lynn, Louisville, Houston, Ardmore and Cedar Rapids, he drove his players hard and this, in part, was one of the reasons he might have lost his job at Louisville.

Ryba spent most of his time in the Cardinal organization, although he was a manager in the Red Sox chain and also for Cincinnati for several years.

He hated to quit playing—he was a Red Sox pitcher at 41—and liked to have some of the action when he was managing.

He once recalled that he had played every position in baseball, which prompted Lefty Gomez, the former Yankee pitcher, to crack:

"Mike, I took a poll on who were the ugliest men in baseball and you won all nine positions."

Hands and Hips Play A Key Role in Hitting

(EDITOR'S NOTE: This is the first in a series of articles by some of baseball's top hitters. Their tips on hitting will appear as a weekly feature in *The Gazette*.)

By Ted Williams
Manager of Washington Senators
Written for AP Newsfeatures

As I look at a lot of young hitters, there are two things they fail to do as far as the mechanics of the swing are concerned.

The first is that they fail to get ready by cocking themselves for the pitched ball with their hands and hips so that when you start your swing you really got something going. I'll give you an example of what I mean.

You know, in basketball the official is going to throw the ball up in the air to start play. As he gets ready to flip the ball into the air he gets a little extra crouch so that he's ready to toss the ball. This same principle applies to baseball. You have to be ready to swing.

The second failure ties into the first. As a youngster starts swinging he fails to get his hips into the ball. He must get his hips into the ball on the swing if he hopes to swing with any authority.



TED WILLIAMS
Hips in Action

These are the two things young hitters must improve on. They must be ready and they must put their hips into the swing.

Youngsters must also learn to keep their head still when facing the pitcher. The easiest way to do this is that they should think in terms of hitting every ball through the pitcher's box.

This keeps your head from flying into an open position toward the right field or left field fence, depending on which side of the plate you hit from. If you look at that pitcher and concentrate on hitting back through the box, your chances of keeping your head still are better than any other way of hitting.

Just look at the physics of it. It's a simple mechanical thing. Look at the position of the bat when you hit the ball back through the box. The bat is at a 90-degree angle in relation to the direction of the pitch. You must remember you only have four or five inches of hitting space on the fat part of the bat.

Now if you pull the ball, your bat has increased that angle to a point where you don't have as much hitting space. Naturally, that makes it harder to consistently hit the ball than if you tried to hit the ball through the middle.

Another thing, the more you pull the ball the faster you have to get started. Your bat has traveled further so you have to get it started sooner. If this is true, and I know it is, you have less time.

The longer you can wait on the pitch the better off you will be. This applies to the little shavers in the sandlots right to some of the youngsters in the major leagues.

IMPORTANT FOR CONTROL

1. Concentrate on the exact spot you are going to pitch. Look at the target.
2. Be balanced in your windup.
3. Have a good follow through.
4. Be conscious of using the catcher as a strike zone target.

BASIC PITCHES TO ACQUIRE

A pitcher must master the fast ball and the curve. They work together. Try to have your pitcher throw them off of the same arm action.

For variation and added deception, a "charge up" off of the fast ball or curve ball is good. You should stress the same motion. Have your pitcher spin the curve ball the second to fourth day of training. Different muscles are used when throwing the fast ball and curve, so your pitcher should get the "feel" of each pitch as soon as possible.

The "off pitches" are usually a slider, screwball or knuckler. Young pitchers should be careful about trying to use them too early in their careers.

Find out what pitches your pitcher can handle well and then have him concentrate on control.

R E M E M B E R , C O N T R O L I S E V E R Y T H I N G I N
P I T C H I N G . S T R E S S T H I S T O Y O U R P I T -
C H E R S A T E V E R Y T U R N .

SOME PITCHING TIPS

1. Make your pitcher set his warmup schedule according to the time he will be facing the first batter. Do not skimp on time but do not take too much (approx. 15 minutes before the game). Consider the difference in warmup time on a hot or cold day.
2. Warming up is a business and an art. Don't LOAF. Excessive warmup time can beat you in the late innings. When approaching the mound, walk out with a firm stride.
3. Never cease working on a pitcher's GOOD points or pitches.
4. Remember that the change of pace off of the fastball and curve is important.
5. Control is nothing but concentration.
6. Hide the ball, keep your eyes on the target, body balance, a good follow through --- all important to control.

7. Running is a MUST for a pitcher. The legs must be in shape.
8. Make your pitcher field his position --- field bunts, cover 1B, back up bases, work on pickoff plays.
9. Make your pitcher be a complete player --- good hitter, good bunter.

B) C A T C H I N G

CATCHING TIPS

1. Learn to get the most out of the pitching staff.
 - a) A catcher should study each pitcher individually to determine his strong points and work with him accordingly.
 - b) Discuss the game before and after with the pitchers. Work together as a unit.
2. A catcher should make a thorough study of the opposing hitters and discuss them freely with his pitchers.
3. When warming up, have your catcher throw with fingers across seams. Also, have him "walk into" ball when catching it.

STANCE

1. A comfortable stance with good balance is most important. It is the basis for proper receiving, shifting of the feet and getting into position for throwing.
2. Have weight slightly forward and evenly distributed on both feet so you are able to move quickly to either side. The right foot should be placed a few inches back of the left.
3. Do not catch in a squat position especially with runners on the bases. The balanced stance enables you to get a good jump on the swinging bunt and the foul ball back near the stands.
4. Give a good glove target --- pocket of glove should be open and facing pitcher.

THROWING

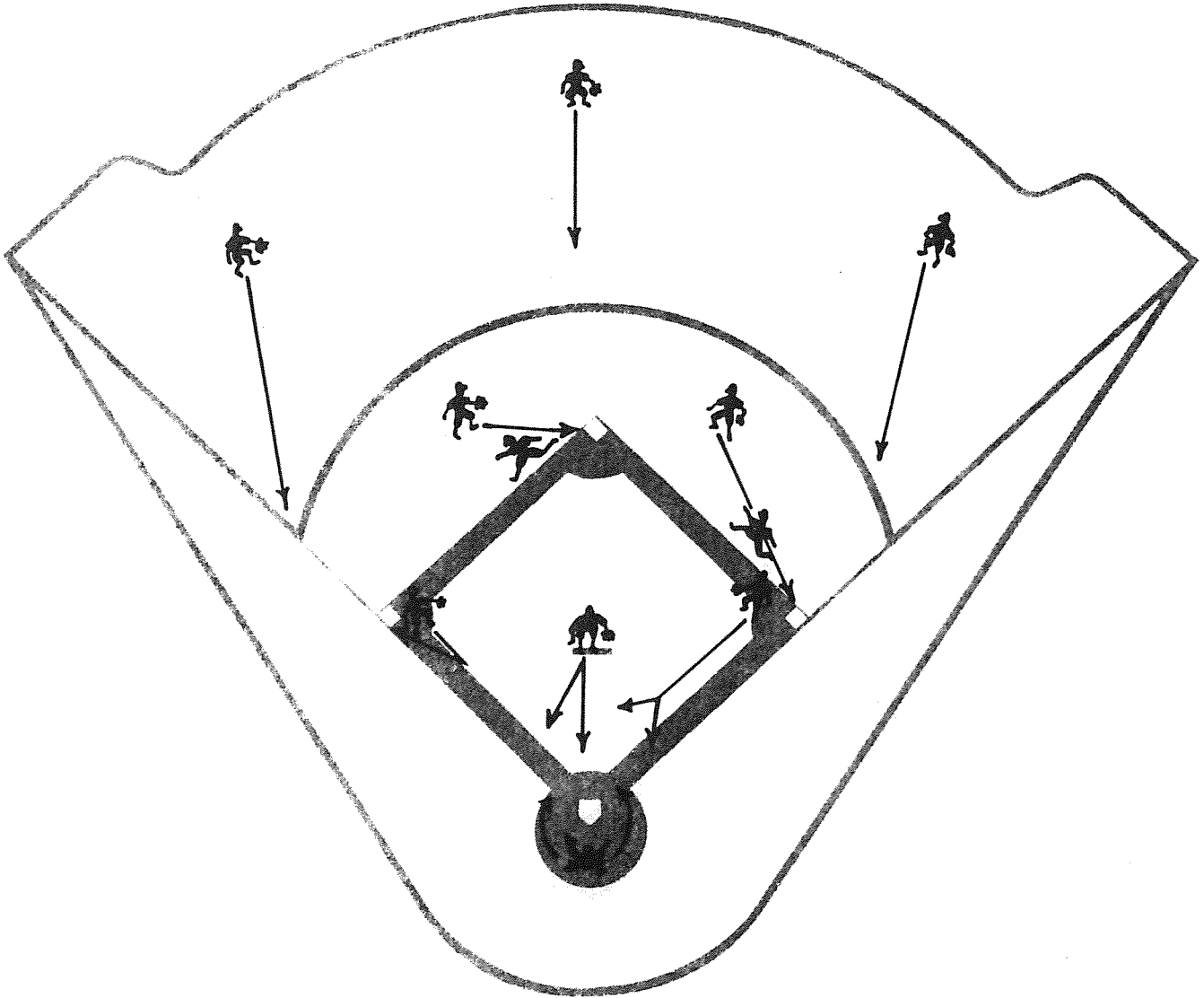
There is not a set way to throw. Throw the ball in the manner that is most natural to you.

1. Throwing overhand or from the three-quarter angle is most desirable (prefer overhand).
2. Emphasize accuracy and quickness of release.
3. Hold ball across seams. This makes for better accuracy.
4. Always try to be "going into" the ball when throwing. Make your catchers warmup this way.
5. Step in the direction you are throwing and follow through.

DEFENSIVE ASSIGNMENTS ON BUNT SITUATIONS

SITUATION #2

With runners on 1st and 2nd -- bunt situation in order.



Pitcher:

Break toward 3rd base line upon delivering the ball.

Catcher:

Field bunts in front of plate; call the play.

1st Baseman:

Be responsible for all balls in the area between 1st and a direct line from the mound to Home.

2nd Baseman:

Cover 1st base.

Shortstop:

Hold runner close to bag before pitch; cover 2nd base.

3rd Baseman:

Take position on the edge of the grass; call the play - whether the pitcher or the 3rd baseman is to field the bunt.

Left Fielder:

Back up 3rd base.

Center Fielder:

Back up 2nd base.

Right Fielder:

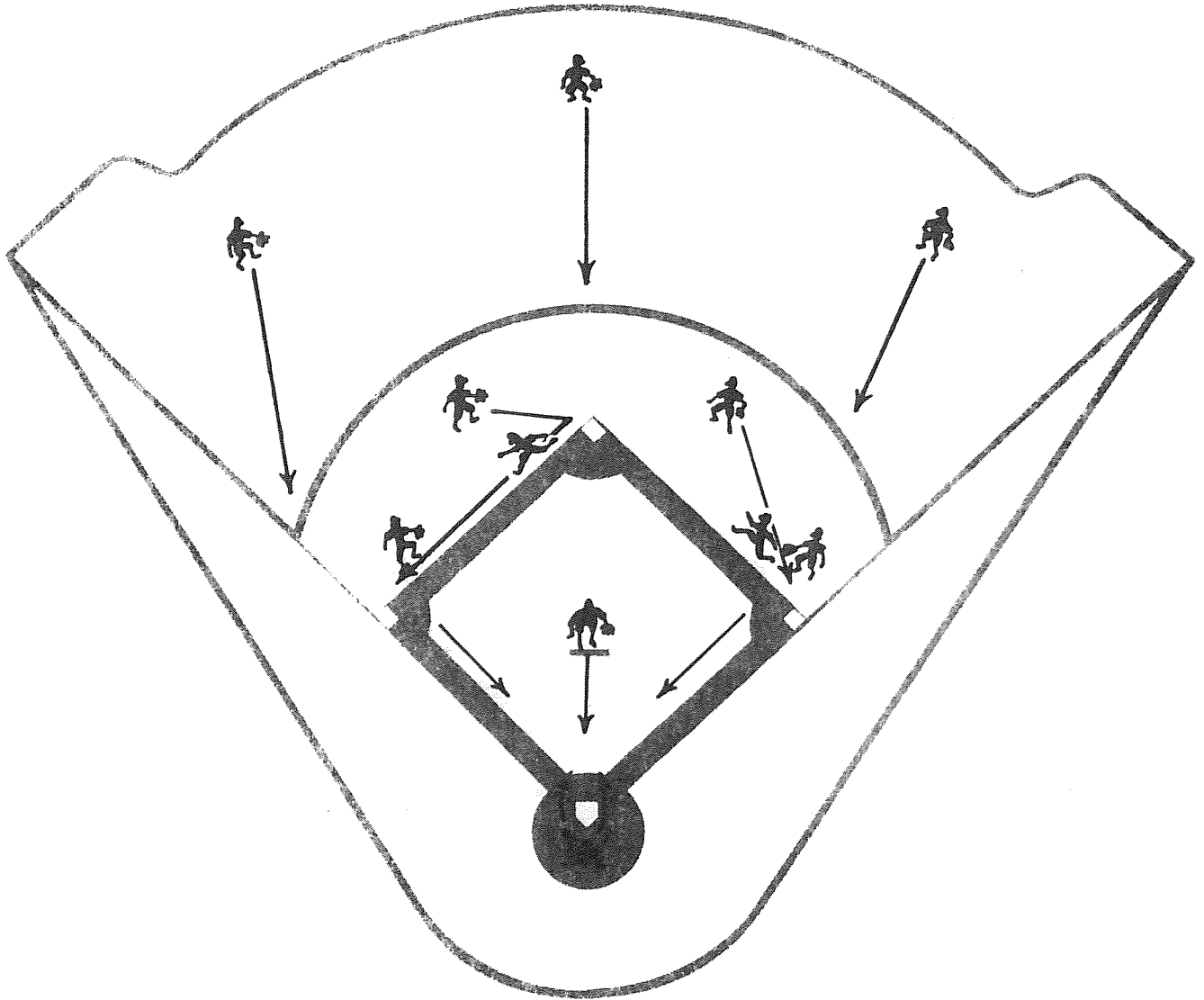
Back up 1st base.

First objective is to retire the runner at 3rd, but one runner MUST be retired.

DEFENSIVE ASSIGNMENTS ON BUNT SITUATIONS

SITUATION #3

With runners on 1st and 2nd -- bunt situation in order.



Pitcher:

Break toward the plate.

Catcher:

Field bunts in front of plate or call the play.

1st Baseman:

Charge toward the plate.

2nd Baseman:

Cover 1st base.

Shortstop:

Bluff runner back to 2nd then race to cover 3rd.

3rd Baseman:

Charge toward the plate.

Outfielders:

Move in toward infield area on all bunt situations.