MARCH--APRIL NEWSLETTER

VOL 5 NO. 6

SUCCESSFUL CLINIC: The Fifth Annual Iowa High School Baseball Coaches Association Clinic was a tremendous success once again. Four hundred and fifty coaches, players, umpires, and fans attended the two-day clinic. This clinic has been growing over the past five years. Here are some figures that will show the growth of the Clinic:

1969---160

1970---195

1971---264

1972---420

1973---450

The number of students in attendance was increased. Everyone enjoyed the mini clinics once again. There was a good exchange of ideas and everyone seems to contribute to the mini-clinic sessions.

The clinic speakers did a tremendous job. They gave their usual fine presentations. All sessions were taped. If you are interested in hearing any of the speakers, you may send two dollars and you will receive a cassette with the topic of your choice. The mini clinics were not taped. Each cassette would have an hour of the clinic. If you order more than one hour it will be another \$2.00. Send in your order now and you will get your cassette in the near future.

BANQUET: There were 265 at the Friday banquet and over 160 at the Saturday luncheon. This is almost 25 more than last year which was a record. At the banquet many coaches were honored for their services to Iowa High School Baseball. Any coach who coached more than 15 years received a plaque, ;lus the District Coach of Year Awards, Coach of the Year Award, Hall of Fame and College Coach of Year Awards.

We hope more coaches and fans of baseball will be in attendance next year.

HALL OF FAME: The coaches' association inducted into its Hall of Fame seven more outstanding baseball men. They were: Everett Barr, Algona, Umpire; Jay Beekmann, Buena Vista College; Alex Evans, Des Moines; Bill Holmstrom, Clinton; Orval Madden, Floyd Valley; Merle McKeever, Davenport; Frank Tvrdik, Cedar Rapids. Each was introduced and a brief history was given. You will be able to nominate a man you feel is qualified for the honor on your ballot for All District in July. Look around for those deserving coaches, ball players, and umpires who may have been forgotten who are deserving of such honor. A number of past Hall of Fame members come back to the banquet each year and help honor the new members.

DISTRICT COACHES OF THE YEAR: Five District Coaches were honored. They were Marv Thelen, Remsen St. Mary's, Northwest; Ron Holland, Council Bluffs Abe Lincoln, Southwest; Jarold Lister, North Tama, Central; Don Miller, Davenport Assumption, Southeast; Elmer Starr, Mason City, Northeast.

Each coach was nominated last July on the All District Ballot. A candidate must be a member of the Coaches Association. He must have coached for at least two years in his present school. He must be a promoter of High School baseball in his District. These are the qualifications to become the District Coach of the Year. Each coach received a certificate and trophy from Eby's Sporting Goods.

COACH OF THE YEAR TO ELMER STARR: Elmer Starr was elected Coach of the Year 1972. Coach Starr had an outstanding record the past year, winning both the spring and summer state tournaments plus winning his conference championship. Elmer retired after 40 plus years of coaching. He went out of coaching in great style. He was selected by the District Representatives and Officers at the Board Meeting prior to the Fifth Annual Clinic. The Directors rated each candidate. The District coach of the Year is nominated on your ballot for All District in July.

COLLEGE COACH OF THE YEAR: The College Coach of the Year was Duane Banks of the University of Iowa. Duane had an outstanding year at Iowa winning the Big Ten Championship and also the District Regionals. From thre Iowa went on to play in the College World Series. The Junior College Coach of the Year winner was Pat Daugherty of Indian Hills Community College. This was Coach Daugherty's second consecutive year for this honor. Each of these men has given a lot of time and effort to the Coaches Association. The same qualifications are followed for nominations as in the District Coach of Year.

1974 SIXTH ANNUAL CLINIC: The dates for the Sixth Annual Clinic are set. They are March 15-16, 1974. It will be held in Cedar Rapids Washington High School once again. If you have any ideas for speakers and topics for next year's clinic, drop us a line.

1973-74 OFFICERS: The new officers were elected at the General Meeting held Friday March 9, the new officers are: President, Bill Freese, Davenport Central; Vice-President, Ed McNeil, Fort Dodge; Treasurer, Dick Wagner, Burlington; Secretary, Dave Hoyt, Cedar Rapids Washington; Executive Secretary, Harold Primrose, Cedar Rapids Washington. The Executive Committee will be meeting five times throughout the year giving direction to the Coaches Association. Feel free to contact any officer.

MEMBERSHIP: The association membership has risen to 374. We have established for our 1973-74 goal 375 members. We achieved our goal of 350 members for this year.

If there is a coach in your league or area that is not a member, put the bee on him and get him to join. List all the benefits we can offer him, plus the tremendous free clinic. Also remember any member who joins now will have his membership paid until Sept. 1, 1974. Members may start sending in renewals for the next school year. Congratulations to all of you for renewing and getting new members.

CONSTITUTION: The constitution was amended at the General Meeting. A new constitution will be sent out in the near future, just as soon as we get it from the printer.

HELP FROM I.H.S.A.A.: The Iowa High School Athletic Association helped on the expenses for the clinic instructional staff. The association has helped us each year with their contribution. A real thanks is due the I.H.S.A.A. for their help. We could not put on this type of clinic with out their help.

THANKS TO EBY'S & CEDAR RAPIDS SPORTS: A big thank you should go to Eby's and Cedar Rapids Sports for their advertising on the program and also Eby's Trophy to the District Coach of the Year. A thanks should go to Bill Schupbach of Cedar Rapids who has contributed for the fifth time the donuts for the Saturday's session. We need these type of people to put on a clinic.

CEDAR RAPIDS ASTROS: Once again, the Cedar Rapids Astros, in cooperation with the Iowa High School Baseball Coaches Association, would like to extend to your players, the opportunity to purchase a season pass for all the Astros 65 home games for \$1.00. It will be handled in this manner and this manner only. You as the coach collect the dollar from each team member who wishes a pass and mail the money and list, or drop it off at the Stadium office, and the passes will be filled out and returned to you for distribution. The Astros are happy to encourage baseball interest in your players, and urge you to remind the boys about misuse of this program, or misconduct at the games.

FILMS: A complete list of films you might be interested in seeing will be avalable to you for \$1.00. Send in for this booklet.

ALTERNATE APPOINTED: Ray Randall of Iowa City West was appointed to the board by the new President, Bill Freese, of Davenport Central. Ray will take Dick Wagner, Burlington, spot. Ray will be the alternate in the Southeast District.

SCOUTING INFO: A standard roster form is now being used by colleges and high schools; while a relatively small thing in the whole picture, the roster form will simplify the work of major league scouts in getting necessary data on all the players at every school they visit. Coach Dick Siebert of Minnesota said the standardized roster will be helpful to everyone connected with baseball. Scouts will have all the info they need, without having to check with the coach or the player. The roster form under 12 headings, supplies the following:

Uniform number, name, position, how he bats and throws, his height, weight and class, birth date, home address, telephone number and school.

COLLEGIATE BASEBALL & COACH & ATHLETE: These are two things that are a must for all coaches to have. Collegiate Baseball is one of the top baseball newspapers around. It has feature articles plus news on every level of baseball. I recommend this newspaper very highly. You may subscribe by writing Collegiate Baseball, P.O. Box 50566, Tucson, Arizona 85703. \$5.00 for your membership. Send along your mailing address.

Coach and Athlete is the Magazine for Coaches, Players, and Officials. The Iowa High School Baseball Coaches Association Hall of Fame write up was in the March 1973 issue of this national magazine. If you are interested in this magazine you should write, Coach & Athlete, Box 931, Montgomery, Alabama 36102. \$4.00 for subscription.

COMMITTEE ASSIGNMENTS: President Bill Freese made his committee assignments for 1973-74. Each committee met Friday and has a lot of ideas about the Association. The new committee assignments are enclosed. Your organization is a growing one. Any new member who joins now will have his membership paid until Sept. 1, 1974.

President Freese comments about the committee assignment. "I have attempted to do several things, I/ Get more people involved within the districts. I tried to make selections so that appointees would not be next door neighbors. 2/ Use experience members as chairmen. By experienced members I mean people who have served on the various committees, 3/ I tried to make sure that each district was represented by two (2) men on each committee. 4/ I limited each appointee to serve on one committee. This should help committee meetings...no one will have to try and be in two places at one time.

It is the chairmen responsibility to send out a questionædire to his committe for their imput.

IMPROVEMENTS OF YOUR PARK: Now is the time for you to start making the improvements in your baseball diamond.

- 1. Improve your lights.
- 2. Get a good fence up.
- 3. Get a good score board.
- 4. Get some bleacher for people to use.
- 5. Warm up pitcher's mound.
- 6. Charge at the gate.
- 7. Get your infield and outfield in top shape.

CALLING IN YOUR GAMES: We would like to remind you coaches to send in to your local newspaper or the nearest newspaper plus the Des Moines Register the results of your baseball games. Call in your scores to the radio and television stations in your local area. Promote baseball by helping the press and radio people.

COMMITTERS ASSIGNMENTS 1973-74

ALL DISTRICT: Dick Wagner, Burlington CHAIRMAN

Don Jones, Davenport West Robert Watson, D.M. Hoover Rick Matthews, Marshalltown Tom Vincent, Council Bluffs

Rick Wulkow, Denison Don Smith, Clarion

Dennis Olejniczak, Decorah

Gary Stamp, Vinton

HALL OF FAME

Orville Madden, Floyd Valley CHAIRMAN

Lloyd Spier, Cedar Rapids David Mulder, Sioux Center

Charles Wolever, Council Bluff Jerry Shinn, Waterloo

James Kloewer, Stuart Jim Jagim, Des Moines Valley John Pierick, Twin Rivers Ray Randall, Iowa City

Joe Utter, DeWitt

MEMBERSHIP

Chuck Burnett, Atlantic CHAIRMAN Mick Mattiace, Cedar Rapids

Dale Allensworth, Jefferson Jim Ellwanger, Fort Dodge Vince Meyer, Bancroft

James Denner, Waverly Jim Schultz, Bettendorf

Bill Sailor, Albia Tim Sanderson, Paton Churdan

ALL STATE COACH Mary Thelen, Remsen St. Mary's CHAIRMAN

Jerry Lake, LeMars Bill Sapp, Boone Bill Hand, Hampton Don Miller, Davenport Marvin Flanders, Winfield Gay Bowden, West Union Jim Van Scoyoc, Norway Bernie Hutchison, Red Oak

Larry Bandy, Audubon

NOMINATION

Vern Bredeson, Cedar Rapids CHAIRMAN Lowell Grunewald, Waterloo Byron Rhodes, Beaman Conrad Lou Yacinich, Saydel Tom Stahle, Sergeant Bluff

Dennis Warren, Winterset Gary Ratigan, Harlan Bill Sailor, Albia Mel McKie, Lost Nation

Larry Anderson, Remsen

CONSTITUTION

CHAIRMAN Ed McNeil, Fort Dodge

Kent Folsom, Dysart Bill Lehr, Clinton

Carroll Scott, Williamsburg Al Seabrooke, Clermont Elgin Bill Rahm, Granville Dean Bastow, Gowrie-Prairie Vic Belger, Coon Rapids

Stephen Roe, Avoca

Tom Madison, Marion

CLINIC:

Pinky Primrose, Cedar Rapids Washington CHAIRMAN Dave Hoyt, Cedar Rapids Vern Bredeson, Cedar Rapids

Mick Mattiace, Cedar Rapids

Tom Madson, Marion

Lloyd Spier, Cedar Rapids Rick Hendrick, Cedar Rapids Dave Close, Cedar Rapids

Duane Banks, Iowa

Clair Reirson, Iowa State

VERNE BREDESON, President, Cedar Rapids Jefferson BILL FREESE, Vice-President, Davenport Central ED McNEIL, Treasurer, Fort Dodge DAVE HOYT, Secretary, Cedar Rapids Washington HAROLD J. (Pinky) PRIMROSE Executive Secretary 3456 Dalewood Avenue S.E. Cedar Rapids, Iowa 52403

MINUTES OF THE BOARD OF DIRECTORS MEETING
MARCH 8, 1973

The meeting was called to order at 7:35 p.m. by President Vern Bredeson at Washington High School. The board members present were; Chuck Burnett, Vern Bredeson, Ron Clinton, Bill Freese, Dave Hoyt, Jim Jagim, Ed McNeil, Orval Madden, Rick Mathews, Dave Posegate, Harold Primrose, Jim Schultz, Al Seabrooke, Dick Wagner, Dean Witwer, and William Wuebker.

The minutes of the previous board meeting were approved as read.

Mr. Primrose presented the financial report for the past year. He reported that therewas a balance of \$1,567.30 on hand. The report was then accepted as presented.

Mr. Bredeson started his report by thanking Mr. Primrose and Washington High School for the use of it's facilities. He announced that the association has purchased a typewriter for the executive secretary. Mr. Bredeson then stated that the financial situation of the association was very good but expressed a concern about the class system in the State Tournament and the dropping of the Spring Tournament. He then read the proposed Constitutional changes. A discussion of the State Tournament and the all-star footbal games followed. Mr. Bredeson then urged the association to raise the salary of the executive secretary. He stated that the time and work of the executive secretary warrent a salary increase.

Mr. Primrose started his report by stating that better guidelines are needed for the Hall of Fame candidates. He felt the guidelines should be revised. Next, he reported that the Coach-of-the-Year would be selected before the clinic so the plaques could be completed in time for the presentation. The clinic this year would have doormen to keep students and coaches separated. Many sessions were designed especially for the students. The student sessions were designed to learn how to perform and not how to coach. Mr. Primrose then explained the registration procedure and brought up the possibility of a fee that would include all clinic meals. He then announced that small trophies would be presented to each District- Coach-of-the-Year and would be donated by Eby's Sporting Goods of Cedar Rapids. The next item was the explination of the questionaires used at the mini-clinics. Mr. Primrose stated that the district meetings have become more important because there will no longer be a spring board meeting. The districtmeetings select the All-District teams and send the best five players in for All-State honors. They must also evaluate the association and it's procedures for the betterment of the association. Mr. Primrose announced a donation of \$350.00 by the Iowa High School Athletic Association for the clinic.

VERNE BREDESON, President, Cedar Rapids Jefferson BILL FREESE, Vice-President, Davenport Central ED McNEIL, Treasurer, Fort Dodge DAVE HOYT, Secretary, Cedar Rapids Washington HAROLD J. (Pinky) PRIMROSE

Executive Secretary

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Cedar Rapids, Iowa 52403

Under unfinished business, examples were cited favoring the giving of medals for participation in the State tournament. Mr. Primrose then announced that after a careful study it was not feaseable for insurance coverage of association members.

The budget for 1973-74 was then presented and accepted. The 1973-74 calander was presented and accepted. It is as follows:

District Meetings, July 13, 14, and 15; Board meeting at Iowa City, October 20; Board meeting in Cedar Rapids, March 14 and 15: Spring Clinic March 15 and 16.

Vern Bredeson then read the Constitution changes for the final board reading before presentation to the general meeting.

The hiring of an executive secretary was the next order of business. Mr. Primrose was rehired for the 1973-74 year.

A discussion of the football all-star game followed. The board could see many problems that could arise with the coming of the all-star game. The possibility of a baseball all-star game was also presented. The board did not take action on either of the two topics.

The meeting was recessed at 9:37 p.m. for committee meetings.

The meeting resumed at 9:55 p.m. with a recommendation by Bill Freese to have the vice-president of the association be the district baseball chairman for the National High School Baseball Coaches Association.

It was then recommended that a new Constitution be sent to all of the members with all of the changes included.

The meeting was adjourned at 10:10 p.m.

Respectfully Submitted,

David W. Hoyt, Sec.

VERNE BREDESON, President, Cedar Rapids Jefferson BILL FREESE, Vice-President, Davenport Central ED McNEIL, Treasurer, Fort Dodge DAVE HOYT, Secretary, Cedar Rapids Washington HAROLD J. (Pinky) PRIMROSE

Executive Secretary
3456 Dalewood Avenue S.E.
Cedar Rapids, Iowa 52403

MINUTES OF THE BOARD OF DIRECTORS MEETING

MARCH 9, 1973

The meeting was called to order by President Vern Bredeson at 9:37 a.m.

Ed McNeil reported that the budget and books were all in good order. It was moved by Bill Freese and seconded by Jim Schultz to accept the report. The motion carried.

Dick Wagner reported that the All-District Committee felt that everything was working well. The committee did recommend that the ballots be sent out a week earlier in the summer.

Jim Schultz reporting for the Hall of Fame committee said that arriving at a standard criteria for selection of Hall of Fame candidates would be very difficult. It was suggested that the certificates for all of the Hall of Famer's be placed on a plaque. Ray Randall volunteered to investigate this possibility.

Ed McNeil read the two Constitutional changes that were to be presented to the General meeting.

Chuck Burnett reported for the membership committee. The committee had the following recommendations:

- 1. The district members must make a closer and concerted effort to attract more members.
- 2. A promotional effort to attract members must be presented at all rules meetings.
- 3. The district meetings for selecting all-district teams also include an association business meeting.
- 4. Each conference should have an association member act as a representative of the association to encourage membership of his fellow conference coaches.
- 5. Association members should contact managers and players of the little leagues and show them the value of becoming members of the association.
- 6. Membership information should be sent to high school athletic directors for more exposure of the association.
- 7. The clinic should bring more experts in the area of baseball such as umpires and other attractions for more interest.
- 8. Promotion should be present at the all-district athletic directors meetings; and
- 9. A member should promote the association at every conference meeting. District representatives would then be responsible for all independent schools. It was also suggested that one of the items of business at the district meetings be future expenses for the association.

VERNE BREDESON, President, Cedar Rapids Jefferson BILL FREESE, Vice-President, Davenport Central ED McNEIL, Treasurer, Fort Dodge DAVE HOYT, Secretary, Cedar Rapids Washington HAROLD J. (Pinky) PRIMROSE

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It was suggested to make a budget break down to see if a flat fee for the clinic would be feasible. Another suggestion was a progressive membership fee. For example, a \$10.00 membership fee if purchased through November or December and then a penalty charge after that time. After a discussion, with most board members agreeing on the current system of membership fees, it was decided to let the board make a ruling on this matter at the fall meeting.

Bill Freese moved to have next year's clinic in Cedar Rapids. The motion was seconded by Ed McNeil and passed.

Dick Wagner moved that an award for assistant and/or sophomore coach of the year be established starting in 1974. The motion was seconded by Ray Randall and passed. A committee will be formed to set up the criteria for selection. The nominations will be included on the All-District ballot.

The meeting was then adjourned.

A special "thanks" to Jim Schultz for taking the notes at this meeting.

Respectfully Submitted,

David W. Hoyt, Sec.

VERNE BREDESON, President, Cedar Rapids Jefferson BILL FREESE, Vice-President, Davenport Central ED McNEIL, Treasurer, Fort Dodge DAVE HOYT, Secretary, Cedar Rapids Washington

HAROLD J. (Pinky) PRIMROSE

Executive Secretary

3456 Dalewood Avenue S.E.
Cedar Rapids, Iowa 52403

MINUTES OF THE GENERAL MEETING

MARCH 9, 1973

The meeting was called to order at 9:48 by president Vern Bredeson at Cedar Rapids Washington High School.

The minutes were approved as written and the treasurer's report approved as read. The treasury had a balance of \$1.867.30.

Ed McNeil of the Constitution Committee gave final reading of the Constitutional changes. The changes are as follows:

- 1. Section 2, Paragraph (A), Each board member will be elected for a period of two years with one-half of the board members being elected each year. In each election the person receiving the second highest number of votes would become the alternate;
- 2. Election of Officers; A succession for the officers should be when the President's term is concluded each officer moves up in rank and a new treasurer is selected. The officers concerned would be the President, Vice-President and the Treasurer. It was then moved by Ed McNeil and seconded by Gay Bowden to accept the proposed Constitutional changes. The motion was carried.

Don Jones presented the new slate of officers recommended by the nomination committee. A unanamous ballot was moved and passed for the offices of President, Vice-President and Secretary. Nominations from the floor for Treasurer were then recognized. The Treasurer was then selected by a secret ballot. The officers elected were; President, Bill Freese; Vice-President, Ed McNeil; Treasurer, Dick Wagner; and Secretary, Dave Hoyt.

Vern Bredeson announced the dates of the meetings for next year. The next board meeting will be in Iowa City on October 20, and next year's annual clinic will be the 15th and 16th of March. He then announced that the board has rehired Mr. Primrose as Executive Secretary for the Association for another year. Next year's budget was then reviewed by Mr. Bredeson.

Mr. Primrose gave the Executive Secretary report and stated that he felt the association was functioning well. He added that due to a lack of a Spring board meeting there must be more participation in the District meetings and that we must look for more Hall of Fame nominees.

Vern Bredeson the congratulated Mr. Primrose for the outstanding effort and job that he was doing for the Association. He then turned the meeting over to the new President, Bill Freese.

Bill Freese then adjourned the meeting at 10:30.

Respectfully Submitted,

LECTURE NO. 1

TRAINING YOUR CLUB

PRE-SEASON INDOORS

Squad session on rules

Squad session on theories

Lectures on health

Care of injuries - proper dressing of the feet - two sweat shirts for each player

Easy gym workouts for pitchers

If you have nets, easy batting practice

Use of tees

Make every session business

Think baseball

Set date for first outdoor practice

OUTDOORS

Equipment -- see that each boy has proper shoes and glove. If possible, two sweat shirts - pitchers, three - a jacket. Field equipment in addition to playing field.

Batting cage -- two if possible.

Extra pitching mounds, pitching rubbers, home plates, extra pitching spots to be away from the playing field and to be exact replicas in distance and general structure as the pitching mound on the field.

Strings -- 2' on each side of the front edge of one of the home plates, sink two 2 x 4's into the ground so that the posts will be 5' high above the ground. Stretch two strings from one post to the other, one string letter high, the other knee high, leaving the ends on one side free so that if struck by a ball they will give. Tie two shorter strings even with the outside edges of the plate and loop them downward over the lower string. Obviously, this creates a strike zone. Work your pitchers for control, using the strings. This device will teach the pitchers the value of control.

Sliding pit -- excavate a square 16' in one corner of the field to a depth of 3' or 4', fill with fine sand and anchor a strap in the exact center of this pit which will come up through the sand, and to which may be attached a base. Create runways from two directions so that the player will come down the runways and slide, without injury, to the base.

Have your field in good shape at the opening of your practice.

PRACTICE SESSIONS -- OUTSIDE

Open with short lecture on "hustle". Many a player has "hustled" himself into a job. What does "hustle" mean? It means that everyone is busy all the time. In practice and in the game, he runs to do - everything.

HAVE YOUR PITCHERS RUN

"A pitcher is as good as his legs." Legs weaken before the arm. If the legs are gone – all is gone. Have fungo hit to the pitchers. Do not use calisthenics for the pitchers arms. Bodies and legs, yes.

Lecture No. 1 -- page two
"Training Your Club"

FOR THE BALANCE OF YOUR SQUAD

(1) Calisthenics (2) Run several times around the park. Departmental Procedure:

Have batting practice pitchers warmed up (never, at any time, throw a pitcher into batting practice or a game without ample "warm-up"). Anticipate this - get your pitchers ready before asking them to work.

Batting - bunt one, hit three and run to 2nd on the last batted ball. In batting practice, it is the hitting you want, not pitching. Just straight balls, half speed - later on you will want batting sessions with curve balls, but early, you want batters to gain confidence in their ability to hit (watch the boys who are eager to hit, they are your future best hitters).

Batting outfielders - when not at bat have them catching flies.

Batting infielders – when not at bat, have them fielding grounders. Suggestion: To protect your 1B during batting practice, erect a screen 7' high and 6' wide which may be placed between the 1B bag and the home plate. This will enable your 1B to take throws from other infielders during batting practice without fear of injury.

FINALLY YOUR INFIELD PRACTICE

The professional routine for pre-game infield practicing is identical from Class D to the Major Leagues. Why? Because it includes practice in execution of practically every play that appears in the game. Adopt it and do not deviate from it.

Your infield-practice batter must be capable. Why? Because he can make or break your developing smoothness in the execution of plays. He must be able to bat the ball exactly where he wants it to go. Always keep in mind the developing smoothness of your infield execution of plays.

Your entier squad has had 15 minutes warm-up for their arms. Now ----

- (1) Hit to your outfield first; don't hurry this. Require your outfielders to throw properly to the bases to home and teach the infield to work with the catcher on cut-off plays. (Note: by thus hitting to the outfielders first, you set up in the outfields' minds and in the minds of your entire squad this fact; the outfielders are just as important to the success of your team as your infielders. Everybody stops to watch them throw. They are on daily exhibition. They strive for perfection. This thing is psychological as well as being truthful.)
- (2) The infielders will throw the ball around the bases the speed of the ball stepped up. The players are talking to one another. The "pepper" begins to show. There is developing eagerness to do this thing properly. (Build every practice session to its climax. Organize it. Leave nothing to hit or miss.)

ROUTINE INFIELD WORKOUT

A.First round (whoever fields the ball takes the throw from a catcher)

- (1) Straight to 3B throw 1B home 3B back home.
- (2) Ball straight to SS 1B home 2B 3B or home.
- (3) Ball straight to 2B 1B home 2B 3B or home.
- (4) Ball straight to 1B 2B 1B home 1B home.
- (5) Roll ball down 1B line catcher to 1B 2B 3B home.

Lecture No. 1 -- page three "Training Your Club"

Second Round

- (1) To the right of 3B 1B home 3B 2B 1B home.
- (2) To right of SS 1B home 2B 1B home.
- (3) To left of 2B 1B home 2B 3B (or home).
- (4) To left of 1B 2B 1B ("Get ball!!!) home 1B home.
- (5) Roll ball straight toward center of catcher 2B 3B home.

Third Round

- (1) To left of 3B 1B home 3B home
- (2) To left of SS 1B home 2B 1B or home.
- (3) To right of 2B 1B home 2B 3B or home.
- (4) To right of 1B 2B 1B home 1B home.
- (5) Roll ball down 3B line for catcher 3B 2B 1B home 3B home.
- B Double play round
- . Another double play round.
- D. Round as first found above.
- E Final round to catcher at home.
- t Pop flies to catcher.

End your session there is abruptly — do not prolong or fool around — be-ail business. Boys like orderlines: