# Iowa High School Baseball Coaches Association

VOL. 6 NO. 1

SEPTEMBER NEWSLETTER 1973

1974 BASEBALL SEASON: The 1973-74 school year will be the 6th year of your Baseball Coaches Association. Our membership has continued to grow. This past school year we had a record membership of 358 which is an increase over last year of 48 members. More coaches and players attended the clinic last year with 420 in attendance.

MEMBERSHIP RENEWAL TIME: Now is the time to renew your 1973-74 membership to the Iowa High School Baseball Coaches Association. Dues are still the same for Head Coaches \$5.00. The Assistant Coaches and College Coaches dues are also \$5.00. Umpires and fans of baseball dues are \$3.00. We hope you will renew to-day and help promote baseball at the high school level. Please send in your check today. A large membership is essential if the Association is to carry on the work that it has set out to do. We also need a large membership to put on the best clinic in the coutry.

MEMBERSHIP DRIVE: Our drive for new membership will come in October when the new I.H.S.A.A. Directory comes out. Get your assistant or a new member to join. You can have fans, umpires or anyone who is interested in high school baseball to join. The goal this year is 400 members.

COUNCIL BLUFFS THOMAS JEFFERSON SUMMER AA CHAMPS: Congratulations to Coach Tom Vincent and his team for winning the State Summer Tournament. Tom has taken the T.J.'s to the state tournament a number of times. Tom has been very active in the baseball coaches association over the past six years. Coach Vincent will be one of our guest speakers at the Sixth Annual Clinic.

KEE HIGH OF LANSING SUMMER A CHAMPS: Congratulations to Gene Schultz and his team for winning the State Summer Class A Tournament. Coach Schultz won 47 games in a row. This is his second year at Kee High. Coach Schultz is also a member of the coaches Association. He also will be a guest speaker at our Clinic.

1974 CLINIC: Preparation for the 1974 clinic is underway. Committees are getting organized for another tremendous clinic. The Mini-Clinic theory will stay. We hope to get in some top notch speakers once again. We have several top names lineed up. If you have any suggestions for the committee to work on, please send them in to the Executive Secretary.

BOARD MEETING: The next board meeting will take place October 20, 1973 in Iowa City at 10:00 a.m.; in the Coaches Administration building next to the Fieldhouse. Coach Duane Banks will be the host. If you are planning to attend this board meeting, contact Coach Banks so he can have an accurate count. If there are any topics you wish to have discussed, please contact your district representative so he can bring it up for discussion. You will find your district representative's address and telephone number enclosed.

OFFICERS MEETING SUNDAY, SEPT. 23: The officers of the Coaches association will be meeting Sunday, September 23 in Cedar Rapids. At this meeting the agenda will be established and a discussion of the direction the organization will be taking. If you have any suggestions for the officers, contact any one of them.

ALL DISTRICT TEAMS: Enclosed you will find the Iowa High School Baseball Coaches Association 1973 All District Teams. The Coaches Association has your Certificates, they will be ready for the coaches to pick up at the Clinic.

LONGEVITY AWARDS: All coaches with over 15 years of coaching should send in their names to the Executive Secretary with his record and places he coached. We would like to honor these men at our Annual Clinic with a plaque. (The coaches who have been honored in the past should send in their years of service so we can honor them when you hit your 20th, 25th or 30th year as a baseball coach.)

CONFERENCES STANDINGS: Enclosed are some conference standings that have been sent in. Will the conferences which do not have their results in please send them in and they will be included in the October newsletter. If you are independent, send in the final results of your school's record.

SOPH. BASEBALL TOURNEY: Don Underwood, Athletic Director from Linn Mar High School in Marion is still in need of a team for their soph baseball tourney to be held July 5 and July 6, 1974. If you are interested contact Mr. Underwood.

FALL TOURNAMENTS: The 1973 Fall Tournaments start Saturday, Sept. 15, and will continue the following week on Monday, Wednesday, and Friday, September 17,19, and 21. Sixty two (62) schools will participate. The sites for the Sectionals are Bancroft, Calamus, Fonda, Holy Cross, New Sharon, Norway, Remsen, and Van Meter. The District Tournaments will be held September 24 and 26 at Fonda and Norway. The Fall State Tournament Finals will be held in Boone, Iowa on Tuesday afternoon, Gct. 2, 1973. All Tournament games are held in the afternoon with the first game starting at 1:30 and the second game at 3:30. The winning Fall Tournament coach will be invited to speak at our Sixth Annual Clinic March 15-16, 1974.

200 WIN CLUB: All coaches who have won over 200 games please send in your name and your record to the Executive Secretary. We would like to print the name of thos coaches who have achieved 200 wins. We will have a 300 win, a 400 win, and a 500 and over win club. Coaches will receive a certificate for this accomplishment at the Sixth Annual Clinic March 15-16, 1974.

CHANGE OF ADDRESSES: If you plan to change your address, please make sure you inform the Executive Secretary about the change. We send the letter out by bulk rate (third class) and they will not forward your mail.

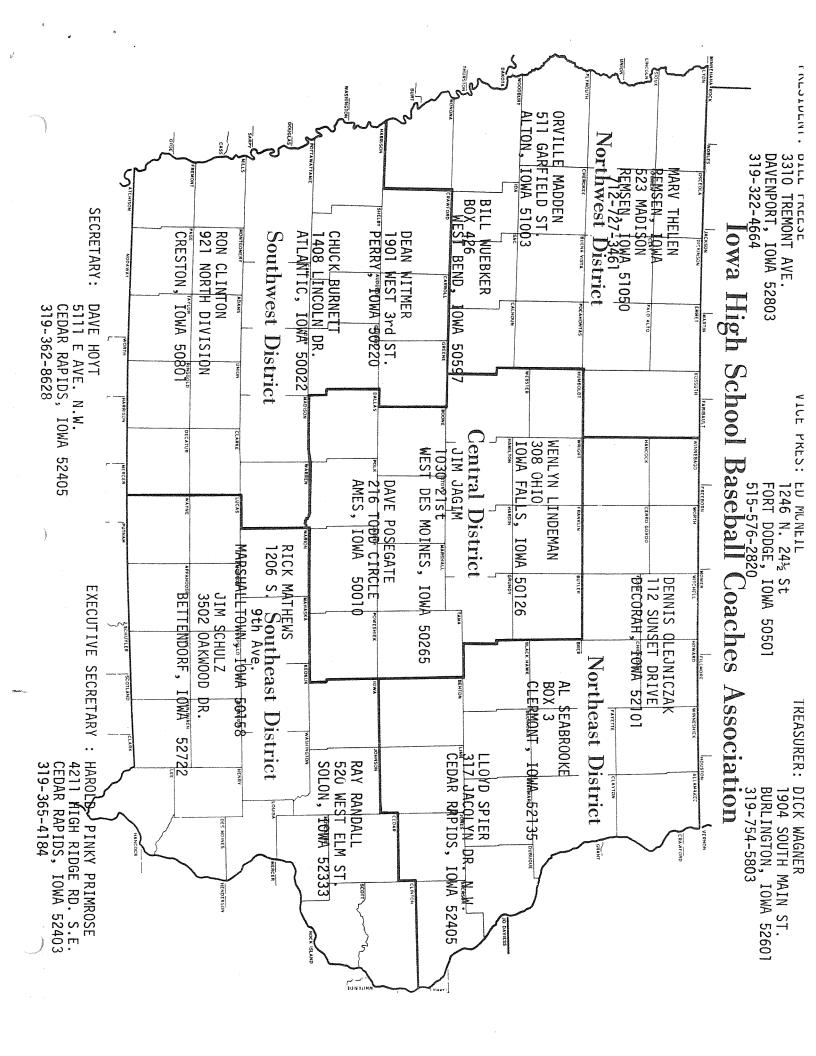
MATERIAL FOR NEWSLETTER: If you have anything to put in the newsletter, please forward your material to Harold Primrose, 4211 High Ridge Road S.E., Cedar Rapids, Iowa 52403. Phone 319-365-4184.

We hope the Association has offered you things that have improved your coaching and interest directly and indirectly through our clinic, newsletters, Coach of Year Award, District Coach of Year Award, Hall of Fame, Honoring coaches who have coached 15-20 25-30 years, College Coach of Year Award, Coaches who have won over 200 games, and many new ideas to improve baseball.

I hope you consider joining once again and receive the benefits from your membership and help promote baseball throughout the State of Iowa.

Send your dues in today. We depend on Dues for continued operation. Won't you please give this YOUR PROMPT ATTENTION.





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OF-Rod Sears, Creston 33
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12 OF-Dick Kinney, Gran-Spalding 315 10
12 Ut-Rick Goergen, Heelan S.C. 285 11
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Of-Mike Engleman, Cherokee
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               28-Steve Bechiel, Cherokee
55-Mark McCabe, Albert City Trues
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0F-Carl Konz, Remsen, St. Marys
0F-Ron Stoos, Remsen, St. Marys
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55-Dick Weikert, Sioux City East290 72
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P-Bill McCabe, Albert City-Trues
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C-Roger Johnson, Schaller
C-Chuck Forney, Sloan, Westwood 384 12
IB-Joe Gordon, Heelan Sioux City 280 11
SB-Steve Bechtel, Cherokee 350
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C-Dave Vannersdel, Sioux Cityt307 12
IB-Paul Jaminet, Remsen, St. Mar552 12
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Ut-Mike Dautremont, I.C. High298 11
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55-Larry Thomas, Centerville 396
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C-Lloyd Weisbrook, Dav. Central
18-Rick House, Burlington
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JB-Brian Schlapkohl, Durant 421
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                                    THIRD TEAM
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OF-Larry Movak, South Minnestek349

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OF-Mike Hughes, Riceville 330
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II-Daye Bakey Senior Jubses
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OF-Steve Moon, M-F-L Monona
OF-Steve King, Mason City
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38-Ron Hayek, Jurkey Valley 374
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                      C-Steve Shamberger, C.R. Jeff
IB-Mike McCauley, Rockford
SS-Mike Meyer, Bubuque Sr.
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28-Bruce Reeder, C.R. Washington
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                                 C-Ron Ott, Waterloo West
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#### BATTING

#### **GENERAL:**

Look for the player who is eager to bat.

Look for the player who has confidence in his ability.

Do not change the player's style unless and until the player indicates he needs help.

You must emphasize (and demonstrate patiently, quietly by painstakingly) why certain habits at bat may prove stumbling blocks. Go over these with the whole squad in an early session. They will then know what you mean when you refer to them. These are: the crouch - the over-stride - the hitch - the uppercut. These, however, are negative. Make your teaching positive.

#### **EXAMPLE:**

Positive - Good

1. Erect stance

2. The short step

3. Bat quit-away from body directly into the swing.

4. The level swing

Negative - Bad

The crouch

The overstride

The hitch - hands drop and then rise before he starts to swing.

The uppercut - bat starts low and its arc is upward.

With these preliminaries understood by players, consider:

- A. The stance means position in batter's box "cover the sacred strike zone" -- This is your zone -- You will guard your territory -- You will dare the pitcher to invade your zone.
  - 1. Players must select their own position in box. There is no general rule except balance, individual ease, comfort and obvious physical ability to reach any ball in the strike zone. This zone is 17" wide and between the players shoulders and knees. Players should be encouraged to experiment as to their location in the batter's box. They will discover by actual trial whether they get better results by standing away from, or close to plate or to the rear, or forward in the batter's box.
  - 2. The bat should be held in a hitting position arms and elbows away from the body to give perfect freedom to the arms and wrists as the swing begins.
- B. With the delivery of the ball by the pitcher, these things should follow in order by the batter:
  - 1. His eyes pick up and follow the flight of the ball until he meets it with his bat or until he "takes".
  - 2. He "steps to hit" not steps and hits. (Big difference here. The last position of his stepping foot may be in, or back, depending upon the pitch. Therefore, he must not commit himself too early.) The step should be short. The overlong step is called "overstriding" the overstride introduces an unnecessary (and fatal) burden for the eyes to overcome. The batter forces the eyes to the additional burden of compensating for the sudden lowering of the entire body. On a low curve he already must meet the approaching ball which comes toward him in three planes: forward, out and down. If he lowers his shoulders, he adds a fourth down. There are and have been great hitters who are overstriders but very few.

- 3. The pitch is on its. way. The batter has been ready. He now swings or takes. What determines his decision? (a) The manager's orders, or if none, (b) the batter's decision "It is outside the strike zone, I'll take" "There are men in scoring position, I'll swing" "The count is 3-0, 2-0, 3-1, I'll take" "The ball is close enough to be called a strike and (if the situation is right) I'll swing." HE MUST NOT BE A GUESS HITTER. NO DECISION, EXCEPT ON THE MANAGER'S ORDER MUST BE MADE UNTIL THE FLIGHT OF THE BALL REQUIRES A DECISION. (At this point, emphasize that all great hitters are the aggressive type. They want to swing. Winning teams are composed of aggressive hitters. But, they do not hit bad pitches. They make the pitcher "bring it in" to the strike zone.) "Any ball close enough to be called a strike is close enough to hit."
- 4. The batter "levels off". This means that his bat is swung in an arc that enables the bat to meet the ball at the instant the bat is parallel to the ground, the result being that the batter is able to exert his utmost power, the bat strikes the center of the flying ball "he gets more wood on it" and the ball carries further and faster. The "upper-cutter" invariably hits under the ball and, if hit at all, he only gets "a part of it."

The batter's maximum power - the result of his stance, his step and his level swing - should enable him to meet the ball "out in front" - that is, over the front edge of the plate. His swing should carry through the ball - called "follow through" - giving his maximum power to his swing which means distance and speed to the batted ball.

The batter's swing is determined by everything he is. His feet and how he handles them; his legs and how he synchronizes them in the production of power for the moment of the bat's impact with the ball; his arms as he projects the strength of legs, body and arms through the bat to the ball, and

Finally, and most important, that ultimate reservoir of power in the wrists - "good wrist action" - "the snap of the wrists" - by which the batter gets that last, full strength of his entire body into the swing. "Good wrists" is the mark of a good hitter.

### THE BUNT

There are three kinds of bunts, all of them require dexterity with the bat. Every player should be instructed in their use and how to execute them.

1. The sacrifice bunt. With no variation in his usual stance, the batter shifts, as the pitch is delivered, to a position facing the pitcher, the bat held level across the plate, firmly in his left hand but the right hand allowed to slide loosely toward the bulge of the bat and, as the ball reaches the strike zone the batter places the bat against the ball as if he were catching it – with the bat! To direct the ball a few feet down the 3B line, the batter moves the large end of the bat forward just before the impact....or moves the short end forward to deflect the ball down the 1B line. The sacrifice bunt is on order by the manager and is designed to advance the runner into scoring position. On the sacrifice the batter "gives himself up" – but he should endeavor to reach 1B as at every other time at bat.

- 2. The bunting for base hit. This bunt is used with no runners on and is usually employed when the batter discovers lethargy on the part of the defensive first, or third baseman, or when for tactical reasons he wishes to vary his attack for the purpose of upsetting the defense. The batter withholds any move that indicates he intends to bunt until the last possible second and then allows his front hand to slip down the bat a trifle, meanwhile changing the direction of the bat to deflect the ball toward the base line. It is a surprise move, depending upon dexterity, accuracy and a quick get-away from the plate for its success.
- 3. The drag bunt. This also is an "upsetring" maneuver used if and when the batter believes that the second baseman or the shortstop are playing so deep at their positions that, once the ball is bunted at half speed past the pitche: to his right or left the batsman will be able to reach first before the infielder can reach the field and ball. Left handed batters usually can "drag" more successfully than right handed batters as position at the left hand side of the plate gives them one or two strides toward 1B before the right handed batter can get under way. Much practice is required to "drag" successfully as the half-speed of the ball as it passes the pitcher and the necessity for directional accuracy are hazards to be overcome. In all bunting, practice and more practice is required.

#### THE HIT AND RUN

This offensive play is used with runners on first and second base and depends for its success upon the batters ability to place his hit. The runners, on signal from the manager to the runners and the batter, start with the pitch and the batter is required to attempt to place his hit through the position vacated by the infielder who has left his position to cover the base. Hitting through the second base position is "hitting behind the runner". If by close observation the batter discovers that the shortstop will cover 28, he may elect to hit through the shortstop's position. The defense is usually on the alert to catch any indication that the hit and run is to be used on the next pitch and in that event the pitcher may deliver a bail wide of the plate - "the pitch out". However, the batter must try to hit the ball even if it is wide of the plate in order to protect his runners - or at least to disturb the catcher and cause a wild or delayed throw to the base.

## PLACE HITTING

Any player, by constant practice, may develop the ability to hit the ball to the right, the left or straight away. "Pepper games" develop this ability. It is a matter of the timing of the swing together with the proper shifting of the player's stance. The right handed barter's left foot being placed forward and toward the plate in "the step" will most trequently send the ball toward right field. Likewise, the placing of the left foot back from the plate in "the step" will automatically turn the body so that the swing will direct the ball to left field. The reverse will be true for left handed batters. The coach, with a player who frequently strikes out, may overcome that batting defect by saying to the player "Hit this one to right" - "Now, hit this to left" - "Now, center." Before long the batter discovers he can hit the ball. If he believe he can hit the ball, he will strike out less frequently.