

# Iowa High School Baseball Coaches Association

JANUARY NEWSLETTER 1974

VOL. 6 NO. 4

**1974 GOALS:** The Baseball Coaches Association wishes each of you a Happy and Winning New Year in 1974. Each year we list some goals that we would like to achieve:

- 1/ The best baseball Clinic in the Mid West
- 2/ All coaches active in the Coaches Association
- 3/ Improvement in the baseball programs at the schools throughout Iowa
- 4/ All schools offer a sophomore program
- 5/ 400 paid members
- 6/ Identifying coaches and people in baseball who have served baseball over the years in Iowa.
- 7/ That all coaches take a real interest in the sport and boys they are serving.

**NEW DISTRICT REPRESENTATIVES:** In the December Newsletter you received a ballot to elect your new district representatives. Enclosed you will find the winners in the different districts. Congratulations to the winners. The new directors will take office March 15, 1974 at the Annual General Meeting. They should plan to attend the meeting on March 14, 1974, at 7:30 P.M. and participate in the meeting Friday morning and the General Meeting at 11:00 A.M. Friday. 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 morning, March 15, 1974 at 11:00 A.M.. The nomination committee will present a slate of officers for the members to elect. The new officers will take office at this meeting.

**HALL OF FAME:** The Hall of Fame nominees have been notified and invited to attend the Clinic and banquet on Friday, March 15, 1974. Not only will we honor the Hall of Fame but Coaches who have served over 15 years, College Coaches of the Year, High School District Coaches 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 MARCH 15-16, 1974:** In the last newsletter you found times and topics of our clinic for Session I. In this newsletter you will find Session II and 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. The charge for anyone who is not a member is \$10.00 to attend the Clinic. The Clinic is free if you are a member of the Association. The cost for the banquet meal on Friday will be \$4.00 and \$2.50 for the noon lunch on Saturday. If you order both your price will be \$6.00, a saving of 50¢.

The clinic will be open to High School Ball Players. It will cost them \$2.00 per day or a total of \$3.00 for the entire Clinic.

In February we will send out a brochure about the clinic. This will go to every coach in Iowa, plus the surrounding states. We have had interest in the clinic from Minnesota, Missouri, Illinois and Nebraska already. This year's clinic should be bigger and better. Make sure you attend and bring a coaching friend or players along.

**RESERVATIONS:** It is recommended that you get your reservations in early if you plan to stay overnight. I have talked to a number of Inn people and they suggest you get your reservations now. 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  
Ramada Inn, 5560 6th St. S.W., 319-366-7721  
Village Inn, 100 F Ave. N.W. , 319-366-5323

**HELP BY I.H.S.A.A.:** The Iowa High School Athletic Association is planning on helping once again on the expenses for the clinic instructional staff. They have contributed over the past years of the clinic. A real thanks is due the I.H.S.A.A. for their help. We can have a much better clinic with this help.

**DUANE JOSEPHSON ON CLINIC STAFF:** Duane Josephson will be with us this year. Duane has played pro ball since 1960 with 8 years being in the Major Leagues. Duane was one of the better hitting catcher's in the big leagues. He played with the White Sox and Red Sox.

**DON PROTEXTER ON CLINIC STAFF:** Don is the Morningside College baseball coach. Don has 25 years of coaching experience with an over all record of 167-163. His teams won the conference championship in 1960 and 64. Don has been inducted into NAIA Baseball Coaches Helms Hall of Fame in 1971. He will speak on outfield play.

Other staff members are Mo Drabowsky, former major league pitcher; Gordie Gillespie, Three time N.A.I.A. Coach of the Year, the only repeater in the history of the coveted honor; Carlton "Buz" Keller, Head of the Kansas City Royal Baseball Academy. Outstanding instructor, former pro player and college coach; Dr. Harley Feldick, Univ. of Iowa's team doctor. Dr. Feldick has given many in-service and clinics throughout the state on athletic injuries and drugs.

**MAP OF FIVE DISTRICTS:** A map of the five districts and listing of your new District Representatives are enclosed. Officers are listed at the bottom of the map. If you have something to be brought up at the board meeting in March, contact your district representative.

**CHANGE OF ADDRESSES:** If you plan to change your address, please make sure you inform the Executive Secretary of the change.

**LONGEVITY AWARDS:** Any coach with over 15 years of coaching baseball who has not be honored should send his name to the Executive Secretary with his record and places he coached. We would like to honor these men at our Annual Awards Banquet at the Clinic with a 15-20 or 25 year plaque.

**200 WIN CLUB:**All coaches who have won over 200 games, please send in your name and your record to the Executive Secretary. If you would like to receive a certificate for this accomplishment at our Sixth Annual Awards Clinic Banquet March 15, 1974.

**LETTERS FOR NEWSLETTER:**If you have anything to put in the newsletter, please forward your material. If you have anything to say constructive for the organization please write. Try to keep it to 150 or less. We are always in need of material.

**COLLEGIATE BASEBALL:** The national newspaper for baseball coaches. This is an outstanding paper with many clinic notes and features about people in baseball. I would recommend this paper for each coach. Collegiate Baseball, P.O. Box 50566, Tucson, Arizona 85703

**SURVEY RESULTS:** 90 Coaches responded to the survey. Some of the results are as follows:

- 1/ Number of Varsity games High 51 Low 15 Avg. 28  
(Larger schools tend to have more games)
- 2/ Number of Junior Varsity games High 25 Low 2 Avg. 12  
(45 schools surveyed have no J.V. program)
- 3/ Number of Sophomores games High 28 Low 4 Avg. 15  
(63 schools surveyed have no sophomore program)
- 4/ 26 schools surveyed had neither J.V. nor Soph program.

#### SALARY

- 1/ Head Coach Salary High \$1,700 Low \$250 Avg. \$900.00  
(Most of the larger schools are paying over \$1,000.00)
- 2/ Asst. Coach Salary High \$1,300 Low \$200 Avg. \$600.00  
(Over 50 schools that returned survey have no asst.)
- 3/ Some coaches are paid by the hourly rate. Others receive a % of base pay ranging from 12% to 6%.

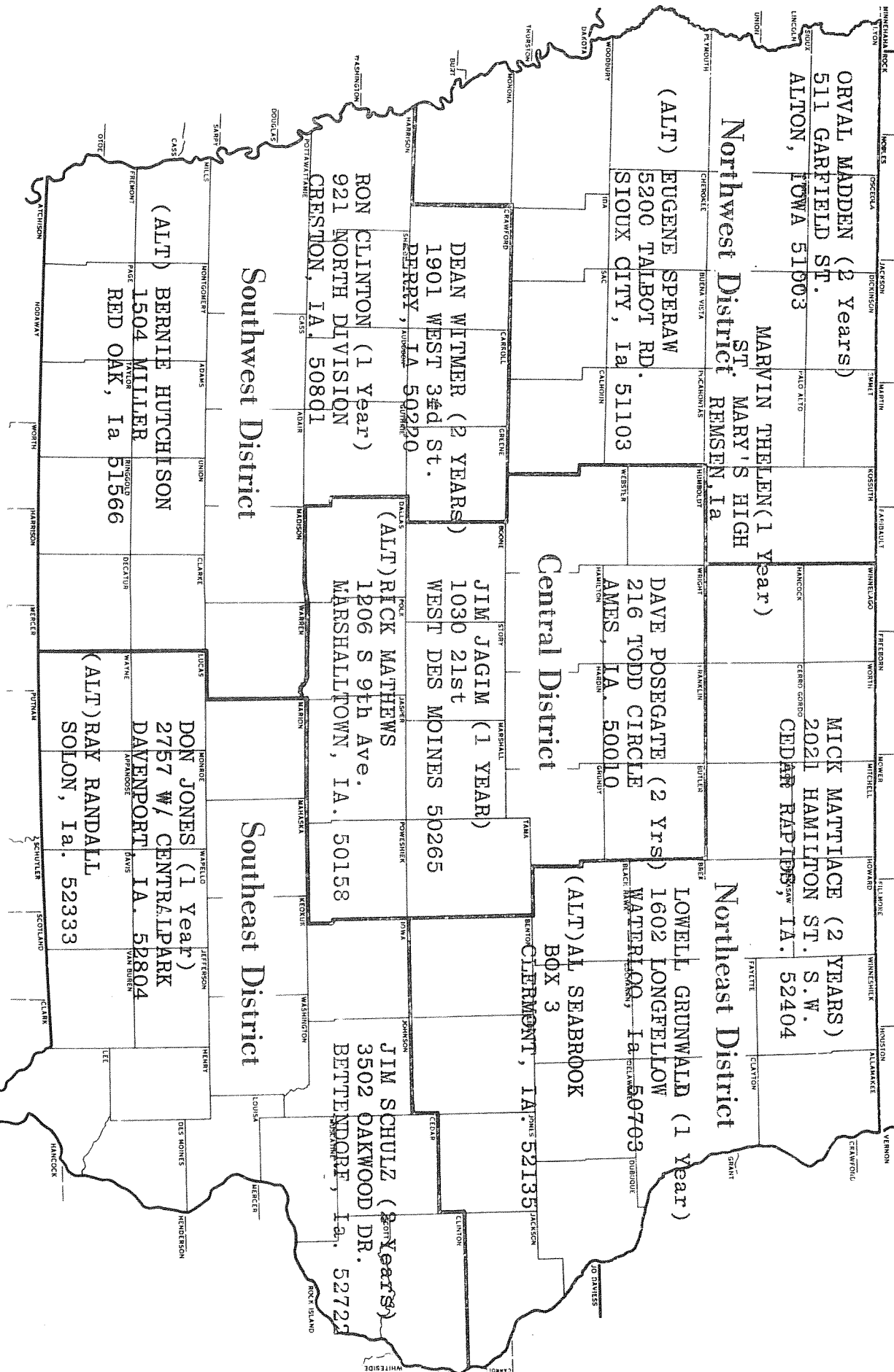
I hope this information can help you improve your program to some degree.

**ALL DISTRICT CERTIFICATES:** Coaches who had a boy make the All District team in 1973 may pick up your player's certificate at the Clinic. All you have to do is ask for it at the registration window any time after 2:00 P.M. Friday, March 15. The certificates are a great reminder to the player of his high school playing days. Make every effort to get it to him.

PRESIDENT: BILL FREESE  
 3310 TREMONT AVE.  
 DAVENPORT, IOWA 52803

VICE PRESIDENT: ED MC NEIL  
 1246 N. 24<sup>th</sup> ST  
 FORT DODGE, IOWA

# Iowa High School Baseball Coaches Association



TREASURER: DICK WAGNER  
 1904 SOUTH MAIN ST  
 BURLINGTON, IA. 52601

SECRETARY: DAVE HOYT  
 5111 E. AVE. N.W.  
 CEDAR RAPIDS, IA. 52405

EXECUTIVE SECRETARY  
 HAROLD "PINKY" PRIMROSE  
 4211 HIGH RIDGE RD. S.E.

## 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 to 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.

## CUT-OFF ASSIGNMENTS

FOR 1ST BASEMAN - On all base hits, and fly ball scoring situations, to right and center field you are the cut-off man except for three situations:

- a. Situation #17 - Single to right field between 1st and 2nd baseman with runner on 2nd base.
- b. Situation #19 - Single to right field between 1st and 2nd baseman with runners on 1st and 2nd.
- c. Situation #23 - Double, possible triple, down right field line with runner on 1st base.

When 1st base is occupied you are the cut-off man on all extra base hits except situation #23 when you are a trailer.

When the 3rd baseman dives for the ball and cannot recover to be the cut-off man, you become the cut-off man - situation #4.

FOR 3RD BASEMAN - You are the cut-off man in only four situations:

- a. Situation #3 - Single to left field with runner in scoring position.
- b. Situation #5 - Single to left field with runner in scoring position, judgment play, the throw should go to 2nd base.
- c. Situation #17 - When 1st baseman is pulled out of position on ground single between 1st and 2nd with runner on 2nd base.
- d. Fly ball situations to left field with a runner on 3rd.

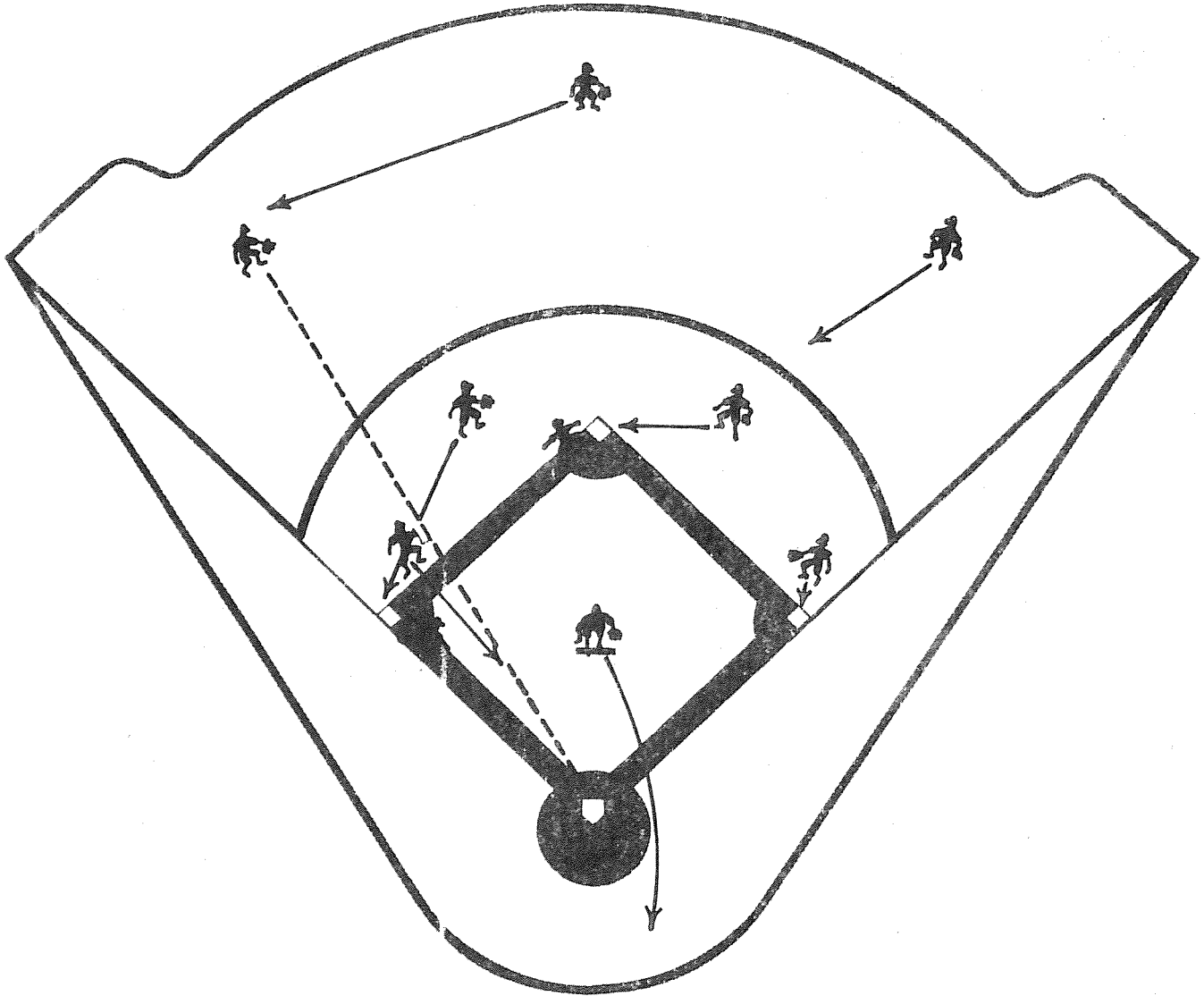
FOR 2ND BASEMAN - You are to cover 1st base on five situations:

- a. Situation #11 - Single to center field with runner on 2nd.
- b. Situation #13 - Fly ball scoring situations to center and right field.
- c. Situation #16 - Single to right field with runner on 2nd.
- d. Situation #17 - Single to right field between 1st and 2nd.
- e. Situation #19 - Single to right field between 1st and 2nd baseman with runners on 1st and 2nd.

FOR PITCHERS - You are the cut-off man on two situations:

- a. Situation #19 - Single to right field between 1st and 2nd baseman with runners on 1st and 2nd.
- b. Pop Fly situation #2 - Pop up in right field area.

SITUATION # 3  
Single to Left Field



Man on 2nd or  
Men on 1st and 2nd  
(Or bases loaded.)

Pitcher:  
Back up Home plate.

Catcher:  
Cover Home plate.

1st Baseman:  
Cover 1st base.

2nd Baseman:  
Cover 2nd base.

Shortstop:  
Cover 3rd base.

3rd Baseman:  
Be the cut-off man.

Center Fielder:  
Back up left fielder.

Right Fielder:  
Move in toward 2nd  
base area.





FRIDAY AFTERNOON --EVENING SESSIONS

Cedar Rapids Washington, March 15, 1974

SESSION I

12:00 - 12:50 REGISTRATION, Little Theatre  
 12:50 - 1:00 WELCOME: Bill Freese, President; Principal Don Nau; Cliff Brees,  
 Activities Coordinator  
 1:00 - 1:45 MO DRABOWSKY (Relief pitching)  
 1:45 - 2:30 GORDIE GILLESPIE (Bunting & Special Plays)  
 2:30 - 3:00 TOM VINCENT (How to attack coaching problems)  
 3:15 - 4:00 BUZ KELLER (Fundamentals of Infield Play)  
 4:00 - 4:45 DR. FELDICK (Common Baseball Injuries & Drugs)

4:45 - 6:15 MINI CLINICS SEMINAR

<p>PITCHING                  Host: Ron Welsch, Eddyville                  Speaker: Mo Drabowsky</p> <p>FIELDING                  Host: Jim Jagim, West Des Moines                  Speaker: Buz Keller</p> <p>UMPIRES                  Host: Pat Daugherty, Indian Hills                  Speaker: Bob Vrbicek</p>	<p>HITTING                  Host: Don Jones, Davenport West                  Speaker: Gordie Gillispie</p> <p>BASEBALL INJURIES                  Host: Dick Wagner, Burlington                  Speaker: Dr. Feldick</p> <p>GYMNASIUM (For Students Only)                  Host: Ed McNeil, Fort Dodge                  Speaker: John Klippstein, Pitching                  Duane Josephson, Catching &amp; Hitting</p>
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AWARDS BANQUET 6:30 \$4.00

FEATURE SPEAKER: GORDIE GILLISPIE, Athletic Director & Baseball Coach  
 Lewis University  
 TOPIC: Closing the Generation Gap

SESSION II

SATURDAY MORNING SESSIONS  
 Washington High School March 16, 1974

SESSION II

8:00 - 8:30 REGISTRATION, Little Theatre  
 8:30 - 9:00 DICK WAGNER, (Planning Invitational Tournaments)  
 9:00 - 9:45 GORDIE GILLIPPSIE (Base running)  
 9:45 - 10:30 BUZ KELLER (Drills for Improved Individual Technique)  
 10:30 -11:15 DUANE JOSEPHSON (Catching)

11:15 -- 1:00 MINI CLINICS SEMINAR  
 (Lunch will be served during Mini Clinics --Catered \$2.50)

<p>PITCHING                  Host: Bill Freese, Davenport Central                  Speaker: John Klippstein</p> <p>CATCHING                  Host: Bob Locker, Des Moines Lincoln                  Speaker: Duane Josephson</p> <p>NEW EQUIPMENT TRENDS                  Host: Vern Bredeson, C.R. Jefferson                  Speakers: Sporting Goods Dealers</p>	<p>HITTING                  Host: Dennis Olejniczak, Decorah                  Speaker: Buz Keller</p> <p>CARE &amp; PREVENTION-DRUGS                  Host: Bill Sapp, Boone                  Speaker: Dr. Feldick</p> <p>GYMNASIUM (For Students Only)                  Host: Mick Mattiace, C.R. Prairie                  Speaker: Gordie Gillippie                  Mo Drabowsky</p>
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SESSION III

1:10 - 1:45 DON PROTEXTER, (Outfield Play)  
 1:45 - 2:30 DUANE JOSEPHSON (Hitting fundamentals)

2:30 - 4:00 MINI CLINICS SEMINIAR

<p>PITCHING                  Host: Rick Matthews, Marshalltown                  Speakers: Mo Drabowsky                  John Klippstein</p> <p>HITTING                  Host: Jim Schulz, Bettendorf                  Speakers: Duane Josephson</p> <p>FIELDING OUTFIELD                  Host: Dean Witmer, Perry                  Speaker: Don Protxter                  Gordie Gillippie</p>	<p>CATCHING                  Host: Al Seabrooke, Clermont-Elgin                  Speaker: Bob Locker</p> <p>NEW BASEBALL TRENDS                  Host: Chuck Burnett, Atlantic                  Speaker: Buz Keller</p> <p>GYMNASIUM (For Students Only)                  Host: Dave Posegate, Ames                  Speaker: Dr. Feldick                  Pat Daugherty</p>
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