

Iowa High School Baseball Coaches Association

FEBRUARY NEWSLETTER 1975 VOL.7 NO. 4

CLINIC MARCH 14-15: One month until the Iowa High School Baseball Coaches Association Seventh Annual Clinic! We hope you have made your plans to attend and bring the team along, the assistant coach and the coach "down the road" with you. Enclosed you will find a brochure about the speakers, topics, times, etc. Show it to your Athletic Director, Principal, and Superintendent and make sure you get the day off to attend a weekend of baseball.

BANQUET TICKETS: Enclosed you will find a card to return so we can make a reservation for you for the Friday banquet and noon lunch on Saturday. Fill it out and mail it back with your check covering your Clinic fees. Admission to the Clinic will be \$10.00 this year. This is for all members. It will include all meals, a notebook favor, and the opportunity to hear many top notch speakers. If you are not a member of the association it will cost you \$20.00 for the Clinic. This will include your membership. High School students rates are still the same \$3.00 for full clinic or \$2.00 per day. If they want to eat the meals will cost the students \$7.00 so for a \$10.00 a student can attend the clinic and have their meals.

Remember, if you are not a member of the coaches association by March 1, 1975, the clinic will cost you \$20.00. Make sure your check is payable to the Iowa High School Baseball Coaches Association. We will only order as many meals and noon lunches as we have paid reservations.

MORLEY FRASER BANQUET SPEAKER: One of the country's leading banquet speakers. Morley Fraser is presently Assistant to the President of Albion College. Before he became Assistant to the President, Morley teams won eleven MIAA titles. He is faculty sponsor of the Albion College Fellowship of Christian Athletes. The Albion fellowship received National Awards in both 1972 and 1973. He is Vice President of the 1973-74 Michigan FCA program. He averages over 140 speaking engagements per year. It will be worth the price of admission just to hear him speak. His topic will be "Lasting values of Athletics!"

HALL OF FAME ANNOUNCED: Enclosed you will find the press release of the 1975 Iowa High School Baseball Coaches Association Hall of Fame. A brief history follows each man's name. Not only will we honor Hall of Fame, but coaches who have served over 15 years, College Coaches of Year, High School District Coaches of Year and High School Coach of Year. We hope you all are planning to attend and help honor these people.

200 WIN CLUB: Enclosed you will find the coaches who have won over 200 games. These coaches will receive a certificate for this accomplishment. We will have four different clubs. The 200 win, 300 win, and a 400 win club. The coaches who's name is underlined will receive a certificate.

SUPPORT OUR ADVERTISERS: Eby's Sporting Goods and Cedar Rapids Sporting Goods will appreciate your visit to their booths during the clinic. You will see their ad on the back of the program. They are helping off set the cost of the Clinic by their ads. Remember to thank them for their support.

RESERVATIONS: It is recommended that you get your reservations in early if you plan to stay overnight. I have talked to the Inn people and they all think it is important for you to call in your reservations. 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
Montrose Hotel, Downtown, Cedar Rapids, 319-364-9111
Ramada Inn, 5560 6th St. S.W., 319-366-7721
Village Inn, 100 F Ave. N.W. 319-366-5323

NIGHT CAP: After the Friday banquet all coaches, umpires, fans will meet at the Holiday Inn for an evening "night cap". Plan on this "off the cuff" get together. This is all baseball talk. Many "big stories" are told here. Over the years this has been one of the high lights of the clinic. Many friendships are renewed at this get together.

BOARD OF DIRECTORS MEETING: The next Board of Directors meeting will be held at Cedar Rapids Washington, March 13, 1975, starting at 7:30 p.m., Little Theater. Everyone is welcome to attend these meetings. All Old Directors and Newly elected Directors are to attend these meetings. Committee meetings will be held Friday morning March 14. If you are on a committee you should attend these sessions. We need 100% attendance if our organization is to move forward in the years to come. Conference representatives should try to attend.

BROCHURE ENCLOSED: The typesetting of the brochure you have in this letter has been donated to us by Marv Howsare of Art Gray's Typographic Service. Marv is an umpire in the Cedar Rapids Area and this is his donation to the baseball coaches association. If you see Marv around the clinic, give him a big thank you. The printing of the brochure and the layout has been donated to us by the Cedar Rapids Community Schools.

MAP TO WASHINGTON HIGH SCHOOL: Enclosed you will find a map of Cedar Rapids and the directions to Washington High School. All roads will lead you to the best clinic in the Mid West on March 14-15.

CLINIC GROWTH: You might be interested in the growth of the Clinic over the years. Here are some figures that will show the growth of the Clinic

1969--160	1970--195	1971--264	1972--420	1973--430	1974--465
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GOAL FOR 1975 500

We need your support and interest to achieve our goal of 500 for this year's Clinic. Remember your students are invited to come. We have a number of coaches who are planning to bring bus loads of students.

ANNUAL MEETING: The officers will be voted on at the Annual meeting of all membership in attendance to be held Friday morning March 14, 1975 at 10:30 a.m., in the Little Theater. The nomination committee will present a slate of officers for the members to elect. The new officers will take office at this meeting.

CLINIC PRE-REGISTRATION: In order to speed up the clinic registration it would be very much appreciated if you would pre-register by sending in the Clinic Pre-Registration card. This should be sent to:

Harold "Pinky" Primrose
4211 High Ridge Rd. S.E.
Cedar Rapids, Iowa 52403
Phone 319-365-4184 or 398-2142

500 AND OVER WIN CLUB

Vince Meyers, Bancroft
 Merle "Midge" MaKeever, Davenport (Retired)
 George Thomson, Cedar Rapids Roosevelt (Retired)

1,000 plus wins

400 AND OVER WIN CLUB

Fred "Zebe" Larson, Waterloo West (Retired)
 Harold "Pinky" Primrose, Cedar Rapids Washington

300 AND OVER WIN CLUB

Bernie Hutchison, Red Oak
 Pat Daugherty, Indian Hill Community College
 Buck Cheadle, Pekin Packwood (Retired)
 Jarold Lister, North Tama
 Vern Bredeson, Cedar Rapids Jefferson
 Ed McNeil, Fort Dodge
 Dick Wagner, Burlington

200 AND OVER WIN CLUB

Daniel (Bill) Moore, Council Bluffs (Retired)
 James Denner, Waverly-Shell Rock
 Al Sutton, Emmetsburg
 Bill Lehr, Clinton
 Bill Freese, Davenport Central
 Dale Alderson, Meridan-Cleghorn (Retired)
 Jim Opoein, Ruthven
 Jim Jagim, Valley West Des Moines
G. Kent Folsom, Dysart
 Earnest Oppermann, Wartburg College
 Vic Belger, Rockwell City
 Bob Vrbicek, Cedar Rapids Taft
Estel Alexander, Hubbard
Jim Kloewer, Stuart Menlo

HONOR ROLL OF COACHES:

CONFERENCE CHAMPS	SCHOOL	COACH
DES MOINES METRO	Dowling West Des Moines	Don Mauro
RACCOON RIVER CONFERENCE	Bondurant-Farrar	Terry Vander Pol
MID IOWA CONFERENCE (Tie)	Dike	Bob Budolfson
	Beaman-Conrad	Byron Rhodes
	Dysart-Geneseo	Rex Raub
LITTLE SIOUX CONFERENCE	Sergeant Gluff-Luton	Tom Stahle
SOUTHEAST SEVEN CONFERENCE	Oskaloosa	Don Swim
WAMAC CONFERENCE	Maquoketa	Dick Wold
SOUTH CENTRAL	Centerville	Bob Leech

PLAYERS PLAYING COLLEGE BASEBALL: We have been asking for the coaches to send in the name of their players who are out for baseball at any school or professional baseball. We will publish this in the March-April newsletter. So coach please submit the names of your former ball players so we can list them.

WISCONSIN HIGH SCHOOL CLINIC: The Marriott Inn, Milwaukee will host the 1975 Clinic. Dates are February 14 & 15. Speakers are: Itch Jones Souther Illinois Univ.; Duane Banks, University of Iowa; Tom Meyer, Wisconsin University; Russ Tiedeman; Univ. of Wisconsin-Oshkosh and other high school speakers. \$12.00 Registration at Door. For further information call Tom O'Connell, Milwaukee Pulaski High School.

WIVES ARE WELCOME: If sufficient coaches (minimum 15) plan to bring their wives along to the Clinic, they can have a tour of the Amana Colonies starting at 1:00 p.m., Friday, March 14. The tour would return around 5:30 p.m.. On Saturday they could spend the day shopping in Cedar Rapids. In order to reserve a bus for the tour, we would like to have advance reservations of \$5.00 per person. Your wife would also enjoy hearing Morley Fraser speak at the Friday banquet (price for her \$4.50). Bring her along and have a good week end!

WEIGHT PROGRAM:

UNIVERSITY OF ARIZONA

BASEBALL WEIGHT TRAINING PROGRAM *

By Jerry Kindall
Baseball Coach

This program is designed to Increase Strength with the emphasis on Long, Lean Muscle development.

The following strength development principles are used:

- 1) Stress the importance of a good warm-up.
- 2) Particular emphasis during the pre-season program is placed on the development of triceps, shoulders, chest, arms and wrists.
- 3) The key to this program is to stress the importance of doing each exercise with a full range of motion, moving from complete contraction to complete extension during each repetition.
- 4) Stress doing the exercises with speed and explosive power, as these are ingredients conducive to the fundamentals of baseball skills. (Go slowly for the first three workouts, then add briskness to your actions.)
- 5) Stations for lifting should be established in such a way as to eliminate any safety hazards. Alignment of stations should not require an athlete to exercise the same major muscle group two stations in succession.
- 6) Set up a good alternate day program (using the baseball skills running, hitting, fielding and throwing as well as stretching exercises) in areas of the body where maximum lifts are being stressed.
- 7) The essence of this program is good daily supervision with the realization that it is only a supplement to skill development.

* We want to give credit to Joe Hicks, Baseball Coach, Long Beach City College, Long Beach, California for designing much of this program and sharing with us his expertise in baseball weight training.

Iowa High School Baseball Coaches Association

NEWS RELEASE

TO BE RELEASED FEBRUARY 1975

WRITTEN BY TAIT CUMMINS

CEDAR RAPIDS: (Special)--Five new members of the Iowa High School Baseball Coaches Association "Hall of Fame" will be added to the thirty three names already enshrined in that respected company at the group's annual banquet March 14 in Cedar Rapids, at which time the Seventh Annual Clinic will also take place.

The common link between the five inductees can be summarized in one word--dedication. Baseball was more than a game to them; it was life itself for Robert Bowers of Center Point, Wayne Heintz of Des Moines, Joe McDermott of Granger, the late Earl Proctor of Mount Pleasant and Marv Thelen of Remsen. More about each of them later, first, the selection process.

A nominating committee receives suggestions from far and wide and conducts in-depth studies that may cover years while assembling data concerning nominees. The final choices are based on a wide spectrum of baseball, ranging from high school, college, American Legion, and professional at all levels.

There is no set formula. Batting averages, pitching averages, won and lost coaching records, scouting finds and other facts all have a place in the selection process. But in the final analysis, all fall into place to meet this test: "What did he contribute to the game above and beyond personal gain for the betterment of baseball".

On an alphabetical basis, BOB BOWERS comes first. In thirteen seasons at Center Point high school, Coach Bowers put teams in 47 tournaments and was never shut out in a single year. His teams won 183 games and lost 96. Center Point went to the state final twice; sub-state twice, district 17 times and to sectionals 26 times.

But the inside story is the key to the Bowers' story. Reporting to one of the several small schools in Linn county outside Cedar Rapids, Coach Bowers was greeted by a defeatist attitude based on the huge size advantage held by the Cedar Rapids giants. Instead of falling into the frame of mind, Coach Bowers turned the attitude around and booked every possible game with the giants.

Victories came eventually, thanks to a stern code of discipline and moral standards which moulded every team he produced at Center Point into a pattern of consistency which set them apart from the common herd. Now in retirement as a coach, Bowers serves in the classrooms where he teaches children of his former players.

WAYNE HEINTZ, now of Des Moines, is a perfect example of what baseball is all about. From the day he pitched the Collins high school team to a state championship in 1924 until he retired in 1970, he served the game in every conceivable way--as player, umpire, coach and teacher. His 1939 Winthrop team reached the state finals and his Des Moines Lincoln teams from 1947 through 1969 were perennial powerhouses.

Coach Heintz looks back with fond pride on young players he helped develop, including such as Wendell Hill, Ernie Carson, Jim Robertson, Joe Zahn, Bill Parks, George Zahn, John Zahn, Kent Folsom, Nick Bellizzi, Bill DeBlonk, Doug Parsons, Norm Singleton, Phil Zahn, Paul Joyce, Cy Cherry and Russ Deardon.

On a personal note, Coach Heinz rates 1931 as his red-letter year. As a pitcher-outfielder for then Iowa State Teacher college--now Northern Iowa University. He received the most valuable player award and the college award for scholarship, sportsmanship and athletics.

There is no way to describe JOE McDERMOTT except "Mr. Baseball." The genial veteran looks back on 61 years of baseball as he enters his 80's. And he "touched all the bases" as player, manager and finally a scout. He played for Merville high school when he was 13 and scouted for the New York yankees when he was 77. In between, life was all baseball.

Notables signed by Joe McDermott include such as Bill Skowron, Bob Cerv, John Blanchard, Stan Bahnsen, Marv Felderman, Russ Snyder, Ken Hunt, Jack Urban, Bill Burbach, John Hopp, Max Marshall, Hugh Luby, Al Papai, Bob Loana and many others who also played in the majors. McDermott was a catcher and western Iowa baseball fans will never forget the battery of Joe Lotz and Joe McDermott. They were the ones you hired for the Big games you simply had to win. They'd win.

A heart-warming story surrounds induction of the late EARL PROCTOR of Mount Pleasant into the "Hall". He founded and built American Legion baseball in that city almost from scratch. Thanks to the infusion of his personal funds and time, American Legion baseball became the showcase of his city. So much so, that the only individual award given at the Annual American Legion Tournament in Iowa is the Earl H. Proctor trophy for the most valuable player. His widow and children hope to be present for the induction March 14.

Granville, Melvin, Marcus and Remsen can all claim MARV THELEN, the fifth of the 1975 inductee, with fond recollections because wherever he coached, baseball and those who played it under his guidance prospered. A bachelor, Coach Thelen solved most baseball financial problems which might arise with his own money. A close friend estimates \$20,000 wouldn't cover all the cost this dedicated lover of baseball has invested during a career which extends from 1949 to the present. Figures are available only for his last five years at Remsen--192 wins and 105 loses, with five sectional titles.

Previous inductees into the Hall of Fame were Joe Bailey, Everett Barr, Jay Beekmann, Ken Blackman, Pete Cramer, Dick Davis, Alex Evans, Bill Holstrom, Roy Jepsen, Emil Klumpar, Fred "Zebe" Larson, Orval Madden, Ray Manship, Vince Meyer, Merle "Midge" McKeever, R.G. Hap Miller, Hamlet Peterson, Jeff Pickart, Harold "Pinky" Primrose, Harold Schmickley L.A. "Lefty" Schnack, Cy Slapnicka, Elmer Starr, Bud Suter, Chick Sutherland, Estel Thomson, George Thomson, Cap Timm, Hal Trosky, Frank Tvrdik, "Mon" Whitford, Otto Vogel, and Doc Zimmer.

All are living except R.G. "Hap" Miller, Hamlet Peterson, L.A. Schnack, Bud Suter, "Mon" Whitford, Otto Vogel, and Doc Zimmer.

If anyone would like to attend this Awards Banquet, they must purchase tickets in advance by writing to: Harold Primrose, 4211 High Ridge Rd. S.E. Cedar Rapids, Iowa 52403. Price per ticket is \$4.50.

Following is the suggested sequence. Each exercise if listed with a tentative or approximate weight range and starting number of repetitions. A player can start at 1 and go numerically through to 15. If a player starts anywhere except 1, he should progress numerically and then transfer from 15 to 1, then continue until all exercises are completed. (Each description of the individual exercise constitutes one repetition.)

1. ALTERNATE CURL & PRESS

Weight - 15# to 30# each dumbbell; Rep - 1 x10

Stand upright with elbows close and relatively fixed to the sides of the body. Arms are straight to begin with and weights are curled to a position in front of shoulders. Turn weights 180° so palm is upward. Press upward with explosive quickness to extended arm position. Return weights slowly to starting position using opposite procedure.

2. SQUAT JUMPS

Weight - 10# to 50# each dumbbell; Reps 1x20

Stand upright and hold a dumbbell in each hand. One foot is slightly ahead of the other and your eyes are on a spot high on the opposite wall. Slowly bend to a "half squat" position and jump vigorously to your highest possible height, keeping your eyes on the same spot, while letting your arms just hang while holding the weights. On each successive repetition, alternate which foot is ahead and which is to the rear.

3. WRIST ROLL

Weight - 5# to 15# - Reps 4 ways

Weights tied to rope and fastened to bat or rod of some sort. Hands slightly below shoulder level with elbows slightly bent. The weight is rolled upward and downward using full range of motion wrist actions in both directions. Up is 1, down is 2 etc... Roll opposite to 1 when doing 2. Roll the same in 3 as in 2, and the same in 4 as in 1. (You should increase the reps to 8 before adding extra weight.)

4. FLYS

Weight - 2 1/2# to 20# each dumbbell; Reps 3x5

Lie supine on a bench, arms out straight at the sides, bring the weights straight up and touch them to each other, then return to starting position. After 5 reps, take the weights in a full circle down near the thighs, out to the side, up over the head and then touching them with the arms straight up. After 5 of these, reverse the circle and do 5 reps in the opposite direction. (If you have to bend the elbows, you are using too much weight.)

5. ARM CIRCLES

Weight - 2 1/2# to 12# each dumbbell; Reps 1x10

Standing, start with arms straight, palms facing thighs. Keeping arms straight and palms facing each other, raise weights overhead and behind head as far as possible. Bring weights down, bend over at the waist and facing palms to the rear (similar to a butterfly stroke in swimming), do two full circles and return to starting position.

6. TRICEPS

Wall Pulleys; Reps 1x10

If wall pulleys are available, the athlete should isolate each tricep by using separate hand grips. Immobilize the muscles of the shoulder and isolate triceps throughout exercise by putting foot on bench and then hold elbow on the knee. When able to do the 10th repetition in the second set -- increase poundage. Do exercise with right arm and then left or vice versa.

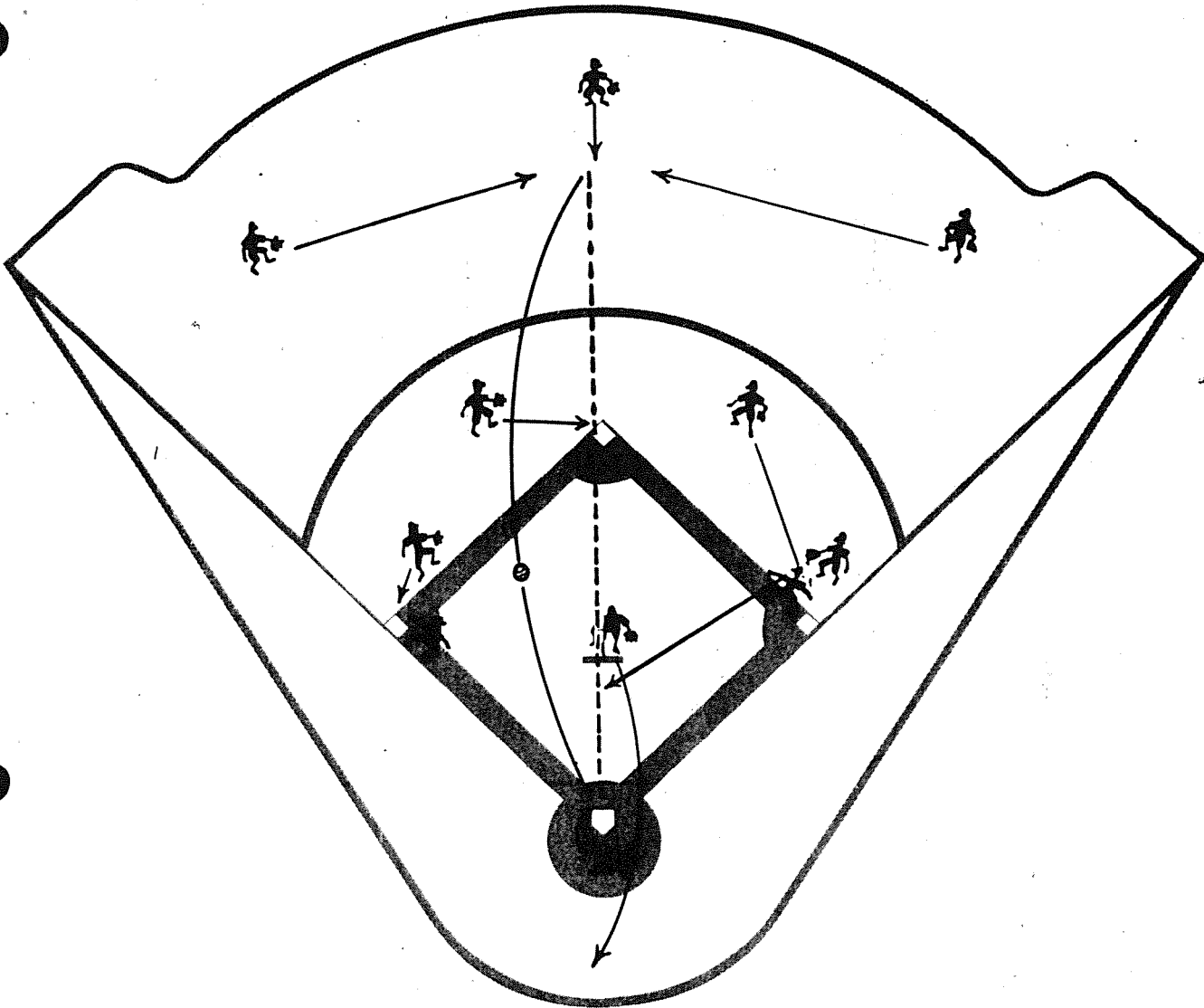
HITTING STATION

Isometric & Isotonic; Reps 10 plus 10x2

Performed with nylon rope attached to a bat. Anchor at shoulder level or above. Isometric portion is 10 seconds followed by a gradual 10 sec. pull-through against resistance provided by partner. Concentrate on good hitting fundamentals.

8. THROWING STATION
 Isometric & Isotonic; Reps 10 plus 10x2
 Performed with nylon rope attached to ball. Anchor above shoulder height. The isometric portion is 10 seconds followed by a 10 second pull through against resistance provided by partner. Emphasize the importance of elbow being above the shoulder and the usage of the natural throwing motion of the individual involved. The exercise is designed to have the arm and shoulder doing the work and not the legs and back. Excessive body lean indicates too much leg and back stress.
9. HANDGRIPS
 Weights - light to heavy duty; Reps 2x25
 With the full hands gripping, alternately squeeze, making them touch and then relax. After the first set, set the grips down "shakeout" the hands and regrip the handgrips with just the thumb and first two fingers. Alternately squeeze and relax.
10. BENCH PRESS
 Weight - 80#-180#; Reps 1x10
 Lie supine on a bench, with hands directly in front of your shoulders, and no wider, straighten arms with explosive quickness to straight arm position and then lower weight to starting position.
11. ROTATORS
 Weights - 5# to 10# each dumbbell; Reps 1x10
 With one plate taken off each dumbbell, you grasp the stem that is left and point it and the remaining dumbbell upward, resting the forearms on the thighs from a sitting position. Both hands rotate their respective dumbbells to the left, straight up, to the right and then back to the starting position.
12. WRIST CURL
 Weights - 5# to 30# each dumbbell; Reps 1x10
 Sitting position, rest the forearms on the thighs palm up, hang the dumbbells over the knees as far as the fingers will allow. Lean forward so the shoulders are more forward than the elbows in an effort to relax the upper arm and isolate the forearm muscles. Keeping the forearms on the thighs, curl the weights up as far as possible and let them down.
13. REVERSE WRIST CURLS
 Weights - 5# to 15# each dumbbell; Reps 1x10
 Sitting position, rest the forearms on the thighs with palms down. Hang the dumbbells over the knees as far as you can without bringing the forearms off the thighs. Leaning back will bring the muscles of the lower arm into a good angle for extension of the wrist joint. Keeping the forearms on the thighs, curl the weights up as far as possible and let them down.
14. PULLOVERS
 Weights - 5# to 25# each dumbbell; Reps 1x10
 Lie in a supine position on bench with head on bench. Palms facing each other with arms straight to the ceiling, slowly lower weights as far as you can behind your head, trying to touch the floor. Start the weights upward with the bent elbows leading. After the elbows travel about 6", straighten the arms attempting to "throw the weights to the ceiling". Keep the arms straight and bring them along side the body and do two wrist actions similar to the "flat wrist action" used in batting. Keep the arms straight, return to the starting position. (Keep the palms facing each other throughout and as close together as possible.)
15. BAR HANG
 Hang from bar with arms fully extended and palms facing away. Hands about shoulder width apart and remain motionless for one minute. Repeat exercise.

SITUATION #13
Fly Ball to Center Field or Right Field



Runners on 1st and 3rd
or bases loaded.

Pitcher:
Back up Home plate.

Catcher:
Cover Home plate.

1st Baseman:
Be the cut-off man.

2nd Baseman:
Cover 1st base.

Shortstop:
Cover 2nd base.

3rd Baseman:
Cover 3rd base.

Left Fielder:
Move toward fly ball.

Right Fielder:
Move toward fly ball.

