

Iowa High School Baseball Coaches Association

MARCH--APRIL NEWSLETTER 1976

VOL. 8 NO. 4

CLINIC SUCCESS: The Eight Annual Iowa High School Baseball Coaches Association Clinic was another successful clinic. Here are the figures that will show the attendance of the Clinics.

1969--160	1971--264	1973--450	1975--563	1977--???
1970--195	1972--420	1974--465	1976--480	

The Clinic speakers did a tremendous job once again. The mini clinic sessions continue to be the highlights of the clinic.

All sessions were taped. If you are interested in hearing any of the speakers, you may send \$2.75 and you will receive a cassette with the topic of your choice. The mini clinics were not taped. Send in your order now and you will get your cassette in the near future.

HALL OF FAME-INDUCTS FOUR NEW MEMBERS: The Coaches' Association inducted into its Hall of Fame four more outstanding baseball men. There were: Bill Freese, Davenport Central; Bob Oldis, Iowa City; Bill Sapp, Boone; and Doc Dorman, Upper Iowa University. Each received a plaque and a certificate.

A large number of past Hall Fame members returned to enjoy the clinic and banquet. Merle "Midge" MaKeever came back from Delaware to be with us. This was Midge's 72 birthday.

1977 NINTH ANNUAL CLINIC WILL FEATURE TED WILLIAMS: Word has been received from Mike Ahlstrom, Sears Sports Advisory Staff Coordinator that Ted Williams will be at the 1977 I.H.S.B.C.A. Clinic, March 11 and 12. It will be held in Cedar Rapids Washington High School.

DISTRICT COACHES OF THE YEAR: Five District Coaches were honored. They were Jim Walker, Granville-Spalding, Northwest District; Dale Lesle, St. Bernard, Breda, Southwest District; Rick Mathews, Marshalltown, Central District; Lowell Grunwald, Waterloo East, Northeast District; and Dick Wagner, Southeast District.

Each coach was nominated last July at the District meetings held in the respective Districts. A candidate must be a member of the Coaches Association. He must have coached for a least two years in his present school. He must be a promoter of High School Baseball in his District. are the qualifications to be come the District Coach of the Year. Each coach received a certificate and trophy.

DICK WAGNER COACH OF YEAR: Dick Wagner was elected Coach of the Year. Dick did an outstanding job over the past 15 years of his coaching. He was choosen Coach of the Year in 1971, was also named Coach of the Year in St. Louis by the A.A.C.B.C.. In 1975, Dick's team won the Summer State Championship, plus putting Dicks total record over the 400 mark.

MIDWEST LEAGUE WILL HONOR YOUR MEMBERSHIP CARD: Any team in the Mid West Class A Professional League will honor your membership card. We hope you take advantage of this. There are 7 Minor League teams in the State of Iowa. This is one of the top five states in the Country for the number of Minor League teams. There is a lot of baseball interest in the State!

FINANCIAL HELP FROM I.H.S.A.A.: The Iowa High School Athletic Association helped on the expenses for the clinic instructional staff once again. A real thank you is due the Board of Control and Bernie Saggau, Dave Hardy for their help and support.

CONTRIBUTOR OF YEAR AWARD TO SUPT. OF SCHOOLS WAYNE FULLMER: President Jim Jagim honored Supt. of Schools Wayne Fullmer, Wall Lake, for his contribution to high school baseball and the coaches association. He has spent many years as a player, umpire and leader of this sport. Congratulation to Mr. Fullmer.

CONFERENCE REPRESENTATIVES: Would the conference representatives please send in your conference schedules to the Executive Secretary. This is needed in case a scout call's and asked for a team's schedule.

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 score to the radio and television stations in your local area. Promote baseball by helping the press and radio people. In the long run it will help your program. Would the football and basketball programs be successful if they did not turn in their scores like a majority of the baseball coaches do not. You owe it to your ball players, and fans.

THANKS TO OUR ADVERTISERS: A big thanks to all our advertisers for coming to the clinic and displaying. This year we had in attendance, Curve Master second year, Eby's Sporting Goods, 8th year; Cedar Rapids Sporting Goods, 8th year; True-Pitch Mounds, 3rd year; Dudley Sports, 1st year; True Pitch First year; Maxwell Steel Co., 1st. year, and Worth Sports Co., 1st year. A thanks to Jim Wagner for the help in the clinic favor, and Phil Netolicky for the trophies to the All District Coaches. To the Louisville people, Hillerich & Bradsby Co. for providing the Coach of the Year Trophy.

SCOUTING INFORMATION: 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. 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 information.

UNIFORM NUMBER, NAME, POSITION, BATS & THROWS, HEIGHT, WEITHT, CLASS, BIRTH DATE, HOME ADDRESS, TELEHPONE NUMBER, AND SCHOOL.

All coaches whould have a master roster filled out to hand to each coach and scout.

MICK MATTIACE NEW PRESIDENT: Mick Mattiace will guide the Association through 1976-77. Mick was elected President along with the other officers during the General Meeting held Friday March 12. The new Officers are: President, Mick Mattiace, Cedar Rapids Prairie; Vice President, Jim Schulz, Bettendorf; Treasurer, Al Seabrooke, Clermont-Elgin; Secretary, Jim Ellwanger, Fort Dodge St. Edmonds, and Executive Secretary Harold Primrose, Cedar Rapids Washington. The Executive Committee will be meeting through the year giving direction to the coaches association. Feel free to contact any officer.

Iowa High School Baseball Coaches Association

JIM JAGIM, President, Valley West Des Moines HAROLD "PINKY" PRIMROSE
DAVE HOYT, Vice President, Cedar Rapids Washington Executive Secretary
MICK MATTIACE, Treasurer, Cedar Rapids Prairie 4211 High Ridge Rd. S.E.
JIM SCHULZ, Secretary, Bettendorf Cedar Rapids, Iowa 52403

April 1976

Dear Members,

As President of the Iowa High School Baseball Coaches Association in a bicentennial year I am looking forward to working with a very capable staff of new officers in Vice President Jim Schulz, Treasurer, Al Seabrooke, Secretary, Jim Ellwanger and Executive Secretary, Pinky Primrose.

Speaking for the new officers and myself our mission will be to continue to make the Iowa High School Coaches Association one of the strongest and active associations in the State of Iowa and to serve as a model to other associations throughout the nation.

In order to continue to improve our association we will need the support of our coaches, without your support our association cannot continue to grow.

We are all involved in the great profession of coaching baseball. Lets all work together in 76-77 in improving our association.

We want to hear from you if you have ideas on how we can better our association. Contact your Board of Directors in your area or myself and we will see to it that your ideas are expressed.

Lets get involved even its only getting one coach in your area to join our association. Make every effort to attend your district meeting this summer for selection of the all district teams. If you are asked to serve on one of our association committees consider it a privilege that you can contribute to improving high school baseball in Iowa. Improve your baseball program and you are improving the game of baseball for the state of Iowa and your coaches association.

We can all have a successful season if we never lose sight of why we are coaching the great game of baseball and that is to have our players enjoy the game.

Sincerely yours in baseball,

Mick Mattiace
President
I.H.S.B.C.A.

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Executive Secretary
4211 High Ridge Rd. S.E.
Cedar Rapids, Iowa 52403

April 1, 1976

Dear Coaches,

Please allow me one more opportunity to thank each of you coaches for the privilege you gave me to serve as your president for this past year. Believe me when I tell you it was indeed an honor to serve and there have been many lasting friendships developed and positive impressions formed.


I also want to thank several people publicly for the outstanding advise, guidance and help they gave me throughout the year. Officers-- Mick Mattiace and Jim Schulz; Committee Chairman-- Dick Core, Rick Mathews, Dennis Olejniczak, Al Seabrooke, Mike Shiel, Marv Thelen and Dick Wagner; and District Reps-- you all made my task easy. I have left some of you out that I owe much to, please foregive me. However, there is one I could not leave out as he served as my crutch, cain, and cast all at the same time, when needed, and that being our Executive Secretary, Pinky Primrose. Thanks again men.

If you would allow several last thoughts before I sign off.

- (1) Get behind our officers, district reps, and chairmen and let's make 1976-77 our best year.
- (2) If you have suggestions for the improvement of the IHSBCA let everyone know, don't keep it a secret. There are opportunities through the newsletter, district meetings, general meetings, board meetings and through your elected officers. Use these sources for your ideas.
- (3) Let's improve Iowa High School baseball this year. This should be a great year.

Here is hoping you all have a successful year and again THANK YOU.

Yours in baseball,


Jim Jagim, Past-President

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MINUTES OF THE GENERAL MEETING MARCH 12, 1976

The meeting was called to order by President Jim Hagim at 10:43 A. M. at Cedar Rapids Washington High School.

Minutes of the last general meeting were read. Bill Sapp moved that the minutes be approved as read, seconded by Vern Bredeson. Motion carried.

Financial Report of the Association was given by Executive Secretary Primrose showing a balance of \$3,550.62 as of March 10, 1976. Marv Thelen moved that the report be approved, seconded by Rick Mathews. Motion carried.

President Jagim presented his report, which for the sake of space I refer all to the Board of Directors minutes of March 11, 1976 for input. President Jagim extended a verbal THANK YOU to all Committee Members, Board of Directors and Officers for their efforts to make the Association grow.

Executive Secretary Primrose reported that because of weather conditions three speakers were not going to be in on time so to be flexible as we worked into the clinic. There would be a Fellowship of Christian Athletes breakfast on Saturday at 7 A.M. at MacDonald's. There would be a party room at the Holiday Inn following the banquet. That there would be a Nomination and Steering Committee composed of past presidents. The Coach of the Year would be presented a sports Jacket in recognition of his selection. There would be 450 plus at the clinic. Evaluation sheets on the Clinic would be distributed on Saturday A. M.. Officers for 1976-77 and Directors would be meeting at 9:30 A.M. Saturday for organizational purposes. Clinic favors are available for purchase if extras are desired. Past-Coaches of the Year may purchase the trophy now designed for those so selected for \$25.00, which is one-half the cost of producing.

All District Committee report was given by Dennis Olejniczak, who stated attendance seemed to be better as the District meetings, but that not enough ballots were being returned. There is need of a better response. At this time Marv Thelen questioned sending nomination sheets to non-members. Jim Ellwanger moved that nomination ballots used in the selection of District players be of another color than white and that non-members receive a white ballot, seconded by Al Seabrooke. Motion carried.

All State Coach Committee report was given by Dick Core with the following points being brought to the attention of the membership: 1. This award has always gone to a State Championship coach; 2. He suggested the possibility of another award for non-championship coaches or having two coaches selected as Coach of the Year; 3. Suggested that at the summer District meetings

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MINUTES OF THE GENERAL MEETING (Continuation of) MARCH 12, 1976

that nominees be selected so that the Directors in the Fall could make a further decision. Dick Core moved that at the District meetings five coaches be selected for Coach of the Year and that at the Board of Directors meeting in the Fall three of the five coaches selected be approved as nominees and sent out to membership for vote, seconded by Bill Sapp. Motion carried.

Hall of Fame Committee report was given by Marv Thelen. He recommended one guideline change be initiated. Hall of Fame members be allowed to present three nominees to the Board of Directors for approval and selection. It was determined that there was no voted need on approval of this change.

Constitution Committee report was given by Al Seabrooke. It was moved by Al Seabrooke that changes printed in the January-February Newsletter 1976 be approved and that the IHSBCA Constitution be corrected to show these changes, seconded by Rick Mathews. Motion Carried.

Membership Committee report was made by Dean Witmer. The Associations membership was at 425 members as compared to 370 members at this time last year. It was felt that the letter promotion to gain membership was very good, but difficult to say how effective. Membership chairman Mike Shield was commended for an outstanding job.

Audit Committee report found the Associations books in proper order for the year 1975-1976. Lowell Thomson moved that the Audit Committees report be accepted, seconded by Dave Posegate. Motion carried.

All State Rating Poll Committee report was given by Jim Jagim. This Committees function is a step in the right direction to help promote Iowa High School baseball. It needs constant input to be realistic.

Communications included a letter from the Bernie Saggau family expressing their deep appreciation of the Associations memorial for Jeff Saggau. Membership was urged to answer their mail from the Association.

New Business found Dick Wagner moving that since Dave Hoyt is moving to an administrators position and will not be an active coach or member as such that Jim Schulz be moved to the position of vice-president and Al Seabrooke be nominated as Treasurer and Jim Ellwanger be nominated as Secretary, seconded by Bill Sapp. Motion carried, Mick Mattiace will move to the presidents chair for the year 1976-77 due to this vacancy.

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New Business (continued). Dean Witmer requested that recognition be given those who formed the Association as well as keeping past Association members involved in Association activities. Bill Freese moved to have the Board of Directors study ways to keep past Association members involved other than being a fan, seconded by Rick Mathews. Motion carried.

Bill Freese noted that congratulations be extended to Dick Wagner for being selected National High School Coach of the Year.

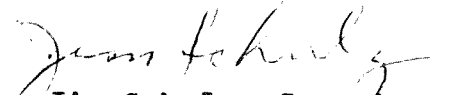
"Pinky" Primrose suggested that members contact those sports equipment companies with a thank you for being at the clinic.

Dick Wagner suggested that recognition be made to 10 year members of the Association.

Bill Sapp extended a thank you for a great job to out-going President Jim Jagim on behalf of the Association.

Rick Mathews moved for adjournment, seconded by Lowell Thomson. Motion carried. Adjournment at 12:00 A.M.

Respectfull submitted,


Jim Schulz, Secretary

Article: Dear High School Baseball Coach: I have an added incentative for your baseball program. This pretains to your "B" Squad or Junior Varsity Squad. If you have four or more teams in your conference or your area, that would like to join a BABE RUTH 16 -18 Yr. Old BASEBALL Program. You would be able to offer your boys an opportunity to play in State, Regional and National Tournaments. This would give these boys something to work fer. We will allow you to have a team of 12 to 18 players with only requirement being that the boys must be 16 by August 1st and not more than 18 by August 1st. Any one interested in trying this program is asked to write or call Charles E. Bentfield, 302 E Ave. West, Oskaloosa, Iowa 52577. Phone 672-2272 or Business 672-2539 Area 515.

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MINUTE OF BOARD OF DIRECTORS MARCH 11, 1976

The meeting was called to order at 7:30 P.M. by President Jim Jagim at Cedar Rapids Washington High School. Board members present were: Jim Schulz, Vern Brederson, Dick Wagner, Lenny Weih, Al Seabrooke, Rich Rambo, Bob leech, Brad Clement, Hal Rossow, Marv Thelen, Stuart McCord, Jerry Lake, Bill Sapp, Jim Laake, David Hoyt, Doug Dunlap, Lowell Thomson, Dave Posegate, Dean Witmer, Mick Mattiace, Jim Ellwanger, Dale Allensworth and Harold "Pinky" Primrose.

Minutes of the November 8, 1975 Board of Directors meeting was read and approved without correction.

Financial report was presented by "Pinky" Primrose, Executive Secretary. The report showed a balance of \$3,550.62 for March 10, 1976. The Association is \$800.00 ahead of the cash balance than last year even though the 1975-76 budget was exceeded in both receipts and disbursements. The Association will save \$100 by not enveloping the Newsletter in the future. The Association will also sell plaques at \$10.00 which will bring in some more money.

Marv Thelen moved to accept the financial report, seconded by Bill Sapp. Motion carried.

Executive Secretary Primrose presented the 1976-77 budget at this time. Action was not taken at this time for further study.

Report of Officers and Committees:

PRESIDENTS REPORT: President Jagim expressed that some his goals had been met and those that hadn't he hoped would be an ongoing effort of the Association. The President made the following points: 1. Communications proved to be very tough to follow through on; 2. Improving Iowa baseball will always be a challenge, but is better off for the Associations work this past year; 3. 100% membership of Iowa College Coaches was not reached as there are only 20% members; 4. Hoping for a great clinic this year and commending those responsible for getting things ready; 5. There was more involvement of membership in Association activities than realized before; 6. Skeptical of new Board of Directors attendance at meetings, hoped to be proven wrong; 7. requested ways of boosting X-TRA INNINGS newspaper from the Directors, but did not receive response; 8. Had Mick Mattiace present the blazer to be given to the COACH OF THE YEAR. The patch has not been designed as yet, but as soon as it is completed and produced the Coach of the Year will receive it. The blazer is blue and costs \$70.00 with discount; 9. Urged Iowa coaches to constantly improve their playing fields; 10. Commented on letter sent to the Board of Control and Mr. Bernie Saggau considering the following points:

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MINUTES OF BOARD OF DIRECTORS (Continuation of) MARCH 11, 1976

a. The IHSBCA favors playing the finals of the State Tournament at a time when more fans could attend. b. The IHSBCA favors an earlier starting date for tournament play. c. Questioning why high school baseball coaches had to pay to get into the State Summer High School Baseball Tournament when this is not the case for other sports. Response from Mr. Saggau was directed to only shortening the season. At this time Bill Sapp, who sets on the Board of Control, gave input on President Jagim's letter. Bill stated all points were taken up, but was hesitant to say exactly what the Board of Control had done on each point as he did not have his minutes. He thought the following had been the action of the Board of Control: On point a. the Board did not give a definite no, but would like to look into it further; on point b. they made no recommendation; and on point c. recommended passes for high school baseball coaches as basketball, wrestling coaches, etc. receive now; 11. Inquired about having a short District meeting on Friday and in the future.

EXECUTIVE SECRETARY'S REPORT: 1. The need for a Sergeant at Arms was put forth. Al Seabrooke was put in charge of making door assignments; 2. The need for a single signature on a IHSBCA check was requested for action; 3. Presented the Coach of the Year trophy for adoption; 4. Requested the past Presidents' be on a steering committee; 5. Distributed letters on membership tally to District Directors; 6. Requested guidance on sending ballots to non-members and requesting membership fee at same time; 7. There will be a hospitality room at the Holiday Inn for officers and directors only--Paul Susce of Worth Sports Company is host; 8. The clinic attendance should reach 470 with weather having some effect; 9. The Bi-Centennial pens for 1976-77 Board members be approved--voice approval was given; 10. The Newsletter will start informing the membership which summer tournament sites are showing financial gain and those that are not; 11. Information sheet response was good and will be continued; 12. Committee meetings will start at 9:30 - 10:30 A. M. Friday, March 12th; 13. Tournament site information gave some real insight of the pros and cons on playing at different sites. This referred to the field condition primarily.

ALL DISTRICT COMMITTEE: Nothing to report.

ALL STATE COACH COMMITTEE REPORT: Nothing to report.

HALL OF FAME COMMITTEE: Mary Thelen suggested that Hall of Fame members recommend individuals to be considered for Hall of Fame induction.

CONSTITUTION COMMITTEE: Al Seabrooke reported all changes were in the January-February Newsletter 1976.

MEMBERSHIP COMMITTEE: Nothing to report.

ALL STATE RATING POLL COMMITTEE: Chairman Jagim felt this Committee has been a definite asset in promoting baseball.

*Steering
Committee*

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MINUTES OF BOARD OF DIRECTORS (Continuation of) MARCH 11, 1976

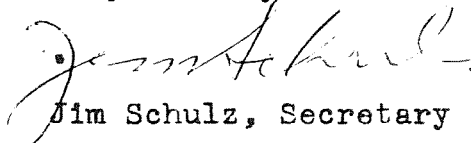
COMMUNICATIONS: The Bernie Saggau Family responded to the Associations memorium of \$10.00 in sympathy of Jeff Saggau.

- NEW BUSINESS:
- a. Doug Dunlap moved that Harold "Pinky" Primrose be rehired as Executive Secretary of the IHSBCA. Motion was seconded by Dave Hoyt. Carried.
 - b. Al Seabrooke moved that the 1976-77 budget be approved as proposed by the Executive Secretary, seconded by Dave Posegate. Motion carried.
 - c. Dale Allensworth moved that the 1976-77 Association calendar be approved as presented by the Executive Secretary, seconded by Al Seabrooke. Motion carried.
 - d. Bill Sapp moved that the Associations Clinic be held at Cedar Rapids Washington High School on corresponding dates in 1977, seconded by Al Seabrooke. Motion carried.
 - e. Al Seabrooke moved that the Association approve that one signature be authorized on Association checks and that the Executive Secretary and Association Officers be authorized to sign checks if the need should arise, seconded by Dave Hoyt. Motion carried.
 - f. Lowell Thomson moved that Association Past-Presidents be automatically placed on the Nomination and Steering Committee of the Association, seconded by Jim Laake. Motion Carried.
 - g. Discussion of inviting the Iowa Softball Coaches to the IHSBCA Clinic and to membership followed. Al Seabrooke moved to table this discussion, seconded by Bill Sapp. Motion carried.

SUGGESTIONS: Bill Sapp stated that he had many old films that had been disposed of by the IHSAA on baseball and would be glad to send films out to those interested.

ADJOURNMENT: Bill Sapp moved, seconded by Al Seabrooke that the meeting be adjourned. Motion carried. Adjournment at 9:48 P.M.

Respectfully submitted,


Jim Schulz, Secretary

TROSKY, FIRST BASEMAN

HAL TROSKY was a superstar player during the Golden Era of Baseball and yet due to a series of unfortunate events has vanished into oblivion.

Hal played eleven major league seasons and batted .502 with 228 home runs. According to THE SPORTING NEWS' standard of a three hundred lifetime batting average or 200 home runs for consideration in the voting for the National Baseball Hall of Fame, Trosky qualifies on both counts. And in a third area, that of 2,000 or more base hits or the longevity of 2,000 games played, he falls short due to persistent injuries.

A system of comparing a player's career statistics with another by dividing the number of games played by 154 and using this as a measure of full seasons played for an average has been suggested down through the years. If you do this for Trosky, you find that he played 8.7 seasons and produced the following statistics:

Games.....	154
Bats.....	593
Runs.....	96
Base Hits.....	179
Home Runs.....	38
Slugging.....	7
Home Runs.....	26
Slugging.....	116
Home Hits.....	71
Total Bases.....	509
Runs on Balls.....	65
Slugging Average.....	.522
Slugging Average.....	.302



Hal Trosky

and in '58 Jimmie Foxx did it. Thirty-six seasons later, including 13 expansion years, and no one in either league has been able to accomplish what Hal Trosky did. His forty-two homers that season moved him into the company of Gehrig and Foxx as the only first basemen at that time to hit 40 or more home runs in a season.

Modern major league baseball in the Live

Ball Era lasted for 41 years before expansion watered it down and during that time just seven different players hit 40 or more homers in a season while playing at first base. Besides Trosky, Gehrig and Foxx, the list includes Hank Greenberg, Johnny Mize, Gil Hodges and Ted Kluszewski -- a most select group.

Hal hit three homers in succession twice in his career and led the league in total bases and rbi's in 1936. He scored 100 or more runs four times and batted .300 or better four times while barely missing it four others.

During the nine seasons before illness took him out for two years, Trosky batted .313 with 216 home runs, despite playing in just 11 games the first season and 89 the last of these years. He had actually hit 204 homers in seven seasons, for an average of 29 a year, in one of the largest parks in the big leagues.

HAL'S CAREER IN CLEVELAND came at a time when they played in two parks each season. Weekday games were played in League Park, which was only 290 feet down the rightfield foul line, but had an alley which cut out sharply to 390 feet in right center and 460 to dead centerfield. On weekends they played in Municipal Stadium which was 320 feet down the right field foul line, 385 to right center and 410 to dead centerfield. Upon his return to the majors in '44 and '46, with the White Sox, his park's measurements were 352 feet down the right field foul line.

Hal Trosky, from 1934 to 1940, batted .314 while averaging 29 homers and 120 rbi's per season. With statistics such as these, can any one question the fact that Trosky ranks among the outstanding firstbasemen of all-time?

IOWA CITY--Following a recent survey of Iowa high school baseball coaches, X-tra Innings publisher, Tom Bishop, said that the state-wide baseball paper would no longer be published.

Bishop pointed out that 500 questionnaires with regard to the paper's future had been sent to high school coaches, and that only 20 replied that they would like to see the paper continued; 13 replied negatively. The remainder did not reply.

In its first year of publication, the 1975 season, the paper lost over \$2,000. There were just 300 subscribers.

Bishop said that if at any time enough interest was again expressed, the Predicament corporation would undertake publication, but that a minimal subscription list for the paper would have to be 2,000 in order to pay costs of publication.

1. When the season is over, will you be able to say, "I gave my best at all times, both on and off the field"?
2. The more the coach criticizes you, the more he is probably interested in you. **The time you worry is when the coach pays no attention to you.**
3. If you go through a practice without learning something you have wasted your time. It takes hard work to be a champion.
4. Confidence, poise and the will to win make it tough for the opponents.
5. Do your best to make yourself and every member of the squad the best possible player. Good reserves make a good varsity.
6. Learn to be proud of your individual and team defense.
7. **Practice hard; you will play in the game just the way you practice.**
8. Players who do not make mistakes just don't play. Don't ever be caught doing nothing. Don't alibi.
9. Take advantage of your opponent's weaknesses.
10. Out-do yourself in loyalty to the coach and the team.
11. Make all the mistakes you want . . . but do not repeat them.
12. Have confidence in your ability and respect for your opponents.
13. Talk the game up and show your enthusiasm; it's contagious.
14. Study your fundamentals; be looking for improvement.
15. All practices should be conducted, as near as possible, **under game conditions.**
16. Know the rules and abide by them. **Accept the officials decisions; you have enough to do to play the game.**
17. Your size is determined by the size of the thing it takes to get your goat.
18. The pay-off for strict training comes when you need it most. The most important thing in making sacrifices is the improvement in team spirit. Strict training will always make better team spirit.
19. The player in top condition can give his best at all times.
20. Go to bed early and get plenty of rest. Get nine hours of sleep every night. Avoid too many other activities during the season.
21. Regularity is the key to excellent physical condition.
22. Constant practice and training produces skills which may offset lack of natural ability.
23. **Being a coach is only half the job; the other half is to be a pal, a friend and advisor.** If you have problems, share them with me. You will benefit; I will benefit; the team will benefit.

Iowa High School Baseball Coaches Association

Harold J. Primrose

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Address Correction Requested

<p>Bulk Rate U. S. POSTAGE PAID Permit No. 149 Cedar Rapids, Iowa</p>
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