

Iowa High School Baseball Coaches Association

OCTOBER 1973 NEWSLETTER

VOL. 6 NO. 2

MEMBERSHIP: We are getting new memberships and renewals in at a steady rate. This will be YOUR LAST NEWSLETTER IF YOU DO NOT SEND IN YOUR DUES. We hope the Coaches Association has offered the baseball coaches useful information and also some new ideas on ways to improve their coaching and program. Get involved with the organization and you will enjoy and benefit from it.

MEMBERSHIP DRIVE: October is membership drive month. Committee Chairman Chuck Burnett, Atlantic, suggests that each coach try and get in one new member. Talk to your Athletic Director and inform him of what the goals of the organization are. Write to fellow district coaches, contact your umpires, a good baseball fan; they all can become members and help promote the great game of baseball. Let's try and hit our goal of 425 members this year. Every baseball coach in the state should belong to this organization. Dues are \$5.00 for head coaches, assistant coaches, college coaches, and \$3.00 for umpires and fans. Each conference should have a baseball promoter in it for our Coaches Association.

NOMINATION BALLOTS: Article VI, Section 2 of your constitution requires the Board members of your district be nominated. You will find enclosed a nomination ballot for the Board of Directors. YOU MUST RETURN IT WITHIN TEN DAYS FROM MAILING: Check around and see if there is a good baseball man in your area who will represent you and your district.

The four receiving the highest number of votes shall be considered the nominees. In case of a tie of more than four, all those ties shall be considered nominees. In case the number of nomination ballots for any one of the nominees is a majority of the number of members in the respective district, he shall be declared elected.

You will receive your election ballots in the November Newsletter.

Elected Board of Directors shall take office at the Annual Clinic meeting. Don't forget to vote.

COACHING CHANGES: There are over 165 coaching changes in baseball in Iowa since last year. This is an increase over last year when there were 150 changes. Twenty nine schools have not named their baseball coach as of the October I.H.S.A.A. Directory. Some coaches have changed schools, other coaches have left the profession, and some schools have new coaches. The association can offer many helpful tips and suggestions plus the clinic that is sponsored by the Coaches Association. Changes by district: Northwest District (55); Northeast District (33); Southwest District (29); Central district (24) ; Southeast District (24). I wonder if there were this many coaching changes in basketball and football?

LONGEVITY AWARDS: Any coach with over 15 years of coaching baseball 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.

COLLEGIATE BASEBALL: The national newspaper of COLLEGIATE BASEBALL has an article in it about the Iowa High School Baseball Coaches Association. Enclosed you will find the article. This newspaper is excellent for its Clinic notes and it's great articles. I would recommend this paper for each coach.

CLINIC: Plans are under way for our Sixth Annual Baseball Clinic. It will be held at Cedar Rapids Washington on Friday and Saturday, March 15 and 16, 1974. Information will come out on the clinic throughout the year. Make your plans now to attend. It will be well worth your time.

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 those 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 Awards Clinic Banquet March 15-16, 1974.

LETTERS FOR NEWSLETTER: If you have anything to put in the newsletter, please forward your material to the Executive Secretary. If you have anything to say constructive for the organization please write. Try to keep it to 150 or less. We are still short on your league standings for the 1973 season. I'm sure there are some coaches who know how your league came out.

SUGGESTIONS FOR IMPROVEMENTS OF YOUR PROGRAM DURING YOUR OFF SEASON:

1. Start working on a program for the fan to have with score card on it with player's numbers, program with your schedule and roster.
2. Make sure you have a score board. These can easily be made in your shop or given to you by Coke or Pepsi people.
3. Outfield fence. Try to get a fence or mend the fence you had last year.
4. Try to get some rest rooms for the people to use. They have them for all sports. Why not baseball?
5. Warm up pitcher's mounds, This is a must for a pitcher to warm up on. Get your dirt now and let it settle over the winter.
6. Start scheduling your games now. Try to have a better schedule than last year. Make sure your JV and Sophomores are getting their fair share of games.
7. Attend the Coaches Association Clinic March 15-16, 1974. This is a must.
8. Promote your baseball program during the off season. Have a speaker come in and talk to your ball players.

FOR SALE: Two indoor batting cages for \$175.00.-----1 one Iron Mike one and half years old for only \$250.00. Contact Coach Schelegel at Coe College if you are interested. Phone 364-1511 Ex. 270

CONFERENCE STANDINGS:

EASTERN IOWA HAWKEYE CONF.

Durant	13	1
Mid Prairie	11	3
West Liberty	7	7
Mt. Vernon	7	7
Solon	6	8
Wilton	6	8
West Branch	4	10
Clear Creek	2	12

INDEPENDENT RECORDS

Fort Dodge St. Edmond	13	7
Newman Mason City	20	10

WE URGE YOU TO SEND IN YOUR 1974 DUES AS SOON AS POSSIBLE. IF YOU LOVE BASEBALL, YOU'LL ENJOY OUR ORGANIZATION. WE DEPEND ON DUES!

UNIVERSITY OF IOWA BASEBALL
WEIGHT CONDITIONING PROGRAM

Exercises to be done 3 days per week. Mondays constitute a medium work-out. Load the bell to a weight readily handled from 10-15 repetitions for the 1st 4 exercises. Twelve repetitions per exercise is a good number.

Wednesday is a light day. Use a lighter weight (about 2/3 of Monday's weight) and 15 repetitions.

Friday is a heavy, strength-building day. Use 1 1/3 times Monday's weight, and lower repetition to 10.

Examples: Monday - Start with 40#
 Wednesday - Start with 25#
 Friday - Start with 60#

Increase these weights as you increase your strength.

First Series (40#)

1. Barbell curl - bell from thighs to upper chest and return.
2. Press behind neck - push bell from shoulders behind head to arms length overhead and return. Body and legs remain straight.
3. Upright rowing - close grip, pull bell upward from thighs toward chin.
4. Side Bend - bell in one hand, bend straight to the side as far as possible, then same in opposite direction. Switch hands and repeat.

Second Series - Increase 10#

5. Half Bend squat and press behind neck - bell on shoulders, lower body to 1/2 squat. As you rise, push bell to arms length overhead.
6. High pull-up - from full squat position, two hands wide on bell. Straighten back and legs and as you come up, pull the bell high enough to touch chin. Lower to floor and repeat.
7. Flip snatch - from same starting position, as #6, come erect and pull the bell all the way to arms length overhead.
8. Continuous pull-up and press - from same starting position as #6 & 7, lift bell to resting position on chest and then push steadily to arms length overhead. Lower to chest, to floor and repeat.

Third Series - Increase 10 more #

9. Bent over row - bend over, body at right angle to legs, bell hanging at arms length. Pull bell up to touch lower chest. Lower and repeat.
10. Military press - press weight from chest to arms length overhead. Lower to chest and repeat.
11. Dead lift - back flat, bend legs, and lift bell from floor to thighs. Lean back slightly, then return bell to floor and repeat.
12. 1/2 squat bend - bell on shoulders, lower into 1/2 squat position. Breathe in deeply as you rise to standing position. Repeat.

- * Every weight exercise must be followed by some sort of stretching exercise; i.e., hang from a doorway or chinning bar for 10-15 seconds.

Actual weights used are dependent on the individual. It is better to start with weights that a person can handle, rather than attempting to lift too much too quickly, especially if there has been no previous weight experience.

The following three exercises can be done every day, twice/day. These are dumbbell exercises.

1. Reverse grip wrist curl - holding weight in hand, keep forearm straight and rotate the wrist joint in complete circle.
2. Twisting curl - weight is curled from the waist to the shoulder with the regular underhand grip and then returned to the waist with the knuckles up, resisting the weight all the way down.

These 2 exercises should have 25 repetitions with each arm in each training session and could use up to 25# in weight.

3. Wrist curl - with a 5# or 10# weight (barbell plate) on one end of the rope, and a broom handle (or something similar) on the other end of the rope, raise and lower the weight to the floor with 2 hands on the handle.

WEIGHT TRAINING PROGRAM. This program is not designed to develop muscle size, but it is aimed toward developing muscle tone. In some colleges and universities where such weight training programs are encouraged rather than being made mandatory, it is not unusual to find at least seventy-five (75) per cent of the baseball players working out with weights.

It should be emphasized that these weight exercises should be preceded by loosening up exercises which are designed to get the body ready for strenuous work. This can be accomplished by such things as sit-ups, roll overs, trunk twisting and in general any similar stretching movements.

The following program, that can be carried out with a bar bell or any ten to fifteen pound weight that is easy to control, is believed to be an adequate and sensible one.

1. To strengthen the anterior arm muscles, above the elbow. Stand with the arm hanging at the side in full extension, weight in hand, palm up. Flex or bend the elbow slowly to full flexion. Return slowly to full extension. Repeat this exercise ten times.
2. With the arm in the same basic position but with the lower arm in the midway position thumb pointing up, repeat exercise #1 ten times. This exercise also strengthens arm muscles, above the elbow.
3. To strengthen the tricep muscles in the back of the arm, above the elbow. Raise arm above the shoulder with the elbow bent or flexed, weight in hand, straighten arm. In doing this exercise, make certain that the tricep muscle (the muscle in the back of the arm) does the work, not the shoulder muscles. Repeat the exercise ten times.
4. To strengthen the anterior muscles of the arm, below the elbow. These muscles are most important for the wrist action required to throw a fast ball, and a curve, or any breaking pitch. Rest the elbow and lower arm on the table with the palm up. Place weight in the fingers and roll it into the palm of the hand as the wrist is bent or flexed; and repeat the exercise ~~two~~ twenty times.

5. To strengthen the rotator muscles of the wrist and elbow. Rest the elbow and lower arm on the table with the palm up and the wrist extending over the edge. Hold the weight firmly in the palm of the hand. Turn the hand over so that the palm faces the floor. Return to starting position. Repeat the exercise twenty times.
6. To strengthen the extensor muscles or the posterior muscles of the arm, below the elbow. Rest elbow and lower arm on the table, weight in hand, wrist extended over the edge with palm facing the floor and the wrist bent toward the floor. Extend or straighten the wrist. Repeat the exercise ten times.
7. BENCH PRESS. Lie supine on the floor or on a bench of less than shoulder width. Hold the bar bell with an over-grip in a position across the upper chest, the hands at slightly greater than shoulder-width distance apart. The exercise can be made more difficult by placing the hands at various positions from close together at the center of the bar to as far apart as the weights on either end will permit. Lock the hands and forearms in rigid alignment.

Slowly push the barbell upward to a locked-arms position above the chest. At this point the arms are perpendicular to the torso.

Recovery is executed by lowering the barbell along the same plane of movement to the starting position across the chest.

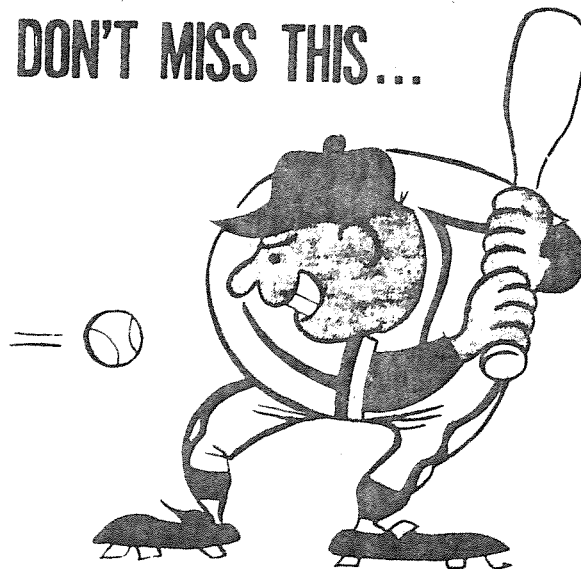
One press and one recovery to the starting position constitutes one repetition.

These exercises should be done only three times a week. Do two sets of each exercise with each arm. Every week one additional repetition should be added to each exercise, until twenty repetitions of each set has been reached. For example, during the fifth week, do two sets of each exercise, fourteen repetitions per set, for each arm three times a week.

It should be emphasized again that these weight exercises are not intended to develop "strong man" muscles, but to tone and strengthen the important muscles used by baseball players (they can be adapted to other sports with ease.) If weight exercises are continued after the baseball season begins, they should always be done after practice, never before.

LEG PRESS EXERCISE. An additional weight training exercise that has proven to be successful is the use of the "leg press machine." The player lies on his back, knees bent, and presses whatever weight he can handle with both legs, and with each individual leg. It is felt that this exercise has definite stretching value to the hamstring muscles of the muscles in the back of the legs, above the knee, as well as to the development of overall leg strength. Catchers, especially, will benefit from this exercise since many catchers begin to slow up as their leg muscles become knotted from too much time spent in the crouching position.

DON'T MISS THIS...



**last chance to renew or extend
your subscription**

SEND YOUR DUES TO:
Harold Primrose
4211 High Ridge Rd. S.E.
Cedar Rapids, Iowa 52403



Iowa Has Gung-Ho Group

By COLLEGIATE BASEBALL

One of the top-drawer prep groups in the nation has to be the Iowa High School Baseball Coaches Association, under the leadership of Harold "Pinky" Primrose, executive secretary, (Address: 4311 High Ridge Road S.E. Cedar Rapids, Iowa 52403.)

The Iowa group, which goes in to its 6th year during the 1973-74 school year, has grown to a record membership of 358 — an increase over last year of 48 members.

An example of the Iowa baseball fever: 420 attended the annual clinic last year. A membership

You're Invited . . .

"Collegiate Baseball" covers the high school beat and especially looks for coaches to send us material on their top stars, teams, leagues or any particular phase of baseball that they feel needs to be aired — including constructive criticism of our game.

drive now is underway — \$5 for head coaches and \$3 for umpires and other interested persons.

The Iowa newsletters are one of the finest in the land and contain clinic information on improving baseball skills as well as information from around the state on the high school baseball picture.

"Collegiate Baseball" salutes this outstanding organization — and strongly recommends that other high school groups follow the format of this association if you need some tips on how to curtail a gung-ho organization.

Membership/Renewal

Iowa High School Baseball Coaches Association

Date _____

Being interested in promoting the welfare of Iowa High School Baseball Coaches Association I hereby apply for membership in the association.

Name _____

Address _____

City _____ State _____ Zip Code _____

Present coaching job _____

HOME PHONE _____ (over) SCHOOL PHONE _____

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COLLEGIATE BASEBALL

SEND CHECK or MONEY ORDER for \$5.00 along with your mailing address to

COLLEGIATE BASEBALL P. O. Box 50546 Tucson, Arizona 85703

Why Not Apply Today?

AMERICAN ASSOCIATION OF COLLEGE BASEBALL COACHES
1974 Membership Application

Name _____ Last _____ School, _____ First _____ Organization _____
Title _____ Coach, Ass't, etc. _____
Address _____
City _____ State _____ Zip _____

Years Coached COMPLETED: College _____ High School _____

1974 will be my _____ year of CONTINUOUS membership in the AAC

Will attend the 1974 Convention in San Francisco Yes No

Dues (circle)	ACTIVE (College, Jr. College) \$10.00	ALIRED (High school, other assistant, scouts, ump, fans, etc.) \$5.00
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Send dues and application form to:
Les Miller, Baseball Coach
University of Illinois Chicago Circle
Box 4348
Chicago, Illinois 60680

Iowa High School Baseball Coaches Association

NOMINATION BALLOT FOR BOARD OF DIRECTORS

Section 2. Board of Directors. (A) The representatives to the Board of Directors shall be elected by the members within their district. By October 15 of each year, the association members will receive an official blank nomination ballot. Upon voting, the nomination ballot to be returned (within ten days from mailing) to the executive secretary. In the presence of two other association members, there shall be a canvass of the ballots. The 4 receiving the highest number of votes shall be considered the nominees. In case of a tie of more than 4, all those in the ties shall be considered nominees. In case the number of nomination ballots for any one of the nominees is a majority of the number of members in the respective district, he shall be declared elected. The executive secretary shall prepare and mail official election ballots to the members of the district. Upon voting, the election ballot to be returned (within ten days from mailing) to the executive secretary. The procedure in canvassing shall be the same as in canvassing nomination ballots and the person receiving the highest number of votes shall be declared elected. In case of a tie, the election shall be decided by lot by the candidates in the presence of the canvassing committee. The third highest vote getter shall be considered the alternate and in event of inability of elected Director to serve alternate will be appointed to the Board of Directors.

Please nominate two coaches from your district who are members of the Iowa High School Baseball Coaches Association to be members of the Board of Directors to represent your district.

SCHOOL

SCHOOL

Please return your ballot within ten days of mailing date to:

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

GAMES, SALARY, UMPIRE FEES, FIELD SURVEY

Please fill out and return. The results will be published in a later newsletter.

Name of School _____ Coaches Name _____

No. of games played in spring _____ Yrs. of Exp. in baseball _____

No. of games played in summer _____ Yrs. at present position (location) _____

No. of varsity games scheduled in spring _____

No. of varsity games scheduled in summer _____

No. of junior varsity games in spring _____

No. of junior varsity games in summer _____

No. of sophomore games in spring _____

No. of sophomore games in summer _____

Head Coach's salary in spring _____ Did you get a raise? Yes No

Head coach's salary in summer _____ Yes No

Assistant coach's salary in spring _____ No. of Asst. _____ Yes No

Assistant coach's salary in summer _____ No. of Asst. _____ Yes No

Umpire fees for one game _____

Umpire fees for double header _____

Umpire fees for junior varsity-sophomore games _____

Does your diamond have an outfield fence? Yes No

Does your diamond have dugouts? Yes No

Does your diamond have a scoreboard? Yes No If electric, check this column _____

Did you read about the All-District teams in your newspaper? Yes No

Should there be a rule that all outfield fences in high school play be standard within 10 feet in each direction? Yes No

Please complete: Name of your conference _____

Final standings: Won Loss

Did you attend the Clinic last year? Yes No

Do you plan to attend the Clinic this year? Yes No