



MAJOR LEAGUE BASEBALL HISTORY IN DC



The story of Major League Baseball's earliest years in DC was featured in the October newsletter. It included high moments like the first professional game in 1886 and the first World Championship in 1924, as well as low moments when, after the 1960 season, the Washington Senators (which had also been called the Washington Nationals) moved to Minneapolis, Minnesota, becoming the Twins.

The story of Major League Baseball in the District picks up there — with one team leaving DC and the announcement of a new team arriving.

1960 - In November, soon after the original Senators left town, Major League Baseball awarded Washington, DC a new team — also named the Washington Senators.

1961 - On April 10, in front of more than 26,000 fans at Griffith Stadium, the new Washington Senators played their first game in DC. The team was not very good, finishing last with a record of 61 wins and 101 losses.

1962 - The team moved from Griffith Stadium to the new District of Columbia Stadium. Unfortunately, the new stadium did not help the team play better. The Senators again finished last with a 60-101 record.

1965 - As part of a trade with the Los Angeles Dodgers, **Frank Howard** became a Washington Senator. He was a fan favorite hitting long home runs. However, the team still struggled, finishing the season with 70 wins and 92 losses.

1966 - Emmett Ashford became the first black umpire to work a Major League Baseball game when he worked the Cleveland-Washington Opening Day game at DC Stadium on April 11. As the first African-American umpire in both the minor and major leagues, Ashford faced ongoing discrimination and racism.

1969 - For the first time, the team won more games than it lost and finished in fourth place in the American League East with an 86-76 record. District of Columbia Stadium was renamed Robert F. Kennedy Memorial Stadium, better known as RFK. Also that year, Washington hosted Major League Baseball's All-Star Game.

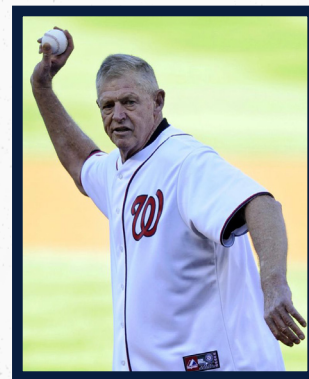
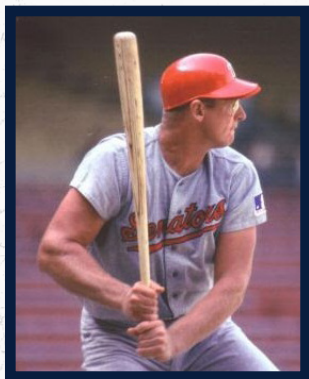
1970 - Despite another great year by Frank Howard, who hit 44 homers and had 126 runs batted in (RBI), the Senators again finished in last place with a record of 70-92.

1971 - It happened again. Ten days before the end of the season the announcement was made that the Washington Senators would leave DC, move to Dallas and become the Texas Rangers. At the last home game on September 30, angry Washington fans stormed the field, resulting in a forfeit to the New York Yankees. That was the beginning of 34 years in Washington, DC, without Major League Baseball.

BUT, HOLD ON ...

Baseball, the national pastime, would return to the Nation's Capital in 2005.

MORE ON THAT IN THE NEXT ISSUE...



PLAYER SPOTLIGHT FRANK HOWARD

**BORN
LIVES
NICKNAMES**

August 8, 1936, in Columbus, Ohio
Aldie, VA
Hondo, The Capital Punisher (for his long home runs), The Washington Monument (for his size), Gentle Giant (for his big heart)

**POSITION
BATS
HEIGHT**

Outfielder and first baseman
Right **THROWS** Right
6'7" **WEIGHT** 260 pounds

**DEBUT
FINAL GAME
SEASONS IN DC**

September 10, 1958 vs. Philadelphia Phillies
September 30, 1973 vs. New York Yankees
1965-1971

AWARDS

1960: NL Rookie of the Year with the Los Angeles Dodgers
1968-1971: Four All-Star selections with the Washington Senators
2016: Inducted into the Ring of Honor at Nationals Park

FUN FACT

Frank was a talented basketball player and was drafted by the Philadelphia Warriors of the NBA.

Fans of the newest Washington Senators did not have many reasons to cheer, but Frank Howard was one of a few bright spots. What made him stand out? His power.

Howard hit some legendary home runs. He played in RFK stadium and there are three seats in the third deck painted white that mark where a soaring Howard homer landed. During one stretch in May 1968, Howard hit 13 home runs in 16 games, at one point hitting 10 homers in 20 plate appearances.

He led the team in homers and RBI in each of his seven seasons in Washington, DC. Howard hit 237 home runs while with the Washington Senators, which stood as a record for the most home runs by any DC player until Ryan Zimmerman passed him in 2017.

A statue of Frank Howard, dedicated in 2009, sits near the Home Plate Gate next to Walter Johnson and Josh Gibson. On October 11, 2012, Frank Howard threw the ceremonial first pitch to Ryan Zimmerman before Game 4 of the National League Division Series game against the St. Louis Cardinals.

NEGRO LEAGUE BASEBALL HISTORY

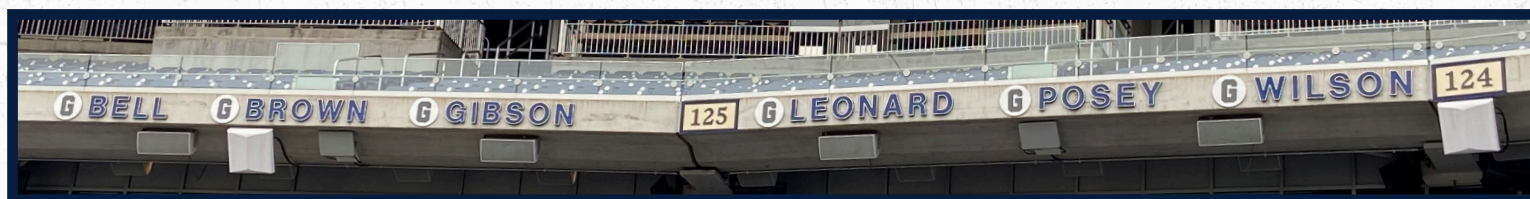


From the 1880s until 1947 — more than 60 years — white people did not let black people play in Major League Baseball with them. There was a time in America when it was widely accepted that people were not allowed to do things because of their skin color. This racism did not stop black baseball players from playing the game they love. By the 1900s, African Americans formed their own baseball leagues. In 1920, Andrew “Rube” Foster, a black player, manager and owner, organized the Negro National League.

The Homestead Grays started in 1910 in Pennsylvania and were one of the most successful and well-known black baseball teams. Because the team did not have its own field, it traveled around the east coast playing and beating the best local baseball teams around. Without a true home, by 1940 the Grays were splitting their time between Pittsburgh and Washington, DC. When the Washington Senators were on the road, the Grays called the District home playing at Griffith Stadium.

The team’s success drew large crowds, often bigger crowds than the Senators had at their games. The Grays won three Negro League World Series titles (1943, 1944, 1948) and nine Negro League pennants (1937-1945). The roster included James “Cool Papa” Bell, Ray Brown, **Josh Gibson**, Buck Leonard and Jud Wilson. Each of these men were later inducted into the National Baseball Hall of Fame and are also part of the Nationals Ring of Honor at Nationals Park.

After World War II, people started to speak out about discrimination in baseball. In 1947, Jackie Robinson became the first National Negro League player to play in Major League Baseball. Other great black ballplayers followed Robinson into the Major Leagues. This led to the end of the Negro National League. The 1948 season was the last for the Homestead Grays, the winningest team in Washington, DC, history.



NEGRO NATIONAL LEAGUE SPOTLIGHT

JOSH GIBSON



BORN	December 21, 1911, in Buena Vista, Georgia		
DIED	January 20, 1947		
NICKNAME	Black Babe Ruth		
POSITION	Catcher		
BATS	Right	THROWS	Right
HEIGHT	6'1"	WEIGHT	220 pounds
YEARS PLAYED	1930-1946		
MAJOR LEAGUE BASEBALL HALL OF FAME	Inducted in 1972		

Josh Gibson, is considered one of the greatest home run hitters and most feared sluggers ever. He was known as "The Black Babe Ruth," because he hit home runs as deep, as often, and as well as the Major League Baseball Hall of Famer, George Herman "Babe" Ruth. Many experts consider him to be the best player who never played in the Major Leagues.

Negro League statistics are incomplete, but it is believed that Gibson's career batting average was .351. His Hall of Fame plaque credits him with hitting "almost 800 home runs in Negro League and independent baseball during his 17-year career." In 1943, Gibson hit 10 home runs at Griffith Stadium, more than the entire American League (MLB) hit in Washington that year. Tales of homers — how far they flew and where they landed — are part of Gibson's legend.

Clark Griffith, longtime Washington Senators owner, attempted to sign Gibson but Major League Baseball officials did not allow it. In 1947, at the age of 35, Gibson died of a brain tumor, just three months before Jackie Robinson signed with the Brooklyn Dodgers and broke the color barrier.

In 2009, a statue of Gibson was installed at Nationals Park and now sits near the Home Plate Gate next to Frank Howard and Walter Johnson. On August 10, 2010, he was named to the Washington Nationals Ring of Honor for his "significant contribution to the game of baseball in Washington, DC."

GUIDE TO BASEBALL STATISTICS
WHAT IS
BATTING
AVERAGE?

Batting average is a statistic that measures a batter's performance. Batting average helps explain how often a batter gets on base safely from a hit. A great batting average is .300.

$$\text{BATTING AVERAGE} = \frac{\text{NUMBER OF HITS}}{\text{NUMBER OF AT-BATS}}$$

HOW TO DO IT

Take the number of a batter's hits and divide that by his number of at-bats.

- **Hits:** A player gets a hit when he makes contact with a baseball, it lands in fair territory and he reaches base safely. A hit can be a single (one base), double (two bases), triple (three bases) or home run (four bases). If a batter reaches base because of an error or fielder's choice, that is not counted as a hit.
- **At-Bats:** When a player bats he is credited with an at-bat every time he comes to the plate except if he is 1) hit by a pitch 2) walked 3) reaches base by a sacrifice bunt/sacrifice fly or 4) reaches base because of interference.

DO THE MATH

What is Juan Soto's batting average for the first three seasons of his career (2018-2020)?

- Hits = 328
- At-Bats = 1,110
- Divide 328 by 1,110 = **.295 batting average**

RECOMMENDED BASEBALL READING LIST

Reading a good book is fun and enjoyable. There are many great fiction and non-fiction baseball books, and here are a few recommendations from the Alexandria Library.

EARLY READER (AGES 4-7)

PICTURE BOOK

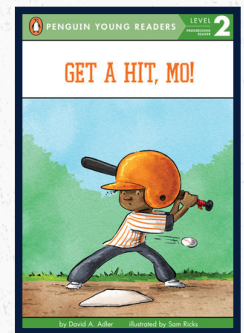
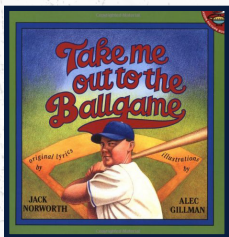
Batter Up, Wombat by Helen Lester
Take Me Out to the Yakyu by Aaron Meshon
Take Me Out to the Ballgame lyrics by Jack Norworth, illustrated by Alec Gillman

BEGINNING READER

Get a Hit, Mo! by David Adler
Jack at Bat by Mac Barnett
Pete the Cat: Play Ball! by James Dean

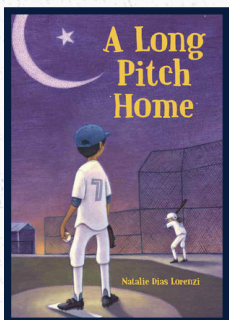
EARLY CHAPTER BOOK

Ballpark Mysteries series by David A. Kelly
The Kid Who Only Hit Homers by Matt Christopher
Baseball Card Adventures series by Dan Gutman



INTERMEDIATE READER (AGES 8-12)

Soar by Joan Bauer
Baseball Genius by Tim Green
A Long Pitch Home by Natalie Dias Lorenzi
Heat by Mike Lupica
What Were the Negro Leagues by Varian Johnson



ADVANCED READER (AGES 13-15)

Swing by Kwame Alexander
Golden Arm by Carl Deuker
The DH by John Feinstein
Biggie by Derek E. Sullivan
A Season of Daring Greatly by Ellen Emerson White

ADULT READER

Ball Four by Jim Bouton
The New Bill James Historical Baseball Abstract by Bill James
The Only Rule Is It Has to Work by Ben Lindbergh and Sam Miller
Negro League Baseball: The Rise and Ruin of a Black Institution by Neil Lanctot
Bittersweet Goodbye: The Black Barons, the Grays and the 1948 Negro League World Series by Frederick Bush

GET TO KNOW...

JOSH HARRISON



Q. You have played 10 seasons in the major leagues with the Pittsburgh Pirates (2011–2018), Detroit Tigers (2019) and Washington Nationals (2020), playing second base, third base, shortstop and all three outfield positions. You even appeared in a game once as a pitcher. What is your favorite position to play? Which is your best position?

A. It's tough for me to pick a favorite position because I like to play them all, but if I had to pick one I would say second base. I would say I'm best at second and third base, although I am a very good defender at all of the positions that I've played.

Q. What do you like to do in the off-season, or whenever you have free time?

A. In the off-season and my free time I like to hang out with my wife Britney and our two daughters Mia and Kinsli. We like going to different places like the zoo, aquarium, museums and visiting family (grandparents, aunts, uncles and cousins). We also like going on family vacations. When I have time to myself I will play video games. I play all sports games.

Q. What is your favorite food?

A. When it comes to food I am a very picky eater. I feel like my answer changes a lot but I really like chicken tenders/wings or pizza.

Q. What is your favorite baseball movie?

A. My favorite baseball movies are *Major League*, *The Sandlot*, *Angels in the Outfield*, and *Rookie of the Year*

Q. What is one thing that people don't know about you or that people would be surprised to learn about you?

A. I started playing t-ball at the age of 3, and my mom was my first coach.

Q. Do you have a favorite memory from playing baseball as a kid?

A. My favorite memory from my youth baseball days is taking my team to the state Final Four my senior year. It had been over 30 years since my high school had advanced that far into the state tournament.



INOVA EXERCISE TIPS

Inova Sports Performance powered by EXOS offers training and nutrition services for teams and individual athletes. The high school and youth performance training programs prepare young athletes to get the most out of their bodies. The physical training is paired with educating players about how decisions off the field, between games and at practice can improve performance. We are pleased to share an exercise tip from the Inova experts in each Team UP newsletter.

Think it takes too long to get a full body stretch? Here is what Inova Sports Performance calls “The World’s Greatest Stretch.”

- Keep your left hand on the ground lined up with your shoulder and your left leg extended straight behind you.
- Keep your right leg forward, tucked under your right shoulder.
- Look to the right and raise your right arm towards the ceiling. Bring your arm back down. Repeat 3-5 times.
- Switch positions of your hands and legs and take the same action on the other side. Repeat 3-5 times.
- Breathe out as you rotate.



A MINDFUL MOMENT

“There are only two seasons: winter and baseball.”

— Bill Veeck, Jr.



Hello Everyone,

I hope you are doing well, staying safe and enjoying the fall/winter. Now that the World Series is over and the fall seasons for youth baseball and softball are over, I thought the above quote was good. There are plenty of great things to do when we can't get out on the field as much. Fall and winter have always been one of my favorite times of the year. I grew up in the country and used to take long walks in the woods with my Grandpa. This time of year always reminds me of the stories he would share with me as we walked. I wanted to share one with you now.

A grandfather was teaching his grandson about life:

“A battle is happening inside all of us each day,” he said to the boy. “It is a fight between two wolves. One wolf is bad — he is anger, envy, greed, jealousy and aggression. The other wolf is good — he is happiness, kindness, love, compassion and hope. The same fight is going on inside you my boy — and inside every other person, too.”

The grandson thought about it for a minute and then asked, “Which wolf will win?”

The grandfather placed his hand on the boy's shoulder, smiled, and said, “The one you choose to feed each day.”

This story has become popular in recent years and it is something that I still carry with me. If we choose to feed the part of us that represents bad qualities, we will have more of the bad. If we choose to celebrate and feed the good parts, we will have more of the good. The choice is ours each day.

Ask yourself a few questions this week:

1. What does your bad wolf look like inside? When it is winning the fight, how do you act toward other people?
2. What does your good wolf look like? When it is winning, how are you with those same people?
3. What are a few small things you can do today to feed the good wolf a bit more? Some examples could be: giving someone a compliment, thanking them for helping you and doing something to help someone else.

MARK A. CAMPBELL

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ACTIVITY: WORD SCRAMBLE

Unscramble the letters
below to match the words
in the word bank.

baseball
strike
bullpen

world series
dugout
hitter

helmet
inning
homestand

pitcher
plate
home run

1. llabesba

2. ehmo nru

3. letap

4. ehrcipt

5. tsekri

6. nngini

7. letehm

8. irhett

9. tougud

10. rwdol rseise

11. ulpbnle

12. mnhadotse

