



MAJOR LEAGUE BASEBALL HISTORY IN DC

In the November newsletter we learned about the Washington Senators' second stint in DC (1961-1971). It featured Washington, DC, being awarded an expansion team, the move to Griffith Stadium, the legendary Frank Howard, and the departure of the Senators after just 10 years in the nation's capital.

Major League Baseball (MLB) would not return to the District for another 33 years — until 2004 when MLB announced the Montréal Expos would move to Washington, DC. But who were the Expos and why were they moving to DC?

In 1969, MLB made the league bigger by adding the Montréal Expos along with the San Diego Padres in the National League, and the Kansas City Royals and Seattle Mariners in the American League. The Montréal team was named after the Expo 67 World's Fair — a large international exhibition held in Montréal.

In 2001, after 32 years in Montréal, MLB considered removing the Expos from the league entirely. The process of removing a team is called "contraction." The plan for contraction was due to perceived sloppy ownership, poor play, low attendance, and bad television ratings. However, the contraction plan failed due to challenges by the players' labor union and the Expos were instead bought by MLB. Immediately work on moving the team to a new city began.

In 2004, baseball finally returned to the nation's capital, when Major League Baseball selected Washington, DC, as its choice for relocating the Montréal Expos. On November 22, at a ceremony at historic Main Hall at Union Station, it was announced the new Washington MLB franchise would be named the Washington Nationals and that the team would wear red, white, and blue. The plan was for the team to play in a refurbished RFK Stadium, before moving to a new ballpark after the 2007 season.





THE MONTRÉAL EXPOS (1968–2004)

1968 - Named after the Expo 67 World's Fair, Montréal became the home of MLB's 23rd franchise. It was the first team to be based outside of the United States.

1969 - The Expos won its first-ever game, beating the eventual world champion New York Mets 11-10 in Flushing, New York. The team won its first home game as well, 8-7 over the St. Louis Cardinals, a game that included the first MLB home run hit outside the United States. Such success did not continue. The club finished its first season winning 52 games and losing 110.

1976 - The team moved into Olympic Stadium, the Expos new and final home. The improved surroundings did not help team play, as once again the team finished in last place.

1981 - The season was shortened because of a labor strike that lasted from June 12 through July 31. This caused the season to be divided into two halves. Behind a young group of players led by Hall of Fame and Nationals Ring of Honor members **Andre Dawson** and **Gary Carter**, the Expos won the second half NL East Pennant. The Expos made the playoffs but lost to the Los Angeles Dodgers in the NL Championship Series.

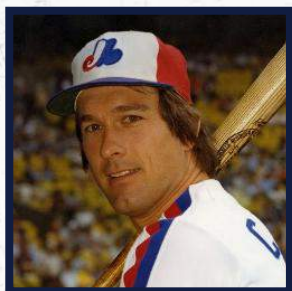
1994 - This was arguably the best year for the Expos. The team finished 74-40, the best record in baseball. They probably would have made the playoffs. Unfortunately, the season ended early because of a labor strike that started on August 12 and caused the rest of the regular season and playoffs to be cancelled.

2004 - On September 29, MLB announced that the team would move to Washington, DC, for the 2005 season. That evening, the Montréal Expos hosted their final home game, a 9-1 loss to the Florida Marlins in front of a season-high crowd of 31,395 fans. Following the final out, a ceremony was held on the field thanking fans.

2004 - After a 33-year absence, baseball returned to the nation's capital. While many wanted the new team to retake the Senators name for a third time, on November 22, the announcement was made that the team would be called the Nationals.



★ ★ ★ **PLAYER SPOTLIGHT** ★ ★ ★



GARY CARTER

BORN

April 8, 1954, in Culver City, California

DIED

February 16, 2012, in West Palm Beach, Florida

NICKNAME

The Kid (for his youthful energy)

POSITION

Catcher and Right fielder

BATS

Right

THROWS

Right

HEIGHT

6'2"

WEIGHT

205 pounds

DEBUT

September 16, 1974 vs. New York Mets

FINAL GAME

September 27, 1992 vs. Chicago Cubs

SEASONS IN MONTRÉAL

1974-1984

AWARDS

All-Star Selection (1975, 1979-1988)

All-Star MVP (1981, 1984)

Silver Slugger (1981, 1982, 1984-1986)

Gold Glove (1980-1982)

World Series Champion (1986, with New York Mets)

National Baseball Hall of Fame (2003)

Nationals Ring of Honor (2010)



ANDRE DAWSON

BORN

July 10, 1954, in Miami, Florida

LIVES

Miami, Florida

NICKNAME

The Hawk (because of his "hawk eye" while batting)

POSITION

Outfielder

BATS

Right

THROWS

Right

HEIGHT

6'3"

WEIGHT

180 pounds

DEBUT

September 11, 1976 vs. Pittsburgh Pirates

FINAL GAME

September 29, 1996 vs. Houston Astros

SEASONS IN MONTRÉAL

1976-1986

AWARDS

MLB Rookie of the Year (1977)

MLB MVP (1987)

All-Star Selection (1981-1983, 1987-1991)

Silver Slugger (1980-1982, 1987)

Gold Glove (1980-1985, 1987, 1988)

National Baseball Hall of Fame (2010)

Nationals Ring of Honor (2010)



TIM RAINES

BORN

September 16, 1959, in Sanford, Florida

LIVES

Estrella Mountain Ranch, Arizona

NICKNAME

Rock (based on his physique)

POSITION

Left fielder

BATS

Both

THROWS

Right

HEIGHT

5'8"

WEIGHT

160 pounds

DEBUT

September 11, 1979 vs. Chicago Cubs

FINAL GAME

September 29, 2002 vs. Philadelphia Phillies

SEASONS IN MONTRÉAL

1979-1990

AWARDS

All-Star Selection (1981-1987)

All-Star MVP (1987)

Silver Slugger (1986)

Batting Title (1986)

World Series Champion (1996 and 1998, with New York Yankees)

National Baseball Hall of Fame (2017)

Nationals Ring of Honor (2017)

NEGRO LEAGUE BASEBALL HISTORY

THE KANSAS CITY MONARCHS



The Kansas City Monarchs were the longest-running franchise in the history of baseball's Negro Leagues. In fact, they are considered the most prominent baseball team to ever play in the Negro National League. The team operated in Kansas City, Missouri, from 1920 to 1955. The name came from an earlier semi-pro team in Kansas City that played during the 1910s. That semi-pro team reportedly was named after its sponsor, the Monarch Printing Company, which took its name in part from the Monarch butterfly.

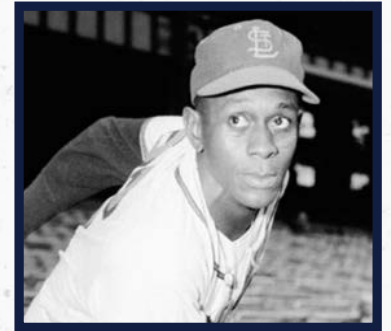
The Monarchs steadily grew in popularity over the 1920s. The owner, J.L. Wilkinson, purchased a portable lighting system which was trucked from game to game. The lights, first used in 1930, allowed the Monarchs and their opponents to play night games which led to greater success and popularity. Often the Cincinnati Reds get credit for the first night game in professional baseball in 1935. That is incorrect. The Monarchs' first night game took place five years earlier.

The Monarchs had many of the most talented players including Charles Wilber "Bullet Joe" Rogan, future Chicago Cubs legend Ernie Banks, and Hall of Fame pitcher **Satchel Paige**. In 1945, the Monarchs shortstop was none other than Jackie Robinson, who broke the Major League Baseball color barrier in 1947 when he signed with the Brooklyn Dodgers. The Monarchs' club had more players play in MLB than any other Negro League baseball team. First baseman and manager Buck O'Neil also became the first Black coach in the Major Leagues (Chicago Cubs, 1962). He also served as a Negro Leagues ambassador and was instrumental in establishing the Negro League Baseball Museum in Kansas City.

During their time in Kansas City, the Monarchs won a Negro League record 10 league pennants (in both the Negro National and Negro American Leagues). The team had only one losing season during their entire 45 years with the Negro Leagues. They were also the Negro Leagues' first "world champions" defeating Hilldale Athletic Club in the organization's inaugural World Series in 1924.

NEGRO NATIONAL LEAGUE SPOTLIGHT

LEROY "SACHEL" PAIGE



BORN	July 7, 1906, in Mobile, Alabama		
DIED	June 8, 1982, in Kansas City, Missouri		
NICKNAME	Satchel — he earned his nickname, Satchel, when he was a young boy carrying bags (and satchels) at railroad stations for passengers.		
POSITION	Pitcher		
BATS	Right	THROWS	Right
HEIGHT	6'3"	WEIGHT	180 pounds
YEARS PLAYED NEGRO LEAGUE	1926-1947		
YEARS PLAYED MLB	1948-1966		
AWARDS	All-Star Selection (1952, 1953) World Series Champion (1948, with Cleveland Indians) National Baseball Hall of Fame (1971)		

Satchel Paige was born in Mobile, Alabama, on July 7, 1906. He was the seventh of 12 children. According to Paige, his mother sent him to earn money carrying luggage for businessmen at the train station. He was frustrated with how little it paid, so he got creative and fixed a pole so it would carry several bags at once to help earn more money faster. His co-workers told him, "You look like a walking satchel tree." His unique nickname was born.

A run-in with the law (petty theft and truancy), got Paige put in reform school at age 12. His stay at the Industrial School for Negro Children in Mount Meigs, Alabama, may have been a blessing in disguise. His baseball talent, coupled with big hands and feet on his long, lanky frame — he would grow to 6'4" — were recognized and developed by his coach at the school.

With African American players barred from MLB, Paige began his professional career in 1926 in the Negro Southern League. His record with the Birmingham Black Barons stood out, and he moved quickly through the ranks of the Negro National League teams. He became a very popular player with fans because of his powerful arm.

In 1948, at the age of 42, Paige made his Major League debut for the Cleveland Indians. Paige was the first Black pitcher to play in the American League, and was the seventh Black player to play in Major League Baseball.

Paige ended up playing 40 years of professional baseball. In 1971, Paige became the first former Negro League star to be elected to the National Baseball Hall of Fame.

GUIDE TO BASEBALL STATISTICS: WHAT IS FIELDING PERCENTAGE?

DEFINITION

Fielding percentage records how often a fielder or team makes a defensive play when tasked with fielding a batted ball, throwing a ball, or receiving a thrown ball for an out.

KEY TERMS

Total Chances: A defender's total chances are the number of opportunities he has to record an out. The formula for total chances is: putouts + assists + errors.

- **Putout:** A fielder is credited with a putout when he is the fielder who physically records the act of completing an out. That could be stepping on base for a force out, tagging a runner, catching a batted ball in the air, or catching a third strike. A fielder can also receive a putout when he is the fielder judged by the official scorer to be closest to a runner that gets called out for interference.
- **Assist:** An assist is awarded to a fielder who touches the ball before a putout is recorded by another fielder. Typically, assists are awarded to fielders when they throw the ball to another player.
- **Error:** A fielder is given an error if, in the judgment of the official scorer, he fails to make an out on a play that an average fielder should have made. Fielders can also be given an error if they make a poor play that allows one or more runners to advance on the bases.

HOW TO CALCULATE FIELDING PERCENTAGE

PUTOUTS + ASSISTS

PUTOUTS + ASSISTS + ERRORS
(total chances)

DO THE MATH

What is Trea Turner's fielding percentage since 2015?

- Putouts = 551
- Assists = 1,060
- Errors = 43
- Total Chances (Putouts + Assists + Errors) = 1,654

Fielding Percentage = Putouts + Assists ÷ Total Chances

Fielding Percentage = 551 + 1,060 ÷ 1,654

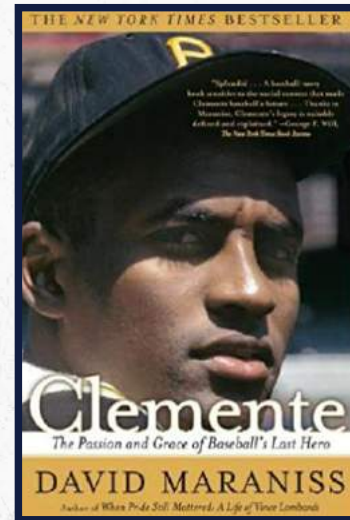
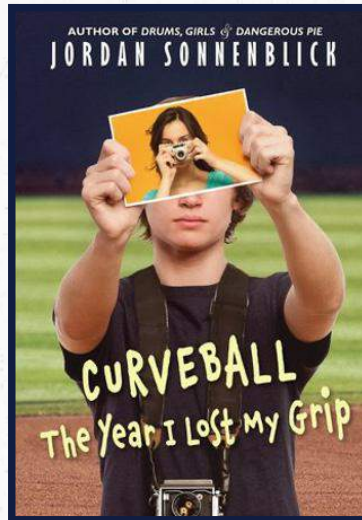
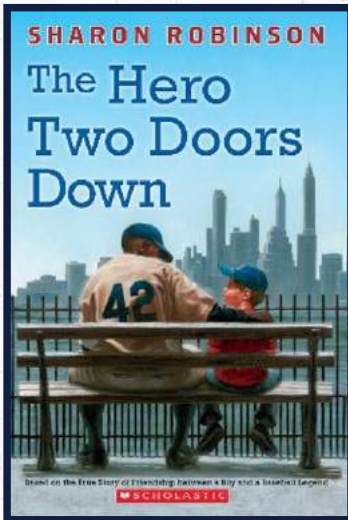
Fielding Percentage = .974 (97.4%)

FUN FACTS

- A good fielding percentage for a shortstop is .975, really good is .985 and anything between .985 and 1.000 is excellent.
- The league's lowest (or worst) fielding percentages typically come from shortstops and third basemen, because they deal with more difficult ground balls and tough throws than the other positions. On the other hand, catchers, first basemen, and outfielders often have the highest (or best) fielding percentages because they don't typically have as many difficult plays to make.
- The biggest flaw with fielding percentage is that it does not account for how difficult a defensive play is.

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 Prince George's County Memorial Library System.



EARLY READER (AGES 4-7)

Curious George at the Baseball Game by Margaret and H.A. Rey

INTERMEDIATE READER (AGES 8-12)

Satch & Me by Dan Gutman
The Hero Two Doors Down by Sharon Robinson

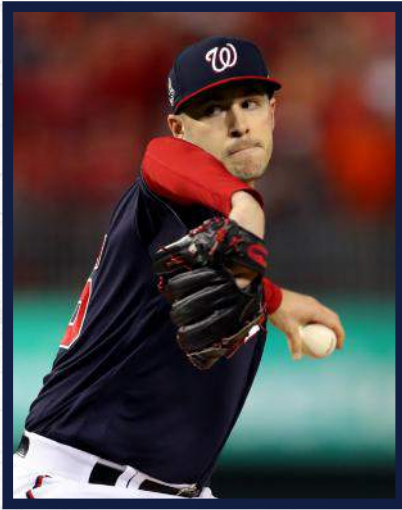
ADVANCED READER (AGES 13-15)

Curveball: The Year I Lost my Grip by Jordan Sonnenbeck

ADULT READER

The Negro Leagues: Celebrating Baseball's Unsung Heroes by Matt Doeden
Mickey and Willie by Allen Barra
Clemente: The Passion and Grace of Baseball's Last Hero by David Maraniss





GET TO KNOW...

PATRICK CORBIN



Q: What do you like to do in the offseason, or when you have free time?

A: I enjoy playing with my dog Ace, golfing, working out, boating and the video game Call of Duty®. With golf, I am definitely better at putting because I get a lot of practice putting on our 9-hole mini course in my backyard.

Q: What is your favorite food?

A: Steak, tuna and my wife Jen's spaghetti sauce.

Q: What is your favorite baseball movie(s)?

A: *For Love of the Game*

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

A: I enjoy cooking, trying out new recipes and different foods to cook.

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

A: Playing catch with my dad when I was a kid and still using that slider grip he showed me.



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.

Are you experiencing lower back pain? Jeff Coulter, Performance Specialist with Inova Sports Performance powered by EXOS, illustrates the shin box with rotation exercise. He recommends trying it first thing in the morning, particularly if you sleep on one side more than the other to help relieve low back pain.

SHIN BOX WITH ROTATION:

- Bend your right leg in front of you and bend and put your left leg behind you. *(Pictured as Right 1)*
- Put your right arm down straight at your right side. Extend your left arm up in the air. *(Pictured as Right 1)*
- Relax and exhale as you take your raised left arm through and under your straight and still right arm. *(Pictured as Right 2)*
- Push your right hand into the floor and do not let your elbow bend. Repeat 3-5 times.
- Switch sides and repeat steps one through four, 3-5 times. *(Pictured as Left 1 and Left 2)*



RIGHT 1



RIGHT 2



LEFT 1



LEFT 2



A MINDFUL MOMENT



“Find the good and praise it.” — Alex Haley

We are entering one of my favorite times of the year. Not because of the holiday songs, or the snow, or even the hope for presents under my tree. I love this time of year because people take time to express how thankful they are for the many good things in their lives.

This year has been kind of tough on all of us. Even so, there are still many good things about life that we can celebrate each day. I want to share a word with you that I feel comes with a lot of magic. Even though it isn't like a movie character yelling “SHAZAM” and turning into a superhero, this word can bring some pretty powerful things into our lives.

The word is **GRATITUDE**.

Gratitude means focusing on what's good in our lives and being thankful for the things we have each day. We can use lots of words to describe feelings of gratitude. We might say we feel thankful, lucky, fortunate or blessed.

It is so easy to look at what we don't have, or what other people have that we want. When we do that it can make us forget or stop seeing the special things we do have.

Gratitude doesn't just help us to feel good. It can also be good for our health and make many parts of our lives better. Here are a few examples:

- Gratitude makes relationships better. Think about a time that one of your friends, or someone in your family said “thank you” for something that you did. It felt pretty good, huh? When you thank other people, you give them that same feeling. How cool is that?
- If we are grateful for all of the good things in our life, then we don't worry as much about the things we don't have.
- Gratitude helps us to be more confident.
- Grateful people have more positive emotions like happiness and love.

The beautiful part about being grateful is that it can be for any reason, big or small.

Here is a **fun video from Kid President** about a bunch of awesome things to be grateful for.

Ask yourself a few questions this week:

- What do I notice in my life that I am grateful for today? Remember, it can be anything big or small.
- How does it make me feel to say “thank you” when someone does something nice for me? How does it feel to hear “thank you” when I do something for someone else?
- How can you show gratitude today, to someone else?
- What are 10 things that I am grateful for? Make a list like Kid President's. This is YOUR list, so make it fun.

I hope you all have very happy holidays.

P.S. I am grateful for all of you (just wanted to let you know).

MARK A. CAMPBELL

Director of Mental Conditioning, Washington Nationals Baseball Club

ACTIVITY: HOLIDAY LIGHTS MAZE

DELIVER SCREECH HIS PRESENT

