



## PRESIDENTS AND BASEBALL IN DC



Across the country, Opening Day marks the beginning of a new Major League Baseball season. In Washington, DC, Opening Day is truly unique because it often makes history.

Major League Baseball's ceremonial first pitch goes back to April 14, 1910. William Howard Taft, the 27th president of the United States, attended the home opener of the Washington Senators against the Philadelphia Athletics. A sold out crowd of 12,226 fans—the largest baseball crowd in Washington at that time—gave President Taft a standing ovation as he made his way to his seats along the first-base line.

Just prior to the start of the game, umpire Billy Evans walked over to President Taft's box and presented him with a new baseball. Evans instructed President Taft that he was to throw the ball from his seat in the stands to Senators pitcher Walter Johnson to officially start the season. With Taft's on-target throw, the ceremonial first pitch was born. The president watched the whole game, a 3-0 Washington win in which Johnson threw a one-hit, complete-game shutout.

From 1910 through 1972, when the Washington Senators left for Texas, 11 presidents threw a ceremonial first pitch 45 times on Opening Day, or at the team's home opener if they began the season on the road. In those games the Senators won 23 and lost 22. Prior to the Senators move, every president since Taft was in attendance for a Washington Senators home opener at least once.

The Washington Nationals (2005–present day) have hosted two presidents who threw ceremonial first pitches on three different opening games. President George W. Bush threw out the ceremonial first pitch at RFK Stadium on April 14, 2005, to celebrate the return of baseball to the nation's capital, then again to open Nationals Park on March 30, 2008. President Barack Obama continued the tradition on April 5, 2010, throwing out the first pitch prior to the Nationals' season opener vs. the Philadelphia Phillies.

Since 1910, when the ceremonial first pitch began, the only presidents to never throw out a ceremonial first pitch at an Opening Day game—anywhere—are President Jimmy Carter and President Donald Trump.



PRESIDENT WILLIAM TAFT



PRESIDENT FRANKLIN D. ROOSEVELT



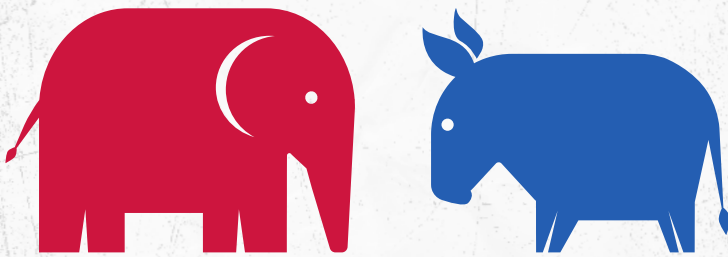
PRESIDENT GEORGE W. BUSH



PRESIDENT BARACK OBAMA



# YEAR-BY-YEAR LIST OF PRESIDENTIAL FIRST PITCHES IN DC



Below is a breakdown of Washington's record (Senators and Nationals) on an opening game, listed by president won-loss record.

Woodrow Wilson (D)	3-0 (1.000)
William Howard Taft (R)	2-0 (1.000)
George W. Bush (R)	2-0 (1.000)
Calvin Coolidge (R)	3-1 (.750)
Warren Harding (R)	2-1 (.667)
Dwight Eisenhower (R)	4-3 (.571)
Franklin Roosevelt (D)	4-4 (.500)
Harry Truman (D)	3-4 (.429)
John F. Kennedy (D)	1-2 (.333)
Herbert Hoover (R)	1-3 (.250)
Richard Nixon (R)	0-1 (.000)
Barack Obama (D)	0-1 (.000)
Lyndon Johnson (D)	0-3 (.000)

**TOTAL 25-23 (.521)**  
**REPUBLICANS 14-9 (.609)**  
**DEMOCRATS 11-14 (.440)**

YEAR	DATE/OPP	RESULT	ATND.	PRESIDENT
1910	April 14 vs. PHI	Won 3-0	12,226	William H. Taft
1911	April 12 vs. BOS	Won 8-5	16,000	William H. Taft
1913	April 10 vs. NYY	Won 2-1	20,000	Woodrow Wilson
1915	April 14 vs. NYY	Won 7-0	15,557	Woodrow Wilson
1916	April 20 vs. NYY	Won 12-4	20,000	Woodrow Wilson
1921	April 13 vs. BOS	Lost 6-3	18,212	Warren G. Harding
1922	April 12 vs. NYY	Won 6-5	27,000	Warren G. Harding
1923	April 26 vs. PHI	Won 2-1	20,000	Warren G. Harding
1924	April 15 vs. PHI	Won 4-0	25,000	Calvin Coolidge
1925	April 22 vs. NYY	Won 10-1	40,000	Calvin Coolidge
1927	April 12 vs. BOS	Won 6-2	30,000	Calvin Coolidge
1928	April 10 vs. BOS	Lost 7-5	25,000	Calvin Coolidge
1929	April 17 vs. PHI	Lost 13-4	25,000	Herbert Hoover
1930	April 14 vs. BOS	Lost 4-3	20,000	Herbert Hoover
1931	April 14 vs. PHI	Lost 5-3	32,000	Herbert Hoover
1932	April 11 vs. BOS	Won 1-0	18,000	Herbert Hoover
1933	April 12 vs. PHI	Won 4-1	24,000	Franklin D. Roosevelt
1934	April 24 vs. BOS	Lost 5-0	33,336	Franklin D. Roosevelt
1935	April 17 vs. PHI	Won 4-2	20,000	Franklin D. Roosevelt
1936	April 14 vs. NYY	Won 1-0	31,000	Franklin D. Roosevelt
1937	April 19 vs. PHI	Lost 4-3	33,000	Franklin D. Roosevelt
1938	April 18 vs. PHI	Won 12-8	29,000	Franklin D. Roosevelt
1940	April 16 vs. BOS	Lost 1-0	31,000	Franklin D. Roosevelt
1941	April 14 vs. NYY	Lost 3-0	32,000	Franklin D. Roosevelt
1946	April 16 vs. BOS	Lost 6-3	30,372	Harry S. Truman
1947	April 18 vs. NYY	Lost 7-0	30,822	Harry S. Truman
1948	April 19 vs. NYY	Lost 12-4	31,728	Harry S. Truman
1949	April 18 vs. PHI	Won 3-2	26,000	Harry S. Truman
1950	April 18 vs. PHI	Won 8-7	29,320	Harry S. Truman
1951	April 20 vs. NYY	Won 5-3	15,553	Harry S. Truman
1952	April 15 vs. BOS	Lost 3-0	25,869	Harry S. Truman
1953	April 16 vs. NYY	Lost 6-3	25,112	Dwight D. Eisenhower
1954	April 13 vs. NYY	Won 5-3	27,160	Dwight D. Eisenhower
1955	April 11 vs. BAL	Won 12-5	26,634	Dwight D. Eisenhower
1956	April 17 vs. NYY	Lost 10-4	27,837	Dwight D. Eisenhower
1957	April 15 vs. BAL	Lost 7-6	23,872	Dwight D. Eisenhower
1958	April 14 vs. BOS	Won 5-2	26,675	Dwight D. Eisenhower
1960	April 18 vs. BOS	Won 10-1	28,327	Dwight D. Eisenhower
1961	April 10 vs. CWS	Lost 4-3	26,725	John F. Kennedy
1962	April 9 vs. DET	Won 4-1	44,383	John F. Kennedy
1963	April 8 vs. BAL	Lost 3-1	43,022	John F. Kennedy
1964	April 13 vs. LAA	Lost 4-0	40,145	Lyndon B. Johnson
1965	April 12 vs. BOS	Lost 7-2	43,554	Lyndon B. Johnson
1967	April 10 vs. NYY	Lost 8-0	44,382	Lyndon B. Johnson
1969	April 7 vs. NYY	Lost 8-4	45,113	Richard Nixon

1972-2004: NO MAJOR LEAGUE BASEBALL TEAM IN WASHINGTON, DC

2005	April 14 vs. PHI	Won 5-3	44,080	George W. Bush
2008	March 30 vs. ATL	Won 3-2	39,389	George W. Bush
2010	April 5 vs. PHI	Lost 11-1	41,290	Barack Obama

**48 CEREMONIAL FIRST PITCHES • 13 DIFFERENT PRESIDENTS**



# NEGRO LEAGUE BASEBALL HISTORY

## THE ST. LOUIS STARS



The St. Louis Stars were a Negro League team originally founded as the St. Louis Giants by a businessman named Charlie Mills. The Giants became one of the original members of the Negro National League in 1920. After two seasons, Charlie Mills sold the team to Dick Kent and Dr. Sam Sheppard. Under this new ownership, the Giants were renamed the St. Louis Stars and a new ballpark (Stars Park) was built.

In the first few years as the Stars, the franchise did not play well. The team hovered around .500, winning and losing about the same number of games each year. They experienced their only losing season in 1923. The following few years, new manager Jim Taylor assembled one of the most impressive groups of talent the Negro Leagues had ever seen.

The revamped roster included centerfielder and leadoff man, **Cool Papa Bell**, a future National Baseball Hall of Famer. The roster also included first baseman and all-time Negro League home run king, Mule Suttles, and one of the greatest shortstops in Negro League history, Willie Wells. With their new and improved roster, the Stars went on to win three pennants in 1928, 1930, and 1931.

The St. Louis Stars disbanded in 1931, following the collapse of the Negro National League. Today, there are still reminders of the Stars in St. Louis. Along with the revitalization of Stars Park, a statue of Cool Papa Bell stands outside of Busch Stadium (home of the St. Louis Cardinals).



# NEGRO NATIONAL LEAGUE SPOTLIGHT

## JAMES “COOL PAPA” BELL



**BORN** May 17, 1903, in Starkville, MS  
**DIED** March 7, 1991, in St. Louis, MO  
**NICKNAME** Cool Papa  
**POSITION** Center Fielder  
**BATS** Both      **THROWS** Left  
**HEIGHT** 6'0"      **WEIGHT** 155 pounds  
**YEARS PLAYED** 1922–1946  
**AWARDS** Negro League All-Star Selection (1933–1936, 1942, 1944)  
 Negro League World Series Winner (Homestead Grays: 1943, 1944)  
 National Baseball Hall of Fame (1974)  
 Washington Nationals Ring of Honor (Homestead Grays)



Cool Papa Bell was born in Starkville, Mississippi, on May 17, 1903. When Bell was 17, he moved to St. Louis to live with his older brothers and attend high school. However, instead of attending school, Bell would spend his time playing baseball in the neighborhood. During his teenage years, Bell would play for local semi-pro baseball teams that would pay him \$20 to pitch on Sundays.

In 1922, Cool Papa Bell signed with the St. Louis Stars of the Negro National League. It was with the Stars that Bell earned his nickname, “Cool Papa.” Bell earned his nickname during his first season after he was called “cool” for striking out Negro League standout, Oscar Charleston. Bell added “Papa” because he thought it sounded better and “Cool Papa Bell” was born.

In 1924, Stars’ manager Bill Gatewood urged Bell to play the outfield because of his speed and ability to hit. Before becoming an outfielder, Bell batted right-handed and threw left-handed. Bell made the permanent move to centerfield and stopped pitching after working on his defensive skills and learning how to switch-hit. Cool Papa’s exceptional speed allowed him to play very shallow in the outfield and still catch balls that were hit behind him. Also, Negro League pitchers often tried to avoid walking Bell, because he was able to steal bases easily. Bell led the Stars to league titles in 1928, 1930, and 1931.

Cool Papa Bell briefly played for the Homestead Grays at the end of his baseball career. In his first two seasons with the Grays, the team won back-to-back Negro League World Series titles in 1943 and 1944.

There are many legends and stories about Cool Papa Bell—perhaps more than any other player in the history of the game. Some say he was so fast he could score a run from first base on a single by the batter. As one of the fastest men in baseball history, people said that Bell could “flip off the lights, jump into bed and pull up the covers before the room got dark.”

Bell was inducted in the Baseball Hall of Fame in 1974. He was also named to the Washington Nationals Ring of Honor for his “significant contribution to the game of baseball in Washington, DC” as a member of the Homestead Grays.



GUIDE TO BASEBALL STATISTICS

# WHAT IS WHIP?



**Walks and Hits Per Inning Pitched (WHIP):** WHIP is a commonly used statistic for evaluating a pitcher's performance. The statistic shows how well a pitcher keeps runners off the bases—one of his/her main goals.

### HOW TO CALCULATE WHIP

WHIP is the sum of the pitcher's walks and hits, divided by his/her total innings pitched.

$$\text{WHIP} = \frac{(\text{WALKS} + \text{HITS})}{\text{INNINGS PITCHED}}$$

### DO THE MATH

*What was Stephen Strasburg's WHIP in 2019?*

Walks: **56**

Hits: **161**

Innings Pitched: **209**

WHIP = (Walks + Hits)/Innings Pitched

WHIP = **(56 + 161) / 209**

WHIP = **1.038**

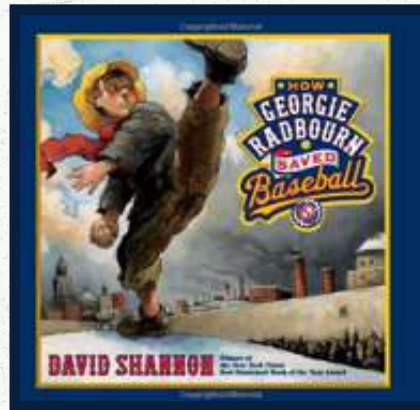
**The lower a pitcher's WHIP, the better. Check out this table for WHIP ratings.**

Rating	WHIP
Excellent	1.00
Great	1.10
Above Average	1.25
Average	1.32
Below Average	1.40
Poor	1.50
Awful	1.60



## 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.



### EARLY READER (AGES 4-7)

*How Georgie Radbourn Saved Baseball* by David Shannon  
*Clifford Makes the Team* by Norman Bridwell  
*Little Rhino #1: My New Team* by Ryan Howard and Krystle Howard

### INTERMEDIATE READER (AGES 8-12)

*Champ* by Marcia Thornton Jones  
*Comeback Kids Safe at Home* by Mike Lupica  
*All the Broken Pieces* by Ann Burg

### ADVANCED READER (AGES 13-15)

*The Girl Who Threw Butterflies* by Mick Cochrane  
*The Contract* by Derek Jeter

### ADULT READER

*Moneyball* by Michael Lewis  
*The Natural* by Bernard Malamud  
*The Boys of Summer* by Roger Kahn





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

**A:** This offseason I've picked up grilling and smoking meats, so I enjoy doing that. I like cooking just about any kind of meat. I am also trying golf as much as I can.

**Q: What is your favorite food?**

**A:** My favorite food right now is any kind of meat I've smoked—brisket, pork, chicken, or ribs.

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

**A:** Sandlot or Major League

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

**A:** Other than that I was born in Brazil, they would be surprised to learn I'd rather watch the Cooking Channel than MLB Network.

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

**A:** Growing up playing in Brazil was very different. I enjoyed the traveling we did all over Brazil.

**Q: What is your favorite memory from the 2019 postseason?**

**A:** My favorite moment was getting to celebrate with my wife and kids. We put our families through a lot during a regular season and to celebrate the big moments like that with them was great!





## 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.

*Experiencing hip or lower back tightness? Here are two exercises to stretch those areas.*

### Quad/Hip Flexor Stretch – Figures 1 and 2

- Kneel on your left knee, extend your right leg in front of your body keeping your foot flat on the ground.
- Raise your left arm in the air, keep your right arm down straight at your side.
- Keep your back in a straight line, flat like a table as you push your hips forward and down. Hold for 3 seconds.
- Complete this 5 times per side.

### Glute Bridge – Figures 3 and 4

- Lay on your back with your legs bent, feet flat and arms extended on the ground palms facing down.
- Drive your heels and hands down through the floor and squeeze your glutes (rear end) as you lift your hips off the floor. Aim for a straight line from your shoulders to your knees. Hold for 3 seconds.
- Complete this 5 times.



FIGURE 1



FIGURE 2

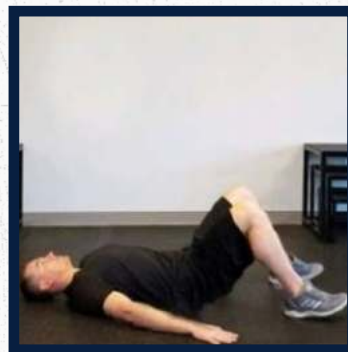


FIGURE 3



FIGURE 4



# A MINDFUL MOMENT

*“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year’s Day” — Edith Lovejoy Pierce*



2020 was a year unlike any other. It was full of ups and downs, and twists and turns, kind of like a roller coaster. Just when we thought the ride was done, another turn surprised us all. But, no matter how weird or hard times may seem, there are always great things to be found.

This month’s message is about YOU, and your story. As we head into the new year, I invite you all to do two things.

1. Look back at 2020 and think of six really good things that happened. They can be anything, no matter how big or small. Each can be something that happened to you, your friends, your family, or something that you read about or saw on TV. It is important to look for the good things and remember that they are part of our lives too. It is really easy to get stuck, focusing on the bad things that happen. When you do get stuck there, that is ok and normal. We just want to also remember we have a lot of really good parts of our lives.

2. Let’s do what the quote (above) says and treat 2021 as a blank book. Think of each day as a page that has no writing on it. We get to write the story of that day as we go. How cool is that? You are the main character in your story, and you get to decide how that character works hard in school, handles any bad things that happen, tries new things, cares about other people, and changes the world. It is like creating a character on your favorite video game, you get to choose how you want to live your life every day. At the end of each day, you get to look back and see what parts of the story you want to write differently the next day, on the next blank page.

When you realize your life can be what you decide to make it, that gives you power. Your choices matter each day.

I will make you all a deal. I will do it if you do it. I plan to make every day of 2021 as good as I can. I want to love my family and friends as much as I can. I want to learn something new every day. When things don’t go my way, I want to keep trying, and make the most of every situation.

I want the same for each of you. Make 2021 a year of growth and celebration. Above all, make it a year of helping others do the same. Ask your family and friends to do it. Ask your teachers to do it. Make it something fun for everyone around you.

This [video](#) talks about how to brainstorm topics for writing a “personal narrative.” That just means a story about you. Like the video shows, choose six good things from last year. Then, choose one to turn into a story. Use as many fun, positive details that you can. Remember, this is a story about YOU...and the good things in your life.

There are more videos that you can search for that build on this one. They show different parts of a story, and how to write them. Try watching them, to get better at writing your own.

## Tips:

- Think about the character you want to be in your 2021 story.
- How would you describe this character? What make him/her unique and special?
- Write down 5-10 of these characteristics.
- When you start writing the story of 2021, you now know who you want to be. You can continue to add/take away as the story grows.

Share this list with someone you want to read your story (a family member, a friend, a teacher), and tell them about your character. I bet they will be excited to read a story about someone like that.

Let’s work together to make 2021 our best year yet. Happy Storytelling!

## MARK A. CAMPBELL

Director of Mental Conditioning, Washington Nationals Baseball Club

# ACTIVITY: PRACTICE DRAWING TEDDY

USE THE GRID TO HELP GUIDE YOUR DRAWING!

