

Re: This Week In Baseball
Air Date: June 26, 2010

TWIB Show #1112 "San Diego Padres"

Act One - "Padres Pitching": Unexpectedly, the San Diego Padres are in first place in the NL West. But should it be such a surprise? After all, they finished the 2009 season very well and ended spring training winning 18 of the last 20 games. The Padres are motivated to prove people wrong because they have 25 guys believing in each other. Padres pitchers lead MLB in both ERA and strikeouts. Starting pitchers Jon Garland, Kevin Correia, Clayton Richards, Mat Latos and Wade LeBlanc eat up the early innings. Then the relievers in the Padres pen take over. The first place Padres are one of the lowest scoring teams in the NL, but they have won 15 games when scoring 3 runs or less. Perhaps the Padres pitching prowess is due to the fact that Buddy Black is the only skipper in MLB who was a former pitcher. Black is easy going, positive and connected with his players. Buddy makes sure they have the best chance to succeed for the club. The players root for each other and want to win together.

Educational theme: Motivation is intrinsic and a goal-oriented behavior. It has much to do with desire and ambition.

Educational theme: Leadership by example is based on a spiritual quality; the power to inspire others to follow. Learners learn from each other.

Educational theme: Unity is important because working together leads to success. Alone little can be accomplished; together much can be done.

Educational theme: Pitching and a defense are considered the best way to win championships.

Act Two - "Clayton Richard": One of the arms contributing to San Diego's success belongs to southpaw Clayton Richard. He works fast, fields his position, and holds runners on base. This adds up to a winning pitcher. Richards was acquired in a trade with the White Sox for one of the best pitchers in Padres history -- Jake Peavy. Clayton,

who played both baseball and football for the University of Michigan, has a strong work ethic and dedication to his craft. He is a nontraditional pitcher with a football mentality for training. He works daily in the gym, especially his midsection muscles, which helps transfer a pitcher's power. Throwing mechanics involve torque coming from the core muscles. All the Padres respect his regimen, yet they poke fun by calling him "Captain America" or "Rambo." Clayton's light throwing regimen is done on flat ground to keep him loose between starts.

The *TWIBIA* question was who holds the Padres single season mark for the most starts with two earned runs or less? The answer is Gaylord Perry, who in his Cy Young year of 1978 had 26 starts in which he allowed two earned runs or less.

The *Winning Road Trips* segment salutes the teams and players that are able to win away from home. The Texas Rangers are one of baseball's hottest teams and they kicked off their surge by winning eight in a row on the road.

Educational theme: The basic pitching philosophy is to work fast, change speeds and throw strikes.

Educational theme: Work ethic is a set of values based on hard work and diligence. It is also a belief in the moral benefit of work and its ability to enhance character.

Educational theme: Core muscles are many different muscles that stabilize the spine, pelvis and shoulder. Core conditioning needs to target all these muscle groups.

Educational theme: Trivia is a seemingly superfluous and insignificant event; however, it is an important component of baseball legend, lore and tradition. For both fans and players, trivia is a source of fun and interest in the American institution called baseball.

Act Three - "Pepsi Refresh": The *Pepsi Refresh Project* reexamines the men and moments in MLB history that helped change the world by breaking down barriers and building communities. This is a tribute to refreshing ideas. The Padres are taking part in the fight against cancer by collaborating with "Stand Up to Cancer." Players and fans have a personal role in the fight. People can donate and then sign the "Up To You Wall." The boards will be placed on the outfield fence for the final

two games of the season. Everyone feels good about contributing to such a worthwhile cause. Cancer touches everyone in some way, whether it is family, friend or neighbor. It is a personal thing to fight this terrible disease. Being part of such a great thing and being the first MLB club to join the project makes everyone proud to be a Padre.

The *XM Call of the Week* comes from Atlanta and the bat of Troy Glaus, who hit a long fly ball to left field for a walk off home run.

Gillette Rookies of the Month honors the top rookies in both leagues each month of the season. Carlos Santana of the Cleveland Indians has hit six doubles, two home runs and 10 RBIs in his first 12 MLB games.

Educational theme: Giving back to the community through community service activities or fund raising programs for medical research are important to the life of the health of a community and its cultural aspirations.

Educational theme: Pride is a positive emotion with a high sense of dignity and self-respect.

Educational theme: Landmark performances are those that mark a turning point in history. An athletic accomplishment with historical significance is one that is marked for preservation by aficionados, players and national governing bodies of sport.

Act Four - "Diamond Demos": Harold Reynolds of the MLB Network spoke about the proper body position when fielding a ground ball.

The Going All Out segment is a close up look at players who have gone the extra mile. In 1984, the Padres became a winning franchise for the first time. They had a mixture of young players and veterans. Craig Nettles and Goose Gossage brought a winning attitude from the World Champion NY Yankees. The NL Championship Series with the Chicago Cubs started poorly with two losses. When they returned to San Diego no one welcomed them at the airport, but at the Jack Murphy Stadium parking lot nearly four thousand fans showed up. This motivated the Padres to win three straight games to win the Series and advance to the World Series. It was a magical moment when the Padres won the National League pennant.

The State Farm Big League Blast celebrates the return to the

Phillies lineup by Jimmy Rollins.

Step Up To The Plate For Your Health featured Roger Caplinger, the head athletic trainer for the Milwaukee Brewers. He pointed out that when doing cardiovascular exercises you should sustain the work out for 20 to 30 minutes, 3 to 4 days a week. This gives the best results.

Educational theme: Sports pedagogy is an important aspect of the learning process. Demonstration and explanation are initial steps in the process. Children learn best by watching and mimicking athletic performance.

Educational theme: Putting together a team is a process that only takes a few good men. Every revolution began with small groups of people.

Educational theme: Fans and communities often establish passion for teams and individual athletes. There is an importance for spectator support. Cheering raises the emotions of athletes that lead to enhanced performance.

Educational theme: To be more successful in sports physical conditioning is an important component of training.

Act Five - "How 'bout that!": The plays of the week were presented to the music of *Sleigh Bells* from their album *Treats*. TWIB showed several excellent pitches that resulted in strikeouts. Several diving catches that robbed hitters of base hits were featured, but several futile diving attempts were shown as well. Infielders made nice defensive plays with bare handed, and back handed catches. Many long home runs, including walk off game winning home runs were shown.

Educational theme: To play good baseball, you must learn the fundamentals of the game.

Educational theme: The artistic value of sport can be found in the beauty, grace, and rhythmic movements of elite athletes. The aesthetic quality of a well-executed play enhances the appreciation of baseball.

Educational theme: Once the student-learner has carefully observed the required effort and the bio-mechanics of the premier athletes, then the movements can be more easily duplicated and performed by the

learner. The student is then physically educated.