

*** WASHINGTON, DC AND THE MLB ALL-STAR GAME

The Major League Baseball All-Star Game is also known as the “Midsummer Classic.” The game features the best players in the National League (NL) playing against the best players in the American League (AL). Fans choose the starting lineups; and a combination of players, coaches, and managers choose the rest of the players on the All-Star rosters. The game is played every year, usually on the second or third Tuesday in July.

The very first All-Star Game was on July 6, 1933, at the home of the Chicago White Sox. Only two times since then has the game not been played — in 1945 due to World War II travel restrictions, and 2020 due to the coronavirus pandemic.

Nationals Park and Washington, DC were at the center of the baseball universe in July 2018, serving as host of the 89th Major League Baseball All-Star Game. Remember all those festivities? This may come as a surprise, but that was actually the fifth time the All-Star Game was played in DC. Here is a little bit about each of the All-Star Games played in the Nation’s Capital.

JULY 7, 1937

The 1937 Midsummer Classic, which was the fifth Major League Baseball All-Star Game, was played on July 7, at Griffith Stadium. President Franklin D. Roosevelt was in attendance, making this the first All-Star Game to be played in front of a current President. The American League won the game 8-3, improving to 4 wins and 1 loss in the five games.

The American League started the scoring with two runs in the bottom of the third and the National League cut the lead to 2-1 in the top of the fourth. The AL came right back with three more runs of its own in the bottom of the inning and never looked back. The game featured 21 future Hall of Famers.



	1	2	3	4	5	6	7	8	9	R	H	E
NL	0	0	0	1	1	1	0	0	0	3	13	0
AL	0	0	2	3	1	2	0	0	X	8	13	1

GRIFFITH STADIUM • WASHINGTON, DC
ATTENDANCE: 31,391

JULY 10, 1956

The 1956 All-Star Game returned to Griffith Stadium for a second time. The National League defeated the American League 7-3, which was their sixth win in seven years.

The game’s highlights were home runs by four of the greatest players to ever play the game: Willie Mays and Stan Musial for the NL, and Ted Williams and Mickey Mantle for the AL. After the NL built a 5-0 lead, Williams and Mantle hit back-to-back homers for the AL in the bottom of the sixth inning to make it a 5-3 game, but that was as close as the AL would get. The game featured 18 future Hall of Famers.



	1	2	3	4	5	6	7	8	9	R	H	E
NL	0	0	1	2	1	1	2	0	0	7	11	0
AL	0	0	0	0	0	3	0	0	0	3	11	0

GRIFFITH STADIUM • WASHINGTON, DC
ATTENDANCE: 28,834

*** WASHINGTON, DC AND THE MLB ALL-STAR GAME

JULY 7, 1962

The first of two All-Star Games in 1962 was hosted at DC Stadium, marking the third time the Midsummer Classic was held in the nation's capital and the first time at this ballpark. President John F. Kennedy threw out the ceremonial first pitch. The NL topped the AL 3-1, winning its 11th game of the last 15 All-Star Games played.

Los Angeles Dodgers shortstop Maury Wills won the Arch Ward Trophy in the first year it was given to the game's Most Valuable Player. The game featured 18 future Hall of Famers.



	1	2	3	4	5	6	7	8	9	R	H	E
NL	0	0	0	0	0	2	0	1	0	3	8	0
AL	0	0	0	0	0	1	0	0	0	1	4	0

DC STADIUM • WASHINGTON, DC
ATTENDANCE: 45,480

JULY 23, 1969

RFK Stadium played host to the 40th Midsummer Classic. The National League won 9-3, the seventh victory in a row for the NL. Washington Senators player and hometown hero, Frank Howard, put the American League on the board in the second inning with a solo home run. Unfortunately, he and the other AL All-Stars were unable to overcome the early NL lead. The game featured 19 future Hall of Famers.



	1	2	3	4	5	6	7	8	9	R	H	E
NL	1	2	5	1	0	0	0	0	0	9	11	0
AL	0	1	1	1	0	0	0	0	0	3	6	2

RFK STADIUM • WASHINGTON, DC
ATTENDANCE: 45,259

JULY 17, 2018

The American League topped the National League, 8-6 in 10 innings. Tied at 2-2 heading to the top of the eighth inning, the two teams combined to score 10 more runs in a thrilling final three innings. Thirteen of the 14 total runs scored came by an All-Star Game record 10 home runs. Max Scherzer was the starting pitcher for the NL and recorded four strikeouts in two innings pitched. Bryce Harper started the game in center field. Pitcher Sean Doolittle was also chosen as an All-Star, and Nationals manager Dave Martinez served as a coach for the All-Star Game.



One of the other competitions that is part of the All-Star festivities is the Home Run Derby. Started in 1985, this long ball competition takes place the day before the All-Star Game. Bryce Harper won the 2018 Home Run Derby beating the Braves' Freddie Freeman in the first round, the Dodgers' Max Muncy in the second round, and former Cub Kyle Schwarber (now a Washington National) in the final round. Harper was only the third player ever to win the Derby in his home ballpark.

	1	2	3	4	5	6	7	8	9	10	R	H	E
NL	0	0	1	0	0	0	1	1	2	1	7	11	0
AL	0	1	1	0	0	0	0	3	0	3	3	11	0

NATIONALS PARK • WASHINGTON, DC
ATTENDANCE: 43,843

NEGRO LEAGUE BASEBALL HISTORY

THE CHICAGO AMERICAN GIANTS



The Chicago American Giants were a Negro League team organized by Rube Foster in 1910. It was the longest continuously running franchise in the history of black baseball. Foster was known to be an excellent manager, devising offensive and defensive strategies. He called every play and expected everyone to do their job.

The American Giants experienced great success over the first decade of their existence losing only one championship. In 1920, after their transition into the Negro National League, the team's dominance continued, winning the league's first three pennants. The franchise went on to win back-to-back World Series titles in 1926 and 1927.

The talented roster included many Negro League greats:

- **Bill Foster**, a pitcher known for both his speed and control.
- Bruce Petway, a catcher known for having one of the best throwing arms in the league.
- John Henry "Pop" Lloyd, who was believed by Babe Ruth to be the greatest baseball player ever.
- Pete Hill, often referred to as the Negro League's first superstar.
- Frank Wickware, a pitcher known for a curveball so good that batters would jump away from the plate.

The American Giants played at South Side Park from their first season well into the 1930s. South Side Park was a wooden ballpark that hosted the Chicago White Sox before they moved into Comiskey Park. Beginning in 1941, the American Giants actually shared Comiskey with the White Sox, using the park while the White Sox were away on road trips. It was rumored that during the American Giants best years they would sometimes have better attendance than both the White Sox and the Chicago Cubs.

During the 1940s, the team faced many obstacles with roster turnover, but remained competitive in the Negro National League. The team finally disbanded in 1956 after losing much of their talent to Major League Baseball once the league integrated.

NEGRO NATIONAL LEAGUE SPOTLIGHT

BILL FOSTER



BORN June 12, 1904, in Calvert, Texas
DIED September 16, 1978, in Lorman, Mississippi
NICKNAME Willie
POSITION Pitcher
BATTED Both **THREW** Left
HEIGHT 6'0" **WEIGHT** 190 pounds
YEARS PLAYED 1923–1937
AWARDS Negro League World Series Winner (1926, 1927)
 Negro League All-Star Selection (1933, 1934)
 National Baseball Hall of Fame (1996)



Bill Foster was born in Calvert, Texas on June 12, 1904. He was the younger half-brother of Rube Foster, who is known as the founder of the Negro National League as well as being a respected player, manager, and owner throughout his career.

Foster played for many teams throughout his baseball career including the Homestead Grays, Kansas City Monarchs, Pittsburgh Crawfords, and Chicago American Giants. During his time with the Chicago American Giants, Foster won the Negro National League pennant and the Negro National League World Series in 1926 and 1927. He was even player-manager of the team in 1930.

In 1926, Foster won 23 starts in a row, putting together a string of the most spectacular pitching performances the league had ever seen. The American Giants needed to win both games of a doubleheader in order to win the pennant, and Foster threw a complete game shutout in both games. The Giants won those games by a score of 1-0 and 5-0, and went on to play in the Negro League World Series.

Bill Foster was very popular with players and fans. Foster was the top vote getter and the winning pitcher in the first East-West National Negro League All-Star Game in 1933, and was on the All-Star team again in 1934. Negro League umpires often compared him to Negro League legend, Satchel Paige. Much of Foster's success came from his many different pitches, which included a blazing fastball, a slider, a curveball, and a changeup. He threw all of his pitches with speed and control.

Foster was said to have always conducted himself in a polite manner and commanded respect. He was posthumously inducted into the Major League Baseball Hall of Fame in 1996.



GUIDE TO BASEBALL STATISTICS

WHAT IS OBP?



On Base Percentage (OBP): OBP is a popular statistic that refers to how often a batter reaches base per plate appearance.

- A batter is credited with being “on base” when he gets a hit of any kind, walks, or is hit by a pitch.
- A batter reaching base by an error, fielder’s choice, or a dropped third strike does not get “on base” credit.

A batter’s goal is to avoid making an out. On-base percentage shows which hitters do that the best.

HOW TO CALCULATE OBP

OBP is the amount of times on base (not including errors, fielder’s choice, dropped third strikes) divided by the number of plate appearances.

$$\text{OBP} = \frac{(\text{HITS} + \text{WALKS} + \text{HIT BY PITCH})}{\text{PLATE APPEARANCES}}$$

DO THE MATH

What was Juan Soto’s OBP in 2019?

Hits: 153

Walks: 108

Hit by Pitch: 3

Plate Appearances: 659

OBP = (Hits + Walks + HBP)/Plate Appearances

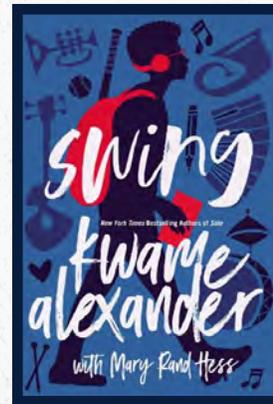
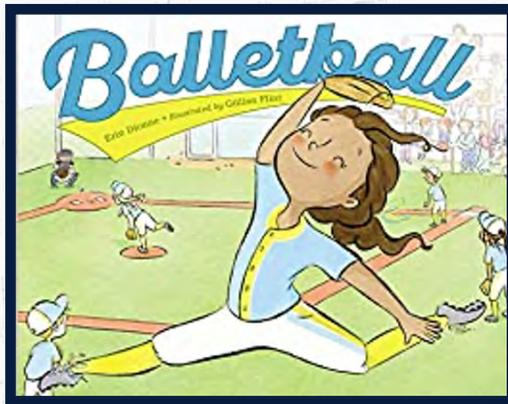
OBP = (153 + 108 + 3) / 659

OBP = .401

A good OBP is usually above .340, while a poor OBP is below .300. Anything above .400 is considered elite!

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 our friends at Montgomery County Public Libraries.



EARLY READER (AGES 4-7)

Balletball by Erin Dionne
Bonaparte Plays Ball by Margery Cuyler
Take Me Out to the Yakyu by Aaron Meshon

INTERMEDIATE READER (AGES 8-12)

Lupe Wong Won't Dance by Donna Barba Higuera
Get a Grip, Vivy Cohen! by Sarah Kapit
Dugout: the Zombie Steals Home by Scott Morse
Strike Zone by Mike Lupica

ADVANCED READER (AGES 13-15)

Swing by Kwame Alexander

ADULT READER

Baseball Maverick by Steve Kettmann
The Cubs Way by Tom Verducci
The Art of Fielding by Chad Harback and Henry Skrimshander





GET TO KNOW...
**KYLE
SCHWARBER**



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

A: I like to do a variety of things in my free time and offseason. I like to hunt, fish, golf, and go on walks with my wife and my dog. I really like being outside and enjoying the outdoors.

Q: What is your favorite food?

A: My favorite food is pizza. I think if you asked me if I was stranded and there was one food that I needed to survive it would be pizza.

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

A: My favorite baseball movies are *The Sandlot* and *Bull Durham*.

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

A: What many people don't know about me is that I was in the show choir in high school.

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

A: My favorite moment was winning the Cooperstown Dreams Park Tournament and being the first Ohio team to win the 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.

BRETZLE STRETCH

The Bretzle stretch is a quadriceps (thigh) and hip flexor stretch that has a T-spine (rib cage) and shoulder mobility component. You will want the majority of the stretch to be felt in your T-spine. Jeff Coulter, Performance Specialist with Inova Sports Performance, shows this stretch from different angles.

Note: A foam roller can be used, but is not required.

Figure 1

1. Lay on your right side. Take your bottom arm (right arm) and hold your top leg (left leg) at a 90 degree angle at the hip and knee and press onto a roller or the ground.
2. With your top arm (left arm), reach back and grab the ankle on your bottom leg (right leg) and pull until you feel a stretch in your quad.

Figures 2-4

3. Roll from your shoulder to your back, opening your chest so that the center of your chest is pointing straight up to the sky, while maintaining the tension on the bottom leg.
4. Hold approximately 2 to 3 seconds and roll back to the start position.
5. Repeat 4 to 6 times per side.



FIGURE 1

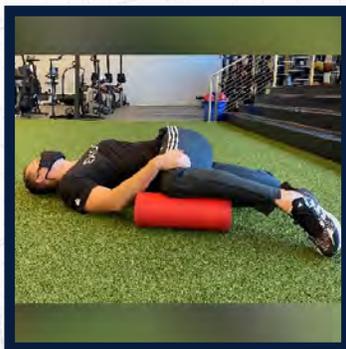


FIGURE 2

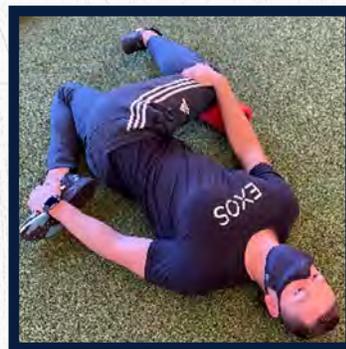


FIGURE 3



FIGURE 4

A MINDFUL MOMENT

Hello Everyone,

I hope 2021 is already shaping up to be a wonderful year for each of you.

I have loved poetry since I was a little boy. Dr. Seuss and Shel Silverstein were two authors that I read every night before bed. I used to write poems for my family and read them to them after dinner. As I grew older, I discovered amazing poets like Maya Angelou, Kwame Alexander, Emily Dickenson, and Robert Frost. There was something about the way they used words (the same words I heard other people use every day) to paint beautiful pictures of our world. I still write poems almost every day.

I felt the same way when I heard Amanda Gorman recite her poem "The Hill We Climb," at the Presidential Inauguration last month. Because of her and her writings, poetry is becoming popular again.

Poetry can teach us important lessons, and it allows us to be creative. It doesn't have to rhyme, but some of my very favorite poems do.

One of the poems that meant so much to me as a boy was "The Voice" by Shel Silverstein. It goes like this:



There is a voice inside of you
That whispers all day long,
"I feel that this is right for me,
I know that this is wrong."
No teacher, preacher, parent, friend
Or wise man can decide
What's right for you-just listen to
The voice that speaks inside.



To me this poem means that you are responsible for your thoughts, your beliefs, your words, and your actions. While other people can give their opinion of how you should live, it is up to you to live your life in the best way possible. You should absolutely listen to parents, teachers, preachers, coaches, and your friends. They have some pretty amazing things to say and teach you. But, at the end of the day, YOU are the one that is responsible for how you live.



A MINDFUL MOMENT

We all know that little voice inside. The one that tells us that we “can do it,” when we are trying something scary. The voice that may tell us when we are about to do something bad and makes us think twice. It is even the little voice that tells you to do something nice for someone else, even when they might not do it for you. That little voice knows right from wrong, good from bad, and helps you to make the right decisions. The trick is learning to listen to it and trust it.

This **video** is from Kwame Alexander himself. He teaches us the ingredients needed to cook up a good poem. I love this video because it is fun, and well...Kwame is an awesome poet.

After you watch Kwame’s video, try writing a poem yourself using his 3 Rs recipe. It doesn’t have to be a long one, but it should be fun. Pick a topic that you love (like baseball) and write about it. If you get stuck, ask someone to help. When you are finished, read it to a family member or friend.

Write another poem about “The Voice” inside you. What does that voice sound like? What are some good things it has told you to do? What are some of the bad things it has helped you to avoid?

I have really enjoyed sending these messages to you each month and wanted to write a poem JUST for all of you, about mindfulness. I hope you enjoy it.

“The Present” by Mark A. Campbell



We call each moment “the present,”
Every single one, a gift for me and you.
It matters how we use them,
What we think, say, and do.



If we choose to waste them
They will pass us by for sure.
If we spend each one wisely
Our days will matter more.

Keep making 2021 the best year yet. Happy poem writing!

MARK CAMPBELL

Director of Mental Conditioning, Washington Nationals Baseball Club





ACTIVITY: WORLD SERIES NATS LIBS

First, choose your words in the box below.
Then, use those words to fill in the blanks to
create your own wacky World Series broadcast!



(1) YOUR FRIEND'S NAME _____	(7) NUMBER _____
(2) NOUN _____	(8) U.S. CITY _____
(3) ADJECTIVE _____	(9) NOUN _____
(4) PLURAL NOUN _____	
(5) PLURAL NOUN _____	
(6) NUMBER _____	

And here _____ comes...Swing and a miss! Swing and a miss!
YOUR FRIEND'S NAME

Swing and a miss! And a World _____ game 7 winning _____ W is in the
NOUN **ADJECTIVE**

_____! The celebration is on! The Washington _____ are the World Series
PLURAL NOUN **PLURAL NOUN**

Champions! Remember where you are so you'll remember where you are right now

at _____ Eastern time! Remember where you are on October _____ 2019
NUMBER **NUMBER**

when the _____ Nationals finished the _____!
U.S. CITY **NOUN**