



2018

Delmarya Shorebirds Official Game Day Magazine





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HOMESTAND PROMOTIONS

AUGUST 27 Monday, 7:05 p.m. vs. Hickory Crawdads

47 ABC Two Buck Monday — Enjoy \$2 upper reserved tickets, \$2 hot dogs and \$2 16 ounce fountain Pepsi products presented by Wicomico Heating & Air Conditioning.



AUGUST 28 Tuesday, 7:05 p.m. vs. Hickory Crawdads

Ticket Amnesty Day #2 — The Shorebirds are offering fans an opportunity to redeem any unused ticket from a previous game during the 2018 season for an upper reserved ticket on Tuesday, August 28th.

Town Night Tuesday — Town Night Tuesdays will give the local residents, businesses, schools & clubs an opportunity to enjoy a night out at the ballpark while raising money for a cause or charity within their neighborhood. Each homestand the Shorebirds' will feature a different town with a portion of proceeds donated to that night's cause or charity. Tonight the Shorebirds will be honoring the town of Salisbury.

AUGUST 29 Wednesday, 7:05 p.m. vs. Hickory Crawdads

Silver Sluggers Wednesday — Become part of the coolest club on the Eastern Shore. If you are 55 or over you can join the Shorebirds Silver Slugger program sponsored by Peninsula Home Care. Each Silver Slugger game you will have a chance to win prizes throughout the night while playing baseball bingo.



AUGUST 30 Thursday, 7:05 p.m. vs. Hickory Crawdads

Fan Appreciation Day — The Shorebirds will be thanking their fans for all of their support during the 2018 season by giving away prizes each and every half inning. There will be special drawings throughout the game for the Shorebirds full and half season ticket plan holders. The Shorebirds will be offering \$2 upper reserved tickets, \$2 hot dogs, \$2 Pepsi products, and \$2 16 ounce cans of Miller Lite and Coors Light.



Maryland Pride Thursdays — Back for a second season, the Shorebirds players will be wearing
Maryland Flag themed jerseys each Thursday during the 2018 season. All fans are encouraged to wear Maryland themed gear
and join the fun! The jerseys will be auctioned off at the end of the game.

Kiss 95.9 Thirsty Thursday — Enjoy 16 ounce cans of Miller Lite and Coors Light; as well as, 16 ounce Pepsi fountain drinks for just \$2. Thirsty Thursdays are presented by University Village.





GROUPS IN ATTENDANCE

August 28th

Salisbury Area Chamber of Commerce Faith Baptist Fellowship Carl Zeiss Vision SECU Credit Union

August 29th

Morgan Stanley 14U Aces Coastal

August 30th

Bay Crossing Community Ro The Roof Center Independence Activities Committee Rawley's 5th Birthday Ocean Pines Association Wicomico County Employees Solid Image Inc. Coastal Communities Pickleball

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By: Will DeBoer

SHOREBIRDS PUT LID ON SIZZLING 2018 SEASON

Another season of Shorebirds baseball is headed into the books, taking with it another fun summer on the Delmarva Peninsula. With the final home games of 2018 in sight, it's time to remember the top moments from this 23rd summer of baseball in Salisbury.

Off to the Races

On April 5, the Shorebirds rode 10 strikeouts from Michael Baumann to a 2-0 Opening Night shutout over the Asheville Tourists. One week later, Kirvin Moesquit's inside-the-park home run fueled a 5-1 win over the Hickory Crawdads. In between, the Shorebirds won every single game, opening the season with a perfect 7-0 homestand.



Delmarva became one of the last undefeated teams in all of Minor League Baseball on the way to its longest season-opening winning streak in franchise history. With untouchable starting pitching, solid bullpen work, and timely hitting, the Shorebirds unveiled their blueprint for success and left the rest of the Sally League in the dust.

Power Pitching

The Shorebirds put a stranglehold on the Orioles' Minor League Pitcher of the Month award, keeping it in house three out of four months. Zac Lowther breezed to the April honor, while Matthias Dietz rose up to claim the crown in May. Lowther took the title back in June as a Frederick Key, but 19-year-old DL Hall returned the laurels to Delmarva with a transcendent July.

Lowther, Dietz, and Hall were just three of a revolving cast of buzz saws that took the mound for Delmarva night after night. Michael Baumann pitched himself to High-A with a 5-0 start. Local standout Brenan Hanifee, who only turned 20 in late May, settled in like a veteran and kept foes at bay with his turbo sinker. Cameron Bishop served as a rock in the rotation that saw three starters promoted midseason, and Luis Perez emerged from Aberdeen to provide stability for the best starting staff in the Orioles system.







Team Physicians of the Shorebirds

David M. Roe, MD Edward J. McGinnis, MD Thomas A. Brandon, MD Pasquale Petrera, MD John J. Greco, MD Eric H. Franks, MD James A. Trauger, MD

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2018 TOP MOMENTS CONT...

King of the Last-Lap Pass

He took a different path than his race car-driving father. but Zach Jarrett proved himself to be just as cool under pressure with a bat in his hand. The all-star outfielder propelled the Shorebirds to three of their walkoff wins this season. The first came in the most dramatic of fashions on April 26: a two-out, two-strike, two-run home run to beat Kannapolis 4-3. On July 20 against Greensboro, Jarrett had a green light on a 3-0 count and snapped his bat with a grounder to third that skipped over the bag and into left, scoring Mason McCoy to win it 3-2. During the team's very next game two days later, it was Jarrett again with a clean single to center, bringing home Cadyn Grenier to give the Shorebirds a 4-3 win at the gun.



Coast to Coast

In one of the highest-profile Eastern Shore unveilings in recent memory, the Orioles assigned former Oregon State shortstop and No. 37 overall pick Cadyn Grenier straight to Delmarya to make his professional debut. Grenier, who one week prior had won a College World Series title with OSU, debuted on July 5 against Hagerstown and notched his first hit the next night. On July 8 against Hickory, Shorebird fans got a taste of the prized prospect's baseball acumen: he led off the bottom of the ninth with a single and stole second and third on consecutive pitches, setting up Mason McCoy for the walkoff single soon after.

Showtime on The Shore

From Luis Perez's Fourth of July shutout against Hagerstown to a Seamus Curran's 10th inning single to beat Charleston on August 4th – both featuring crowds of 7,000-plus – Perdue Stadium was Delmarva's hot ticket in the summer of 2018. Word even spread to outside acts: the Shorebirds saw visits from actors Chauncey Leopardi (a.k.a. Squints from The Sandlot) and Dennis Haskins (a.k.a. Mr. Belding from Saved by the Bell), not to mention Weather Channel personality and Salisbury's favorite son Mike Seidel. The Shorebirds even hosted Olympic Gold Medalist and Maryland native, Haley Skarupa. With frequent visits from Cal Ripken and Dale Jarrett mixed in between, the Shorebirds brought a party to The Shore for nearly five months solid.

On behalf of the entire Shorebirds organization, we thank you for a fun-filled 2018 season, and here's to another go-around in 2019.





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BIRDLAND HAWAIIAN SHIRT



FRIDAY FIREWORKS POSTGAME ALL FANS

ORIOLES MARYLAND FLAG SCRIPT REPLICA JERSEY PRESENTED BY MORGAN STATE UNIVERSITY • FIRST 35 000 FANS 15 & OVER

ORIOLES T-SHIRT ALL FANS

> FRIDAY FIREWORKS POSTGAME, ALL FANS

TREY MANCINI ROBBI FHEAD FIRST 25,000 FANS 15 & OVER

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FIRST 35,000 FANS 15 & OVER

By: Will DeBoer

SHOREBIRD FEATS OF STRENGTH MARKED BY HALLER RULER

The sequence is familiar to Perdue Stadium regulars by now: A mighty crack of the bat. The majestic arc of a ball in flight, headed for parts unknown. A player slowing into a trot as the crunching chords of "Orange Crush" by R.E.M. blares through the concourses. A Shorebird has hit a home run, and as he crosses the plate the Haller Home Run Ruler will let him know just how far it's gone.

For the third year in a row, Georgetown attorney and longtime season ticket holder Karl Haller has sponsored the Home Run Ruler for all Shorebirds home runs at Perdue Stadium. Each homer is measured by the Trackman in-stadium analytics device and within moments ends up on the video scoreboard beyond right center field. Listed below are the longest home runs hit by Shorebird sluggers over the past three seasons.

2018 (as of August 17)

- 1. Seamus Curran 435 feet, 8/4 vs. Charleston
- 2. Jean Carlos Encarnacion 434 feet (109 mph) 8/17 vs. Charleston
- 3. Will Robertson 420 feet, 7/7 vs. Hickory
- 4. Jaylen Ferguson 414 feet, 6/7 vs. Greensboro
- 5. Seamus Curran 412 feet, 5/28 vs. Lakewood

2017

- 1. Jake Ring 445 feet (longest recorded by the Haller HR ruler)
- 2. Gerrion Grim 430 feet
- 3. Gerrion Grim 411 feet
- 4. Chris Shaw 410 feet

2016

- 1. Ademar Rifaela 428 feet
- 2. Alex Murphy 422 feet
- 3. Gerrion Grim 421 feet
- 4. Alex Murphy 420 feet

The Delmarva Shorebirds salute Karl and Mary Haller and their support for the Haller Home Run Ruler, and we look forward to tracking the next "Orange Crush" deep into the Salisbury night.







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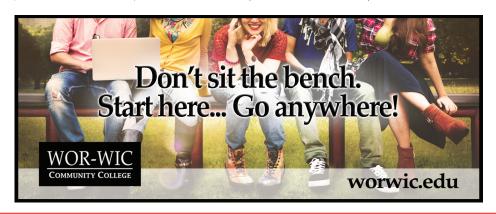
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GIVING TUESDAY 2018

We have a day for giving thanks, we have two days for "getting deals," and now, we have Giving Tuesday, a global day dedicated to giving back each year the Tuesday after Thanksgiving. Locally known as The Shore



Gives More campaign, Giving Tuesday is an online giving event that provides nonprofits the opportunity to gain exposure with donors and inspire the community to come together to support amazing local nonprofits.

Giving Tuesday was first brought to the Lower Eastern Shore in 2015 by the Community Foundation and in 2017 the event raised over \$164,000 for area nonprofits in Wicomico, Worcester, and Somerset counties. Many area nonprofits do not have the resources or abilities to create a large-scale marketing campaign and online donation platform. CFES provides the platform and assists nonprofits with resources to reach their own donor base.

When you give through ShoreGivesMore.org you know your donations are giving back directly to the Lower Shore community. Support your favorite local nonprofits and mark your calendar for Giving Tuesday November 27, 2018!



For more information or to get involved visit ShoreGivesMore.org or CFES. org. The Community Foundation of the Eastern Shore connects people who care to causes that matter for the common good of the Lower Eastern Shore. We are a 501c3 nonprofit with an inspiring history of fostering charitable endeavors, and have provided more than \$77 million in grants and scholarships to the local community since 1984. We collaborate with individuals, families, and businesses to match their charitable interests with community needs and strengthen local nonprofits through grants and resources. We are devoted to improving our regional community and believe in the power of philanthropy.











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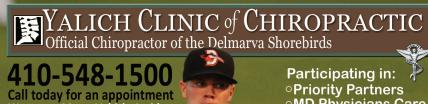
Cameron Kneeland

Justin Lord

SHOREBIRDS ROSTER

#	PITCHERS	B/T	HT	WT	AGE	HOMETOWN	ACQUIRED
32	Diogenes Almengo	R/R	6-2	190	6/2/95 (23)	Santiago, D.R	FA (2/23/18)
	Dariel Álvarez (DL)	R/R	6-2	180	11/7/88 (29)	Camaguey, Cuba	FA (7/24/13)
30	Cameron Bishop	L/L	6-4	215	2/14/96 (22)	Brea, CA	26th Rd. (2017)
45	Brandon Bonilla	L/L	6-4	200	10/21/93 (24)	Greenwich, CT	13th Rd. (2016)
25	Scott Burke	R/R	6-3	200	6/2/94 (23)	Glendora, CA	20th Rd. (2017)
	Kory Groves (DL)	R/R	6-1	200	9/2/94 (23)	Mesa, AZ	34th Rd. (2015)
18	Nick Gruener	R/R	6-0	185	5/16/95 (23)	Miami, FL	22nd Rd. (2016)
21	DL Hall	L/L	6-0	180	9/19/98 (19)	Warner Robins, GA	1st Rd. (2017)
27	Brenan Hanifee	R/R	6-5	180	5/29/98 (19)	Harrisonburg, VA	4th Rd. (2016)
47	Reed Hayes (DL)	R/R	6-3	185	3/17/95 (23)	Bristol, TN	13th Rd. (2017)
29	Max Knutson	L/L	6-2	205	4/1/95 (23)	Minneapolis, MN	12th Rd. (2016)
36	Cameron Ming	L/L	6-2	205	4/1/95 (23)	Minneapolis, MN	12th Rd. (2016)
38	Tim Naughton	R/R	6-3	195	11/14/95 (22)	Goldsboro, NC	34th Rd. (2017)
48	Jhon Peluffo	R/R	6-3	140	6/16/97 (20)	Cartagena, COL	FA (5/30/2014)
20	Luis Perez	R/R	6-0	175	5/3/95 (23)	Palenque, DR	FA (6-3-2016)
26	Nick Vespi	L/L	6-3	215	10/10/95 (21)	Miami, FL	18th Rd. (2015)
37	Ryan Wilson	L/L	6-1	190	11/6/96 (21)	Oceanside, CA	33rd Rd. (2017)
#	CATCHERS	B/T	HT	WT	AGE	HOMETOWN	ACQUIRED
39	Ben Breazeale	L/R	6-0	208	10/21/94 (23)	Louisville, TN	7th Rd. (2017)
16	Jean Carrillo	R/R	6-0	200	6/16/97 (20)	Panama City, PAN	FA (11/26/2013)
11	Wagner Ramírez (DL)	R/R	5-11	170	12/11/94 (23)	San Jan de la Maguana, DR	FA (6/18/2015)
2	Chris Shaw (DL)	R/R	6-0	215	4/25/94 (23)	Winnipeg, MB	15th Rd. (2015)
#	INFIELDERS	B/T	HT	WT	AGE	HOMETOWN	ACQUIRED
4	Branden Becker	L/R	6-1	175	9/13/96 (21)	Redlands, CA	17th Rd. (2015)
19	Trevor Craport	R/R	5-11	201	8/12/96 (21)	Norcross, GA	11th Rd. (2017)
34	Seamus Curran	L/L	6-6	245	9/6/97 (20)	Springfield, MA	8th Rd. (2015)
15	Jean Carlos Encarnacion	R/R	6-3	195	1/17/98 (20)	San Jan de la Maguana, DR	Trade (7/31/2018)
	Clay Fisher (DL)	R/R	6-1	165	3/31/96 (22)	San Diego, CA	12th Rd. (2018)
3	Cadyn Grenier	R/R	5-11	188	10/31/96 (21)	Henderson, NV	1st Rd. (2018)
6	Max Hogan	L/R	5-11	195	9/24/93 (24)	Belton, TX	32nd Rd. (2017)
1	Mason McCoy	R/R	6-0	175	3/31/95 (23)	Peoria, IL	6th Rd. (2017)
	Zach McLeod (DL)	R/R	6-1	200	1/19/96 (22)	Phoenix, AZ	33rd Rd. (2018)
7	Kirvin Moesquit	S/R	5-8	165	3/10/95 (23)	Willemstad, CW	24th Rd. (2015)
35	Ryan Ripken	L/L	6-6	205	7/26/93 (24)	Hunt Valley, MD	FA (3/31/2017)
#	OUTFIELDERS	B/T	HT	WT	AGE	HOMETOWN	ACQUIRED
3	Frank Crinella (DL)	R/R	5-11	188	6/9/94 (23)	Springfield, MA	39th Rd. (2015)
10	Zach Jarrett	R/R	6-4	220	12/8/94 (23)	Hickory, NC	28th Rd. (2017)
14	Will Robertson	R/R	6-2	190	3/2/95 (23)	Greenville, SC	30th Rd. (2017)

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HOLLOWAY TOURS



DATE	WHERE ARE YOU GOING?
Sept. 10 - 13	Pigeon Forge, Dollywood & Smoky Mountains Reservations accepted until July 25
October 6	Family Fun Tour - Jack Hanna, Into the Woods, Lancaster, PA
October 7 - 10	Niagara Falls, 3 Nights / 4 Days Reservations accepted until August 24
October 20	New Show "Jesus", Sight & Sound Lancaster, PA & Hershey Farms Resturant
October 31	Cincinnati, OH, The Ark; The Creation Museum, A Biblical Tour Reservations accepted until September 18
November 10	The First Noel, Christmas Show at AMT
November 14	Little Mermaid, Toby's Dinner Theatre, Columbia, MD
Nov. & Dec.	New York Shopping on Your Own Every Saturday, Nov. 24 - Dec. 15
December 6	"A Christmas Carol", Dutch Apple Dinner Theatre, Lancaster, PA

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By: Will DeBoer



INAUGURAL DELMARVA SEASON TOP MEMORY FOR SISSON

One consequence of a lifetime in baseball is that no visit to any ballpark is truly the last. Those who spend enough time in the game inevitably end up crossing old haunts and rekindling long-dormant memories. Such was the case when White Sox minor league field coordinator Doug Sisson arrived in Kannapolis on July 28. The Delmarva Shorebirds were in town, and sight of

that familiar D-Bird logo brought a smile to the soul of this baseball lifer.

"We were fortunate to go to Delmarva to open up the new ballpark," said Sisson, who managed the inaugural Shorebirds in 1996 and led the team to the cusp of the South Atlantic League title. "The fan support was fantastic, it's a great part of the country. Over the years and to this day I kind of try to manipulate my schedule to try and get back there."

Sisson, now 54, debuted as a manager in the Rangers system in 1993 at age 29. By 1995 he was boss of the Albany Polecats, the Montreal Expos' Sally League affiliate; one year later Sisson and the whole team headed from Southwestern Georgia to the Eastern Shore of Maryland.

With a roster that featured 10 future major leaguers – including future standouts Orlando Cabrera, Michael Barrett, and Javier Vasquez – Sisson and the Shorebirds opened 1996 with a blazing 11-1 road trip. Many on the team stayed up all night on the ride back to Salisbury to see the brand new Perdue Stadium for the first time; they opened its gates on April 17 with a 4-2 win over the Columbus RedStixx. The '96 squad won 83 games, still the most in franchise history.

"We were fortunate to have a really good group of hungry young kids," said Sisson. "We did a really good job as an organization developing our players, preaching the fundamentals and competitiveness. If we had been able to see it through to the end as an organization, that was kind of our core group for the future."

Though the Expos left for Washington after 2004, Sisson still recalls the hunger that permeated Continued on page 23

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SHOREBIRDS SCORECARD

# PITCHERS W-L IP K BB H R ER WP CATCHER	H BI	R	AB	9	8	7	6	5	4	3	2	1	Pos	PLAYER NAME	#
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VISITORS SCORECARD

#	PLAYER NAME	Pos	1	2	3	4	5	6	7	8	9	AB	R	Н	ВІ
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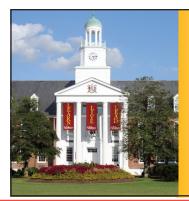






HICKORY ROSTER

#	PITCHERS	НТ	WT	B/T	DOB	HOMETOWN	ACQUIRED
11	Advocate, Josh	6'1"	195	R/R	1/18/94	Mohave Valley, AZ	20th round (2017)
9	Alexy, A.J.	6'4"	195	R/R	4/21/98	Honey Brook, PA	Trade (2017)
24	Anderson, Reid	6'3"	185	R/R	8/22/95	New Egypt, NJ	17th round (2016)
18	Barlow, Joe	6'3"	195	R/R	8/28/95	Rivertown, UT	11th round (2016)
10	Bremer, Noah	6'5"	200	R/R	5/13/96	Berkeley, CA	6th round (2017)
6	Casanova, Jean	6'3"	155	R/R	3/4/97	Waukegan, IL	35th round (2016)
16	Eubanks, Alex	6'2"	180	R/R	9/13/95	Duncan, SC	14th round (2017)
21	Evans, Demarcus	6'4"	240	R/R	10/22/96	Petal, MS	25th round (2015)
30	Heffel, Derek	6'6"	225	R/R	4/13/96	Racine, WI	14th round (2016)
31	Kuzia, Joe	6'5"	190	R/R	10/3/93	Seymour, CT	NDFA (2017)
32	Phillips, Tyler	6'5"	200	R/R	10/27/97	Lumberton, NJ	16th round (2015)
	Speas, Alex (DL)	6'3"	180	R/R	3/4/98	Powder Springs, GA	2nd round (2016)
15	Thomas, Tyler (DL)	6′1″	175	R/L	12/22/95	San Diego, CA	Trade (2018)
13	Thompson, Tyree	6'4"	165	R/R	6/12/97	New Orleans, LA	26th round (2016)
#	CATCHERS	HT	WT	B/T	DOB	HOMETOWN	ACQUIRED
27	Huff, Sam	6'4"	215	R/R	1/14/98	Phoenix, AZ	7th round (2016)
5	Middleton, Clay (DL)	6'0"	205	R/R	10/8/93	Columbus, MS	22nd round (2016)
3	Pozo, Yohel	6'0"	175	R/R	6/14/97	Maracaibo, Venezuela	NDFA (2013)
19	Whatley, Matt	5'10"	200	R/R	1/7/96	Claremore, OK	3rd round (2017)
#	INFIELDERS	HT	WT	B/T	DOB	HOMETOWN	ACQUIRED
2	Dorow, Ryan	6'0"	195	R/R	1995-08-21	Adrian, MI	30th round (2017)
22	Enright, Kole	6'1"	175	S/R	1998-01-21	West Orange, FL	3rd round (2016)
1	Hernandez, Yonny	5'10"	140	S/R	1998-05-04	Maturin, Venezuela	NDFA (2015)
14	Ratliff, Tyler	6'2"	210	R/R	1995-11-02	Alexandria, VA	17th round (2017)
38	Reed, Tyreque	6'2"	260	R/R	1997-06-06	Houlka, MS	8th round (2017)
#	OUTFIELDERS	HT	WT	B/T	DOB	HOMETOWN	ACQUIRED
36	Aparicio, Miguel	6'0"	165	L/L	3/17/99	San Carlos, Venezuela	NDFA (2015)
4	Gonzalez, Pedro	6'5"	190	R/R	10/27/97	Santo Domingo, DR	Trade (2017)
12	Jacobs, Justin	6'1"	195	L/R	10/25/95	Auburn, WA	NDFA (2017)
8	Scott, Preston	6'2"	210	R/R	11/15/93	Hanford, CA	34thround (2016)
	Smith, Chad (DL)	6'2"	200	L/L	9/30/97	Snellville, GA	5th round (2015)
25	Thompson, Bubba	6'2"	180	R/R	6/9/98	Mobile, AL	1st round (2017)



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KAN	KAN	LWD	LWD	LWD	LWD	HAG		
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ALUMNI UPDATE CONT...

through the vaunted Montreal minor league system.

"In the Expos, we knew that it was up to us to make the major league team successful instead of high-priced free agents," said Sisson. "Morale was really high in our minor league system because the young players knew they were going to get an opportunity to play in the big leagues, probably ahead of schedule.

"We really had to speed up the learning curve, so it was fun as an instructor to know that the future of the organization was in your hands."

Even in such a fertile system, Sisson remembers Delmarva as the crown jewel in '96.

"At that point in our organization, [Perdue Stadium] was the place to play," said Sisson. "This is the truth: when I told guys they were being promoted to the Florida State League, that old ballpark in West Palm Beach, there were guys that didn't want to leave. We just had a tremendous camaraderie on the team, we had a lot of fun, and we played with a lot of energy."

Neither Sisson nor the Expos would stay on Delmarva for long. The Shorebirds realigned with the Orioles in 1997 and finished off the hunt for a Sally League title. Sisson, meanwhile, managed in the Expos system through 2000, guiding the Harrisburg Senators to their fourth straight Eastern League crown in 1999. After several more stops, including a stint as Royals first base coach, Sisson signed on as White Sox coordinator this season.

Even with all that mileage, Sisson still looks forward to the day when his road takes him back to Delmarva, complete with its memories of parties at Frank Perdue's home and a fan base ready to adore its then-new team.

"Winning makes everything fun, but that was the place where guys wanted to play," said Sisson. "Guys wanted to get promoted there, and guys that were there wanted to see things through and win a championship for Delmarva. It was part of a neat experience that went into opening a new ballpark in a community that hadn't had professional baseball."





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Q & A w/KEVIN MIXON

Before a recent game in Rome, Shorebirds radio voice Will DeBoer caught up with Strength & Conditioning coach Kevin Mixon. Mixon graduated from California State University, Monterey Bay in 2014 and joined the Orioles as an intern in the Gulf Coast League in 2015. Last season he served as strength & conditioning coach for the Aberdeen IronBirds before being assigned to the Shorebirds for the 2018 campaign.

WD: When did you first get into strength & conditioning coaching?

KM: Back when I was in college, I actually started out as a personal trainer, and then I started interning as a strength & conditioning coach in a private facility in California. That's when I kind of made the transition and realized, "This is what I want to do."

WD: How has strength & conditioning coaching grown in the past few years?

KM: I would say it's something we've been more in need of as players get bigger, faster, and stronger. That's kind of where the game has trended. How do you do that? That's kind of where the need for strength & conditioning coaches come from. You've seen a rise in it over the past 20 years, and it continues to grow.

WD: Bigger, faster, stronger; to me that seems to coalesce in the form of more home run hitters and more strikeout pitchers.

KM: I think a lot of it is more about durability throughout the season. Keeping guys in shape, keeping them strong enough to last the entire season.

WD: Is there anything the Orioles are doing that goes above and beyond what other organizations are doing in the field?

KM: I can't say for other organizations, but I'd just say that our approach is, we try to be very intuitive about our approach. We try to treat each guy as best we can and stay on top of them. That way they can make it through a whole season big and strong.

WD: Say a young athlete wants to start a personal training program. What's something he or she can do that they may not think of initially? Something that someone who works in strength & conditioning would advice right off the bat.

KM: Stay basic. Don't try to do too much. You see a lot of stuff on social media, all kinds of videos of these guys doing crazy workouts. When somebody's first starting out, stay basic. You don't have to go out there and do the most spectacular thing to be effective.

WD: Just go for the personal growth, not for the notoriety.

KM: Yeah. And then as you advance, as you get stronger, then you can get more advanced with it. But when you're just starting out, stay basic.









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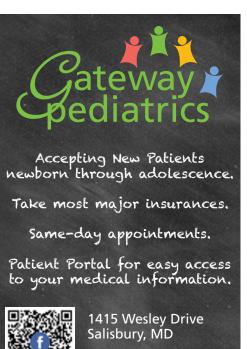
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By: Will DeBoer



BAUMANN HEADLINES HEFTY CLASS OF ASCENDING SHOREBIRDS

On Monday, May 14, Shorebirds starter Michael Baumann annihilated the Columbia Fireflies, striking out eight and scattering two hits across seven scoreless innings as part of Delmarva's 1-0 victory. That Sunday, Baumann was at it again, tossing a seven-inning complete game as part of his team's 6-1 win.

Except by the end of the week Baumann was pitching for the Frederick Keys. That Sunday start was his Carolina League debut and came at the behest of the Myrtle Beach Pelicans.

"Honestly I was just kind of thinking about getting a quality start and making a good impression," said Baumann of that May 20 win, his first career complete game. "I was just trying to get some quick outs and stay in the zone and

take it inning by inning, pitch by pitch, and before I knew it the game was over."

And with that win, another new experience: his first time getting to stand out on the mound and have his teammates come out to shake his hand after a job well done.

"It was actually pretty cool because I had never done it before," said Baumann. "Shaking the catcher's hand out there and then being able to team it up was awesome. It was definitely new and I wish I had more of those."

While the feeling was new, Baumann's dominance was not. Last year's third round pick out of Jacksonville University burst onto the scene as the Shorebirds' Opening Day starter, striking out 10 Asheville Tourists over five innings to anchor a 2-0 shutout. In seven starts with Delmarva, Baumann went 5-0 with a 1.42 ERA and 47 strikeouts over 38 frames.

The Orioles had little choice but to offer Baumann a new challenge. He was promoted to Frederick one day after posing for the official Shorebirds team picture at Perdue Stadium.

"I was pretty excited, but at the same time it was tough leaving some of the guys I've been playing with for the past year," said Baumann. "But there was a lot of excitement to know that I was going to be able to play with some new guys in a new rotation that had some more experience."

And it's not like he never saw his old teammates again. T.J. Nichting predated Baumann's arrival in Frederick by three days; relievers Zach Muckenhirn and Travis Seabrooke were promoted alongside him, and Muckenhirn has since gone up to Double-A Bowie. Opening Day Shorebirds Zac Lowther, Matthias Dietz, and Alex Katz have since joined Baumann in the Keys clubhouse.

"It's definitely nice having these guys up here too," said Baumann. "I've been playing with them since I got drafted, so I have a good relationship with them. It makes coming into the locker room more comfortable

PLAYER FEATURE CONT...

and it's nice having some friends around."

Despite the expected growing pains that have come with being promoted midseason – a mostly solid transition has been offset by a shelling or two – Baumann has settled in nicely, building on the foundation he set in Delmarva under the tutelage of Keys manager Ryan Minor and pitching coach Blaine Beatty.

"The biggest thing I learned [in Delmarva] is just live in the moment and have fun," said Baumann. "Enjoy the highs. Everything's a lot more fun when you're winning, and when you make the game fun it makes winning that much better.

"[This game] is what you make of it, and even the bus rides aren't so bad as long as you have guys there to help make showing up to the field easier every day."









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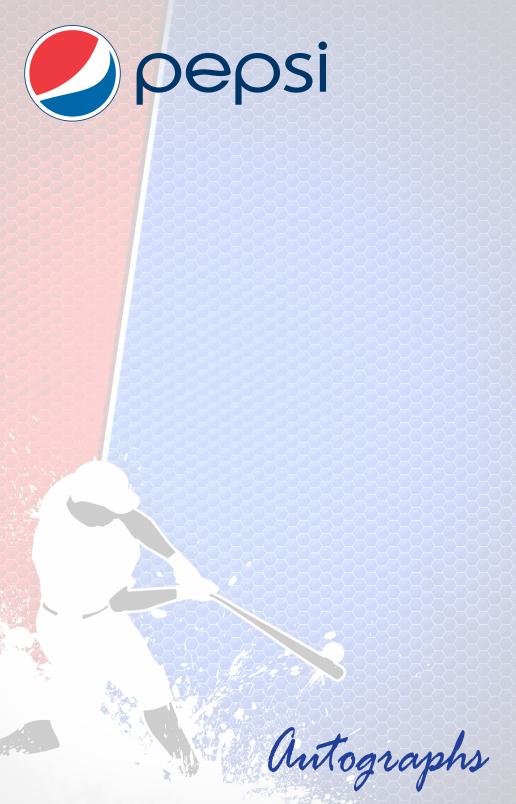
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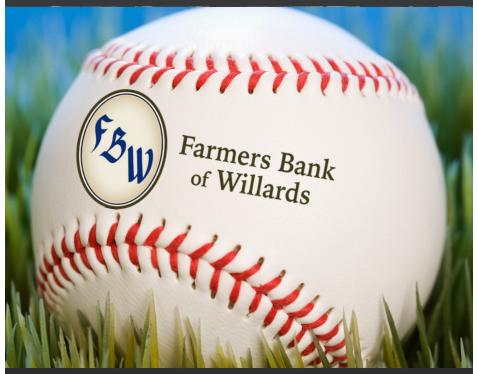
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