

DELMARVA SHOREBIRDS

Play Ball!

AUGUST 8 - 14

ISSUE 10

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The Art of a
Bullpen Session

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2019

DELMARVA SHOREBIRDS OFFICIAL GAME DAY MAGAZINE



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AUG 8 Thursday, 7:05 p.m. vs. Kannapolis Intimidators

Maryland Pride Hat Giveaway – The first 500 fans through the gates will receive a Maryland Flag themed hat presented by Spicer Bros. Construction Inc.

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 Salisbury Pit & Pub.

Maryland Pride Thursdays – Back for a third season, the Shorebirds players will be wearing Maryland Flag themed jerseys each Thursday during the 2019 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 season.



AUG 9 Friday, 7:05 p.m. vs. Kannapolis Intimidators

Q105 Fireworks – Come out and watch the Shorebirds light up the sky with their thirteenth fireworks show of the season presented by The Bank of Delmarva.

Money Giveaway – The Shorebirds will be handing out money envelopes to the first 1,000 fans through the gates courtesy of The Bank of Delmarva. There will be random amounts of money in each envelope with a grand prize winner that will receive \$500.

Orange Fridays – The Shorebirds players will be wearing orange themed jerseys each Friday during the 2019 season. All fans are encouraged to wear orange gear and join the fun! The jerseys will be auctioned off at the end of the evening as this will be the last time the Shorebirds wear the orange jerseys this season.

Froggy 99.9 Big Beer Friday – 32 ounce Miller Lite and Coors Light draft beers are only \$6 presented by First Class HVAC.



AUG 10 Saturday, 7:05 p.m. vs. Kannapolis Intimidators

Q105 Fireworks – Come out and watch the Shorebirds light up the sky with their fourteenth fireworks show of the season presented by Mountaire Farms.

Mountaire Family Night – Mountaire Farms will be hosting all of their growers and employees with a fun-filled evening of Shorebirds Baseball.



AUG 11 Sunday, 5:05 p.m. vs. Kannapolis Intimidators

Summer Reading Program – The Shorebirds will be hosting their summer reading program night. The Shorebirds will be hosting kids from participating Maryland, Delaware and Virginia libraries. The summer reading program is sponsored by McDonald's of Delmarva.

Float for the Fund – Enjoy Unlimited root beer floats while supplies last for \$5 per mug. Float for the Fund is brought to you by Georgeo's Italian Ice and Mug Root Beer.

Kids Club Game #4 – The Shorebirds kids club is back for the 2019 season. Members of the club receive 2 tickets to kids club games, a members only draw string bag, lanyard, and a whole lot more! The Kids Club is presented by Maryland EXCELS.

Strike Out Hunger Sunday – Bring two canned food items to the Shorebirds box office and receive an upper reserve ticket for \$3. All collected items will be donated to the local area food banks.

Kids Run the Bases – All Kids Club members get to run the bases after the game presented by Chili's Grill & Bar.



AUG 12 Monday, 7:05 p.m. vs. West Virginia Power

47 ABC Three Buck Monday – Enjoy \$3 upper reserved tickets, \$3 hot dogs and \$3 16 ounce fountain Pepsi products presented by Wicomico Heating & Air Conditioning.



AUG 13 Tuesday, 7:05 p.m. vs. West Virginia Power

Wag Your Tail Tuesdays #8 – Bring your dog to the park! The Shorebirds encourage fans to bring their dogs to Perdue Stadium to celebrate Wag Your Tail Tuesdays #8! If you bring a donation item for the Wicomico County Humane Society, the Shorebirds will allow your dog free entry into the stadium. Wag Your Tail Tuesday's is presented by Concord Pet Foods and Supplies.



AUG 14 Wednesday, 7:05 p.m. vs. West Virginia Power

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 Wednesday you will have a chance to win prizes throughout the night while playing baseball bingo.



By: Sam Jellinek

No Days Off: The Art of a Bullpen Session

From the outside looking in, a bullpen session – side work starting pitchers and sometimes relievers undergo between outings – can seem rather monotonous. Pitcher sets up on rubber. Pitcher goes into windup. Pitcher pitches. Catcher catches. Catcher throws ball back. Lather, rinse, repeat for 20-to-30 pitches. Well, that's not exactly how the Delmarva Shorebirds like to view their bullpens. In their eyes, each session is a blank canvas upon which they can continually try out the art of pitching.

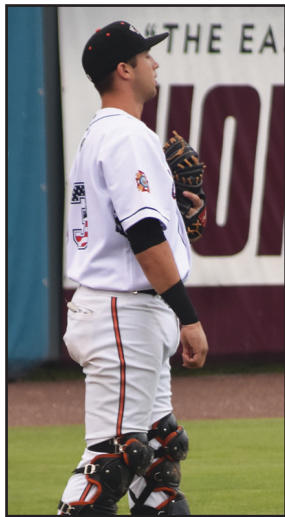
"In general, what I'm looking for in a bullpen session is how is the delivery looking, how is everything timed up, I want to make sure the hands are working in sequence," said Shorebirds pitching coach Justin Ramsey. "I'll move around the guys as they are throwing, making sure everything is lined up.

"It's going to be different for each pitcher, some guys are looking more at pitch execution or sequence or something to that effect. Other times it's going to be a lot more mechanical focused. We might have three guys throwing a bullpen session one day and each guy is going to get on the mound and have a different idea of what they are working on."

The typical Shorebirds bullpen session starts well before the pitcher first throws off the mound. The first step is warming up. This involves stretching, running, and utilizing weighted baseballs. Each player has their own regimen that they prefer, but for the most part everybody follows upon the same basic path. First it is running and stretching, and after that everybody pairs up and throws on flat ground, basically a pre-session sans mound. These flat ground sessions can be useful to tinker around with pitch grips, get the arm loose, and lock in the body.

While the pitchers are warming up, the Shorebirds video team sets up the Edgertronic camera behind the mound to capture everything the pitcher does. The Edgertronic camera takes video at extremely high frame rates, allowing Ramsey to slow things down to show his pitchers. Combine this with other analytical information Ramsey has at his disposal and that makes a wealth of knowledge to look at during bullpen sessions.

"The information that's out there now and the information that they have the ability to look at and learn from has completely changed the dynamic of the game," said Ramsey. "Looking at the Edgertronic video and how the ball is coming out of the hand and different things we can



Team Physicians of the Shorebirds

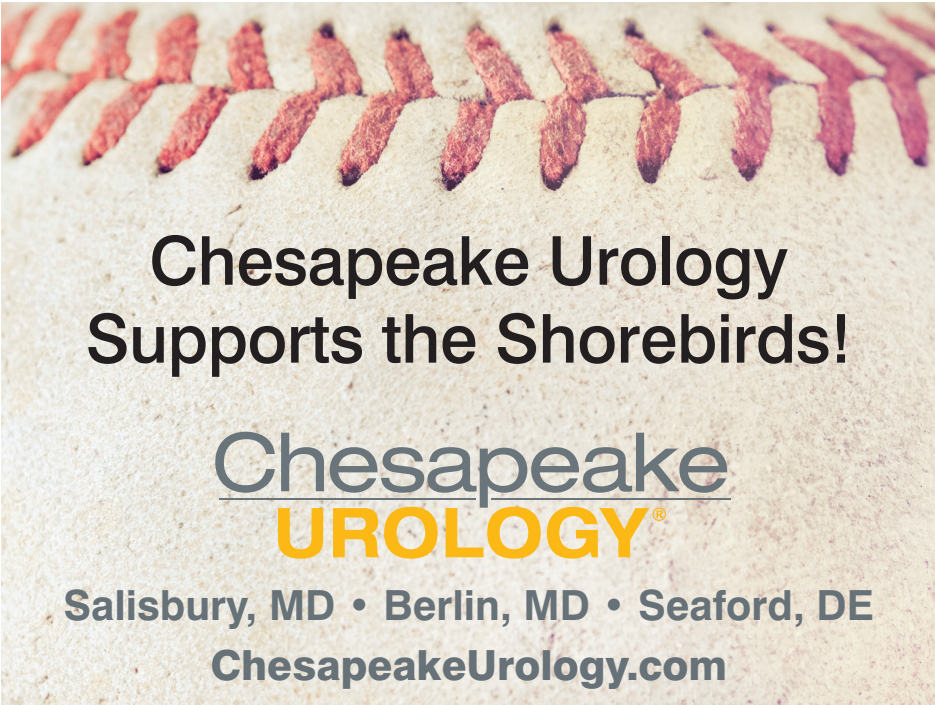
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manipulate to maximize the efficiency of the pitch, whether it's hand positioning or a ball positioning thing, this stuff is now readily available."

Once a pitcher finally ascends the mound and starts his session, each guy has a little bit of a different preference of how they go about their sessions. For reliever Reed Hayes, it's all about maintaining his repertoire.

"I like to use the bullpen to get the feel right for all three of my pitches: fastball, slider, and changeup," said Hayes. "I'm just working on all three pitches and trying to maintain them. Our bullpen sessions are touch and feels, so that's usually about 10 to 14 pitches. In a bullpen, I won't throw a fastball or any of my pitches at game speed or max effort. I save my best pitches for the game."



On the opposite side of Hayes is Shorebirds starter Ryan Wilson. With a six-man rotation, Wilson has a bit more time in between his outings, which he likes to use for constant development during the season.

"When I am throwing my mid-week side sessions I can stretch it out and go up to around 30 pitches instead of a shorter one thanks to the six-day rotation," Wilson said. "This allows me to still develop my pitches in between starts. You're not just dreading having to throw or still being sore, and when you do get to that next start you can truly get better every day."

Bullpen sessions may look like brainless work, but the brainwork that does go into them provides the clearest proof that Shorebirds pitchers take every opportunity they can to grow each day.

**EVERY
PITCH.**

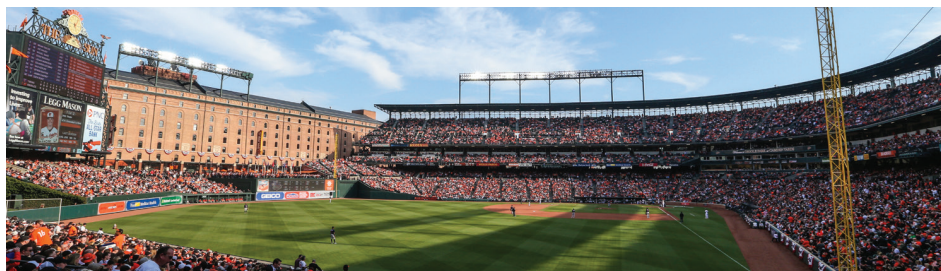


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- 20 ORIOLES TOTE BAG**
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- 21 YOUTH BASEBALL & SOFTBALL DAY**
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MAY

- 4 STAR WARS® NIGHT BB-8 BEANIE**
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- 5 YOUTH BASEBALL & SOFTBALL DAY**
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- 11 A LEAGUE OF THEIR OWN™ MOVIE NIGHT**
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- 23 FIELD TRIP DAY**
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FIRST 20,000 FANS 15 & OVER



JUNE

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FIRST 20,000 FANS 15 & OVER
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POSTGAME, ALL FANS
- 15 FIELD OF DREAMS™ MOVIE NIGHT**
POSTGAME, ALL FANS
- 16 FATHER'S DAY FEDORA**
FIRST 20,000 FANS 18 & OVER
- 25 HALFWAY TO CHRISTMAS CELEBRATION**
ALL FANS
ORIOLE BIRD NUTCRACKER
FIRST 20,000 FANS 15 & OVER
- 28 ORIOLES FLOPPY HAT**
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- 29 ORIOLES MARYLAND FLAG REPLICA JERSEY**
FIRST 30,000 FANS 15 & OVER



JULY

- 12 FRIDAY FIREWORKS & MUSIC**
PRESENTED BY THE HARTFORD • POSTGAME, ALL FANS
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PRESENTED BY E-ZPASS MARYLAND • FIRST 30,000 FANS 15 & OVER
- 16 BROOKS ROBINSON BOBBLEHEAD**
FIRST 25,000 FANS 15 & OVER
- 17 HOT DOG RACE T-SHIRTS**
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- 19 FRIDAY FIREWORKS & MUSIC**
POSTGAME, ALL FANS
- 21 EXCLUSIVE ORIOLES CARD PACK**
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AUGUST

- 2 FRIDAY FIREWORKS & MUSIC**
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- 4 ORIOLES CAP**
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ALL FANS
'89 "WHY NOT?" T-SHIRT
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- FRIDAY FIREWORKS & MUSIC**
POSTGAME, ALL FANS
- 10 DASHBOARD HULA BIRD**
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- 23 FRIDAY FIREWORKS & MUSIC**
POSTGAME, ALL FANS



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Eastern Shore Association of Municipalities
Tidwell Wealth Advisory Group
Wilfre
United Electric Supply
Delaware Express

AUGUST 9th

Atlantic General Hospital Community Garden
Bank of Delmarva
Carey Insurance Group
Eastern Shore Water
General Mills
Glen Riddle Community Center
G.O.S.H Group
Happy 7th Birthday Benjamin!
Hastings Marine Construction
Motorola Solutions
Peninsula Community Association
Vincent Overlook
Zach's Bachelor Party

AUGUST 10th

American Cedar & Millwork
BayView Homecare
Belmont Family Practice

Delmarva Printing & Design
Eastern Shore Animal Hospital
Happy 6th Birthday David!
Interboro Bucs 11U
Mountaire Farms Family Night
Milford Lions Club
Princess Anne Police Department
Spicer Bros. Construction Inc.
Tri-Gas & Oil
Women Supporting Women
Worcester County Commission on Aging

AUGUST 11th

Bags & Baseball
Bank of America
Camden-Wyoming Challengers
Joseph Family & Friends
Rommel Harley Davidson
3 Stones Church

AUGUST 12th

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AUGUST 13th

Shorebirds Baseball Campers

AUGUST 14th

Eagles Nest Fellowship Church
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It's a year of celebration for the Community Foundation of the Eastern Shore which is celebrating 35 years of philanthropic impact on Maryland's Lower Eastern Shore. Since 1984, CFES has granted more than \$83 million in grants and scholarships - now THAT is something to celebrate! In honor of the Foundation's anniversary, CFES launched the Spark Campaign, which aims to provide more than \$210,000 in combined funding for the three education foundations serving the Lower Eastern Shore. The Wicomico County Education Foundation, Worcester County Education Foundation and Somerset County Public Schools are the beneficiaries of this anniversary initiative.

Participating education foundations have until October 15, 2019 to each raise at least \$35,000. The Community Foundation will then provide up to \$35,000 for each education foundation in a 1:1 match. The goal is for the education foundations to raise a combined \$105,000 matched by an additional \$105,000 from the Community Foundation, for a total of \$210,000 for Lower Shore education needs.

Programs facilitated by the Spark Campaign will help ensure that students not only have high quality facilities, teachers, and curricula, but also the resources to nurture creativity, aid students in times of struggle, encourage them to strive for personal success, and allow them to thrive in the classroom and the community. Each education foundation will be empowered to use their funds to best meet the needs of local students in their respective counties.

The Spark Campaign is philanthropy by the community, for the community, in its truest sense. Together, friends and neighbors can come together to amplify the future of the Lower Shore. To learn how you can ignite the spark visit CFES.org/SPARK



About the Community Foundation: *As leaders, grant makers, and stewards of philanthropy, the Community Foundation of the Eastern Shore connects people who care with 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 \$83 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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The Althoff Family

In the spotlight is the Althoff family, first year as Shorebirds Half Season Ticket Holders. Pictured are Rob, Samantha, RP, and Skylar. Originally from Hanover MD, the Althoffs currently live in Mardela Springs. With the family's busy summer schedule, they are able to find time to attend games and cheer on their favorite players. "Throughout the summer schedules can be tricky with work, baseball, and softball, but our experience watching the team has been fantastic, and we can't wait for the playoffs!"



RP (10) is an avid baseball player, currently plays catcher with the Mid Atlantic Shockers. He recently attended Shorebirds baseball camp, where he refined many of his skills. When attending games, he has enjoyed tracking Shorebirds catchers Daniel Fajardo and Cody Roberts pitch by pitch. Often times you'll see him throughout the night over by the bullpen talking baseball with Shorebirds pitchers.

Skylar (7) plays first base for her softball team. When attending games, she especially enjoys ice cream with rainbow sprinkles. Her favorite player this season is shortstop Adam Hall, who she has several jerseys of, including the one pictured from our Paw Patrol night on Friday July 12th. When attending games, she is always prepared by bringing her Simba to hold up for the Shorebirds Simba cam.

"With this being our first year as season ticket holders, we've really enjoyed getting to know everyone around us as our summer family," said Rob. "We love all the different promotions throughout the year, even renaming the team to Los Gallos and Delmarva Scrapple. Every game we take at least a few laps around the field, and are counting the days down until the playoffs start, with the team as good as they've been all year, hopefully that results in a championship!"

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PLAYERS & COACHES

 #30 Matt De La Rosa	 #17 Johnny Rizer	 #25 Edison Lantigua	 #3 Zach Watson
 #21 Gray Fenter	 #37 Jhon Peluffo	 #11 Wagner Ramirez	 #10 Adam Hall
 #16 Ryan Wilson	 #9 Jaylen Ferguson	 #29 Adam Stauffer	 #20 Nick Horvath
 #35 Hector Guance	 #36 Grayson Rodriguez	 #38 Juan Echevarria	 #14 Cody Roberts
 #32 Matt Hammonds	 #19 Drew Rom	 #34 Seamus Curran	 #33 Dallas Litscher
 #7 Alexis Torres	 #26 Nick Vespi	 #1 J.C. Encarnacion	 #18 Ruben Garcia
 #12 Ben Breazeale	 #4 Ryne Ogren	 #47 Felix Bautista	 #2 Kyle Moore
 #15 Justin Ramsey	 #6 Dan Radison	 #23 Pat Leyland	 # Adrian Gonzalez
		 # Tim Chiarolanza	



SHOREBIRDS ROSTER

#	PITCHERS	B/T	HT	WT	BORN/AGE	HOMETOWN	ACQUIRED
	Tucker Baca (IL)	L/L	6-4	193	6/17/96 (23)	Suwanee, GA	12 Rd. (2017)
47	Felix Bautista	R/R	6-5	190	6/20/95 (24)	Santo Domingo, D.R.	FA (8/4/2016)
30	Matt De La Rosa	L/R	6-2	210	11/15/93 (25)	Austin, TX	28th Rd. (2016)
38	Juan Echevarria (IL)	R/R	6-3	195	6/25/97 (22)	Santurce, P.R.	FA (7/2/2015)
21	Gray Fenter	R/R	6-0	200	1/25/96 (23)	West Memphis, AR	7th Rd. (2015)
18	Ruben Garcia	R/R	6-4	220	8/2/96 (22)	Port St. Lucie, FL	14th Rd. (2016)
35	Hector Guance	R/R	6-6	200	7/12/95 (23)	San Cristobal, D.R.	FA (6/9/2015)
	Cody Hacker (IL)	R/L	5-11	180	6/18/00 (19)	Wentzville, MO	15th Rd. (2018)
32	Matt Hammonds	L/L	6-4	205	5/23/95 (23)	Anaheim Hills, CA	29th Rd. (2017)
33	Dallas Litscher	R/R	6-8	250	1/10/96 (23)	Glendale, AZ	10th Rd. (2018)
	Jimmy Murphy (IL)	R/R	5-11	195	10/14/94 (24)	South Orange, NJ	8th Rd. (2017)
37	Jhon Peluffo	R/R	6-3	140	6/16/97 (21)	Catagena, COL	FA (5/30/2014)
36	Grayson Rodriguez	R/R	6-5	220	11/16/99 (19)	Nacogdoches, TX	1st Rd. (2018)
19	Drew Rom	L/L	6-2	170	12/15/99 (19)	Fort Thomas, KY	4th Rd. (2018)
29	Adam Stauffer	R/R	6-7	240	1/13/99 (20)	Coatesville, PA	19th Rd. (2017)
26	Nick Vespi	L/L	6-3	215	10/10/95 (23)	Miami, FL	18th Rd. (2015)
16	Ryan Wilson	L/L	6-1	190	11/6/96 (22)	Carlsbad, CA	33rd Rd. (2017)

#	CATHERS	B/T	HT	WT	BORN/AGE	HOMETOWN	ACQUIRED
12	Ben Breazeale	L/R	6-0	208	10/21/94 (24)	Louisville, TN	7th Rd. (2017)
11	Wagner Ramirez (IL)	R/R	5-11	170	12/11/94 (24)	San Juan de la Maguana, D.R.	FA (6/18/2015)
14	Cody Roberts	R/R	6-1	195	6/16/96 (22)	Johns Creek, GA	11th Rd. (2018)

#	INFIELDRS	B/T	HT	WT	BORN/AGE	HOMETOWN	ACQUIRED
	Jean Carmona (IL)	S/R	6-1	183	10/31/99 (19)	San Juan De la Maguana, D.R.	Trade (7/31/18)
34	Seamus Curran	L/R	6-6	245	9/6/97 (21)	Springfield, MA	8th Rd. (2015)
1	J.C. Encarnacion	R/R	6-3	195	1/17/98 (21)	San Juan de la Maguana, D.R.	Trade (7/31/18)
10	Adam Hall	R/R	6-0	170	5/22/99 (19)	London, ONT	2nd Rd. (2017)
	John Ham (IL)	R/R	5-10	190	8/27/96 (22)	Deerfield Beach, FL	31st Rd. (2018)
4	Ryne Ogren	R/R	6-1	180	4/11/97 (22)	Conestoga, PA	Trade (4/24/19)
7	Alexis Torres	R/R	6-0	183	12/12/97 (21)	Caguas, P.R.	5th Rd. (2016)

#	OUTFIELDERS	B/T	HT	WT	BORN/AGE	HOMETOWN	ACQUIRED
9	Jaylen Ferguson	R/R	6-2	180	7/21/97 (21)	Arlington, TX	9th Rd. (2015)
20	Nick Horvath	R/L	5-11	200	7/13/96 (22)	Jupiter, FL	25th Rd. (2018)
25	Edison Lantigua	L/L	6-0	175	1/9/97 (22)	Puerto Plata, D.R.	FA (5/1/2019)
17	Johnny Rizer	L/L	6-0	192	11/7/96 (22)	Cypress, TX	14th Rd. (2018)
26	Doran Turchin (IL)	R/R	6-2	195	7/7/97 (21)	Oak Creek, WI	14th Rd. (2018)
3	Zach Watson	R/R	6-0	160	6/25/97 (22)	West Monroe, LA	3rd Rd. (2019)

#2 Kyle Moore
Manager

#23 Pat Leyland
Development Coach

#15 Justin Ramsey
Pitching Coach

Adrian Gonzalez
Athletic Trainer

#6 Dan Radison
Hitting Coach

Tim Chiarolanza
Strength & Conditioning Coach



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Pickering Remains Delmarva King of Crash



When the Shorebirds first became a Baltimore Orioles affiliate in 1997, fans would be forgiven for thinking they'd caught on with Oakland instead. During that magical season, Delmarva played host to a minor league equivalent of the famed Bash Brothers of those late-'80s Athletics juggernauts. One was Ryan Minor, as synonymous with Shorebird baseball as anyone in franchise history. The other was until that year a little-known late round entity from the U.S. Virgin Islands: Calvin Pickering.

Pickering joined the Orioles as a 35th-round pick after moving from St. Thomas to Florida. In 1996 the first baseman put up impressive numbers with Bluefield in the Appalachian League, pounding 18 home runs in 60 games. The next year he arrived in Salisbury, part of the first team the Orioles sent to Perdue Stadium after the Shorebirds' affiliation switched from Montreal after the 1996 season. That inaugural Delmarva team went to the South Atlantic League championship series before losing to Savannah; it would be up to Pickering and company to take it over the top.

From the onset, the Eastern Shore faithful knew they were in for a generational home run chase. Pickering and Minor matched each other every step of the way, emerging as daily power threats amongst a team that relied mainly on speed and lockdown relief pitching. By the time the season wound down, the teammates stood shoulder to shoulder: Pickering with 25 home runs, Minor with 24.



More importantly, their Shorebirds stood with a 77-65 record,

Continued on page 23

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KANNAPOLIS ROSTER

#	PITCHERS	B/T	HT	WT	BIRTHDATE	HOMETOWN	ACQUIRED
26	Bilous, Jason	R-R	6'2"	185	8/11/1997 (21)	Wilmington, DE	13 Rd, 2018
11	Burns, Wyatt	R-R	5'11"	185	9/6/1994 (24)	Birmingham, AL	FA, 2018
32	Conway, Austin	R-R	6'1"	210	1/15/1995 (24)	Muncie, IN	31 Rd, 2018
40	Cronin, Declan	R-R	6'4"	225	9/24/1997 (21)	Glen Ridge, NJ	36 Rd, 2019
31	Dominguez, Johan	R-R	6'4"	190	1/18/1996 (23)	Santo Domingo, D.R.	Trade, 2018
20*	Folman, Kevin	R-R	6'2"	215	10/23/1994 (24)	Duluth, MN	FA, 2018
28	Long, Sam	L-L	6'1"	185	7/8/1995 (23)	Sacramento, CA	FA, 2019
24	Martin, Davis	L-R	6'1"	215	1/4/1997 (22)	Abilene, TX	14 Rd, 2018
27	Olson, J.B.	L-R	6'2"	195	2/15/1995 (24)	Richardson, TX	10 Rd, 2017
39	Perez, Devon	R-R	6'5"	215	5/15/1996 (23)	Reston, VA	26 Rd, 2018
10	Perez, Wilber	R-R	6'2"	170	11/3/1997 (21)	Santo Domingo, D.R.	Trade, 2018
22	Ramsey, Lane	R-R	6'8"	240	7/26/1996 (22)	Oklahoma City, OK	23 Rd, 2018
29	Varnell, Taylor	L-L	6'1"	190	5/5/1995 (24)	Elk City, OK	29 Rd, 2018

#	CATCHERS	B/T	HT	WT	BORN/AGE	HOMETOWN	ACQUIRED
16	Hickman, Michael	L-R	6'0"	215	11/5/1996 (22)	Anaheim, CA	13 Rd, 2016
37	Troutwine, Gunnar	R-R	6'1"	230	3/3/1996 (23)	Kansas City, MO	9 Rd, 2018

#	INFIELDBERS	B/T	HT	WT	BORN/AGE	HOMETOWN	ACQUIRED
1	Beltré, Ramón	R-R	5'11"	160	10/18/1996 (22)	San Pedro de Macoris, D.R.	FA, 2013
18	Núñez, Amado	R-R	6'2"	175	10/10/1997 (21)	La Vega, D.R.	FA, 2014
12*	Quinteiro, Camilo	R-R	5'11"	180	4/11/1997 (22)	San Antonio de los Banos, Cuba	FA, 2017
2	Sosa, Lenyn	R-R	6'0"	180	1/25/2000 (19)	Puerto Ordaz, VZ	FA, 2016
14	Vaughn, Andrew	R-R	6'0"	214	4/3/1998 (21)	Santa Rosa, CA	1 Rd, 2019
25	Zangari, Corey	R-R	6'4"	240	5/7/1997 (22)	Midwest City, OK	6 Rd, 2015

#	OUTFIELDERS	B/T	HT	WT	BORN/AGE	HOMETOWN	ACQUIRED
8	Dawkins, Ian	R-R	5'11"	195	7/6/1995 (23)	Hayward, CA	27 Rd, 2018
23	Destino, Alex	L-L	6'2"	215	10/24/1995 (23)	Weaverville, N.C.	14 Rd, 2017
6	González, Romy	R-R	6'1"	210	9/6/1996 (22)	Miami, FL	18 Rd, 2018
45	Simmons, Cameron	R-R	6'4"	200	9/22/1996 (22)	Royersford, PA	20 Rd, 2019

#5 Ryan Newman
Manager

#21 Johansen, Ryan
Coach

#33 Armstrong, Cole
Hitting Coach

Geck, Joe
Trainer

#38 José Bautista
Pitching Coach

Simmons, Goldy
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WEST VIRGINIA ROSTER

#	PITCHERS	B/T	HT	WT	BIRTHDATE	HOMETOWN	ACQUIRED
37	Arias, Dayeison	R-R	6-0	160	22 1/7/97	San Cristobal, D.R. ND	FA - 3/16/17
30	Biasi, Sal	R-R	5-11	205	23 9/30/95	Hazle Township, PA	Trade
28	De Los Santos, Josias	R-R	6-2	175	19 7/29/99	San Juan De La Maguana, D.R. ND	FA - 4/5/18
47	Espino, Elias	R-R	6-2	195	22 4/19/97	La Vega, D.R. ND	FA - 11/18/16
52	Fisher, Nate	L-L	6-1	205	23 5/28/96	Omaha, Nebraska ND	FA - 6/8/19
49	Hill, Kyle	R-R	5-11	195	22 5/12/97	Baton Rouge, LA	2019 (10th Rd)
15	Inman, Ryne	R-R	6-5	215	23 5/13/96	Atlanta, Georgia	2015 (15th Rd)
2	Johnson, Evan	R-R	5-11	190	22 1/17/97	Ames, Iowa ND	FA - 6/14/19
34	Kuhn, Travis	R-R	5-10	195	21 5/20/98	Laguna Hills, CA	2019 (19th Rd)
22	Martin, Reeves	R-R	5-8	180	22 12/25/96	Tampa, Florida	2019 (21st Rd)
12	Morgan, Reid	R-R	6-0	187	22 3/24/97	Texarkana, Texas	2019 (13th Rd)
31	Onyshko, Ben	R-L	6-2	205	22 10/18/96	Winnipeg, Canada	2018 (24th Rd)
25	Rinehart, Logan	R-R	6-3	185	21 9/21/97	Upland, California	2019 (16th Rd)
16	Sweet, Devin	R-R	5-11	185	22 9/6/96	Greensboro, N.C. ND	FA - 7/13/18

#	CATCHERS	B/T	HT	WT	BORN/AGE	HOMETOWN	ACQUIRED
14	Anchia, Jake	R-R	6-1	210	22 3/5/97	Miami Lakes, Florida	2018 (7th Rd)
35	Nevarez, Dean	R-R	6-0	220	22 1/4/97	Tijuana, Mexico	2018 (19th Rd)
10	Pazos, Manny	R-R	5-11	190	24 1/23/95	Cuba ND	FA - 6/22/17

#	INFIELDBERS	B/T	HT	WT	BORN/AGE	HOMETOWN	ACQUIRED
3	Honeyman, Bobby	L-R	6-1	185	23 5/25/96	Massapequa, N.Y.	2018 (29th Rd)
32	Pena, Onil	R-R	6-0	180	22 11/6/96	Pepillo Salcedo, D.R. ND	FA - 7/2/13
7	Rodriguez, Nick	R-R	6-2	170	23 6/28/96	San Fernando, CA	2018 (22nd Rd)
13	Salvatore, Mike	R-R	6-0	186	22 12/27/96	Ewing, N.J.	2019 (9th Rd)
17	Sanders, Matt	R-R	5-8	175	23 6/7/96	Madison, Alabama	2018 (10th Rd)
6	Shenton, Austin	L-R	6-0	195	21 7/22/98	Bellingham, Washington	2019 (5th Rd)

#	OUTFIELDERS	B/T	HT	WT	BORN/AGE	HOMETOWN	ACQUIRED
19	McConnell, Charlie	L-R	6-2	195	23 1/7/96	Reading, MA	2018 (13th Rd)
27	Ramiz, Ryan	L-L	6-1	185	23 1/13/96	Freehold, New Jersey	2018 (23rd Rd)
44	Rodriguez, Julio	R-R	6-3	225	18 12/29/00	Loma De Cabrera, D.R. ND	FA - 7/2/17

#41 David Berg
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Kevin Childs
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#5 Eric Farris
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#18 Alon Leichman
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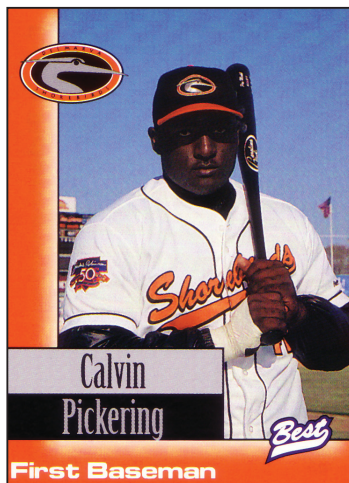
good for a Wild Card berth in that year's three-tiered SAL playoffs. They swept Hickory in the opening round before meeting a Charleston (WV) team that edged them out by one game for the North Division crown. Undaunted, Delmarva outpaced the AlleyCats and took the series 2-1. From there it was onto the championship series, and redemption: a 2-0 sweep of Greensboro to claim the city's first Sally League title.

For Pickering, the ride didn't stop there. He bashed 31 home runs with 114 RBIs the next year with Double-A Bowie, earning a September call-up to the Orioles. His first of 14 career big league round-trippers came off Yankees ace David Cone on September 19 at Camden Yards. He was in the lineup the next night, batting one spot ahead of fellow Shorebird bruiser Ryan Minor as the latter suited up at third base in place of Cal Ripken, Jr.

Pickering split his time between Triple-A Rochester and the Orioles in 1999 before spending the next injury-shortened season entirely in the minors. In late 2001 he was traded to Cincinnati and then claimed off waivers by Boston, where he played 17 late-season games for the Red Sox. He bounced around from there, back to Cincinnati for a spell and then for 42 games over the 2004 and '05 seasons with Kansas City. After giving it a go in Korea and in stateside independent leagues, Pickering retired in 2008 at age 31.

Twenty-two years later, his name still litters the Shorebird record book: top-five totals in batting average (.311), slugging (.554), total bases (246), extra-base hits (57), and runs scored (88). Most significantly, his 25 home runs remain untouched as the Delmarva single-season record. The last time anyone significantly threatened Pickering's total – or Minor's runner-up tally of 24 – was in 2005 when Jason Fransz slugged 22 bombs; nobody else has ever eclipsed 20.

For the time being, Calvin Pickering can take comfort in his title as the Shorebirds' Colossus of Clout. Perhaps it will take a new generation of Bash Brothers to fuel each other in a chase to dethrone him.



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ATHLETIC TRAINER ADRIAN GONZALEZ

Before a recent home game in mid-July, Shorebirds radio voice Will DeBoer caught up with athletic trainer Adrian Gonzalez. Gonzalez is in his second year with the Shorebirds and fifth in the Orioles organization; he spent 2017 with the Aberdeen IronBirds and the two summers before that in the Gulf Coast League.

WD: What was it like coming back to Delmarva and familiar circumstances around the ballpark, the facilities, the league, et cetera?

AG: Well I'm definitely a little more comfortable than last year. Last year was my first full season, and a lot of the inner workings are different. This year I kind of had a plan in mind for how I was going to handle things. It's definitely nice being familiar with the surrounding area and the ballpark in general. And then with the team, there were guys coming back on it I was familiar with. It's good; it's nice being comfortable where you are.

WD: What was the biggest shock to the system of coming to the South Atlantic League last year?

AG: Well one thing everyone always said was the bus rides. I think that's because we're one of the furthest teams up north in the South Atlantic League. That, and probably dealing with only a 25-man roster. So you kind of have to play around, and being in my role it's when anyone gets hurt, everyone's always going to wonder "How long is this guy going to be out?" or "Are we going to have enough guys to be able to play this series?" So there's a lot more communication with everyone throughout the organization about medical issues.

WD: What's the hardest time of the year to keep guys healthy?

AG: I'd probably say around this time that we're at right now. Kyle says a lot of times with this group of guys, "This is where your money is made, July and August." Everyone says that it's the dog days of summer. Some of them haven't played this many games in a season before. How many games are we at, 90 games now? So it's the durability that helps. And then the summer heat, some people aren't used to it over in this area. It gets to be really hot and humid.

WD: And then with the team winning the first half the way they did and knowing the playoffs are coming, that's at maximum two more weeks you've got to keep the guys healthy.

AG: Yeah. We always talk to these guys about making sure they're getting enough rest and coming to me, or making sure they're keeping up with strength and conditioning with Tim Chiarolanza. And to just keep up what they've been doing to get them here. Obviously we've had some turnover with some guys, but a lot of the core people are still here, and they know what they need to do to get themselves ready day in and day out.

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By: Sam Jellinek

Surgical Wilson Quietly Rises to Ace Status



A quick glance through the Delmarva Shorebirds' starting rotation and you'll find a staff stuffed to the brim with talent. You have last year's first-round pick in Grayson Rodriguez accompanied by fourth-round pick Drew Rom. Kick in Gray Fenter, who has had a sub 2.50 ERA the entire year, plus Nick Vespi and Hector Guance, who have stymied hitters all year long. Hiding amongst this thicket is the best starting pitcher for Delmarva in the second half: lefty Ryan Wilson.

Wilson, a 33rd round pick by the Orioles back in 2017, didn't even start this season with the Shorebirds. But for the

southpaw, he's pretty used to never having anything guaranteed, starting with his college days.

"I was just a preferred walk-on at Pepperdine and I had no idea what that role was even going to be, I just wanted to pitch," Wilson said. "I came in that fall and just worked my rear end off and ended up throwing 90 innings as a freshman."

After his freshman season with Pepperdine, Wilson shifted into a bullpen role for his sophomore campaign and was utterly dominant. In 42.2 innings, Wilson allowed just three earned runs (0.63 ERA) and notched six saves. For his final season as a junior, Wilson moved back into the rotation as the Waves' Friday night starter and had a season that propelled him onto the Orioles' draft board. He was ultimately selected in the 33rd round in 2017.

After being drafted and spending that summer in the Gulf Coast League, Wilson debuted with the Shorebirds in 2018, pitching primarily out of the bullpen. Wilson tallied an 0-3 record with a 3.50 ERA in 61.2 innings, picking up 58 strikeouts. Still uncertainty loomed, as Wilson did not break camp with the Delmarva and didn't make his first appearance for the squad until a spot-start in mid-May. But, since cementing his role in the starting rotation, Wilson has gone on to new heights, being named the SAL Pitcher of the Week for July 8-14 after throwing seven shutout innings to beat West Virginia on July 9, striking out a career-high 11 batters.

The award was just the cherry on top. From June 15 to July 15, Wilson made six starts (all Quality Starts), posting a 4-1 record with an 0.92 ERA over 39 innings. During that span he walked seven batters and struck out 44, and opponents hit just .130 off him. This success is just a culmination of hard work for Wilson.

"I went back to my old routine that I had in college and I





feel like my arm is in good shape and I can go six or seven innings without getting tired,” said Wilson. “This season I think I have a better understanding of what makes my pitches good when I’m throwing them correctly and what I’m doing wrong when I cut my fastball or pull my change-up, so just small things.”

Unlike other members of the pitching staff who might wield a high-90s fastball, Wilson’s four-seamer hovers in the high 80s to low 90s. This means he has a smaller margin for error and must be locked in on each and every pitch.

“I’ve never thrown hard, maybe I will at some point in my life,” said Wilson. “Even when I was young I was never that guy that threw hard, so at a young age I had to learn how to pitch and I’m thankful for it because now I can read hitters well and see the holes in their swings. When I do make a bad pitch, it may be a bigger outcome, but I just have to focus on hitting my spots.”

Watching Wilson go about his craft is like watching a doctor at the operating table, dissecting and carving up hitters with precision. Although he gets it done in a way far different than other pitchers, Wilson’s success and importance to this Delmarva team are undeniable.

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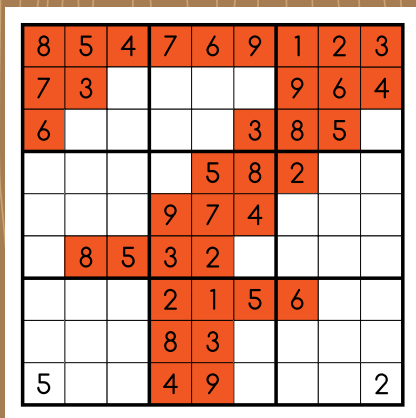
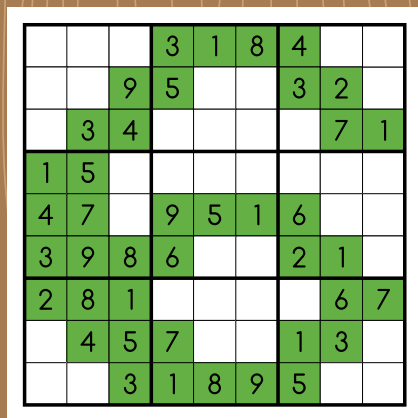
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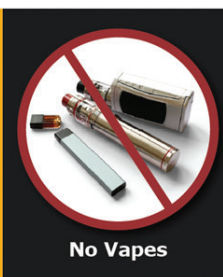




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