



Collegiate Baseball

The Voice Of Amateur Baseball

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NAIA Hall Of Famers Chosen

KANSAS CITY, Mo. — The National Association of Intercollegiate Athletics (NAIA) announced its 2010-11 Hall of Fame class.

The NAIA Hall of Fame is divided into three categories: athlete, coach and meritorious service.

The class includes the following baseball coaches and athletes:

Bobby Cox, Oklahoma Baptist University – Cox is Oklahoma Baptist University's all-time leader in coaching wins in all sports, having led the Bison baseball team to 934 wins as he enters his 26th season at the OBU helm. Cox is the only coach to take a Bison baseball team to the NAIA World Series.

He has coached 15 All-Americans and a dozen major league draftees.

Q.V. Lowe, Auburn University Montgomery (Ala.) – In his 24 seasons at AUM, he captured 900 victories, won nine conference or independent region championships, and took four trips to the NAIA World Series.

Lowe has coached 68 All-Conference Players and 35 NAIA All-Americans.

Cary Brock Ammons, Southeastern Oklahoma State University – Ammons is the top pitcher in Southeastern Oklahoma State University history.

In his three years playing at Southeastern Oklahoma, he posted win-loss records of 9-1, 16-1 and 14-0. He had 333 career strikeouts and an earned run average of 2.45.

Jeff Allen Maack, Oklahoma City University – Maack helped build a tradition of success at Oklahoma City University (OCU).

During his tenure at OCU (1985-1988) Maack was a two-time All-American and led OCU to their first-ever appearance in the NAIA World Series (1986, 1988).

Maack set 12 individual season and career records during his time at OCU, four of which still stand today.

He holds the NAIA record for career triples (27).

New DVDs, Book, Internet Site Worth Taking Closer Look At

By LOU PAVLOVICH, JR.
 Editor/Collegiate Baseball

TUCSON, Ariz. — Several items were recently reviewed by Collegiate Baseball that are worth looking into for coaches and players.

DVDs: (1) *A Complete Overview Of The Pitching Process* (72 minutes) and (2) *Tuning Yourself Into Alignment On And Off The Field* (64 minutes).

Featured Speaker For Both DVDs: Doug White

Cost: \$44.95 for one video or \$69.95 for set of two (includes shipping and handling).

How To Order: Go to the web site: www.passionforpitching.com/resources.php and order from there. Or you can call Doug White directly at (480) 227-7754.

Review: An exciting duo of DVDs has recently been produced by Doug White which should excite all pitching coaches and pitchers on all levels of baseball.

His first video, *A Complete Overview Of The Pitching Process* is brilliantly done over 72 minutes.

It not only covers every conceivable mechanic a pitcher must learn, but he busts a few myths along the way with his vast knowledge of pitching.

He delves into the following main areas:

- The Wind-Up
- The Stretch Position
- Foot Placement
- Leg Lift
- Pelvic Loading
- Upper Body
- Arm Action
- The Finish
- Suggestions
- Pitching Clips

A thorough examination of arm action is covered which delves into areas such as:

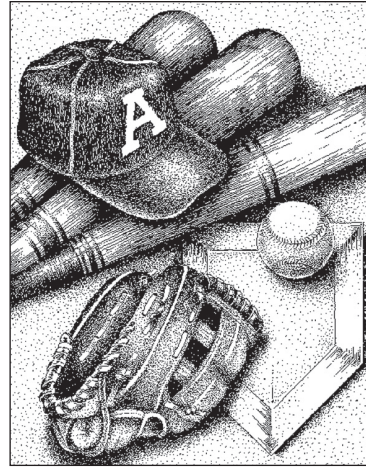
- Staying Connected
- Arm Angles
- Arm Position
- Arm Rhythm
- Glove Work

White, who is extremely articulate at explaining the finer nuances of pitching, makes the DVD a joy to watch because of his organized discussions of topics.

His second video, *Tuning Yourself Into Alignment On And Off The Field*, runs 64 minutes long.

It is groundbreaking work as the entire 60-plus minutes are spent on what emotions are and what they represent in pitching. He explains that once you truly gain control of your emotions, you have a much greater chance of becoming a consistent pitcher mentally.

Through the use of this DVD, White explains principles such as bringing the gap, internal vs. external focus, intensity level,



contrast, desire and belief.

Main topics in this DVD include:

- Background Interview
- Practiced Focus
- Emotional Scale Bullpens
- Dream Board/Creation Box
- Segmenting
- Wouldn't It Be Nice If...
- In Game Emotional Awareness

- Imagery
- Appreciation
- Scripting
- Clutter Vs. Clarity
- Closing

Another great quality of the two videos is that you can watch each DVD from start to finish like a movie or click on each major segment at the beginning of the DVD to watch only that area you are interested in reviewing again.

Book: *Boo, A Life In Baseball, Well-Lived*

Author: Rick Cleveland, sports columnist with *The Clarion-Ledger* in Jackson, Miss. who has covered sports in Mississippi since 1965.

Pages: 208

Cost: \$24.95, plus shipping and handling

How To Order: www.booferrissbook.com/

Review: One of the greatest men ever to grace the sport of baseball is Boo Ferriss, one of the greatest baseball players and coaches in the history of Mississippi.

This gentle giant of a man played Major League baseball for the Boston Red Sox in 1945 and 1946 and won 46 games over his first two seasons.

He posted 25 wins during the 1946 season and helped the Red Sox reach the World Series.

Boo was unquestionably one of the rising stars in the game.

Unfortunately, his career all but ended against Cleveland during the 1947 season when he threw a curve

for a bases-loaded, inning-ending strikeout as he felt a sharp pain in his right shoulder. The next day, he couldn't lift his arm above his shoulder. He had a torn labrum. At the time, surgeons didn't know how to repair the damage, and Ferriss was never the same.

He ultimately became a coach with the Red Sox and later a remarkable skipper with Delta State University.

Boo's amazing journey through life is one every coach and player will appreciate in the game of baseball because it shows how to be classy even when life hits you with a sledge hammer across the face.

Boo reminds many of John Wooden, fabled UCLA basketball coach, with the way he went about his life.

I thoroughly enjoyed this superb biography of Boo Ferriss which details every phase of his life.

Internet Coaching Program: Praxisteps Sports vLearning

Featured Speakers: Dennis & Mike Robinson, Lakeland High School (Westchester County, N.Y.)

Web Site Address: www.PraxiSteps.com

For More Information: Contact Dennis Robinson at drobenson@lakelandschools.org

Review: Dennis and Mike Robinson of Lakeland High School (Westchester County, N.Y.) came up with a unique way of teaching parents and youth coaches the proper fundamentals of baseball.

Through a vLearning tool, body motion teaching system, they developed a program that can be accessed on computers via membership.

The features include:

- Breaking down each motion into small steps.
- Using an animated figure of a baseball player to emphasize the important components while guiding the user through the lesson.
- Presenting the motion in multiple video views to teach the progression of a motion from different perspectives.
- Allowing the user to select and repeat each small step.

Over two hours of baseball drills, training and tips are covered.

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The Scoremaster Scorebook is for every form of bat - ball game. It covers 25 games of up to 12 innings with up to 11 batters.

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APPROVED!

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