



# Collegiate Baseball

**The Voice Of  
Amateur Baseball**

Started In 1958 At The Request Of Our Nation's Baseball Coaches

Vol. 53, No. 14

Friday, Oct. 1, 2010

\$3.00

## Extreme Hustle

*TCU's Skipper Explains Why Horned Frogs Go All Out Every Play*

□ Horned Frog coach Jim Schlossnagle demands intense energy from his players on the field which pays off with more victories in tight situations.

By **LOU PAVLOVICH, JR.**  
Editor/Collegiate Baseball

**F**ORT WORTH, Tex. — Hustle is one of the most important elements in the game of baseball. However, way too many players walk or slowly jog to their positions defensively and do the same coming back to the dugout.

This lack of respect for the game causes the blood to boil with coaches who strive for hustle.

If you were paying attention to games at the College World Series last June, one of the most refreshing sights in the 64-year history of the CWS took place when Texas Christian University took the field. Their nickname is the Horned Frogs. But it really should be High Intensity Hustlers with the show they put on.

They hustled at the level that had never been seen before in CWS history.

For baseball purists, it was a thing of beauty to watch.

Let's say a fly ball was hit down the right field line with the rightfielder, second baseman and first baseman chasing the ball

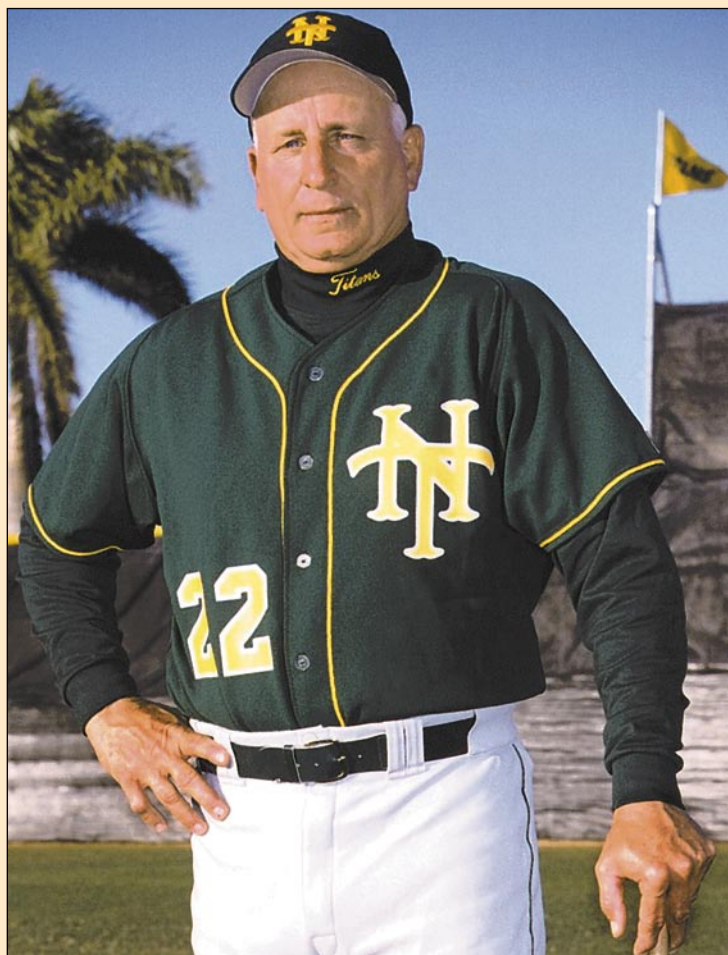
**Related Story, Page 18**

See **EXTREME HUSTLE PART OF BEING**, Page 6



**ALWAYS ON THE MOVE** — Texas Christian hustles more than any college baseball team as shown by Taylor Featherston diving into home plate during the 2010 College World Series.

## Winner Of 2010 Easton Master Coach Award



**PAT McQUAID**

## Nova's Amazing Pat McQuaid Is One Remarkable Innovator

□ Coach utilizes unique, up-tempo throwing drills and music for ball club.

By **LOU PAVLOVICH, JR.**  
Editor/Collegiate Baseball

**D**AVIE, Fla. — One of the most respected coaches in the history of high school baseball is Pat McQuaid of Nova High School in Davie, Fla.

The 22<sup>nd</sup> annual winner of the Easton Sports Master Coach Award is a shining example of what is good in the game.

In 36 years at Nova, he has led the Titans to an overall record of 770-279-2 with two state championships in 2004 and 2005 and a national championship in 2005 when his ball club rolled to a 31-1 overall record.

Excellence is something his teams are known for. During

those 36 years at Nova, he has had only had one team post a losing record.

In the last 11 years, his teams have never had more than six losses in a season against extremely difficult opponents in the state of Florida.

More than 100 former players have played at the collegiate level, and five have reached the Major Leagues. Thirteen players are now involved with college and eight are playing pro baseball. Nova has had 21 players drafted during McQuaid's 36 years at Nova.

Last April, he was inducted into the Florida High School Athletic Hall of Fame. He also was inducted into the Broward County Sports Hall of Fame in 2005.

Year after year, he and his staff churn out remarkable teams that play the game the right way.

The veteran skipper was asked to share his time honored secrets of coaching with *Collegiate Baseball*.

“The most important thing we do is have every kid in our program practice together,” said McQuaid.

“We don't have a freshman team. But we do have a JV team as well as a varsity squad. We have 22-23 kids on each team, and overall we have 45 kids between both teams. But we treat both teams as one in our program.

“Our JV kids practice with the varsity every day. I found out a long time ago that this was by far the best system to evaluate kids and watch them grow. When the varsity guys are taking ground balls, right next to them might be a freshman kid who is 13 or 14 years old. The varsity kid may be a high profile player who can pass along some valuable information to the young man.

“I'm not saying the young player won't listen to the coaches. But it has a different meaning coming from one of his peers

See **McQUAID**, Page 20

## INSIDE COLLEGIATE BASEBALL

Web Site: [www.baseballnews.com](http://www.baseballnews.com)

**NCAA Div. I Recruiting Rundown**  
LSU Tigers capture third national title with tremendous class that has big time credentials/**Page 22**

**Defensive Players Of The Year**  
Easton Sports honors their annual top fielders on each level of college baseball and high school/**Page 2**

**Time Management Worksheet**  
Iowa's Ryan Brownlee shares unique plan that works wonders for Hawkeye players/**Page 8**

# Unique Coaching Techniques

## McQuaid Explains High Tempo Throwing Drills Which Work Wonders

Continued From Page 1

who has gone through high school baseball and knows what to expect. We have found that our young kids really pay attention to what the varsity players tell them.

"Plus, our older guys have found certain techniques which have worked for them, and they take the young guys under their wings and help them. It is a great experience for them as well."

When McQuaid says that his JV players are treated as equals with the varsity squad, he isn't blowing smoke.

When the varsity squad wins a state championship, *every player in the program* receives a ring, which includes the JV players.

When the varsity travels to a tournament in another state, the JV players come with them as games are arranged for them as well.

And get this.

The goal of the coaching staff at Nova is to make sure each and every JV player participates in at least one varsity game during the season.

"That can be a tough one, but that is our goal," said McQuaid.

"Usually our JV team plays 18 games, which includes doubleheaders. Since we really don't have JV coaches, our varsity staff coaches them. I am always at the game watching as I walk around here and there."

McQuaid said his team may practice 60 minutes on defense, which includes his JV players. Prior to varsity games, his team takes 20 minutes to complete pre-game defensive situations — almost double the time of most high school teams.

"The reason we take so much time is because we have our JV guys taking infield as well. In the long run, this all pays off because kids get a lot of experience. We try to get the kids ready to play. If we find that a kid as a freshman has the aptitude to play at the varsity level, we don't hesitate using him. All of our JV guys are welcome in the varsity locker room.

"In essence, we want our youngest players to be embraced by the older players to uphold the tradition of our program. When the young kids become older, they turn around and help the younger ones. It turns out to be a great family atmosphere.

"When we have qualified for the final four, we get a lot of our baseball alumni coming to games. After home games, one of the greatest thrills I have is seeing little kids running on the infield of our diamond and playing. I enjoy having a family atmosphere like this with our program."

Amazing defense has been one of the hallmarks with the Nova Titans for years.

"People may find this hard to believe, but we only had three throwing errors over 32 games during a recent season," said McQuaid.

"This isn't unusual. We devote 60 minutes during each practice on defense. We work and work on the fundamentals of fielding and throwing with repetition. The two key areas we work on daily in practice is the double infield drill with two fungo hitters going at the same time.

"The next area we work on each practice is the five different scenarios catchers must master with their throws which gives extra



PAT McQUAID

throwing practice for all of our infielders to the different locations where they must throw balls during games."

McQuaid gave a rundown on each of the five sequences which also can be viewed on the internet at [www.novaitanbaseball.com/video.htm](http://www.novaitanbaseball.com/video.htm)

**Sequence No. 1:** Catcher throws to 3B, 3B to 2B, 2B to 1B, 1B to C, C to SS covering 2B bag, SS to 3B, 3B to C.

**Sequence No. 2:** Catcher throws to 1B, 1B to SS covering 2B bag, SS to 3B, 3B to C, C to 2B covering 2B bag, 2B to 1B, 1B to C.

**Sequence No. 3:** Catcher throws to 2B covering 2B bag, 2B to 1B, 1B to C, C to SS covering 2B bag, SS to 3B, 3B to C, C to 2B at bag.

**Sequence No. 4:** Catcher to SS who cuts off throws to 2B and throws back home, C to 3B, 3B to 2B, 2B to 1B, 1B to C, C to 2B who cuts off throw in front of bag and fires ball to 3B. Then 3B to C. In this sequence, you utilize two second basemen with one on the bag and another in front of the bag to cut off throws.

**Sequence No. 5:** Catcher to 3B, 3B to 1B, 1B to SS, SS to C, C to 1B, 1B to 3B, 3B to 2B, 2B to C.

"We do these throws every day, and every throw must be made. We are all over our guys if errors are made. In time, our guys don't make many errors at all, and they get the ball out of their gloves quickly."

McQuaid said another thing his fielders do is practice throwing balls against a wall that is near the field.

"We have them about 40 feet away from the wall and throw balls against it. As the ball is coming off the wall, we want our kids to take several steps in to meet the ball coming at them. Then they do this four times with the thrower getting closer and closer each time until he is as close as possible by a fourth throw. Balls are coming back to them quicker and quicker with this drill."

### Pitching Superb

Nova's pitching has been remarkable over the years as well.

While other teams across the state of Florida may have high

draft picks or superstars, Nova has routinely turned solid pitchers into superb hurlers with plenty of work.

"We do the drills everyone else does with pitchers. But we demand that they throw strikes and insist that they don't walk batters.

"To do this, we have our pitchers throw every day. We also insist that all our pitchers have a good breaking pitch. In our program, our pitchers must be able to throw a good curve which they can throw for a strike in any count.

"Our philosophy is that we must get the first batter out of the inning which essentially eliminates the bunt as well as hit and run. We also insist that the third out of the inning be by strikeout.

"How many times have you seen pitchers get two easy outs and then walk a batter, hit the next one, give up a bloop single and then give up a home run? All this happened because the pitcher relaxed too soon. We feel our pitchers have not had a good day if they don't strike out a batter with two outs.

"With this philosophy, you would be amazed how many times we get two outs and then the next batter is struck out. We preach this and believe that bearing down after two outs is essential. If a pitcher is able to throw strikes, has a good curve which he can throw for a strike in any count and bears down after two outs instead of relaxing, he doesn't have to throw 95 mph."

McQuaid said his pitching coach calls every pitch in games but at times he will allow the pitcher to call one if it is a huge pitch during a contest.

"We give our pitchers some latitude. We want to force the kids early in the year to throw breaking pitches in fastball counts and throw curves during full counts.

"Then later in the season during big games with the bases loaded, they are able to do this and not be so predictable with a fastball coming when the pitcher is behind in the count."

McQuaid said his pitchers don't perform long toss in the truest sense to improve the velocity of pitches. He simply puts all his pitchers on

third base during defensive drills and has them throw across the diamond at about 127 feet.

"When they make 15-30 throws like this every practice, that 60 foot distance from the mound to home plate becomes a lot easier. They get a ground ball, learn to set their feet properly, and let it fly. I am a firm believer in this technique."

### Country Music Heaven

Another technique McQuaid has used with great success is playing music during practice.

"About five or six years ago, I started playing country music during practices over our speakers. And you know what? I didn't scream as much to the kids. The kids had a little more giddy up and go when the music was being played. They were more relaxed. So now for every practice, we have on music.

"We have found that kids are more in rhythm when we play music. When a kid messes up and has to run or do pushups, it is not so bad with music playing.

"If the weather turns hot, the music doesn't make it as bad. The energy level is usually much higher with music on than not having it on."

### Hitting Practice

Nova stages somewhat unusual hitting practices as well.

"We never take a traditional batting practice," said McQuaid.

"We have half of our varsity guys indoors in our batting cages. Half of those kids are hitting Wiffle balls from a Granada pitching machine. Then the others are hitting balls in front of L-screens about 15 feet away as coaches throw batters pitches to simulate a little live arm action.

"Then other kids are on the field hitting but not in the usual sense of batting practice. We might have all of our JV kids on defense. Then with 12 varsity guys ready to hit, one of our coaches is about 50 feet away behind an L-screen throwing pitches for batters to hit. When a batter steps to the plate, he looks at me at third base for a sign and then goes to work.

"This is live, game hitting where kids are stealing and sliding. Batters might be bunting. We also might have a run and hit play on. Any and all possible situations are covered as batters step into the box. Once they hit the ball, they run it out. If it is a double, they run as hard as they can to second. Each batter is not only working on hitting but base running full speed.

"Each hitter might go through five at bats. The added benefit is that our JV kids must play defense and learn from mistakes.

"I learned a long time ago that traditional batting practice is a big waste of time because too many kids stand around doing nothing.

"After a certain amount of time, the JV kids might be taken off the field as we utilize our varsity kids on defense.

"Every six outs, we switch out in this fashion. This system drills into the hitter that he must take quality swings during an at bat during competitive situations."

### Organization Vital

Another important aspect of his practices is organization.

"Years ago I heard Coach Skip Bertman of LSU give a talk about the importance of organization in running a team. He is a former football coach like me, and he talked about how football coaches

### Former Master Coach Winners

1989 — George Kirchgassner, Colonial HS (Orlando, FL)

1990 — Stan Brzezicki, Cathedral HS (Erie, PA)

1991 — Bernie Walter, Arundel HS (Gambills, MD)

1992 — Harvey Krupnick, Holliston HS, MA

1993 — Barry Chasen, Windsor HS, CT

1994 — Sank Powe, Cleveland HS, MS

1995 — Robert Cincotta, Hempstead HS, NY

1996 — Rocky Manual, Bellaire HS, TX

1997 — Glenn and Raissa Cecchini, Barbe HS (Lake Charles, LA)

1998 — Mike Sell, Killian HS, (Miami, FL)

1999 — Bob Ickes, Mater Dei HS, (Santa Ana, CA)

2000 — Jesse Braverman, Bethlehem Central HS, (Delmar, NY)

2001 — Ralph Suarez, Brito Miami Private, (Miami, FL)

2002 — Ken Kendrena, Bishop Amat, CA

2003 — Guy Anderson, Rancho Cordova HS, CA

2004 — Mike Archer, Selah HS, WA

2005 — Tony Rasmus, Russell County HS, (Seles, AL)

2006 — Rich Hoffman, Westminster Christian, (Miami, FL)

2007 — John Lowery, Jefferson HS, (Shenandoah, WV)

2008 — Larry Turner, Owasso HS, Ok

2009 — Jerry Dawson, Chaparral HS, (Scottsdale, AZ)

must utilize every second of a practice wisely. That really struck me because organization is very crucial to the success of baseball practices. If there is a lot of standing around, lots of time can be wasted. It is vital to organize each practice so that a lot of work can be accomplished.

"One of the biggest things we discuss with our players is playing for the memories.

"When they are 65 years old, they might want to brag about themselves to their grandchildren. So we discuss the big moments of games that can become reality. Every game you play can be a great memory for you and your team."

### Work Foundation Of Nova

The head coach at Nova High School was brought up in a family that had five kids with two hard working parents.

"All of the kids had to work for everything they got as well. If we wanted to go to college, we had to get a scholarship. If we wanted a car, we had to get a job and raise the money to purchase one. My parents were from an older generation where work was very important.

"My parents had five mouths to feed, and there was never extra money. If you wanted extra jeans, you had to raise some money to get it.

"I learned the value of work at a very young age."

McQuaid is married to a special gal named Laurie who has handled all the late meals, missed weekends and altered vacations.

Both dated when they attended Nova High School and both of their

# Motion Analysis Can Develop, Evaluate Athletes

By **JERRY WEINSTEIN**  
Head Coach/Modesto Nuts

SAN LUIS OBISPO, Calif. — There is no substitute for developing and evaluating skills through motion analysis.

They say that “the hand is quicker than the eye, but one thousand frames a second doesn’t lie.”

Count the frames on your

videos.

It is the only accurate way to quantify your throwing. Once you quantify it, you can find ways to improve it.

An average big league catcher takes 2.0 seconds to get the ball to second from the pitch contacting his glove until the second baseman touches the ball. If your videos are shot at 30 frames per second,



**JERRY WEINSTEIN**

an average throw would take 60 frames on the video.

This usually breaks down to 20 frames or less from glove contact to release and approximately 40 frames of ball flight.

This is a time and distance game. An average Big Leaguer runs from first to second with a 12 foot lead in 3.35 seconds (100 frames). This is approximately 13 six foot strides.

Each stride takes about 7.70 frames. If the average runner breaks just as the pitcher initiates his delivery and you throw 2.0 and the tag takes 1/10 of a second, your pitcher must be 1.2 or better to give you a chance to throw the runner out.

There is a very small margin for error, especially if the runner times things well. If you want to improve your throwing times, you have to decrease the number of frames it takes to get the ball to second base.

You can accomplish this by reducing the amount of frames it takes you to catch the ball and throw it or you can reduce the frames it takes for the ball to travel 126 feet 3 3/8 inches (depending on where you release the ball and where it’s caught at second) from release to contact with the middle infielder’s glove.

You can see that approximately two thirds of your frames are consumed by ball flight (at 40

frames of ball flight, the ball is traveling about 3.13 feet per frame) so trying to quicken your release at the expense of velocity is probably not a good idea.

The better release throwers in the Big Leagues are in the 17 frame range from catch to release.

If you can reduce your release time from 20 frames to 17 frames and maintain your velocity, you can take 1/20 of a second off your glove to glove time (60 frames to 57 frames). You go from a 2.0 thrower to a 1.95 thrower.

You go from an average thrower to an above average thrower. If you can pick up 7 frames between a quicker release and more throwing velocity, you can get the ball to second a full running stride faster.

Some of the ways to gain release frames are:

1) Pre set the angle of your right foot in your stance so that you do not have to turn your foot before or as you are taking your momentum shuffle.

2) Catch the ball deeper.

3) Shorten and quicken the momentum step with your right foot to get your stride foot down sooner.

4) Improve the transfer from glove to throwing hand.

5) Separate the ball from your glove in front of your body and get the ball airborne as soon as your stride foot plants.

6) Shorten your arm action by lifting with your elbows. Take the ball out of the top of the glove.

This improvement is contingent on maintaining your velocity and accuracy.

Part of your velocity is based on ball spin.

If the ball has back spin (6-12 rotation), there is a better chance that the ball will carry and hold its velocity and be less vulnerable to the affects of gravity.

When you are trying to improve your velocity it is good to radar gun your throws or count the frames from release to contact with the infielder’s glove.

Some ways to improve your velocity:

1) Throw with “intent”. You can’t throw the ball hard without trying to throw it hard.

2) Improve your momentum. Move more aggressively through the ball.

3) Speed up the overall tempo of your throwing.

4) Monitor the rotation of your throws.

5) Strengthen your arm with more “long toss” or specific range of motion resistance exercises.

6) Improve your throwing mechanics so that you can apply force to the ball more efficiently.

Measure the frames you pick up by increasing your velocity by the frames you may lose to a slower release. Opt for the strategy that is going to allow you to be most consistent.

Accuracy is important because it takes about 1/10 of a second (6 frames) for the middle infielder to make a tag on a good throw.

A good throw is defined as one that is slightly on the first base side of second base and between the knees and waist of the shortstop or second baseman.

That gives the infielder the best chance to catch the ball in the sliding lane and tag straight down. When the throw is below the knees, infielders often feel the need to go out to get the ball in order to keep it from bouncing.

When the middle infielder goes out to catch the ball and comes back to make the tag, it is slower. If the infielder waits for a low throw and the ball bounces, he will probably have to raise his glove to catch the ball and then bring his glove back down to tag the runner.

Certainly he can short hop some balls that bounce, but that’s not a given. Wide throws especially wide to the third base side of the base add to the tag time.

If you miss to the first base side and the ball gets there early enough, the middle infielder will most likely have enough time to make the tag.

## Amazing Facility Built Over Many Years At Nova High

Continued From Page 20

kids graduated Nova as well

The McQuaids have raised two children, Shawn and Kelly. They also enjoy two grandchildren, Kasey and Kaitlin.

The head coach at Nova H.S. is also known as one of the wonderful, caring coaches in the business and will do just about anything to help his baseball players.

If that means finding a summer job for them, he will call on his contacts. If he can help get one of his kids in college, he will do everything he can.

“If kids are with my program day after day, this is the least I can do.”

McQuaid is the man behind one of the most beautiful high school baseball facilities in the nation as well.

Starting in 1990, a locker room to dress all 45 kids was put in along the third base side, and a concession stand and bathroom were also built. Each player has his own individual locker.

The stands are elevated with the seating capacity at about 1,000. Nova H.S. also has an indoor hitting facility which is 90’ x 90’ and

houses four batting cages complete with artificial turf.

The first base home dugout is 60’ x 30’ with a big skybox on top which includes room for an announcer and other members of the media. On the third base side is a 50’ x 20’ dugout with a sky box as well.

The facility also has a beautiful scoreboard.

But the pride and joy of the entire complex is the baseball field itself which McQuaid built with his own hands. It is considered one of the best in the state of Florida.

The entire complex would now cost over \$1 million to build, according to McQuaid.

“When I was playing at Nova a long time ago, the field was like a cow pasture. But we trimmed the field up and built different structures over the years and maintained it. Parents through the years have donated so much to the program. If something needed to be done, everyone chipped in.”

### Assistants Crucial

An important part of his family are his assistant coaches who have been so loyal to him and the Nova baseball program.

“All of these guys are very special to our program.

“Another thing that is very special about our program is that the guys who are still playing professional baseball come back every year in January and February to help our kids prepare for the season.

It is a wonderful experience for our kids.”

## Going To Div. II

SYRACUSE, NY — Le Moyne College has announced its intention to reclassify its baseball program from NCAA Division I to Division II effective August 1, 2011.

The College will be a member of the Division II Northeast-10 Conference.

## Pick Proof Baseball Sign Software

**Five Years In Business.  
Four National Championships!**



Congratulations to our Division I Baseball National Champions

### Own The Zone!

- Easy to set-up
- No more missed or picked signs
- You control which signs to use for both offense and defense
- Used by National Championship winning coaches
- **FREE WRISTBAND** with purchase

Get more details at [www.ownthezonesports.com](http://www.ownthezonesports.com)



“As a player and now as a coach, I am always looking for a better way to do things. We used the Own The Zone Sports Pick Proof Baseball Sign System last year with great success. I felt our players got the signs quicker, with less mistakes, and with no chance of being stolen by our opponents. I believe this is a better way to give signs.”



Scott Brosius, Linfield College  
New York Yankees - MLB World Series MVP

## The Complete Instructional Package

PRESENTED BY

**RON GOLDEN**

DIRECTOR

### RON GOLDEN'S BASEBALL SCHOOL

RON GOLDEN has been a baseball instructor, manager and coach for over 40 years and is the author of *Baseball Coaches Notebook: Strategy, Skills & Drills* that was adopted as the official text in many college baseball theory classes (over 300) in the 1980's. It was also used by the Los Angeles Dodgers, Cincinnati Reds, California Angels and the Detroit Tigers. Golden also published one of baseball's first instructional newsletters, "The Winning Edge" during this same period. Golden's successful instructional school has been in operation since 1978. For more information go to [www.RGBaseball.com](http://www.RGBaseball.com) or email [Rongolden7@cs.com](mailto:Rongolden7@cs.com). Phone: (614) 236-8141.

### “GET THE EDGE ON YOUR COMPETITION”

#### A.B.C. Notebook: A Pro Approach

An all-purpose guide to enhance the efforts of today's Amateur Coaches: bringing everything together at the Coach's "finger-tips" including:

- How To Run A team
- Practice Organization
- Skill Development To Improve Performance
- Super Practice Drills For Improved Play  
50 Pages - \$25.00

#### Player Development Manual

“Play Like The Pros”

This manual teaches players what they must do to enhance their personal performance to get to “The Next Level!” The manual is divided into 6 sections and includes pictures and selected charts.  
Over 50 Pages - \$25.00

**SPECIAL:** Purchase all 3 items for \$70 and pay NO shipping. Add \$5.00 per item (\$10.00 for 2) otherwise. Ohio Residents Add 6.75% sales tax.

#### Baseball Basics DVD

The Ultimate Basic Training DVD for all players, coaches and parents who desire to be the best! Over 2 hours of quality instruction on DVD-9 that plays on a DVD player and computer.

“Must viewing for the serious player & coach.” You will learn more than the basics - trust me.  
\$30.00

#### SHIP TO:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone ( \_\_\_\_\_ ) \_\_\_\_\_  
E-Mail \_\_\_\_\_

- \_\_\_\_\_ The ABC Notebook
- \_\_\_\_\_ Player Development Manual
- \_\_\_\_\_ Baseball Basics DVD

Make Payment Payable To And Send To:  
**Ron Golden's Baseball School**

P.O. Box 9446  
Columbus, Ohio 43209

Visit [www.ownthezonesports.com/discount](http://www.ownthezonesports.com/discount) for a **10% discount!**