

## 2014 Instructions

MONTHY / Emergency Insturctions
Melrose will play the boards this year


Manager: Dennis Eckersley

Hitting Coach: Moises Alou<br>$1^{\text {st }}$ Base Coach: Roberto Alomar Bench Coach: Garret Anderson

# Pitching Coach: Kirk Rueter 

$3^{\text {rd }}$ Base Coach: Terry Pendleton
Bullpen Coach: Billy Wagner
I think somebody at the draft said it best. "This the most talented 19 TQ team they've seen." There are no expectations this year as we rebuild for 2015 and hope the return of Cap and Wasp come with a playoff berth. As I right these instructions 2015 is looking like a lost year before 2014 even starts.

## Roster:

Minors (April)- Rob Brantly, Dan Uggla, Jamie Garcia, Ross Detwiler, Ryan Voglesong, Kevin Jepsen, Peter Borjous, Jonathan Broxton, Ryan Madson, Ryan Braun
Cuts- Raul Valdes, Josh Lueke, Eric Thames, Robert Andino, Kevin Youkilis, Mike Fiers, Andrew Werner, Jar Jurrjens, Mike Baxter, Robert Andino, Zach Duke Waiver-
Expected Roster Moves-

## Offense:

## Usage:

There are a lot of moving parts this year as most positions will need two players to complete the seasons. There are plenty of games but generally those that start will finish the games.

## Bench-

DH- Lake will cover 64 games. De Aza will play 80 games when Borjous or Braun start in CF. Soto will pick the remaining few games
1B- Adrian Gonzalez starts 157. Ed Lucas picks up the few remaining
2B- Anthony Rendon and Nick Franklin cover games. Who ever starts finishes the game
SS- Jose Iglesias is the regular for 109 games. Nick Franklin and Ed Lucas cover the rest.
3B- Todd Frazier plays every inning of 150 games. Ed Lucas picks up the remaining games
C- Russell Martin picks up 125 games, Giovanny Soto the rest. Brantly will be around in Nov incase a few starts are needed OF- Alex Gordon and David Murphy cover most of LF and RF respectively. CF will be a musical chairs of Peter Borjous, PED Ryan Bruan and De Aza. Who ever starts finishes the game


## Emergency Lineups (Lineups will be sent each month)

Lineups vs All:
C8 Martin
CF2 De Aza
LF3 Gordon
1B5 Gonzalez
3B4 Frazier
DH Lake
2B7 Rendon
RF3 Murphy
SS9 Iglesias

## Pinch Hitting:

1. Don't

## Pinch Running:

1. Not this year

Stealing: Stealing takes priority over Hit \& Run. There are few this year and some have very bad results

1. De $\boldsymbol{A z a}$ is the main SB threat can steal anytime after the $4^{\text {th }}$ score +2 to -3 adjusted $\mathrm{SSN}>=26$ Max 2 / series
2. Gordon, and Martin can steal second $7^{\text {th }}$ or later adjusted SSN $>=26$ and Score +1 to -1 . Try to limit to $1 /$ series.
3. Other players should steal $8^{\text {th }}$ or $9^{\text {th }}$ inning score -1 to 0 adjusted $\mathrm{SSN}>=25$

## Hit and Run:

1. Anybody with 231 's and not an $N$ on first base. Use at will.

## Sacrifice:

1. With $<1$ outs sacrifice with any weak batter $8^{\text {th }}$ or $9^{\text {th }}$ inn to move the tying or winning run over
2. Never Sac if H\&R in order
3. Never Squeeze! Never!

## Runner Advancement:

Boards: Use Adams table
Computer: $\quad$ Go when runner is well around bag
2 out F runner on second send them home
2 out F runner on third send them home
F runner on third $<2$ out on Fly Ball arm $<=30$ send runner

## Defense:

## Substitutions:

Not this year. The best starting 9 will usually be in every game. Don't look to sub unless an injury occurs
Replacement/Injuries: Use first available

| 3B-Lucas | SS-Lucas/Franklin/Rendon |  |
| :--- | :---: | :---: |
| 1B-Lucas | Outfield-Lucas/Baxter | C-Martin/Soto/Brantly | 2B-Lucas/Uggla/Franklin

## Infield:

1. $<2$ out tying or winning run on third $7^{\text {th }}$ inn or later infield should play in. Infield plays back all other times.
2. Always hold runner on $1^{\text {st }}$ adjusted $\mathrm{SSN}>14$. Don't hold N's
3. Pitch from stretch if runner on third is eligible to steal home $\operatorname{SSN}>157^{\text {th }}$ or later


## Pitching:

Melrose starters are the strength of team, which should scare no one. There are 143 starts of 7 or better including 38 starts 14 and above. The remaining 19 will be the innocuous Detwiler


1. Never remove a starter if pitching a shutout
2. No starter pitches more than 11.2 innings. Even if pitching a shutout
3. The Starters
3.1. Get as many innings from the starters as you can
3.2. In the $8^{\text {th }}$ and $9^{\text {th }}$ look to multiple relievers to finish the game

## Relievers:



This year's bunch sports 489 innings without a grade above 12, except 6.7 innings of Ogando. The starters should go until they are pounded out or until the $8^{\text {th }} / 9^{\text {th }}$ inning. If the score is +3 to -2 look to the pen to finish the game. There should be 7 relievers up. Use them for one batter at a time if necessary.

Rule 1 - Jamey Wright- part of the over-the-hill-gang but the best grade. Treat him as the closer.
Rule 2- Kevin Jepsen - When up his grade 5* is the mop up
Rule 3- All other relievers are interchangeable. Use them as you feel best.
Note- When not starting Tyson Ross will be in the pen.

'14 Melrose Avenger's Pitching Rotation
$\mathrm{V}=$ Voglesong
M=Medlen (31)
$\mathrm{O}=$ Ogando (18)
$\mathrm{P}=$ Peralta (32)
$\mathrm{Px}=$ Paxton (4)

L=Lester (33)
$\mathrm{G}=$ Garcia (9)
$\mathrm{D}=$ Detwiler (19)
$\mathrm{R}=$ Ross (19)

April ${ }^{20}$

| $1-4$ | $@ M U N$ | Px1, O1, M1, L1 <br> $(5)$ |
| :--- | :--- | :--- |
| $6-8$ | ZIO | (DAY OFF) <br> P1, Px2, O2 <br> $(9)$ |
| $10-13$ | HUD | $(D A Y O F F)$ <br> M2, L2, P2, Px3 |
| $14-17$ | POR | O3, M3, L3, P3 <br> $(18)$ |
| (DAY OFF) |  |  |
| $19-23$ | $@ M A R$ | Px4, O4,M4,L4, P4 <br> $(24)$ |
|  |  | (DAYOFF) |

1-5 MID
6-9 KAN
(10)

11-14 @DAL
15-18 @GOH
(19)

20-23

| June ${ }^{19}$ |  |  |
| :---: | :---: | :---: |
| 1-4 | @ZIO | O9,M9,L9,P9 |
| (5) |  | (DAY OFF) |
| 6-8 | @HUD | R6,O10,M10 |
| 9-11 | MUN | L10,P10,R7 |
| 12-16 | KNX | O11,M11,L11,P11,R8 |
| (17) |  | (Day Off) |
| 18-21 | @TAY | O12,M12,L12,P12 |
| July ${ }^{21}$ |  |  |
| 1-5 | @ NBO | R9,O13,M13,L13,P13 |
| 6-9 | @LV | R10,O14,M14,L14 |
| (10) |  | (DAY OFF) |
| 11-14 | COL | P14,R11,O15,M15 |
| 15-18 | WHT | L15,P15,R12,O16 |
| 19-22 | RYE | M16,L16,P16,R13 |
| (23) |  | (DAY OFF) |

August ${ }^{20}$

| $1-4$ | GC | G1,M17,L17,P17 |
| :--- | :--- | :--- |
| $5-8$ | FO | R14,G2,M18,L18 |
| $(9)$ |  | $(D A Y O F F)$ |
| $10-13$ | BH | P18,R15,G3,M19 |
| $14-17$ | $@ N W$ | L19,P19,R16,G4 |
| $18-21$ | $@ C A Y$ | M20,L20,P20,R17 |
| $(22)$ |  | $(D A Y O F F)$ |


| September $^{19}$ |  |  |
| :--- | :--- | :--- |
| $3-5$ | @MUN | G5,M21,L21 |
| $6-9$ | ZIO | P21,D1,G6,M22 |
| $10-12$ | HUD | L22,P22,D2 |
| $(13)$ |  | (Day Off) |
| $14-17$ | MAR | G7,M23,L23,P23 |
|  |  |  |
| $18-22$ | @KAN | D3,G8,M24,L24,P24 |


| October ${ }^{22}$ |  |  |
| :---: | :---: | :---: |
| 1-4* | @POR | D4,V1,M25,L25,Wr1 |
| (5) |  | (Day Off) |
| 6-9 | @MID | P25,D5,V2,M26 |
| 10-14 | TAY | L26,P26,D6,V3,M27 |
| 15-18 | NBO | L27,P27,D7,V4 |
| (19) |  | (Day Off) |
| 20-23 | @DET | M28,L28,P28,D8 |
| November ${ }^{23}$ |  |  |
| (1) |  | (DAY OFF) |
| 2-6 | LV | L29,R18,M29,P29,D9 |
| 7-10 | @KNX | L30,R19,M30, P30 |
| 11-13 | @ZIO | D10,L31,O17 |
| (14) |  | (DAY OFF) |
| 15-18 | @HUD | M31,L32,P31,D11 |
| 19-22 | MUN | O18,G9,L33,P32 |
| (23) |  | (DAY OFF) |



| Name | Team | Grade | CTL | HR | G | GS | RIP | STF | RF | Throws | Move | HBO | $W P$ | FLD | BKO | Minors |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Paxton, James | SEA | 22XZ | 24 | 21 | 4 | 4 |  | 24 |  | L | 0 | Yes | 0 | 1 | Yes | 5-11 |
| Ogando, Alexi | Tex | 14 | -26 | 16 | 23 | 18 | 6.7 | 22 | 7 | R | +2 |  | 3 | 2 | Yes | 8-10 |
| Ross, Tyson | SD | 14/*9X | -15 | 25 | 30 | 19 | 31 | 24 | 9 | R | +2 |  | 3 | 1 | Yes |  |
| Medlen, Kris | ATL | 10YZ | 22 | 12 | 32 | 31 |  | 26 |  | R | +1 |  | 1 | 1 | Yes |  |
| Lester, Jon | Bos | 9Y | 11 | 22 | 33 | 33 |  | 28 |  | L | 0 |  | 2 | 1 | Yes |  |
| Garcia, Jamie | STL | 8Y | 14 | -12 | 9 | 9 |  | 27 |  | L | +2 | Yes | 3 | 2 | Yes | 1-7,10 |
| Peralta, Wily | Mil | 7 | -24 | 0 | 32 | 32 |  | 27 |  | R | +1 |  | 3 | 1 | Yes |  |
| Detwiler, Ross | Wash | 2 Z | 35 | 26 | 13 | 13 |  | 26 |  | L | 0 |  | 0 | 2 | Yes | 1-8 |
| Vogelsong, <br> Ryan | SF | 1 | -13 | -21 | 19 | 19 |  | 30 |  | R | +1 |  | 2 | 2 | Yes | 1-9 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Collins, Tim | KC | 12*XW | -52 | 41 | 66 |  | 60 |  | 6 | L | 0 | Yes | 0 | 2 | Yes |  |
| Strop, Pedro | CHC | 10*XYW | -32 | 22 | 66 |  | 57 |  | 6 | R | +1 |  | 3 | 2 |  |  |
| Jones, Nate | Chwsx | 10*XY | -13 | 33 | 70 |  | 78 |  | 7 | R | 0 |  | 3 | 2 |  |  |
| Pressly, Ryan | MIN | 10* | -15 | 33 | 49 |  | 76 |  | 8 | R | +1 | Yes | 3 | 2 | Yes |  |
| Parra, Manny | CIN | 12XY | -15 | -13 | 57 |  | 46 |  | 6 | L | 0 |  | 3 | 2 | Yes |  |
| Jespen, Kevin | LAA | 12*YG | 16 | 33 | 49 |  | 44.7 |  | 6 | R | 0 |  | 2 | 1 | Yes | Minors |
| Broxton, Johnathan | Cin | 12*Y | -12 | -16 | 34 |  | 30 |  | 6 | R | 0 |  | 0 | 2 | Yes | Minors |
| Wright, Jamey | TB | 12*X | 13 | 35 | 66 | 1 | 70 |  | 7 | R | 0 |  | 3 | 2 | Yes |  |
| Madson, Ryan |  | (UNC) |  |  |  |  |  |  |  |  |  |  |  |  |  | All |
| Edgin, Josh | NYM | 9* | -12 | 24 | 34 |  | 28 |  | 6 | L | 0 | Yes | 0 | 1 | Yes |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Name | Team | Field | Gs | PAs | SBA | Bats | SSN | ARM | Spd | BC | $\boldsymbol{S A}$ | H\&R |  |  |  | Minors |
| Braun, Ryan | Mil | OF3 | 61 |  | 9 | R | 18 | 31 | F15 | $\begin{aligned} & \text { PL +7/ } \\ & -5 \\ & \hline \end{aligned}$ | PL-3 |  |  |  |  | Minors |
| Murphy, David | Tex | OF2 | 142 |  | 5 | L | 9 | 33 | 8 | $\begin{aligned} & \text { SA - } \\ & 5 / 0 \end{aligned}$ | SA-3 | Yes |  |  |  |  |
| Gordon, Alex | KC | OF3 | 156 |  | 14 | L | 30 | 34 | 13 | $\begin{aligned} & \text { SA } \\ & +4 /-4 \end{aligned}$ | SA-0 |  |  |  |  |  |
| De Aza | Chwsx | OF2 | 153 |  | 28 | L | 28 | 31 | F15 | $\begin{aligned} & \hline \text { SA } \\ & +3 /-3 \\ & \hline \end{aligned}$ | SA-0 | Yes |  |  |  |  |
| Bourjos, Peter | LAA | OF3 | 55 |  | 6 | R | 35 | 33 | F18 | $\begin{aligned} & \text { SA -2/- } \\ & 1 \end{aligned}$ | SA-0 | Yes |  |  |  | Minors |
| Lake, Junior | Cubs | OF1 | 64 |  | 8 | R | 20 | 33 | F15 | $\begin{aligned} & \text { SA } \\ & +8 /-5 \end{aligned}$ | SA-3 | Yes |  |  |  |  |
| Franklin, Nick | Sea | 2B7/SS7 | 102 |  | 7 | S | 33 | 30 | 12 | $\begin{aligned} & \text { SA - } \\ & 4 / 0 \\ & \hline \end{aligned}$ | SA-0 |  |  |  |  |  |
| Uggla, <br> Dan | Atl | 2B6 | 136 |  | 2 | R | 31 | 30 | S6 | PL-3/-1 | PL-1 |  |  |  |  | All |
| Gonzalez, Adrian | LAD | 1B5 | 157 |  | 1 | L | 26 | 31 | S4 | PR -3/0 | PR-2 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Frazier, Todd | Cin | 3B4/OF1 | 150 |  | 11 | R | 22 | 33 | 9 | $\begin{aligned} & \text { SA } \\ & +1 /-2 \\ & \hline \end{aligned}$ | SA-1 | Yes |  |  |  |  |
| Rendon, Anthony | Wash | 2B7/3B3/SS6 | 98 |  | 2 | R | 20 | 33 | 12 | $\begin{aligned} & \text { SA } \\ & +4 /-3 \\ & \hline \end{aligned}$ | SA-2 | Yes |  |  |  |  |
| Inglesias, Jose | Det | SS9/3B5/2B7 | 109 |  | 7 | R | 28 | 36 | F15 | $\begin{aligned} & \mathrm{SA}+1 / \\ & -2 \end{aligned}$ | SA-1 | Yes |  |  |  |  |
| Lucas, Ed | Mia | 3B4/1B3/2B7/SS7/OF1 | 94 |  | 2 | R | 20 | 32 | 9 | $\begin{aligned} & \hline \text { SA } \\ & +10 /-6 \\ & \hline \end{aligned}$ | SA-4 | Yes |  |  |  |  |
| Brantly, Rob | FLA | C7 +1 PB3 | 67 |  | 0 | L | 20 | 33 | S6 | $\begin{aligned} & \text { SA -13 } \\ & 1+1 \\ & \hline \end{aligned}$ | SA-5 |  |  |  |  | All |
| Martin, Russell | NYY | C8 + 5 PB1/3B3/OF1 | 127 |  | 14 | R | 25 | 33 | 8 | $\begin{aligned} & \text { SA - } \\ & 4 / 0 \end{aligned}$ | SA-0 |  |  |  |  |  |
| Soto, G | Tex | C7 +2 PB1/3B3 | 54 |  | 1 | R | 14 | 32 | S6 | $\begin{aligned} & \text { SA-8/ } \\ & +3 \end{aligned}$ | SA-0 |  |  |  |  |  |

Roster note- Month in Minors list by month \#, Starts means begins April in Minors

