

Melrose AVENGERS



1999, 2011 and 2012 World Champions



2015 Instructions
MONTHLY / Emergency Instructions
Melrose will play the boards this year

Manager: Dennis Eckersley

Hitting Coach: Moises Alou
1st Base Coach: Roberto Alomar
Bench Coach: Garret Anderson

Pitching Coach: Kirk Rueter
3rd Base Coach: Terry Pendleton
Bullpen Coach: Billy Wagner

Roster:

Minors April- Govany Soto, Jose Iglesias, Nick Franklin, Kris Medlen, Alexi Ogando, Peter Borjous, Jamey Wright, Ryan Voglesong, Tuffy Gosewich, Ryan Pressly

Cuts- Dan Uggla, Jason Kubel, Nate Jones, Tim Collins, Bob Brantly, Manny Parra, Matt Lindstrom, Miles Mikolas, John McDonald

Expected Roster Moves-

- May- Paxton Down, Voglesong Up
- June- Voglesong Down, Paxton Up
- July- Paxton Down, Voglesong Up
- Sept- Voglesong Down, Paxton Up
- Oct- Paxton Down, Voglesong Up

Offense:

Usage: C is very limited in games and there will be limited available moves because of restrictions

Positions-

1B/2B/3B/SS/DH- The infield is covered by *Adrian Gonzalez, Anthony Rendon, Alexei Ramirez, Todd Frazier* and the return of *David Ortiz*. These five will start and finish most games.

C- *Russell Martin* and *Chris Stewart* are primary starters. Stewart starts against LH and will need to be PH for vs RHs. Gosewich can replace Stewart after PH or late in close game to prevent a steal

LF- *Alex Gordon* owns left most days.

CF- *Ryan Braun* will be CF for 135 games with *De Aza* or *Bourjos* picking up the rest

RF- JD Martinez vs LH and most RH. David Murphy will be start against selected RH. Generally JD will not be PH for with *Bourjos*, or any OF2 coming in for defense after JD bats in the 7th.

Bench- *Forsythe* will see some spare games around the infield and be available for injury replacement. Bourjos is a defensive bat and can run. De Aza is available as a PR late in the game to steal a base and has a big + against RHPs. *Adrian Gonzalez, Anthony Rendon, Alexi Ramirez, Todd Frazier, David Ortiz, Alex Gordon* and *Ryan Braun* **should not come off the bench!!!**



Emergency Lineups (Lineups will be sent each month)

Lineups vs All:

C8 **Martin**
2B8 **Rendon**
1B5 **Gonzalez**
RF1 **JD Martinez**
DH **Ortiz**
CF3 **Braun**
3B4 **Frazier**
LF3 **Gordon**
SS8 **Ramirez**



Pinch Hitting:

1. **De Aza** or **Murphy** starting in RF can be PH with **JD Martinez** vs LHP, 6th inning on if Melrose trails by <4.
2. PH for **Stewart** vs RH bat, after 2 PAs or 7th inning, replace with **Gosewich**
3. **Gosewich** can be PH for 7th on score -2 to 0, replace with Stewart

Pinch Running:

1. **De Aza** can PR for a slow runner, Ortiz, when tying or winning run 7th or later.

Stealing: Stealing takes priority over Hit & Run. Steals will be a bigger part of the offense this year. There are 4 starters with 20+ attempts and 3 with 10+.

1. Look to steal 4th inning on score +2 to -3
2. SSN \geq 25
3. **De Aza, Frazier, Ramirez, Rendon.** **Max 2 / series**
4. **Bourjos, Braun, Gordon.** **Max 1 / series.**
5. 7th inning or later. Score 0 to -1. **Murphy** or **Martin** can attempt a steal, #2 applies

Hit and Run: I like the hit and run.

1. Eligible batters will a fast runner on 1st.
2. If pitcher is a W do not Hit and Run
3. 2 outs Hit and Run any eligible batter
4. Against grades >12 I tend to H&R more often

Sacrifice:

1. With <1 outs sacrifice with any weak batter 8th or 9th 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: *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 \leq 30 send runner
Runner on 2nd, ball hit to CF or RF arm \leq 31 send runner

Defense:

Substitutions:

Bourjos/De Aza for any OF1 7th or later Melrose in the lead.

Replacement/Injuries: Use first available

3B-Forsythe/Rendon SS-Forsythe 2B-Forsythe
1B-Forsythe/Frazier Outfield-De Aza/Bourjos C-Gosewich

Infield:

1. <2 out tying or winning run on third 7th inn or later infield should play in. Infield plays back all other times.



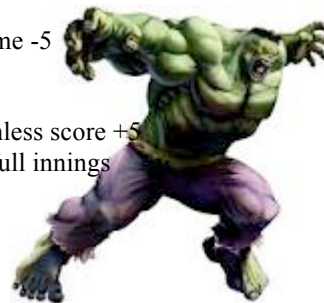
2. Always hold runner on 1st adjusted SSN > 14. Don't hold N's
3. Pitch from stretch if runner on third is eligible to steal home SSN > 15 7th or later

Pitching:

Melrose will have 76 starts of Grade 13 and the rest 8 or better. We are trying to win the division this year so protecting the lead is more important than getting innings out of the starters.



1. Never remove a starter if pitching a shutout
2. No starter pitches more than 11.2 innings. Even if pitching a shutout
3. Remove a starter as soon as fatigued/reduced, unless before the 4th and game -5
4. **The Starters**
 - 4.1. *Lester/Ross* are grade 13 Try to get them 7 innings See 4.4 below
 - 4.2. *Paxton* has low fatigued. Try for 7 but remove as soon as fatigued unless score +5
 - 4.3. *Kazmir/Peralta/Voglesong 10/9/8* with neutral peripherals try for 6 full innings
 - 4.4. **Remove the starter if tying/winning run on 6th or later.**



Relievers:

The bullpen is deep with 190 innings RH relief 18+ and 27.3 innings of LH 20 in Edgin. There is another 162 inning of 17/16/13. There is a drop off in the pen from their. If the starter leaves early most early innings will be pitched by Pressley or Wright although don't hesitate to leverage one of the better relievers to get that key out and keep the game close.

1. *Edgin* has grade 20* but only 27.3 innings. He should be used a spot lefty in a jam to force the LH batter out of the game preferable against best opposing LH shift. **Only use for 1 or 2 outs at a time.**
2. *AJ Ramos (21*)*, *Todd Wilhemsen (21*)*, *Pedro Strop (18*)* – Primary Setup 7th, 8th, and 9th inning guys. All wild. Use Strop/Wilhemsen over Ramos in base loaded situation. Any can save a game but lean on Ramos because of +53 HR rating
3. *Broxton (17*)*, *Jespen (16*)* - **Primary** 6th and 7th inning relief.
4. *Freeman (13*)* - Short inning spot LH Reliever. Use for 1 or 2 outs at a time. Can come in 6th inning or later.
5. *Pressley (9*)*, *Wright (5*)* - Mop up and long relief. *Pressley* should be saved for close games.

Closing notes on Pitcher usage

The above are guidelines. Use your best judgment when managing the pen. The Avengers are trying to win games this year. Don't be afraid to remove the starter earlier or leverage the bullpen to get the road team the win.



'15 Melrose Avenger's Pitching Rotation

L= Lester (32)
K= Kazmir (32)

R= Ross (31)
Vo= Voglesong (32)

Px= Paxton (13) Pr= Peralta (32)

April ¹⁹

1-4 @HUD L1, R1, Px1, K1
(5) *(DAY OFF)*
6-8 MUN Pr1, L2, R2
(9) *(DAY OFF)*
10-12 ZIO Px2, K2, Pr2
(13)
14-17 TAY L3, R3, Px3, K3
(18) *(DAY OFF)*
19-23 @KNX Pr3, L4, R4, Px4, K4
(24) *(DAY OFF)*

MAY ²¹

1-5 KAN Pr4, L5, R5, V1, K5
6-9 LVG Pr5, L6, R6, V2
(10) *(DAY OFF)*
11-14 @BH K6, Pr6, L7, R7
15-18 @WAR V3, K7, Pr7, L8
(19) *(DAY OFF)*
20-23 @RYE R8, V4, K8, Pr8

June ¹⁹

1-4 @MUN L9, R9, Px5, K9
(5) *(DAY OFF)*
6-8 @ZIO Pr9, L10, R10
9-11 HUD Px6, K10, Pr10
12-16 NBO L11, R11, Px7, K11, Pr11
(17) *(Day Off)*
18-21 @MAR L12, R12, Px8, K12

July ²¹

1-5 @MID Pr12, V5, L13, R13, K13
6-9 @STM Pr13, V6, L14, R14
(10) *(DAY OFF)*
11-14 CAY K14, Pr14, V7, L15
15-18 HOB R15, K15, Pr15, V8
19-22 NW L16, R16, K16, Pr16
(23) *(DAY OFF)*

August ²⁰

1-4 @GC V9, L17, R17, K17
5-8 @WHT Pr17, V10, L18, R18
(9) *(DAY OFF)*
10-13 MID K18, Pr18, V11, L19
14-17 BRO R19, K19, Pr19, V12
18-21 GOH L20, R20, K20, Pr20
(22) *(DAY OFF)*

September ¹⁹

3-5 @HUD Px9, L21, R21
6-9 MUN K21, Pr21, Px10, L22
10-13 ZIO R22, K22, Pr22, Px11

14-17 KNX L23, R23, K23, Pr23
(18) *(Day off)*
19-23 @LV Px12, L24, R24, K24, Pr24

October ²²

1-4 @KAN V13, L25, R25, K25
(5) *(Day Off)*
6-9 @COL V14, Pr25, L26, R26
10-14 @TAY K26, V15, Pr26, L27, R27

15-19 MAR K27, V16, Pr27, L28, R28

20-23 DET K28, V17, Pr28, L29

November ²³

(1) *(DAY OFF)*
2-6 STM R29, V18, Pr29, K29, L30
7-10 @NBO R30, V19, Pr30, K30
11-13 @MUN L31, Px13, V20
(14) *(DAY OFF)*
15-18 @ZIO Pr31, K31, R31, V21
19-22 HUD L32, Pr32, K32, W1
(23) *(DAY OFF)*



<i>Name</i>	<i>Team</i>	<i>Grade</i>	<i>CTL</i>	<i>HR</i>	<i>G</i>	<i>GS</i>	<i>RIP</i>	<i>STF</i>	<i>RF</i>	<i>Throws</i>	<i>Move</i>	<i>HBO</i>	<i>W P</i>	<i>FL D</i>	<i>BK O</i>	<i>Minors</i>
Lester, Jon	Oak	13X	23	22	32	32		28		L	0	Yes	0	2	Yes	
Ross, Tyson	SD	13Y	-24	24	31	31		26		R	+2		3	2	Yes	
Paxton, James	SEA	13Y	-26	43	13	13		23		L	+2		3	2	Yes	5, 7,8,10
Kazmir, Scott	OAK	10Y	14	14	32	32		25		L	0		3	1		
Peralta, Wily	Mil	9Y	-11	-14	32	32		27		R	+1		1	1	Yes	
Voglesong, Ryan	SF	8Y	-11	-11	32	32		26		R	0		2	1	Yes	4,6,9
Medlen, Kris	ATL	(UNC)														ALL
Ramos, AJ	MIA	21*XY WH	-62	56	68		64		6	R	0	Yes	0	2	Yes	
Wilhelmse n, Tom	Sea	21*XW	-34	16	57	2	75.3	10	7	R	0		3	2	Yes	
Strop, Pedro	CHC	18*XY W	-31	45	65		61		6	R	+1		3	2		
Edgin, Josh	NYM	20*X	21	15	47		27.3		7	R	0		3	2		
Jespen, Kevin	LAA	16*XY	-16	26	74		65		6	R	0		2	1	Yes	
Broxton, Johnathan	Cin	17*Y	-21	22	62		58.7		6	R	0		0	2	Yes	
Freeman, Sam	STL	13*YW G	-53	35	44		38		6	L	1		3	1	Yes	
Pressly, Ryan	Min	9*R	25	-11	25		28.3		7	R	1	Yes	3	2	Yes	down
Wright, Jamey	TB	5*	-13	42	61	1	70.3		7	R	0		3	2	Yes	ALL
Ogando, Alexi	BOS	1*WH	-55	45	28		25		6	R						All
<i>Name</i>	<i>Team</i>	<i>Field</i>	<i>Gs</i>	<i>PAs</i>	<i>SBA</i>	<i>Bats</i>	<i>SSN</i>	<i>ARM</i>	<i>Spd</i>	<i>BC</i>	<i>SA</i>	<i>H&R</i>				<i>Minors</i>
Braun, Ryan	Mil	OF3	135	579	16	R	27	31	F15	0/-2	PL-1					
Murphy, David	CLV	OF2	128	460	5	L	16	33	8	-7/0	SA-4	Yes				
Gordon, Alex	KC	OF3	155	646	15	L	34	34	13	-2/-1	SA-1					
De Aza, Alejandro	Balt	OF2	141	526	27	L	25	31	F15	-16/+2	SA-5	Yes				
Bourjos, Peter	STL	OF3	118	302	12	R	29	33	F18	-5/+1	SA-0	Yes				4-10
Gonzalez, Adrian	LAD	1B5	158	667	2	L	20	31	S4	-12/+3	PR-5	Yes				
Ramirez, Alexi	Chwsx	SS8	158	657	25	R	36	32	F15	0/-2	SA-1	Yes				
Ortiz, David	Bos	1B2	142	583	0	L	N	27	S4	-1/-1	PR-0					
Frazier, Todd	Cin	3B4/1B2	156	658	28	R	28	33	11	-2/-1	SA-0	Yes				
Rendon, Anthony	Wash	2B8/3B4	152	683	20	R	33	33	13	0/-2	SA-1	Yes				
Forsythe, Logan	TB	2B7/1B2 /3B4/SS7 /OF2	110	326	2	R	31	32	F15	+2/-5	SA-2	Yes				
Martinez, JD	Det	OF1	123	474	9	R	26	30	8	+2/-2	SA-1	Yes				
Stewart, Chris	PIT	C8 -3 /PB3	46	153	1	R	14	33	S6	+14/-8	SA-5					
Martin, Russell	PIT	C9 +3 /PB1	111	511	8	R	20	33	8	-4/0	SA-0					
Gosewich, Tuffy	AZ	C7/+5 PB1	41	141	0	R	N	32	S6	-3/0	SA-0					Down
Soto, G		(UNC)														All
Franklin, Nick	TB	(UNC)														All
Inglesias, Jose	Det	(UNC)														All

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