Melrose Avengers

1999, 2011 and 2012 World Champions

2016 Instructions
MONTHY / Emergency Insturctions
Melrose will play the boards this year

Manager: Dennis Eckersley

Hitting Coach: Moises Alou	**Pitching Coach:** Kirk Rueter
1st Base Coach: Roberto Alomar	**3rd Base Coach:** Terry Pendleton
Bench Coach: Garret Anderson	**Bullpen Coach**: Billy Wagner

Roster:

Minors April- Peter Bourjos, James Paxton, Josh Edgin, Alexi Ogando, Jason Grilli, Michael McKerny, Austin Hedges, Mark Marksberry, Trace Thompson, David Murphy

Cuts- *Dan Uggla, Nick Franklin, Ryan Presley, Tuffy Gosewich, Daniel Castro, Shane Robinson*

Expected Roster Moves-
- June- Paxton Up, Trace Thompson Up, Tyler Collins Down
- July- Burnett Down, David Murphy Up
- August- Paxton Down, Burnett Up

Offense:

Positions-

1B-Adrian Gonzalez plays every inning of 158 games.

2B- Logan Forsythe plays every inning of 153 games. **Anthony Rendon** will pick up the remaining games and provide backup.

3B- Todd Frazier plays every inning of 157 games. **Anthony Rendon** is the backup and will pick up a few remaining games

DH- David Ortiz plays every inning of every game he starts. **Anthony Rendon,** some **Giovanny Soto** start against LHP. **David Murphy** will play some vs RHP. In games Ortiz doesn't start look to PH vs same side pitcher if it makes sense.

C- Russell Martin starts most games. **Giovanny Soto** will start the remaining. There are plenty of catcher games. They can be PH for late.

LF- Alex Gordon plays only 104 games. He does not leave a game he starts unless injured. **David Murphy**, and possible some **Shane Robinson**, will fill in the remaining games. **Gordon** does not come off the bench.

CF- Ryan Braun will be CF for 140 games. Despite his shift he does not leave a game he starts. **Braun** doesn't come off the bench. **Collins** and **Thompson** will need to finish games he starts.

RF- JD Martinez plays almost every day and every inning.

SS- Jose Iglesias plays only 120 games and isn't an SS9. He's backed up by **Jimmy Rollins**, also not a 9. When **Rollins** starts look to PH late in a critical situation. **Iglesias** can come in to play defense.

Bench- Most positions have full time starters so options will be limited. The bench will have a spare catcher and shortstop. Good PH will be limited to **David Murphy, Tyler Collins** and **Anthony Rendon. Trace Thompson** will play some DH and CF.

Adrian Gonzalez, JD Martinez, 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:
- LF3   Gordon
- 2B8   Forsythe
- 1B5   Gonzalez
- RF2   JD Martinez
- DH   Ortiz
- CF3   Braun
- 3B4   Frazier
- C9   Martin
- SS8   Iglesias

Pinch Hitting:
1. **Rendon** vs LHP or **Murphy/Collins** vs RHP are the best options on the bench.
2. **Soto/McKerny** have walks and power but no hits.
3. **Rollins** best attribute is +5 vs LHP on the boards
4. Look to PH for a weak batter 7th inning or later tying/winning runner in scoring position
5. Please make sure there is a defensive replacement available

Pinch Running:
1. *Bourjous/Collins* can PR for a slow runner when tying or winning run in scoring position 7th or later.

Stealing: Stealing takes priority over Hit & Run. Steals are limited this year so use judiciously.

1. Look to steal 7th inning on score +1 to -2
2. SSN >= 25
3. *Braun.*   **Max 2 / series**
4. *Frazier, Iglesias, Forsythe, Robinson, Rollins.*   *Max 1 / series.*

Hit and Run: I like the hit and run.

1. Eligible batters will a fast runner on 1st, or JD Martinez. SSN should be >= 25
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 <=30 send runner
                        Runner on 2nd, ball hit to CF or RF arm <=31 send runner

Defense:

Substitutions:

    None.

Replacement/Injuries: Use first available, when on active roster

    3B- Rendon/Rollins   SS-Rollins   2B-Rendon/Rollins
    1B-Forsythe   Outfield-Collins/Bourjos C-Soto/McKerny/Martin

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 a good staff this year. We are trying to win the division this year so protecting the lead is more important than getting innings out of the starters. Everybody has a low fatigue which will make this more challenging.

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. Try to get them 7 innings See 4.2 below
   4.2. ***Remove the starter if tying/winning run on 6th or later.***

Relievers:

The bullpen is thinner but still good, with 209 innings RH relief 18+. There are another 141 innings of 13+ and 117 innings of decent 12s. There is a drop off in the pen from there. If the starter leaves early innings will be pitched by the mop up guys but don't hesitate to leverage one of the better relievers to get that key out and keep the game close.

1. *AJ Ramos (20*)- Ramos* is the closer. Can pitch 5 out saves if necessary
2. *Pedro Strop (20*)* / *Jespen (17*)*– primary setup men to get to Ramos. 7th or 8th innings
3. *Willi Harris (22*)-* 6th inning reliever, by virtue of his -11 HR rating.
4. *Grilli (13*)/ Wilhemsen (12*)/Storen (12*)* – These three should pitch the bulk of innings in 5th and 6th
5. **Freeman (14*)/ Marksberry (8*) -** Short inning spot LH Reliever. Use for 1 or 2 outs at a time. Can come in 6th inning or later or to crush a rally. Especially if multiple LH shifts are coming up.
6. *Ogando (11*) -* Mop up and long relief. One will be active ***If the starter leaves before the 5th is done Ogando or Wilhemsen/Storen can begin the mop up, try not to pitch more than 2.1, Ogando can go till his arm falls off.***

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.

'16 Melrose Avenger's Pitching Rotation

L= Lester (32)   R=Ross (31)   Px= Paxton (13)   B= Burnett (26)

K= Kazmir (32)   Ly= Lynn (31)

April [19]

1-4	ZIO	L1, R1,K1,Ly1
(5)		*(DAY OFF)*
6-8	@HUD	B1,L2,R2
(9)		*(DAY OFF)*
10-13	@MUN	K2,Ly2,B2,L3
14-17	@LV	R3,K3,Ly3,B3
(18)		*(DAY OFF)*
19-23	MID	L4,R4,K4,Ly4,B4
(24)		*(DAY OFF)*

MAY [21]

1-5	KNX	L5,R5,K5,Ly5,B5
6-9	MAR	L6,R6,K6,Ly6
(10)		*(DAY OFF)*
11-14	@IND	B6,L7,R7,K7
15-18	@RYE	Ly7,B7,L8,R8
(19)		*(DAY OFF)*
20-23	@TAY	K8,Ly8,B8,L9

June [19]

1-4	HUD	Px1,R9,K9,Ly9
(5)		*(DAY OFF)*
6-8	MUN	B9,Px2,L10
9-11	@ZIO	K10,Ly10,B10
12-16	@STM	R10,Px3,L11,Ly11,B11
(17)		*(Day Off)*
18-21	KAN	Px4,L12,R11,K11

July [21]

1-5	@NBO	Ly12,L13,Px5,R12,K12
6-9	@DET	Ly13,L14,Px6,R13
(10)		*(DAY OFF)*
11-14	HOB	K13,Ly14,L15,Px7
15-18	COL	R14,K14,Ly15,L16
19-22	WHT	Px8,R15,K15,Ly16
(23)		*(DAY OFF)*

August [20]

1-4	BH	B12,R16,K16,L17
5-8	WAR	Ly17,B13,R17,K17
(9)		*(DAY OFF)*
10-13	@MID	L18,Ly18,B14,R18
14-17	@CAY	K18,L19,Ly19,B15
18-21	@GC	R19,K19,L20,Ly20
(22)		*(DAY OFF)*

September [19]

3-5	ZIO	B16,R20,K20
6-9	@HUD	L21,Ly21,B17,R21
10-12	@MUN	K21,L22,Ly22
(13)		*(Day off)*
14-17	@KNX	B18,R22,K22,L23
18-22	LV	Ly23,B19,R23,K23,L24

October [22]

1-4	BRO	Ly24,B20,R24,K24
(5)		*(Day Off)*
6-9	NBO	L25,Ly25,B21,R25
10-14	@KAN	K25,L26,Ly26,B22,R26
15-18	@NW	K26,L27,Ly27,B23
19-23	TAY	R27,K27,L28,Ly28,B24

November [23]

(1)		*(DAY OFF)*
2-6	@MAR	R28,L29,Px9,Ly29,B25
7-10	STM	K28,R29,Px10,L30
11-13	HUD	Ly30,K29,R30
(14)		*(DAY OFF)*
15-18	MUN	PX11,L31,K30,Ly31
19-22	@ZIO	R31,B26,L32,K31
(23)		*(DAY OFF)*

Name	Team	Grade	CTL	HR	G	GS	RIP	STF	RF	Throws	Move	HBO	WP	FLD	BKO	Minors
Burnett, AJ	PIT	9YG	12	32	26	26		27		R	0		3	1		
Kazmir, Scott	HOU	13Y	-13	12	31	31		25		L	0		2	1	Yes	
Lester, Jon	CC	11XZ	22	23	32	32		26		L	0		3	1	Yes	
Lynn, Lance	STL	12YG	-22	26	31	31		24		R	+1		1	1	Yes	
Paxton, James	SEA	10YW	-33	11	13	13		24		L	0	Yes	1	1	Yes	April
Ross, Tyson	SD	13XWG	-36	43	33	33		25		R	0		3	1	Yes	
Edgin, Josh	NYM	(UNC)														ALL
Freeman, Sam	TEX	14*XW	-62	16	54		38		5	L	0		0	2	Yes	
Grilli, Jason	ATL	13*KG	13	34	36		33		6	R	0	Yes	3	1	Yes	April
Harris, Wil	Hou	22*X	-12	-11	68		71		6	R	0		2	2	Yes	
Jespen, Kevin	MIN	17*YWG	-31	31	75		69		6	R	+1	Yes	3	1	Yes	
Marksberry, Mark	STL	8*XW	-62	24	31		23.3		5	L	+1		3	1	Yes	April
Ogando, Alexi	BOS	11*YWL	-33	-31	64		65		6	R	+2		1	1		April
Ramos, AJ	MIA	20*KW	-32	16	71		70		6	R	0		2	2	Yes	
Storen, Drew	WSH	12* XY	15	25	58		55		6	R	+2		3	2	Yes	
Strop, Pedro	CC	20*XY	-24	24	76		68		6	R	0		3	2	Yes	
Wilhelmsen, Tom	SEA	12*XWH	-35	43	53		62		7	R	+1		2	2	Yes	

Name	Team	Field	Gs	PAs	SBA	Bats	SSN	ARM	Spd	BC	SA	H&R				Minors
Braun, Ryan	Mil	OF3	140	568	28	R	33	31	F15	SA +4/-3	SA -2					
Murphy, David	LAA	OF2	132	391	2	L	9	33	8	SA -3/-1	SA -2	Yes				April
Gordon, Alex	KC	OF3	104	422	7	L	12	34	13	SA -2/-1	SA-1					
Bourjos, Peter	STL	OF3	117	255	13	R	16	33	F18	SA-1/-1	SA-0	Yes				4-10
Gonzalez, Adrian	LAD	1B5	158	643	2	L	20	31	S4	PR -3/-1	PR-1	Yes				
Rollins, Jimmy	LAD	SS8	144	563	20	S	24	35	F15	SA +5/-3	SA-0	Yes				
Ortiz, David	Bos	1B2	146	614	1	L	14	27	S3	PR -11/+3	PR-5					
Frazier, Todd	Cin	3B4/1B2	157	678	21	R	24	33	11	SA +2/-2	SA-1	Yes				
Rendon, Anthony	Wash	2B7/3B4	80	355	3	R	14	36	13	SA +2/-2	SA-1	Yes				
Forsythe, Logan	TB	2B8/1B2/3B4/OF1	153	615	13	R	27	32	F15	SA +6/-4	SA-3	Yes				
Martinez, JD	Det	OF2	158	657	5	R	24	30	8	SA 0/-2	SA-1	Yes				
Thompson, Trayce	Chwsx	OF2	44	122	1	R	26	31	F16	SA+3/-4	SA-2	Yes				April
Iglesias, Jose	DET	SS8	120	454	19	R	23	36	F15	SA+8/-4	SA-3	Yes				
Collins, Tyler	DET	OF2	60	192	3	L	20	30	F15	SA-6/-1	SA-3	Ye				
Soto, Giovanny	Chwsx	C7/0 PB2	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					
Hedges, Austin	SD	C7 +1/ PB1	56	137	0	R	N	32	7	-3/0	SA-0					4-10
McKenry, Mike	COL	C6 -4 /PB1	58	127	2	R	20	33	S6	PL+8/-5	PL-3					4-10