



## Summer Reading

We hope you are keeping cool this summer! If you are like us, then you are always looking for something new to read this Summer! Well look no further! In this newsletter we have provided you with some links to articles that raise some good questions! Please enjoy them and [contact](#) us if you have any questions!

As always, please make sure you check out our [website](#) for our weekly Trivia questions! Thank you and we hope you enjoy your Summer!

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### [Rubbing Mud: No Free Strikes](#)

We are, inarguably, living in the Golden Age Of Offensive Platitudes. Russell A. Carleton tossed out several of them in one recent column: "Sit fastball. Swing hard. Strikeouts don't matter." The Pirates say "OPS is in the air," which is really just the Cubs' "there's no slug on the ground," but stood on its head. Josh Donaldson wants you to "just say no to ground balls," which is unimaginative but clear enough.

### [Rubbing Mud: What We Talk About When We Talk About Launch Angle](#)

Things are grim for the Cardinals right now. They've been disappointing, and worse, they've been frustrating. They cough up leads, they make mistakes on the bases and in the field, and the offense is really stuck in neutral. Coming into the season, they had a clear offensive core: Yadier Molina, Matt Carpenter, Aledmys

Diaz, Randal Grichuk, Dexter Fowler, and Stephen Piscotty. Two months in, Molina looks too old; Diaz looks too young; Grichuk is in the Florida State League for some reason; and Fowler, Carpenter, and Piscotty simply aren't producing at a level that might allow them to make up for that.

### Baseball Therapy: The Fly Ball ... Revolution?

The fly-ball revolution (aka, the air-ball revolution, aka the launch-angle revolution, aka the "Josh Donaldson said what?" revolution) is here. Sorta. While fly-ball rates are up overall in the past few years, they are not at historically high levels.

### Long toss: Is it toxic or a tonic?

Thirty minutes before first pitch of the national championship series, Vanderbilt freshman Hayden Stone shouts an order to his fellow pitchers warming up in right field.

It is a reference to one of the great warriors of all time. It is a signal to step back and let it fly.

"Braveheart! Freedom!"

Stone is standing just inside the right-field line at TD Ameritrade Park. When he gives the call, his throwing partner, Carson Fulmer, retreats. To 100 feet. Then 150. Then 200 ...

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