

Baseball's Ten Commandments

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These 10 rules of baseball were true almost 100 years ago and they are still "the truth" today

1. Nobody ever becomes a ballplayer by walking after a ball.
2. You will never become a .300 hitter unless you take the bat off your shoulder.
3. If what you did yesterday still looks big to you, you haven't done much today.
4. Keep your head up and you may not have to keep it down.
5. When you start to slide, slide. He who changes his mind may have to change a good leg for a bad one.
6. Do not alibi on bad hops. Anybody can field the good ones.
7. Always run them out. You never can tell.
8. Never quit.
9. Do not find too much fault with the umpires. You cannot expect them to be as perfect as you are.
10. A pitcher who hasn't control hasn't anything.

Why I Would Rather Be A Slugger Than A Pitcher

I listened to Nolan Ryan talk at the last All-Star FanFest in Houston about how he would have to "rebuild" his body from one start to the next, an incredibly arduous process that the great pitchers know and few fans realize. Ryan would be on the bike immediately after each start, and he said his physical strength would go down to about 50 percent a day or two after each start, and then his mission was to get it back up to 100 percent by the next start. As the slugger you mentioned, I'd love to be in that zone of hitting in the cages every day and be able to "slow down" every pitch like Manny Ramirez and Albert Pujols do so incredibly well.

There is no greater feeling on earth than hitting a ball over a fence and running around the bases at your own speed. And I would be just like Scott Rolen, who has the fastest home run trot in the game -- nonsense, get back to the dugout and prepare for that next at-bat. I would be even-keel like a Cal Ripken and a Tony Gwynn and take satisfaction from reaching my potential every day and living in that zone and being completely in every inning.

NOTE: The above article was written and given to this publication with permissions by Mark Newman – You can find Mark at www.mlb.com