

DAILY NEWS



WORLD SERIES OFFICE NUMBER (602) 438-0242

SUNDAY NOVEMBER 2nd, 2014

Today's Championship Games

Father & Son American Division

Capital City Cardinals vs The Athletics
9:15a Tempe Diablo Stadium

Father & Son Federal Division

Downey Waves vs Sacramento Stars
12:45p Tempe Diablo Stadium

Father & Son Central Division

Motor City Orioles vs Victory USA
9:15a Maryvale Stadium

Father & Son Cactus Division

Game 9 winner vs Game 10 winner
12:45p Maryvale Stadium

MSBL Strength & Conditioning Specialist

By Steve LaMontia

Miguel Franquiz has been assigned by MSBL to provide baseball-specific strength and conditioning articles geared toward MSBL participants. Miguel is a MSBL veteran player and a frequent Fall Classic participant in Florida and is very qualified to comment on these topics. He is a Strength & Conditioning Specialist for many major and minor league baseball players. He also assists in these fields with professional volleyball teams in Puerto Rico. Miguel has also trained pro golfer Alexis Thompson and LSU golfer Curtis Thompson. He graduated from the University of Florida with a BS degree in Physical Education in 1983 and has been a Certified Strength & Conditioning Specialist for NSCA since 1994, as well as President of Functional Dynamics since 1995.

Miguel developed and implemented corporate fitness programs for the VA Medical Center in Puerto Rico, Fox Pan-American Sports Network and Specialized Metals in Florida. He is currently Fitness Director for Fitvibe USA, exclusive distributors of Fitvibe WBV devices. Miguel has been an active MSBL baseball player since 1992 and has won six major MSBL tournament championships.

**MSBL / MABL Western Style
Bar B Que**

**Tonight - Sunday November 2nd
Tempe Diablo Stadium
(4p - 9p)**

Championship Day Arrives For Father & Son Teams!



*Father & Son Federal Downey Waves pitcher, **Mario Rodarte** was impressive yesterday during his teams semi-final 13-4 victory over the Misfit Athletics at Tempe field # 2.*

Four Father & Son World Series Championship Games Set For Today

Week 3 Teams Arrive Today For Registration And Practice - Final Bar B Q Tonight

By Tom Prendergast

The new rules that Father & Son WS Commissioner, Val Lewis put in place this year seem to be working. Despite a few cases where a father pitched 5 consecutive (instead of 4) most of the teams seem to like the new format. Val's main goal was two-fold. "Number one, we wanted to simplify the written rules and make it easy for the managers to understand them", he said. "Second and more importantly, we wanted the games to be decided on the field and not in the WS office". One rule that didn't change was the requirement that every player needed to qualify to appear in the for the playoffs in the pool play round. Some managers certainly had their work cut out with the 20, 25 and even 30 man rosters. Today the 35+ / 45+ and 60+ teams will be practicing and getting acclimated to the increasingly pleasant weather conditions in the Valley of the Sun, that have dropped in to the 70's.



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45+ WB American Division	W	L	T	Pts	RA	W%
Houston Baseball Club	0	0	0	0	00	000
OC Sox	0	0	0	0	00	000
Price Cutter Coors	0	0	0	0	00	000
Tucson A's	0	0	0	0	00	000
Steelhead Tavern	0	0	0	0	00	000
Team United Nasty Boys	0	0	0	0	00	000
So Cal Blue Jays	0	0	0	0	00	000

45+ WB Central Division 1	W	L	T	Pts	RA	W%
All Star Baseball Academy	0	0	0	0	00	000
Colorado Legends	0	0	0	0	00	000
Downey Angels	0	0	0	0	00	000
Tri Valley Giants	0	0	0	0	00	000
Sacramento Cryo Rockets	0	0	0	0	00	000
Texardo	0	0	0	0	00	000
Long Island Panthers	0	0	0	0	00	000

45+ WB Central Division 2	W	L	T	Pts	RA	W%
REBL Seawolves	0	0	0	0	00	000
California Hogs	0	0	0	0	00	000
Peoria Pirates	0	0	0	0	00	000
The Rock - Milwaukee	0	0	0	0	00	000
Rochester Redwings	0	0	0	0	00	000
Sacramento Phillies	0	0	0	0	00	000
Raleigh Braves	0	0	0	0	00	000

45+ WB Cactus Division 1	W	L	T	Pts	RA	W%
Arizona Angels	0	0	0	0	00	000
Chicago North Orioles	0	0	0	0	00	000
Emerald City Thunder	0	0	0	0	00	000
So Cal Indians	0	0	0	0	00	000
Kendall Metz	0	0	0	0	00	000
REBL Phillies	0	0	0	0	00	000
Houston Skeeters	0	0	0	0	00	000

45+ WB Cactus Division 2	W	L	T	Pts	RA	W%
Armstrong Slugging	0	0	0	0	00	000
Can Am's	0	0	0	0	00	000
Connecticut Navigators	0	0	0	0	00	000
St Thomas Hurricanes	0	0	0	0	00	000
Holland Astros	0	0	0	0	00	000
Rancho Cordova Dodgers	0	0	0	0	00	000
Great Lakes Tigers	0	0	0	0	00	000

45+ WB Cactus Division 3	W	L	T	Pts	RA	W%
AZ / UT Rockies	0	0	0	0	00	000
Chicago North TSP's	0	0	0	0	00	000
CO Springs Bro Thunder	0	0	0	0	00	000
Westside Mariners	0	0	0	0	00	000
Houston Angels	0	0	0	0	00	000
LeHigh Valley Redbirds	0	0	0	0	00	000
San Francisco Giants	0	0	0	0	00	000
HBC Salt Lake	0	0	0	0	00	000

35+ Aluminum Division	W	L	T	Pts	RA	W%
Arizona Angels	0	0	0	0	00	000
Seattle Brewers	0	0	0	0	00	000
Tucson Reapers	0	0	0	0	00	000
The Hawks	0	0	0	0	00	000
Utah Rounders	0	0	0	0	00	000
Team Easton	0	0	0	0	00	000

60+ WB Mountain Division	W	L	T	Pts	RA	W%
California Tribe	0	0	0	0	00	000
Greenwood Ridge Dragons	0	0	0	0	00	000
Kansas City Cubs	0	0	0	0	00	000
Windy City	0	0	0	0	00	000
Rhode Island Salty Dogs	0	0	0	0	00	000
So Cal Dodgers	0	0	0	0	00	000
LA Athletics	0	0	0	0	00	000

60+ WB Central Division 1	W	L	T	Pts	RA	W%
Arkansas Diamonds	0	0	0	0	00	000
Hollywood Stars	0	0	0	0	00	000
St Paul Saints	0	0	0	0	00	000
Sacramento Patriots	0	0	0	0	00	000
San Antonio Yankees	0	0	0	0	00	000
Portland Volcanoes	0	0	0	0	00	000

60+ WB Central Division 2	W	L	T	Pts	RA	W%
Arizona Scorpions	0	0	0	0	00	000
El Paso Tejanos	0	0	0	0	00	000
Tucson Cool Arrows	0	0	0	0	00	000
San Antonio Broncos	0	0	0	0	00	000
So Cal Fire	0	0	0	0	00	000
LeHigh Valley Moondogs	0	0	0	0	00	000

60+ WB Cactus Division	W	L	T	Pts	RA	W%
Fresno Grizzlies	0	0	0	0	00	000
Long Island A's	0	0	0	0	00	000
Mudville 9	0	0	0	0	00	000
Tri Valley Giants	0	0	0	0	00	000
Seattle Mariners	0	0	0	0	00	000
Team America	0	0	0	0	00	000
Tortuga Solons	0	0	0	0	00	000
Red Deer Legends	0	0	0	0	00	000

Healthy Nutritional Habits Help Keep Ball Players Going Strong (continued from page 3)

D) Post-Game Regeneration - To enhance recovery from muscle fatigue, Pressure massage, Foam roll to major areas - Concentrated short sport massage helps release tension / adhesions and to increase blood circulation. Static Stretching / Chest / Lats / Hip Flexors / Calves / Hamstring / Quads / Groin. Minimal External Shoulder Rotators Stretching - they are been constantly stretched (RICE) = Rest - Ice - Compression - Elevation. Place ice / pressure to sore areas no more than 15 min at a time.

To all of you and your families we say, safe travels and thank you for your commitment and dedication to MSBL.

Don't go soft, Play Hardball! See you at the ballpark, Contact Miguel at afraquiz4@aol.com.



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MSBL WS DAILY NEWS

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Healthy Nutritional Habits Help Keep Ball Players Going Strong

By Miguel Franquiz CSCS, *D (Florida MSBL)



Greetings to all our MSBL members. Whether you will be playing in the World Series in Arizona or the Fall Classic in Florida, I want to wish all of our members-players participating, a very safe journey and fun-filled tournament. The time we have been waiting for is finally here! The best time to play hardball is now! I always enjoy this time of the year because of all the people that make this a reality, from the MSBL tournament directors to all the old and new friends I will meet.

Physical/Mental Recovery from playing baseball is as important as Strength & Conditioning is. You probably can relate to this. We all want to have a great time playing the sport we love. Here I will present some simple ideas on how to keep your body nourished and hydrated and simple techniques to recover more effectively. Hydration and nutrition play a crucial part in the endeavor to reach our goals. Winning championships is a team effort, but individually we all have to do our best to be fit, to get mentally/physically prepared to play and to **Recover Properly**, this is the one factor we neglect the most: **RECOVERY!**

The most common obstacle we face when playing baseball for a week is to prevent muscle cramps and muscle pulls. All-out repetitive motions is what causes us to breakdown. In baseball, we go into powerful-explosive movements very fast! We have to "turn on our engine" in a flash. That requires having the right kind of fuel for explosive energy. To minimize or avoid cramps and pulls, the combination of good conditioning and recovery is where's at. Once you have developed your Strength & Condition, recovery is what help you the most to endure playing a whole week.

Because we could lose 2-4lbs of fluids/water during a game, Pre-Game / During Game Nutrition / Hydration is the most important thing we can do to make sure you have enough nutrients and water from the start to the end of the game. Having a habit of eating and hydrating well before, during and after games, will help you stay in "the positive". The most important nutrients for muscle to work explosively are **Carbohydrates**. These are turned into glycogen for the muscles, and into glucose for the brain. These carbohydrates will ultimately be converted into the very basic chemical for working energy inside the muscle cells called **ATP's**. For muscles to Contract/Relax, ATP's must be present all the time. No ATP no muscle contractions! Also needed are 3 electrolyte minerals (Potassium, Chloride& Sodium) for nerve impulses to occur and 3 other minerals, especially **Calcium**. Calcium is critical for the "muscle contract-relax cycle" to function properly. The next crucial elements for recovery are called **Antioxidants!** Like an apple gets rotten when exposed to air, so does our bodies trying to neutralize free radicals and toxins inside.

Each of us has different nutritional needs with individual preferences. My suggestions are just that, suggestions and not prescriptions for anyone with specific conditions/needs. To be consistent and not be confused with so much nutrition information out there, a simple approach to nutrition/hydration is what I recommend. My approach is as follows:

A) Pregame Meal / Hydration - To have nutrients ready available / hydrated
Drink water or liquid before meal - Try not to drink while eating> Drink again after
Eat 1 - 2hrs before game, depending on how much or how calorie dense is the meal

Meals should be 25% Protein -50% Carbohydrate -25% Fat> **Lean meat and fish-Starches-Antioxidant Fruits & Vegetables>Oils**

(½ hrs before game) 2:1 Ratio of Carbohydrates to Protein Shake - Sports Drink with all 6 minerals (**Potassium, Chloride, Sodium, Calcium, Magnesium & Phosphorous**)

B) During game hydration / snacks to keep minerals, vitamins and energy (Don't wait till you feel thirsty to drink fluids) - Drink Water + Water Mix Often - Sports Drink with 6 minerals and / or Carb-Prot drinks.

Antioxidant Fruits w/ high water content - **Watermelon - Blueberry-Strawberry-Apple-Peach**
Electrolytes & Mineral Fruits-**Banana-Orange-Kiwi-Nectarine-Coconut H2O-Raisins-Figs**
Mixed Nuts- perfect balance of Protein, Oil Fats and Carbohydrates

C) Post-Game Meal - To Replenish and Regenerate - To lower inflammations - To Detoxify
Weight in-Weight Out- replace weight loss (mostly water / minerals) with fluids Eat within 20 minutes the after game. If you weigh 200lbs / Your body needs about 4500kcal + -/day

Balance meal with 25% Prot - 50% Carb - 25% Fat - Antioxidants Fruits - Oils (omega 3's)
Eating 3 meals / day + 2-3 snacks / day helps keep sugars at good levels longer during the day

(continued on page 2)

F/S American Results

The Athletics	9
San Jose	4
Capital City Cardinals	5
Tri Valley TABU	1

F/S Federal Results

Sacramento Stars	4
Pro Bat Yankees	1
Downey Waves	13
Misfit Athletics	4

F/S Central Results

Salt Lake City Dodgers	8
Las Vegas Waves	5
OC Quakes	8
San Diego Titans	3
Tri Valley Giants	6
3n2 Rangers	5
Arkansas Diamonds	8
San Antonio Texans	0
Tri Valley Giants	10
California Bullits	7
Minnesota Crosstown	8
Salt Lake City Dodgers	6
OC Quakes	11
Long Island Athletics	4
Kansas City A's	15
Arkansas Diamonds	3

F/S Cactus Results

Elk Grove	10
Colorado Sabercats	5
Tri Valley Giants	5
Milwaukee Rock	4
Victory USA	20
Tri Valley Giants	9
Motor City Orioles	10
Elk Grove	3



*Father & Son Federal Sacramento Stars pitcher, **Eric Guimont** picked up the win in his teams 4-1 victory over the Pro Bat Yankees.*



*Father & Son Federal Misfit Athletics batter, **Drew Crandall** singles during this at bat yesterday against the Downey Waves on Tempe 2.*



*Father & Son Federal Pro Bat Yankees batter, **Joe Pantano** rips this pitch for a double against the Sacramento Stars on Tempe # 1.*



*Father & Son Cactus Milwaukee Rock batter, **Ron Bailey** connects with this pitch during yesterdays playoff game with Tri Valley.*



*Father & Son Cactus Tri Valley Giants batter / runner, **Craig Armstrong** was called out on this extremely close play at first base.*



*Father & Son Central Motor City Orioles players, **Mike Juliano** and son **Anthony** before their teams playoff game yesterday at Tempe #5.*