

MLB Sunday

By Dave Sheinin

1.44

ERA for the Cubs' Carlos Zambrano since June 1, when he and former Cubs catcher Michael Barrett got into a fight in the team's dugout. In 12 starts since the incident, Zambrano has allowed 13 earned runs in 81 2/3 innings while compiling a 9-2 record.

WHAT IT FEELS LIKE . . .



. . . to replace Barry Bonds in the San Francisco Giants' lineup.

Anytime he's in left field, on days when Barry Bonds gets a breather, Giants rookie Fred Lewis can hear the groans. They go up when his name is announced, and again when the fans near the left field corner look down and see him there instead of Bonds. Apparently, nobody paid money to see Fred Lewis play. But that's not his fault.

People are polite about it at home, even though I can hear their disappointment. It's just kind of like this buzz when they see you're out there, instead of Barry. But what am I supposed to do? Barry needs days off, and I need to play once in a while.

It's worse on the road. People yell stuff and make fun of you. In Chicago, they started going: "Bar-ry's back-up! Bar-ry's back-up!" But I just had to laugh. It's no big deal.

All I'm doing is trying to get an opportunity to play baseball. When I play, I try to bring a lot of energy, some fresh legs. I try not to disappoint anybody. Hopefully, people appreciate it and by the end of the game they'll be glad I was out there. But I know they probably won't.

NEWS & NOTES

Players, GMs View Deals Differently

It was not a good week for star player-front office relations, in the wake of Tuesday's trade deadline. In Minnesota, Twins stars Johan Santana and Torii Hunter openly questioned the front office's commitment after the team traded veteran second baseman Luis Castillo for two prospects.

And in San Diego, Padres veterans were upset at a similar trade that sent setup man Scott Linebrink to Milwaukee for three pitching prospects. That trade came on July 26, and a week later the sting still had not worn off.

"I want to understand," Padres ace Jake Peavy said on Friday. "But it doesn't make sense to me, and I'm not afraid to say that. You can't trade your setup guy [when you are] a game out of first place [at the time of the trade], and get nobody that will help you for this year."

In both cases, the teams traded away veterans whose performance had declined this season and who were not likely to be retained next season. And both trades underscored the fundamental difference between players and GMs — players only have to worry about this season, but GMs have to balance this season's fortunes against that of future seasons.

"I don't care that we got a guy who's going to help us in 2011," Peavy said. "You think Greg Maddux cares, or Trevor Hoffman cares about 2011? Guys in here want to win a world championship."

As Twins GM Terry Ryan told reporters following the criticism from Santana and Hunter: "I've got to keep focused on the job the general manager of a baseball team is supposed to do. I can't let reaction out of the clubhouse affect the overall landscape of an organization."

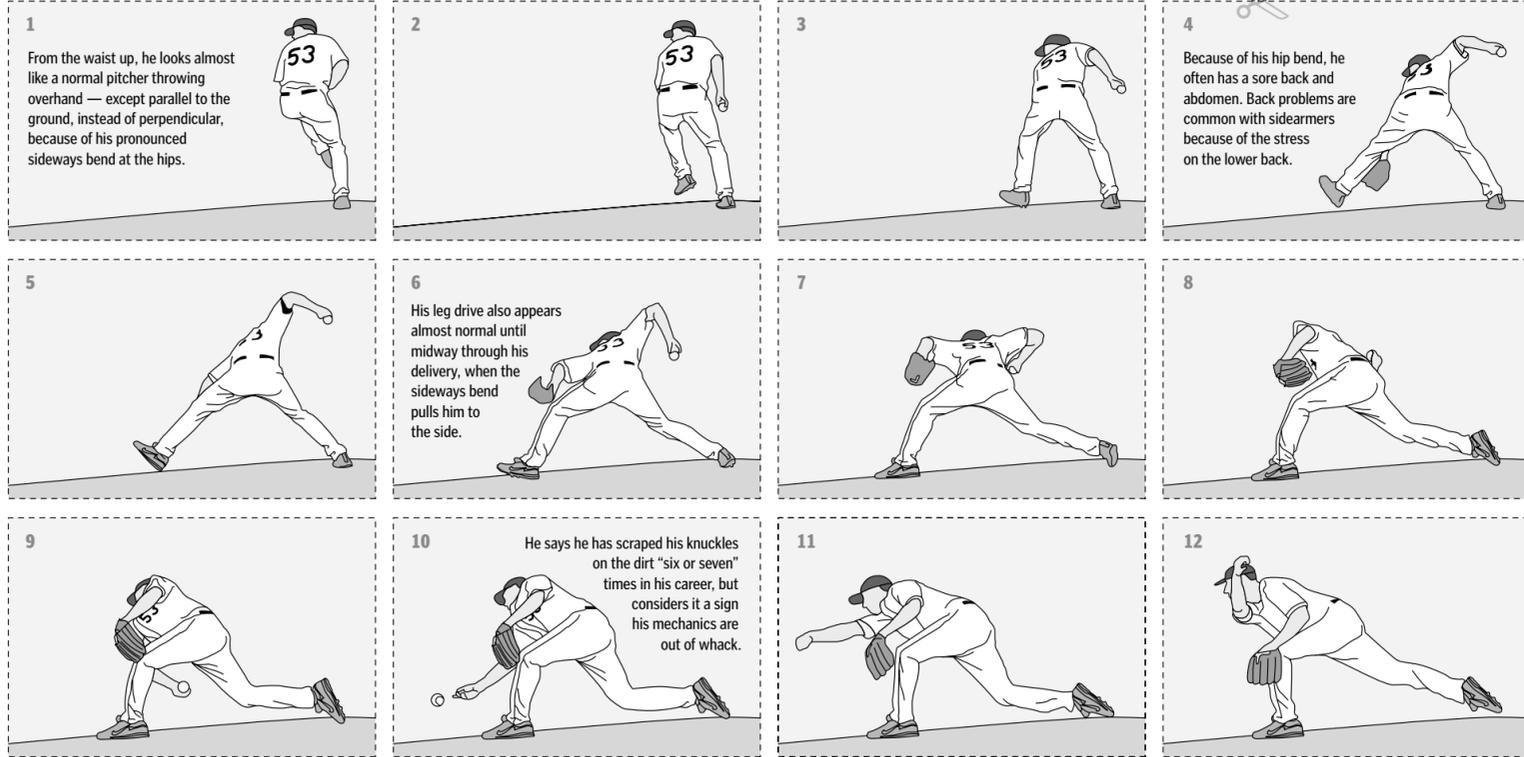
The most brilliant move of the trade deadline managed to balance present and future, while still gaining rave reviews from the clubhouse.

By acquiring first baseman Mark Teixeira and lefty reliever Ron Mahay for five prospects, Atlanta Braves GM John Schuerholz essentially bought his team another year and a half of contending, until Teixeira hits free agency. And he did so while giving up only expendable pieces, even though one of them, catcher Jarrod Saltalamacchia, may be a future superstar.

The win-now-at-all-costs passion shown by Santana, Hunter, Peavy and others is admirable. But it's just not that simple. And one reason the Twins and Padres have managed to contend as often as they have in the first place is because of similar, difficult decisions that were made years back.

Doesn't That Hurt?

Chad Bradford's exaggerated, lopsided delivery usually only pains hitters, unless his knuckles scrape the ground. He is among the latest in a storied line of submariners and their closely related brethren, the sidearmers.



Make a flipbook. Cut and staple together to see Bradford's awkward delivery in motion:

Submariner traits

- The majority are right-handed, and are most effective against same-side batters, because their release points are extreme and the ball unexpectedly appears to come up and in.
- They are nearly always relievers because they are not nearly as effective against batters who hit from the opposite side.
- They tend to have great control and throw slow pitches, with fastballs topping out in the high 80s. They are effective because the topspin causes more of a drop than gravity alone.

SOURCES: Photo of Myers by Getty Images; Quisenberry, by Associated Press

A Few Other Notable Submariners and Sidearmers



CURRENT

◀ **Mike Myers, LHP, Yankees**
A left-handed version of Bradford, he is death to lefty batters. Career splits: Left-handed batters hit .217 with a .634 OPS, compared with .296 and .861 by right-handed batters.

Byung-Hyun Kim, RHP, Diamondbacks
Varies his delivery from sidearm to submarine.

Pat Neshek, RHP, Twins
Perhaps the hardest-throwing sidearm (fastball is 92-93 mph).



HISTORICAL

◀ **Dan Quisenberry, RHP, 1979-90**
Despite a fastball that never exceeded the low 80s, Quisenberry was the quintessential submariner, winning five Rolaids Relief awards.

Walter Johnson, RHP, 1907-27
Likely the hardest-throwing sidearm ever.

Carl Mays, RHP, 1915-29
207-win career overshadowed by fatal beaming of Ray Chapman in 1920.

BY TODD LINDEMAN, BONNIE BERKOWITZ AND DAVE SHEININ — THE WASHINGTON POST

Submarine Command

Orioles' Bradford Is Among Those to Approach Career From a Different Angle

By DAVE SHEININ
Washington Post Staff Writer

Nobody sets out to become a submarine-style pitcher. Kids don't show up for the first day of Little League with an ankle-high arm slot and bloody knuckles from scraping the dirt. No, that comes later, in high school or college or rookie ball — or whenever that point comes when you suddenly realize you're not going to make it to the big leagues with your straight, flat, 83-mph heat.

"In my case," said Chad Bradford, the Baltimore Orioles' extreme submariner, "it was in high school, ninth grade. I threw over the top, but it was straight and slow and had no movement at all. My high school coach suggested I drop down to get more movement — because I probably wasn't going to make the team if I didn't."

Ten big league seasons (and \$7.5 million in

career earnings) later, Bradford is one of the most effective right-handed relief specialists in the game. Entering the weekend, he hadn't given up a home run in 43 1/3 innings this season; only two other pitchers had thrown more innings without yielding a homer.

Bradford also is part of a renaissance among that strange species of pitcher known as the submariner — a first cousin to the sidearm — so named because their arm slot is below their waist. Or, in the case of Bradford, below his ankles.

"The change was dramatic," Bradford said, recalling his ninth-grade conversion. "I noticed hitters started reacting different, and the ball was moving more. I was more straight sidearm at the time, maybe a little below. In college, I got a little lower. It was a gradual progression to where I am now. It definitely wasn't on purpose. It just kind of happened."

The same year Bradford was beginning his

conversion in ninth grade, famed submariners Kent Tekulve and Dan Quisenberry were nearing the end of their careers. But the tradition of sidearmers and submariners goes even further than that. No less a pitcher than Walter Johnson, the Washington Senators' legend who is arguably the greatest of all-time, was a sidearm. Sidearm Dennis Eckersley is in the Hall of Fame. Randy Johnson is a borderline sidearm.

But right now, we might be seeing the golden age of sidearmers and submariners. Practically every team has at least one, from veterans such as New York Yankees lefty submariner Mike Myers to youngsters such as Minnesota Twins sidearm Pat Neshek (whose delivery is unique even by the standards of sidearmers).

Still, nobody gets as low as Bradford, for whom the term submariner is nearly inadequate. Underhand, is more like it.

"In the end, what I found was that when I can get behind the ball and get that spin, it's almost

[the same movement as] a left-hander's curveball — that same angle, that same spin. When I got to the point where as I was as low as I am now, the ball just started spinning that way. It's all about that downward sink."

Bradford — who throws a slider and a change-up in addition to his "fast" ball — estimates he has scraped his knuckles on the dirt "six or seven times" in his career, but he attributes that to poor mechanics or imperfections in the mounds. Frequently, he'll hear the muttering from vanquished batters who say, "It looks like the [expletive] ball is coming out of the [expletive] dirt."

"I like it when I hear that," Bradford said. "That's respect. I mean, sure, it'd be nice to have a mid-90s fastball, and come over-the-top and throw a bunch of different pitches, have a bunch of different weapons. But I've been this way for a long time now, and I'm comfortable with it. By this point, I am what I am."

THE LIST: The least-deserving Hall of Famers



On the same weekend Cal Ripken and Tony Gwynn were inducted into the Hall of Fame, Cooperstown officials announced a revamping of the voting process for the Veterans Committee, which can elect players who were overlooked by regular voters. Fine. But if it were left to us, being the elitists that we are, we'd look for ways to weed out undeserving candidates, rather than let more of them in. We'd start by kicking these guys out of Cooperstown:

2 RAY SCHALK

Since when did Hall of Famers hit .253 and slug .316 for their careers? In 1921, in the prime of his career, he hit zero homers in 416 at-bats, while Babe Ruth — whom we are pretty sure is a deserving Hall of Famer — hit 59.

3 LLOYD WANER

For some reason, guys with cool nicknames like "Little Poison," or even cool regular names, seem to get more love from Hall of Fame voters, despite being wholly unworthy. (See also: Catfish Hunter, Red Schoendienst, Earle Combs, etc.)

4 RICK FERRELL

No double-digit home run seasons. No top 10 MVP finishes. But this longtime Washington Senators catcher was considered a defensive stud. We suppose this bodes well down the road for Brad Ausmus.

5 RUBE MARQUARD

Time to give some un-love to a pitcher. Perhaps Marquard qualifies under the "cool name" rule, but he never won an ERA title, notched only 201 career wins and was at .500 or lower in 10 of his 18 full or partial seasons.

3 UP & 3 DOWN



Frank Robinson

Former Nats skipper fills in as MLB rep on joyless Bonds chase. We haven't seen him this despondent since he cried over Matt LeCroy's catching.



Dave Trembley

O's interim manager excited by offer to manage team for remainder of season. Isn't it cute when a guy still thinks he can fix the Orioles?



Svrluga

Nats beat writer poaches HOF assignment, gets huge play on A1, while we're stuck with Bonds. Dude's so charmed, we're surprised Cal didn't mention him in speech.



The Plan

Nats once again fail to pull off deadline deal, but give them credit for stockpiling aging, immobile hitters, in case the NL ever adopts the DH rule.



Milestones

Bonds's 756th HR, A-Rod's 500th HR and Glavine's 300th win all on hold. But John Patterson just got his 100th medical opinion, so that's something.



The Rocket

Yankees' Clemens booted, yanked in second inning after giving up eight runs to White Sox. Boy, \$28 million just doesn't get you what it used to, does it?

THE WEEK AHEAD



NATIONALS AT GIANTS

Tomorrow through Thursday AT&T Park, San Francisco
The Nats get the honor of facing Barry Bonds with a chance to give up the record-breaker. Their pitching rotation for the series: John Lannan, Mike Bacsik, Tim Lincecum, Mike Hanrahan. Or as the Giants refer to them: "Who? Who? Who? and Who?"



RED SOX AT ANGELS

Tomorrow through Wednesday Angel Stadium, Anaheim, Calif.
The Red Sox and Angels had the best records in the AL entering the weekend, making this series a potential playoff preview. Or both teams could fall apart down the stretch, making this just another excuse for Manny Ramirez to visit his cousin Goofy.



BRAVES AT METS

Tuesday through Thursday Shea Stadium, New York
This huge NL East matchup is the first of three remaining series between the first-place Mets and the Braves, who were 4 1/2 games back entering the weekend. Atlanta's trade for slugger Mark Teixeira looks great so far, but will it be enough?



YANKEES AT INDIANS

Friday through Sunday Jacobs Field, Cleveland
The Yankees insist their sights are set on the AL East, in which the Red Sox led them by eight games entering the weekend. But the wild card is a more realistic target. They trailed the Indians by three games and can make it all up in this series.