



NEGRO LEAGUE BASEBALL HISTORY

From the 1880s until 1947 — more than 60 years — white people did not let black people play in Major League Baseball with them. There was a time in America when it was widely accepted that people were not allowed to do things because of the color of their skin. African Americans had to use different bathrooms and drink from different water fountains than white people. They could not go to hotels or restaurants that served white customers. Even though there have been laws passed making this discrimination illegal, racism still exists.

This racism did not stop black baseball players from playing the game they love. By the 1900s, African Americans formed their own baseball leagues. In 1910, **Andrew “Rube” Foster**, a black player and manager, became owner of the all-black Chicago American Giants. In 1920, he helped organize the Negro National League.

Life in the Negro National League was not easy. Teams struggled to make a profit. Players had to travel long distances, often in broken-down buses. They were paid very little, sometimes only \$100 a month, while white ballplayers made three to four times more than that in the Major Leagues.

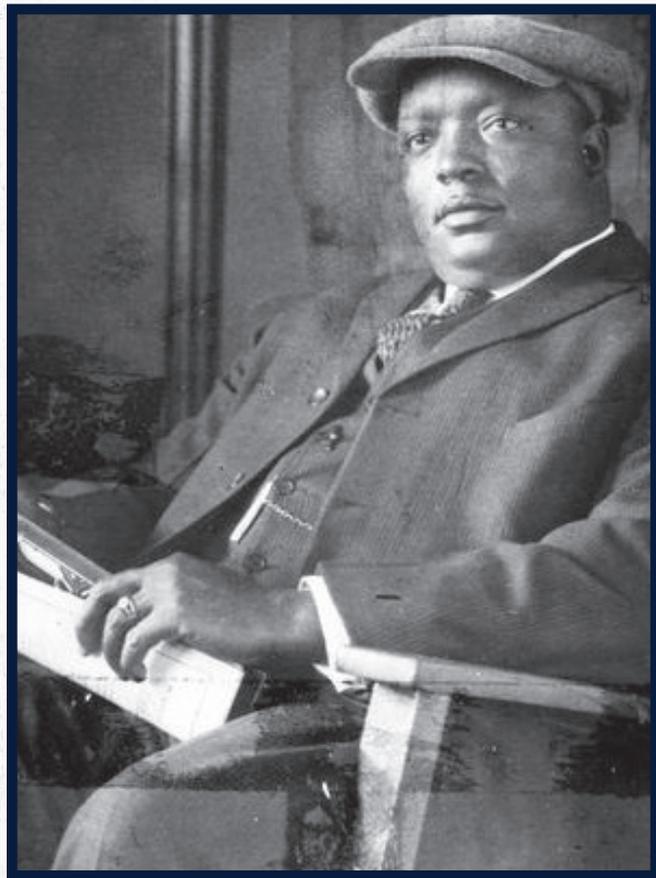
For more than 30 years the Negro National League was very successful and large crowds attended the games. In 1947, Jackie Robinson became the first black player to move from the Negro League to Major League Baseball, playing for the Brooklyn Dodgers. This was the beginning of baseball integration — black and white ballplayers playing together. It also started the decline and eventual end of the Negro National League. The best African American athletes were signed away from the all-black league to play in Major League Baseball.

The Negro National League celebrated its 100th anniversary in 2020. It is important to recognize the league, the players and the successes they had and sacrifices they made. In honor of the Negro National League, each Team UP newsletter will highlight some of the great Negro National League teams and players. Next month will feature the District’s highly successful Homestead Grays team.

Baseball was invented in America and it often reflects some of the country’s best values: fairness, honesty, teamwork and sacrifice. As you read about the Negro Leagues in each issue, think about this — now that black and white athletes can play together, does that mean baseball is fair for everyone? Does that mean America treats all people fairly, honestly, and equally? How can baseball be better? How can our country be better?

NEGRO NATIONAL LEAGUE SPOTLIGHT

ANDREW "RUBE" FOSTER



BORN	September 17, 1879, in Calvert, TX
DIED	December 9, 1930, in Kankakee, IL
NICKNAME	"Father of Black Baseball"
POSITION	Right-handed pitcher
PLAYER	1905 (Cuban X Giants), 1914-1917 (Chicago American Giants)
MANAGER	1914-1923 (Chicago American Giants)
MAJOR LEAGUE BASEBALL HALL OF FAME	Inducted in 1981

Andrew "Rube" Foster had been black baseball's best pitcher in the early 1900s, and then its best-known manager and promoter.

On February 13, 1920, at a YMCA in Kansas City, Missouri, Foster led the effort to create the Negro National League (NNL), an association of black teams modeled after Major League Baseball. Foster was named president and treasurer. The first successful league for African Americans, players' salaries rose, team travel improved and players received regular bonuses. Foster not only ran the league, but also continued to serve as manager and owner of the American Giants.

★★★ MAJOR LEAGUE BASEBALL HISTORY IN D.C.

What year was the first professional baseball game played in Washington, D.C.?



Did you answer 2005, the first season of the current Washington Nationals? If so, you only missed it by 119 years.

1886 - The first professional game was played in the District. That was a few months before the Statue of Liberty was dedicated — and America only had 38 states! The Washington team played in the National League for 12 years (1886–1889 and 1892–1899) before the league reduced the number of teams in 1900.

1901 - D.C. was selected for one of eight teams that would play in the new American League. The team, named the Washington Senators, finished the year in sixth place, winning 61 games while losing 72.

1905 - The team name was officially changed to the Nationals, but they were still called the Senators often in newspaper stories. For about 50 years, the team was called by both names.

1912 - The Nationals won more games than they lost in a season — finally! They won 91 games, lost only 61, and finished in second place. A 20-year-old pitcher named **Walter Johnson** was a big reason for the success. He pitched in an amazing 50 games, 37 of them as the starting pitcher.

1924 - The Nationals won 92 games, more wins than ever before and finished in first place! They played the New York Giants in the World Series. The games were exciting and the scores were close — four of the games were each won by just one run! In Game 7, the Nationals won the World Series on a walk-off hit in the bottom of the 12th inning. **WORLD CHAMPIONS!**

1925 - The Nationals repeated as American League Champions, this time winning 96 games. The team lost the World Series to the Pittsburgh Pirates even though they won three of the first four games. This was the first time in professional baseball history that a team lost a seven game series after taking a 3-1 series lead.

1933 - American League Champions again! This time the team won an all-time best 99 games and only lost 53 times. Just like in 1924, the Nationals faced the New York Giants in the World Series, but this time they lost in five games.

1937 - Negro League Homestead Grays played their first game in Washington, D.C.

1941 - On May 28, the Nationals hosted the New York Yankees at Griffith Stadium in the first night game ever held in Washington, D.C.

1956 - Washington's baseball team officially changed its name back to the Senators.

1960 - In October, the team announced it was moving to Minneapolis, Minnesota, and would become the Twins. The move came after the franchise struggled, recording only two winning seasons between 1934 and 1960.

BUT, HOLD ON ...

The American League announced plans to expand by two teams for the 1961 season. One team would be in Los Angeles and one would be in Washington, D.C. **MORE ON THAT IN THE NEXT ISSUE...**

PLAYER SPOTLIGHT

WALTER JOHNSON



BORN

November 6, 1887, in Humboldt, KS

DIED

December 10, 1946, in Washington, D.C.; buried in Union Cemetery, Rockville, MD

NICKNAME

“The Big Train” because of the speed of his fastball

POSITION

Right-handed pitcher

DEBUT GAME

August 2, 1907, vs. Detroit Tigers

FINAL GAME

September 30, 1927, vs. New York Yankees

**MAJOR LEAGUE BASEBALL
HALL OF FAME**

Inducted in 1936

FUN FACTS

In 1940, Johnson, a Republican, ran for a congressional seat in Maryland’s 6th District. He lost to Democrat William D. Byron.

Walter Johnson High School in Bethesda, Maryland, is named after the local baseball star and opened in 1956.

One of the most talented pitchers of all time, right-handed throwing Walter Johnson may be the best baseball player ever to call Washington home. He played 21 seasons in the District and still holds many career records for baseball in D.C., including most wins (417), lowest earned run average (2.17), most complete games (531), most shutouts (110), and most strikeouts (3,508).

How great was Walter Johnson? He was a two-time American League MVP (1913, 1924) and led the American League in strikeouts 12 times, shutouts 7 times, wins 6 times, complete games 6 times, and earned run average 5 times. Walter Johnson still ranks in the top 10 in many all-time Major League Baseball career pitching categories (going into 2019) — 92 years after he pitched his last game!

WINS - 417 (2nd, 1st: Cy Young 511)

ERA - 2.17 (7th, 1st: Ed Walsh 1.82)

COMPLETE GAMES - 531 (5th, 1st: Cy Young 749)

SHUTOUTS - 110 (1st)

STRIKEOUTS - 3,508 (9th, 1st: Nolan Ryan 5,714)

Next time you are at Nationals Park, see if you can find the three places where Walter Johnson is honored.



GUIDE TO BASEBALL STATISTICS

WHAT IS
EARNED RUN
AVERAGE?

Earned Run Average (ERA) is a statistic that measures a pitcher's performance. The goal of pitching is not to let the other team score. ERA tells how well a pitcher does that. In a given game, how many runs does a pitcher allow, on average that are his fault? A good earned run average is between 3.00 and 4.00 and an ERA under 3.00 is great.

$$\text{ERA} = \frac{(\text{EARNED RUNS} \times 9)}{\text{INNINGS PITCHED}}$$

HOW TO DO IT

Take the number of a pitcher's earned runs; multiply that by 9, then divide that number by innings pitched.

- Earned runs are the runs that score without the help of an error or a passed ball. If an opposing player scores as a result of a fielding error, the run is considered "unearned" and will not count against the pitcher's ERA.
- If a pitcher exits a game with runners on base, any earned runs scored by those runners count against him.

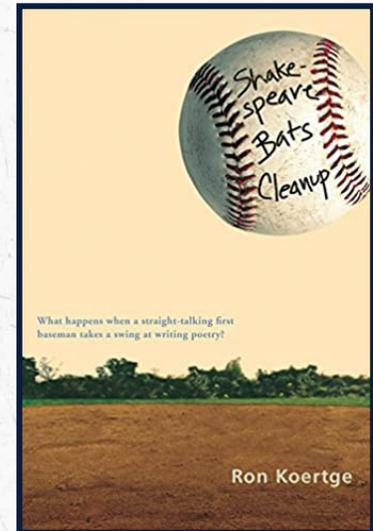
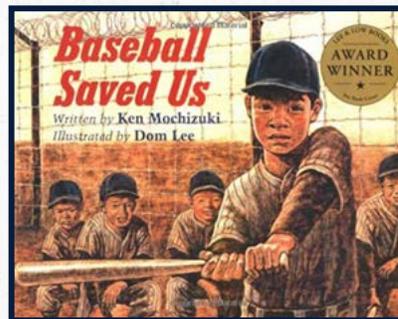
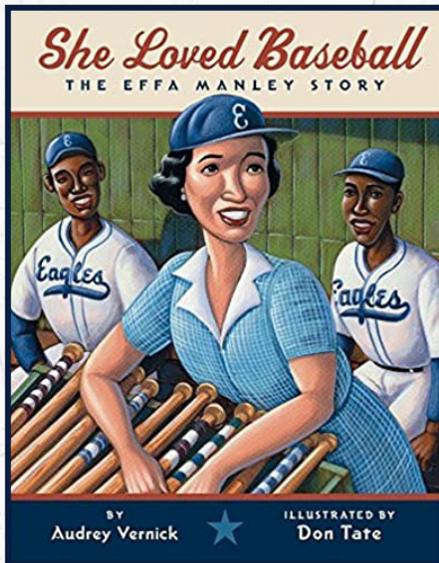
DO THE MATH

In 2019, Max Scherzer gave up 56 earned runs in 172.1 innings pitch. What was his ERA?

- 56 earned runs multiplied by 9 = 504
- Divide 504 by 172.1 = 2.93 ERA

RECOMMENDED BASEBALL READING LIST

Reading a good book is fun and enjoyable. There are many great fiction and non-fiction baseball books, and here are a few recommendations from Arlington Public Library.



BEGINNING READERS

Bonaparte Plays Ball by Margery Cuyler
Dino-Baseball by Lisa Wheeler
She Loved Baseball: The Effa Manley Story by Audrey Vernick

INTERMEDIATE READERS

Baseball Saved Us by Ken Mochizuki
Gabby Garcia's Ultimate Playbook by Iva-Marie Palmer
Brooklyn Nine by Alan Gatz

ADVANCED READERS

Shakespeare Bats Cleanup by Ronald Koertge
Satchel Paige: Striking Out Jim Crow by James Sturm
The Pitcher by William Elliot Hazelgrove

ADULT READERS

Last Days of Summer by Steve Kluger
Stealing Home: Los Angeles, the Dodgers, and the Lives Caught in Between by Eric Nusbaum
The Cup of Coffee Club: 11 Players and their Brush with Baseball History by Jacob Kornhauser
The Complete History of the Negro Leagues by Mark Ribowsky

QUESTIONS WITH...

TREA TURNER



Q. YOUR UNIFORM NUMBER IS 7. IS THERE A REASON YOU WEAR THAT NUMBER?

A. Seven was the number I wore on my first travel team. I wore it a lot as a kid and stuck with it.

Q. WHAT IS YOUR FAVORITE FOOD?

A. Steak and mac and cheese.

Q. WHAT DO YOU LIKE TO DO IN THE OFF-SEASON, OR WHENEVER YOU HAVE FREE TIME?

A. I like to play video games, really any of them. I love to golf, even though I am not very good at it. I'm best at putting but it is a work in progress. Other than that, I like to go to the beach and hang out at the pool.

Q. WHAT IS YOUR FAVORITE BASEBALL MOVIE?

A. I love *The Sandlot* movies.

Q. DO YOU HAVE A FAVORITE MEMORY FROM PLAYING BASEBALL AS A KID?

A. We won the Cooperstown tournament (in Cooperstown, NY) which was awesome. It was a blast getting to go to New York all the way from Florida.



INOVA EXERCISE TIPS

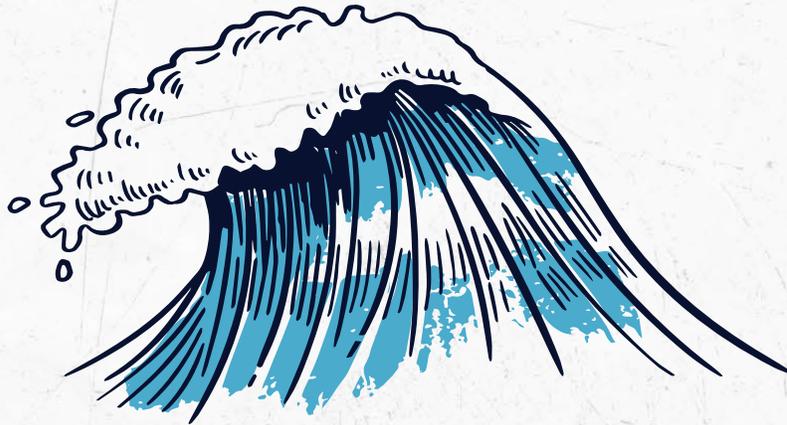
INOVA Sports Performance, powered by EXOS, offers training and nutrition services for teams and individual athletes. The high school and youth performance training programs prepare young athletes to get the most out of their bodies. The physical training is paired with educating young players about how decisions off the field — between games and at practice — can improve performance. We are pleased to share an exercise tip from the Inova experts in each Team UP newsletter.

Tight hamstrings? For some, this can be a result of excessive tension on the bottom of the foot. Jeff Coulter, Performance Specialist, illustrates how to help stretch out tight hamstrings.

1. Try to touch your toes.
2. Then, use a tennis ball or lacrosse ball (balls with a little give) to roll the bottom of each foot for 1-2 minutes per side. You can use a baseball if you don't have a tennis or lacrosse ball.
3. Retest your toe touch and see if you can tell a difference.



A MINDFUL MOMENT



“You can’t stop the waves, but you can learn to surf.”

— Jon Kabat-Zinn

Hey everyone, I hope you are doing well. This year has been tough for all of us. It has been full of scary things, disappointments, and difficulties. We cannot control most of the tough things, but we can ALWAYS control how we react.

That is what the quote above means. We can never control the ocean and the waves, but we can learn to surf them.

It is ok to be disappointed, to be scared, and to be challenged. Learning how to deal with these things is how we grow and get stronger. It is also ok to let others know how you are feeling.

- What have you learned from this year that will make you better in the future?
- What is something good that has happened?
- How are you stronger?

I tell the Washington Nationals players this: “Everything you have had to go through to get back on the field will be tougher than anything you face on the field.”

Stay healthy and safe.

MARK A. CAMPBELL

Director of Mental Conditioning, Washington Nationals Baseball Club

ACTIVITY: GEICO PRESIDENTS RACE MAZE

