



Jacob Brown – Oakland Athletics Minor League Pitcher



2010 Season

Team	League	W	L	ERA	G	GS	CG	SHO	SV	IP	H	R	ER	HR	BB	SO	GO/AO	AVG
VAN	NOR	2	3	1.82	19	0	0	0	0	29.2	24	9	6	0	5	31	1.29	.218
Minors		2	3	1.82	19	0	0	0	0	29.2	24	9	6	0	5	31	1.29	.218

Courtesy of www.minorleaguebaseball.com



Hey AA, hope all is well. Regarding my thoughts on the transitions from high school ball to collegiate ball and the professional level is fairly simple and grounded. For me, it goes back to youth sports where I obtained the love for the game. Having parents and coaches which nurtured my passion and dedication was a real blessing.

I remember, as you probably do, the rule of grades first and play later. At the collegiate level it is no different than high school; you have to focus 100 % on both academics and sport. At the professional level little changes, you're still learning higher levels of the game. There are meetings and coaches input. As a professional you must be ready to refine, work, and perfect your craft every single day.

Many constants of play remain; however, with each level the aspects of the game become more magnified. The atmosphere is more intense, including reactions from fans, talent level rises and players are stronger, and faster. The level of play is amplified. What has kept me steady is never letting go of my core values. What I hold on to as the transitions become more demanding is my love for the game, a root that was established and engraved in me during youth baseball. No matter the level remember the smell of the grass, the national anthems, and the different ballparks. These things are baseball, always respect the game. Remember how pure the game is, appreciating the whole atmosphere gets me ready to play and perform at my highest level.

Mental Approach, plan well. Have the discipline to identify objectives, obstacles, and goals during training to rate your progress and stay on track. Work hard and be conscientious of weaknesses and perfect your strengths. There must be a certain drive or determination when training. Do something to get better every day. Also a big component in performing successfully on the field is focusing during practice/training and the game. I love practice and training; it's my time to zone and hone my skills.

My game day advice is to keep two words in mind, focus and trust. Focus on using your strengths that make you successful. On a day I'm not in the lineup I pay attention to details and game situations and preparing myself for the day I'm given the ball. The bench is an extension of the field; it's not for joking around. Trust in yourself, your strengths, and your abilities. Put everything happening, positive or negative aside and focus on execution. Commit to win while never forgetting your core values or base lessons. Nothing else matters on game day. My number one mindset while playing is no matter what the circumstance or situation get the job done. Most importantly have fun. Whether you're under the lights or under the sun, the greatest thing is feeling your cleats in the dirt playing baseball.

Respectfully,

Jake Brown

This letter is intended for the sole purpose and use to instruct and inspire young players in the game of baseball. Any other release, printing, or editing must be first approved by the author.