

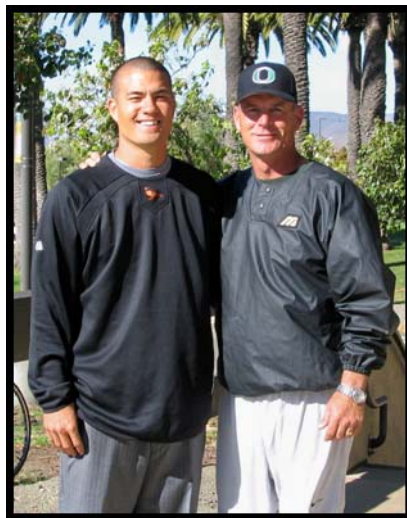
Guthrie / Kunis Talk Pitching At Ohlone College

November 13th, 2007

FREMONT, CA – This past Tuesday Ohlone College baseball had the great pleasure of hosting current major league pitcher Jeremy Guthrie of the Baltimore Orioles. Jeremy was a former Pac-10 Pitcher of the year at Stanford University and pitched 2 seasons for Coach Kunis. Jeremy was a starting pitcher this past year for Orioles for Manager, and amazing pitching coach Leo Manzoni. Guthrie had a great Rookie season, and finished



4th in the voting for AL Rookie of the year in 2007.



Ohlone College baseball's Head Coach Tom Kunis started the talk off with a detailed discussion on his "blue print" of pitching. This is the same pitching blueprint that he used in the Pac-10, at Stanford University for 7 seasons, and prior to that at University of Cal Poly, San Luis Obispo for 4 seasons. Along with talk on mechanics and balance, Coach Kunis discussed having "Mental Toughness" and the "right mind-set" on the mound. "Pitching is an attitude" said Kunis "Coaches want pitchers who want to compete, guys that aren't afraid to go after hitters down in the zone" Coach Kunis answered question from local high school coaches from issue such as picks, pitch grip, delivery, and proper finish. "I think it is outstanding that these coaches came tonight.

It means a great deal to our program to have their support in the future".

After Coach Kunis concluded with his talk, he introduced Jeremy Guthrie as one of the finest pitchers, and finest people he had ever known." Jeremy is a very generous and hard working person, who has only set goals and obtained them" said Kunis. "He has earned everything along the way"



Jeremy discussed his time in High school in Ashland, OR. He told the crowd about being drafted by the Mets in 1998 and being offered a Million dollars to sign, and turning it down in the 15th round. "I just knew it was not the time for me to sign" Guthrie said. "I had been raised to value an education and set goals, and I had to go after those goals at that point in my life" Jeremy discussed his time at Stanford, and how the Cardinal made a trip to Omaha both his junior, and senior seasons, and what an amazing experience that was. He also talked about being drafted in the 1st round by the Cleveland Indians and what that meant to him after not signing out of high school. "People told me that I would never get a better offer than what the Mets offered and that I was foolish". Said Guthrie "That was tough to hear, but I always knew in my heart I had made the right decision to get my

education". Jeremy discussed his time through the minor leagues from great success to bad times, and then finally the break he needed with the Orioles organization this past season.

The pitching talk was a great event for not only the Ohlone College baseball players, who got the opportunity to have a full practice with Guthrie instructing, but also the players, parents and coaches



from the local high schools that got the opportunity to learn from 2 great pitching minds about what it takes at all levels of baseball, from little league all the way to the major leagues. "I am so thankful that Jeremy would come and donate his time to our program in that way" Kunis said. "To hear him speak up their made me proud on many levels"

The Ohlone College baseball staff wants to thanks Jeremy and his family, as well as the families of the audience who attend this event. We greatly appreciate you support for this upcoming season!

Go Renegades!