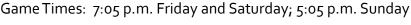
2014 Wenatchee AppleSox GAME NOTES



Wenatchee at Yakima Valley

Friday-Sunday (June 6-8)



Yakima County Stadium (Yakima, Wash.)



Wenatchee AppleSox Baseball Club, 610 N. Mission St. #204, Wenatchee, WA 98801

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lune SAN FRANCISCO SEALS W (5-0) SAN FRANCISCO SEALS W (16-4) 5 at Yakima at Yakima 8 at Yakima 9 **KITSAP** KITSAP 10 **KITSAP** 11 NORTHWEST HONKERS 12 at Medford 14 15 at Medford 16 at Medford at Klamath Falls 17 18 at Klamath Falls at Klamath Falls 19 WALLA WALLA 20 WALLAWALLA 21 WALLA WALLA 22 CORVALLIS 23 **CORVALLIS** 24 25 **CORVALLIS** at Corvallis 27 28 at Corvallis at Corvallis 29 **BELLINGHAM** 30 JULY BELLINGHAM BELLINGHAM* (Fireworks Night) 2 at Kelowna at Kelowna 6 at Kelowna **EVERETT MERCHANTS** 8 NORTHWEST STAR ACADEMY 9 WALLA WALLA 10 WALLA WALLA 11 WALLA WALLA 12 at Walla Walla at Walla Walla 15 at Walla Walla 16 at Yakima 17 18 at Yakima at Yakima 19 ALL STAR GAME (Klamath Falls) 21 22 KELOWNA **KELOWNA** 23 KELOWNA 24 at Bend 25 26 at Bend 27 at Bend **VICTORIA** 29 **VICTORIA** 30 **VICTORIA** 31 **AUGUST** COWLITZ **COWLITZ** 3 COWLITZ at Kelowna 5 6 at Kelowna at Kelowna 8 YAKIMA YAKIMA

YAKIMA

DIVISIONAL 12-14 -- CHAMP. 16,18-19

10

BASEBALL RETURNS TO YAKIMA

The Wenatchee AppleSox (2-0, 0-0 WCL East) travel to Yakima (0-0, 0-0 WCL East) for the first time in 2014...The Pippins will be playing their first game as a franchise on Friday night...The AppleSox are entering their 15th season (10th in the WCL) and are 465-249 (.651) under skipper Ed Knaggs, who is in his 14th season as head coach of the AppleSox club...The AppleSox have achieved a winning record in all 14 seasons during Knaggs' tenure...Knaggs is assisted by AJ Proszek and Jason Krohn.

COVERAGE OF THE APPLESOX

The three-game series with Yakima will have live stats for all games provided by pointstreak.com...all games will have live radio coverage on KCSY Sunny 93.9 FM in Wenatchee and on various translators throughout North Central Washington (Lake Chelan Valley 95.3 FM, Okanogan Valley 101.9 FM, Methow Valley [Twisp-Winthrop] 106.3 FM)...audio is also available at applesox.com/listen-live...AppleSox play by play broadcaster Trevor Williams will call the action...pregame shows for Friday and Saturday's games will start at 6:45 p.m...Sunday's pregame will start at 4:45 p.m...KWCC-TV (LocalTel cable channel 12 or Charter cable channel 19) will televise games, allowing fans to hear the Sunny FM radio broadcast and simultaneously watch the animated playbook provided by pointstreak...AppleSox Baseball provides updates on Twitter on @AppleSox and via Instagram by searching: AppleSox.

PITCHING PROBABLES

Friday

Wenatchee - RH Tom Zarosinski (o G, o GS, o-o, o.oo ERA, o IP, o H, o BB, o K) Yakima - RH Reed Garrett (o G, o GS, o-o, o.oo ERA, o IP, o H, o BB, o K)

Saturday

Wenatchee - RH Hunter Wells (o G, o GS, o-o, o.oo ERA, o IP, o H, o BB, o K) Yakima - RH Andrew Woods (o G, o GS, o-o, o.oo ERA, o IP, o H, o BB, o K)

Sunday

Wenatchee - RH Ian Buckles (o G, o GS, o-o, o.oo ERA, o IP, o H, o BB, o K) Yakima - RH Brandon Williams (o G, o GS, o-o, o.oo ERA, o IP, o H, o BB, o K)



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WENATCHEE'S RECORD...

WENATCHEE'S	KECOK
Overall League Non-league Division Home games Away games Day games Night games	2014 2-0 0-0 2-0 0-0 2-0 0-0 0-0 2-0
Series Home Series Away Series First game of series Rubber game of series Last game of series Series sweeps	1-0 1-0 0-0 1-0 0-0 1-0
Doubleheader	0-0
Extra innings	0-0
Shutouts	1 -0
June games	2-0
July games	0-0
August games	0-0
Sunday games Monday games Tuesday games Wednesday games Thursday games Friday games Saturday games	0-0 0-0 0-0 1-0 1-0 0-0
AppleSox score first	1-0
Opponent scores first	1-0
1-run games	0-0
2-run games	0-0
Sox scored 3 runs or less	0-0
Sox scored 4 runs or more	2-0
Leading after 6 innings Tied after 6 innings Trailing after 6 innings Leading after 7 innings Tied after 7 innings Trailing after 7 innings Leading after 8 innings Tied after 8 innings Trailing after 8 innings	2-0 0-0 0-0 2-0 0-0 0-0 2-0 0-0
Sox outhit opponent	1-0
Opponent outhits Sox	1-0
Hits are equal	0-0
Sox hit a HR	0-0
Sox hit 2 or more HRs	0-0
Sox have a SB	2-0
Sox have 2 or more SBs	0-0
Sox starter with 6+ IP	1-0
Sox starter with 7+ IP	0-0
Sox starter with 8+ IP	0-0
Sox are errorless	1-0
Come-from-behind Wins	1
Last At Bats Wins	0

ABOUT THE PIPPINS

The Yakima Valley Pippins are opening 2014 as the newest member club to the West Coast League. The Pippins are bringing baseball back to the city of Yakima for the first time since the Yakima Bears of the NW League left to become the Hillsboro Hops in Oregon.

YAKIMA VALLEY SERIES NOTES

Friday marks the first meeting between the AppleSox and the Pippins.

WINNING IN THE WEST COAST LEAGUE

The AppleSox have a 234-134 record in WCL games since entering the league in 2005. Their total wins are second most in the league. The only team with more WCL wins is the Corvallis Knights.

TEMPORARY PITCHERS STEP UP

In the AppleSox first two games against the San Francisco Seals, the only pitchers to toe the rubber at Paul Thomas Sr. Field were signed to temporary contracts. Reign Letkeman, Kaleb Price, Kyle Blankenship and Adam Grubb are all on the classic temporary contracts, assisting the team until some of their full-time players arrive. Jacob Schroeder, who pitched Thursday, will be leaving the AppleSox in late June to return to Washington State University for summer classes.

OPENING WEEK ROSTER

Coach Knaggs has 6 temporary players who are expected to be available to start the season for the AppleSox. Roster changes will occur quite regularly over the first few weeks of the season as players conclude high school/summer classes and their collegiate baseball seasons.

THE ROAD TO OMAHA

Out of the 40 players on Wenatchee's preseason roster, 5 entered the NCAA Division I Baseball Tournament with dreams of claiming a National Championship Trophy in Omaha, Neb. Drew Rasmussen and Nate Esposito of Oregon State, along with Shaun Vetrovec, John Brontsema and AJ Alcantara of UC Irvine qualified for the NCAA Tournament. UC Irvine defeated Oregon State 4-2 in the final game of the Corvallis Regional. They move on to face Oklahoma State in Super Regional play (best of three series). OSU and UCI split their first two meetings in the Corvallis Regional.

"SENIOR" CITIZENS

Ian Buckles, Clark McKitrick, Tom Zarosinski, Nate Esposito, and Mike Livingston are amongst the oldest on the AppleSox roster. These 5 players will be entering their senior seasons of college baseball in 2015. Half of the AppleSox preseason listed players (20) just completed their freshman year of classes.

ATTACK OF THE Mc'S

Three of the AppleSox announced preseason players have names beginning with "Mc." Those atheltes are Clark McKitrick, Evan McMahan and Michael McCann.

YOUNG BUCKS

Nine of the AppleSox 40 listed preseason players are entering the WCL straight out of high school. Following the season, they will go on to make their collegiate debuts at Oregon State, UCLA, Gonzaga, the University of San Diego, Nevada and UC Irvine.



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Wenatchee vs			
	2014	All-time ³	
Bellingham Bells	0-0	35-20	
Bend Elks	0-0	24-25	
Corvallis Knights	0-0	30-30	
Cowlitz Black Bears	0-0	15-3	
Kelowna Falcons	0-0	52-19	
Kitsap BlueJackets	0-0	35-16	
Klamath Falls Gems	0-0	15-3	
Medford Rogues	0-0	3-3	
Victoria HarbourCats	0-0	7-2	
Walla Walla Sweets	0-0	18-13	
Yakima Valley Pippins	0-0	0-0	
*All-Time denotes WCL games since 2005			

DIVISION STANDINGS	W-L	GB
EAST Kelowna Falcons Walla Walla Sweets Wenatchee AppleSox Yakima Valley Pippins	0-0 0-0 0-0 0-0	- - - -
SOUTH Bend Elks Corvallis Knights Klamath Falls Gems Medford Rogues	0-0 0-0 0-0 0-0	- - -
WEST Bellingham Bells Cowlitz Black Bears Kitsap BlueJackets Victoria HarbourCats	0-0 0-0 0-0 0-0	- - -

Victoria Harboor Cats	0-0
LEAGUE LEADERS	
AVERAGE Jimmy Cleary (COR)	.800
DOUBLES Four tied ()	2
TRIPLES Jake Herklotz (MED)	2
HOME RUNS Chris Iriart (COW)	1
RUNS BATTED IN Four Tied ()	3
STOLEN BASES Three tied ()	2
EARNED RUN AVERAGE - ()	.000
STRIKEOUTS Reign Letkeman (WEN)	9
COMPLETE GAMES - ()	0
(BEL) Bellingham Bells (BEN) Bend Elks (COR) Corvallis Knights (COW) Cowlitz Black Bears	

- (COW) Cowlitz Black Bears (MED) Medford Rogues
- (KEL) Kelowna Falcons (KIT) Kitsap BlueJackets (KF) Klamath Falls Gems
- (VIĆ) Victoria HarbourCats (WW) Walla Walla Sweets
- (WEN) Wenatchee AppleSox (YAK) Yakima Valley Pippins
- *To Qualify as a League Leader, players must meet the WCL stat/appearance requirements

MEET THE SOX

#2 Tanner Nishioka - 2014 Third Team All-West region from Pomona Pitzer...turned 14 double plays in 2014...completed his first season as a member of the Pomona-Pitzer Football team, where he is a punter, while sometimes seeing spot duty at wide receiver.

- #3 Adam Grubb Signed to a temporary contract...played in 6 games and started one for Wenatchee Valley College...is from Wenatchee and was a 2013 Wenatchee High School graduate...threw 19.1 Innings, compiled a 1-0 record, struck out 13 batters and had a 2.79 ERA in his first season with the Knights...Threw two scoreless innings of relief with 5 strikeouts against SF on 6/5.
- **#4 Caleb Wood** All-WCC first team selection in 2014...second on the Gonzaga team batting .300...was a perfect 11 for 11 in steal attempts as a freshman in 2013...was named to the All-WCC Freshman team in 2013 and played in 46 games for the Zags that year... also All-WCC Honorable Mention in 2013.
- **#5 Michael McCann** McCann was drafted in the 40th round of the 2013 MLB Entry Draft by the Seattle Mariners...a two-time First Team All-League honoree, he batted .360 in 2012 with 10 doubles, 20 runs scored, and 19 runs batted in at Columbia River High School...hit .232 for Seattle U in 2014 over 49 games.
- **#6 Nick Valaika** Foothill league All-Second Team in 2014 at Hart High School (player of the year candidate entering the year)...brother of former AppleSox player Pat Valaika... has three older brothers who have all played major league affiliated baseball.
- **#7 Mike Livingston** Had a 1.000 fielding percentage during his junior season with Cal State Northridge...finished second on the team with a .280 batting average and was the leadoff hitter in most of CSUN's games sophomore year...notched Sox first 2014 RBI with a double on 6/4 vs. San Francisco.
- **#8 Taylor Johnson** Signed to a temporary contract...played in 16 games with George Fox University and brought in 4 RBIs on 6 hits in 2014.
- **#9 Cooper Elliott** Just completed his redshirt freshman season at Washington State...2012 graduate of Cashmere High School...hit over .300 in all four years as a Bulldog and over .400 as a junior and a senior...the Bulldogs won state during his sophomore and senior years...was First Team All-League as a junior...Second Team All-State as a senior...doubled on 6/4 vs. San Francisco for first WCL hit.
- **#10 John Brontsema** Played in 32 games for UC Irvine in 2014...had 12 hits...voted team MVP as a senior in high school...named all-city...All-Channel League award winner...high school team captain...hit .391 with 34 hits as a senior.
- **#12 Hunter Wells** Will join the Gonzaga Bulldogs baseball team for the 2014-15 school year (he will be a sophomore)...Led the Lower Columbia Red Devils in Wins (6)... also led the Red Devils in Strikeouts (63).
- **#13 Colton Loomis** Pitches for Spokane Falls and is a Cashmere, WA native...was scheduled to play for AppleSox last season before injuring his knee... as a senior at Cashmere High School he was named the 1A/B State Player of the Year by the Washington Baseball Coaches Association after going 10-0 with a 0.67 ERA, 63 IP, 81 K and 13 BB...offensively hit .418 to get Cashmere its second state title in 3 seasons...helped the Bulldogs to a state championship.

AFRIE

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THE LAST TIME...

INDIVIDUAL

Four Runs in One Game

Trenton and Nick Brooks, SF, Jun. 5, 2014

Five Runs in One Game

Ronnie Shaeffer, Kelowna, Aug. 5, 2009

Four Hits in One Game

Connor Spencer, at Walla Walla, Aug. 14, 2013

Five Hits in One Game

Nick Brooks, San Francisco, June 5, 2014

Four RBI in One Game

Connor Spencer, Kelowna, July 16, 2013

Five RBI in One Game

Connor Spencer, at Kelowna, August 10, 2013

Three Doubles in One Game

Sam Hall, Bend, July 17, 2004

Two Triples in One Game Brent Wyatt, Bellingham, Aug. 1, 2006

Two Home Runs in One Game
Breland Almadova, Portland June 25, 2011

Three Home Runs in One Game

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Grand Slam

Cabe Reiten, Walla Walla, July 28, 2012

Game-Ending Hit

Brock Slavin, Kelowna, July 18, 2013

Three Stolen Bases in One Game

Ty Moore, at Corvallis, Aug. 15, 2012

19 1001e, at Col vallis, Aug. 15, 2012

Four Stolen Bases in One Game Zach Mandleblatt, Kelowna, July 6, 2007

Complete Game

Trevor Lubking, at Corvallis, Aug. 19, 2013

Shutout

Owen Jones, Kelowna, June 9, 2011 (7 Innings) [GM 2 of a doubleheader]

At Least 10 Strikeouts

Trevor Lubking (10), Walla Walla, July 31, 2013

No-Hitter

DJ Lidyard, at Moses Lake, July 19, 2006

MEET THE SOX

#14 Calvin LeBrun - Joining the Sox from Sunnyslope High School in Arizona...sophomore Year of high school he pitched in a State Title Game for Sunnyslope and won it... Went 12-0 that sophomore season with a 1.47 ERA...formerly selected to compete with the USA Baseball 17U developmental team in Cary, N.C...will join his brother, Cory LeBrun in Spokane when he takes the field with Gonzaga next year.

#15 Evan McMahan - 3-0 in his freshman year with the Nevada Wolf Pack...all-State, all-Southern Nevada, all-Conference and all-Region during his senior year of high school... was team MVP...6-2 over 62.1 innings of work...recorded 81 strikeouts and a 2.25 ERA... Hit .381 at the plate with 20HR and 30RBI.

#16 Zack Haggett - Signed to a temporary contract...from Spokane Falls Community College...appeared in 13 games...threw 18 innings and allowed 14 hits, 8 runs (all earned), walked 7, struck out 19...2-2 record with 5 saves and a 4.00 ERA.

#17 Kyle Blankenship - Signed to a temporary contract...a 2013 graduate of Wenatchee High School...started all 10 games he played for Wenatchee Valley College in 2014...3-7 over 47.0 innings...struck out 37 and had a 5.17 ERA.

#18 Sam Brown - Redshirted at the University of Arizona in 2013...hit .286 for Gonzaga in 2014 after transferring...played in 55 games, had 196 at bats, 56 hits, 4 doubles, 3 triples and a homerun...23 RBI's.

#19 Griffin Canning - Comes from Santa Margarita High School in Corto de Caza, CA... currently has a 6-3 record with a 1.20 ERA...team was scheduled for a possible two playoff games on June 3rd...Has 15 career high school wins...217.1IP and 193 K.

#20 Brandon Bailey - Pitcher at Gonzaga University...had 3 of the Zags 4 complete games in 2014...missed Senior season with a torn muscle in his forearm – led to Tommy John Surgery...6-6 with a 3.53 ERA at GU in 2014...started all 14 games he appeared in over 94.1 innings...had 54 strikeouts.

#21 Ian Buckles - Pitching for the AppleSox out of George Fox University...played for Klamath Falls in the WCL last summer...was 5-2 with a 3.24 ERA in 12 games with 4 starts for the Gems in 2013...pitched 52.2 innings and struck out 25 while holding opponents to a .256 batting average...6-1 with a 2.50 ERA at George Fox in 2014.

#22 Nick Brooks - Plays for the Gonzaga Bulldogs...hit his first collegiate homerun in Spokane against the University of Oregon on April 2nd, 2014...Hit .200 for GU in 25 games with 12 hits, 1 homerun and 8 RBI's.

#23 Kaleb Price - Signed to a temporary contract...was 6-1 on the mound for Big Bend Community College...played in 13 games and started 7 while pitching 59.1 innings... struck out 50 batters...threw two scoreless innings of relief against SF 6/4.

#24 Trenton Brooks - Played for the Nevada in 2014...led all Wolf Pack hitters with a .330 average...was named Second Team All-Mountain West Conference...was 3-1 on the mound for Nevada with a 3.86 ERA in 16 games with 5 starts...threw 28 innings and struck out 20.

AFRE

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THE LAST TIME...

TEAM

Scored At Least 10 Runs San Francisco (16), June 5, 2014

Scored At Least 15 Runs San Francisco (16), June 5, 2014

Scored At Least 20 Runs Kelowna (22), July 16, 2013

Collected At Least 15 Hits San Francisco (21), June 5, 2014

Collected At Least 20 Hits San Francisco (21), June 5, 2014

Shutout

San Francisco, June 4, 2014 (Reign Letkeman and Kaleb Price)

At Least 10 Strikeouts San Francisco (10), June 4, 2014 (Reign Letkeman and Kaleb Price)

At Least 15 Strikeouts Walla Walla (15), July 31, 2013 (Trevor Lubking, Houston Hibberd)

Gave up Four Hits Kitsap, June 21, 2013 (Vaughn Berberet, Tyler Kane)

Gave up Three HitsWalla Walla, July 31, 2013
(Trevor Lubking, Houston Hibberd)

Gave up Two Hits at Corvallis, Aug. 19, 2013 (Trevor Lubking)

Gave up One Hit at Medford, June 25, 2013 (7 Innings) [GM 2 of a doubleheader] (Trevor Lubking)

No-Hitter at Moses Lake, July 19, 2006 (DJ Lidyard)

Won in Extra Innings Kelowna (5-4 in 10), July 18, 2013

Won a Series San Francisco (2-0), June 4-5, 2014

Won a Divisional Series Walla Walla (2-0), July 30-31, 2013

Won a Road Series at Kitsap (3-0), July 5-7, 2013

Won a Divisional Road Series at Kelowna (4-0), July 29-Aug 1, 2012

Swept an Opponent San Franciscco (Two Games), June 4-5, 2014

Swept an Opponent on the Road at Kitsap (Three Games), July 5-7, 2013

Swept a Divisional Opponent Walla Walla (Two Games), Aug 13-14, 2013

Swept a Divisional Opponent on the Road at Kelowna (Four Games), July 29-Aug 1, 2012

MEETTHE SOX

#25 Ty Jackson - From Lewis and Clark State College, Jackson was the NAIA West Pitcher of the Week to lead off the month of May...Played at WSU in 2012 and redshirted the 2013 following Tommy John Surgery...was 4-0 on the mound with a 1.59 ERA in 6 games with 5 starts for LCSC...at the plate he also had a .272 batting average with 7 homeruns.

#26 Tyler Frost - Joins the AppleSox after leading Greenway High School to a State Title in 2014...was 11-1 with a 0.29 ERA and started all 12 games he appeared in...threw 7 complete games and struck out 84 batters over 73 innings of work...opposing hitters could only muster a .156 batting average against Frost.

#27 Jacob Schroeder - Signed to a temporary contract...plays at Washington State... was 0-1 in 2014 for the Cougars...had 8 appearances and toed the rubber for 10.1 innings...struck out 5 batters...is a side-arm pitcher...Threw two scoreless innings on 6/5 in his first appearance of season.

#28 Jacob Cogar - Plays for Lower Columbia College in the NWACC...was 5-2 with a 2.67 ERA in 2014...appeared in 13 games with 5 starts and had one save...43.2 innings pitched in 2014 with 22 strikeouts...ranked second on the LCC team with 5 wins.

#29 Drew Rasmussen - Extremely successful pitcher from Mt. Spokane High School... was a 2014 Perfect Game 3rd Team All-American...West All-Region First Team selection... was recruited by UW, WSU, Oregon and Gonzaga, however, he ultimately chose to play for the Oregon State Beavers.

#30 Tom Zarosinski - Tom was formerly a redshirt at Oregon State University (2011)... pitched in a WCL non-league game with Corvallis in 2011...was 7-3 with a 1.99 ERA for George Fox University in 2014...struck out 86 batters over 95 innings of play...led George Fox in strikeouts with 86 (next closest was at 67)...one of two George Fox pitchers with and ERA under 2...only GF pitcher with a win and that under 2 ERA...ranked second on the Bruin team in wins.

#32 Simon Rosenbaum - Joining the AppleSox from Pomona Pitzer, Rosenbaum ran wild in DIII in 2014. He was voted First Team All-America by D3baseball.com...was named to the Rawlings DIII First team by American Baseball Coaches Association.... West Region Player of the year...earned Capital One Academic All-District honors from College Sports Information Directors of America...ranked second nationally amongst D3 players with his .474 average...had 8 HR, 23 2B, and 47 RBI ... Led nation in both doubles per game and on base percentage and ranked fifth in slugging percentage.

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RECORD BOOK

SINGLE GAME INDIVIDUAL	
Hits Daniel Gebbers ('04 vs. Everett) Luke Zirkle ('08 vs. Bend) Breland Almadova ('11 vs. Klamath Fa Nick Brooks ('14 vs. San Francisco)	5 alls)
Doubles Sam Hall ('o4 vs. Bend)	3
Triples Brent Wyatt ('o6 vs. Bellingham)	2
Home Runs Nate Flemens ('oo vs. Bellingham) Justin Ehlers ('o4 vs. Bend)	2
Stolen Bases Brent Wyatt ('06 vs. Bend) Zach Mandelblatt ('07 vs. Bend)	4
Strikeouts D.J. Lidyard ('o6 at Moses Lake)	16
SINGLE SEASON INDIVIDUAL	
Hits Mitchell Gunsolus (2012)	79
Singles Mitchell Gunsolus (2012)	64
Doubles Ryan Barr (2013)	18
Triples Three Times	4
Home Runs Taylor Sparks (2012)	9
Runs Mitchell Gunsolus (2012)	47
Runs Batted In Mitchell Gunsolus (2012)	48
Stolen Bases Brent Wyatt (2006)	23
Batting Average Jason Freeman (2002)	.421
Consecutive Game Hit Streak Breland Almadova (2011)	21
Earned Run Average Trent Baysinger (2003)	1.05
Innings Pitched Owen Jones (2011)	76.2
Strikeouts D.J. Lidyard (2006)	86
Wins Owen Jones (2011)	7
Saves Tyler Kane (2012)	13
WCL MVP Steve Marquardt Mitchell Gunsolus	2005 2012



AppleSox Numerical Roster



Pronunciation Guide:

McMahan - "McMann" Nishioka - Knee - she - oak - uh

Zarosinski - Zair - o - sin - ski



aggs #11 Head Coach 14th Season

Knaggs has been the AppleSox head coach since 2001. He has led the AppleSox to six league championships, winning the Pacific International League Championship in 2003 and the West Coast League Championship in 2005, 2006, 2009, 2010, and 2012. He is a three-time recipient of the WCL's Coach of the Year Award. He played collegiately at UC Irvine and was an assistant coach at Gonzaga University for seven years. He also spent one season as an assistant coach for the Chatham A's of the Cape Cod League. He served as Wenatchee High School's head baseball coach from 1991-2011 and was instrumental in bringing back American Legion baseball to the Wenatchee Valley.



AJ Proszek #46 Pitching Coach 2nd Season

Currently the pitching coach at the Community Colleges of Spokane, Proszek has coached with the AppleSox since 2013. As a player he spent two years at Spokane Falls Community College before transferring to Gonzaga University. He played in the West Coast League as a member of the Spokane RiverHawks from 2006-2008. He was selected in the 38th round of the 2009 MLB Draft by the San Francisco Giants. He pitched in the minor leagues for the Giants from 2009-2011. He was born and raised in Chewelah and attended Jenkins High School



Jason Krohn #33 Assistant Coach 1st Season

Krohn is entering his first season as an assistant coach with the AppleSox. He is currently an assistant coach at Northwest Nazarene University. Prior to coaching at NNU, he previously worked as an assistant coach at Lower Columbia College. The Oregon native served as the head coach at his alma mater, Gresham High School, for three seasons. As a player he began his college career at LCC, before playing at both the University of Portland and Coastal Carolina University. He played professionally for the Kalamazoo Kings of the Frontier League.