

M's add CarGo to outfield

By Tim Booth
The Associated Press

SEATTLE — The Mariners are adding depth to their outfield, agreeing Tuesday to a minor league contract with former All-Star Carlos González, according to a person with knowledge of the deal.

González's deal is pending a successful physical, the person told The Associated Press on the condition of anonymity because the team had not announced the agreement. If added to the 40-man roster, González would get a one-year contract with a \$750,000 salary in the major leagues.

USA Today first reported the deal.

González is several years removed from being at his best when he was in Colorado. González was an All-Star in 2012-13 and 2016 with the Rockies. The 34-year-old played with the Rockies through 2018 when he hit .276 with 16 home runs and 64 RBIs in 132 games for Colorado.

Last season, González signed a minor league deal with Cleveland and was



David Zalubowski/AP file photo

In this, April 11, 2018, file photo, Colorado Rockies' Carlos Gonzalez tosses his bat after striking out.

called up by the Indians in mid-April. He appeared in 30 games, then was cut.

González latched on with the Cubs, lasted just 15 games and was released in late June. He batted .200 in 145 plate appearances and did not play during the final three months of the season.

González would appear to be a longshot to make Seattle's roster with the Mariners focus on their

young players and a glut of corner outfielders. But the unknown status of Mitch Haniger following core muscle surgery has opened up an opportunity in right field, at least early in the season. González is likely to be lumped in with the likes of Jake Fraley, Braden Bishop and Kyle Lewis in competition for the corner outfield spots until Haniger returns.

BOLTON

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"It was super easy from an efficiency standpoint — the flexibility helped you get around faster," she said.

The only thing that hurt Bolton's efficiency in gymnastics was an ability to stay healthy. As she put it, "I got hurt a lot," and her primary nemesis in that regard was the balance beam.

"Beam was the event that always beat me up," she said, adding that her biggest fear in the event was "putting my face close to the beam" on flips.

The worst injury she suffered in gymnastics was when the ligaments in her sternum "tore and popped" in a fall from the uneven bars.

The fall didn't require surgery, she said, but did result in a lengthy recovery, which set her back from where she needed to be in gymnastics.

Bolton made the decision to focus on track full time at 14 when she entered high school, but again she had to work through injuries.

She said that during her sophomore year, "I broke my right foot and I didn't know it was broken, and so I kept

running on it and eventually I tore the ligament that connected my big toe to my second toe. I had surgery on it and there were stress fractures in both my feet because I was overcompensating."

Even in college, Bolton's had to battle off the injury bug. Though she was already redshirting during last spring's outdoor season, she suffered a labrum tear and a partial rotator cuff tear.

But Bolton has shown an ability to quickly bounce back, which she attributes largely to clean eating.

"A lot of the recovery is what you're eating and how you treat your body," she said. "My parents, when I was at a young age, taught me that what you eat affects you. I've been able to see that (is true), going through so many injuries and bouncing back so quickly because I'm eating the right things, doing the rehab, all the important things — just following the rules."

The labrum injury, EOU head track coach Ben Welch said, gave Bolton extra incentive.

"It was just a little bit of a fluke deal," he said, "and that seemed to motivate her even more because it made her mad. She couldn't do anything for a while. Sometimes the best way to realize how much you want to do something is to not be able to do it."

The coach also pointed to Bolton's work outside of the track season as reason for her breakout sophomore campaign.

"She had an excellent summer of training," he said. "She worked hard over Christmas break. It's easy to train hard while we're in session. It's what you do in the offseason that defines how good of a year you're going to have. This didn't just happen overnight."

And, he added, if Bolton stays healthy and can continue to improve, there's no limit to what she could attain, both in the indoor and outdoor season.

"She's had really good training," Welch said. "She gets a couple years of (good training) in, it could be interesting" to see what she accomplishes.

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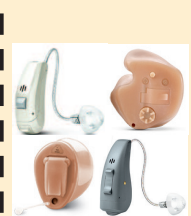
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