

Martinez: Whole career, 18 seasons, a Mariner

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eye exercises after Dr. Douglas Nikaita diagnosed his eye condition.

Davidson's technique became another step in the eye training. He developed a system using tennis balls traveling at high rates of speed to help strengthen and train the eye for recognizing pitches.

The training involved watching the tennis balls, which had small numbers written on them, and trying to focus the eyes to read and recognize the numbers as they buzzed by, sometimes as fast as 150 mph.

As Martinez put it, a pitch at 95 mph doesn't look so fast after seeing tennis balls go flying by at 130 mph or more.

"The eyes set the body up to be successful," Davidson said. "That's what Edgar always told me. And the longer you see the ball out of the

hand and closest to the bat that you can, gives you all that time to adjust to the ball. That's what this training was all about."

Martinez hit .305 over his final seven seasons after first working with Davidson. He twice led the league in on-base percentage during that span and had a career-high 145 RBIs in 2000 at age 37.

Those swings during the back half of his career may not have been as impressive as what he did one day in Texas just a couple of years ago.

Scott Servais had never crossed paths with Martinez until being hired as Seattle's manager in 2016. Martinez was the hitting coach under the previous regime and remained on staff. Other than knowing Martinez's reputation as a hitter during the era both played, Servais rarely saw it in action.

Taekwondo: 8 Stanfield kids bring home medals

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all over Eastern Oregon, including Irrigon, Umatilla, and Heppner.

Up next, the kids will hit the road to Southridge High School in Kennewick on Aug. 17 to compete in the Columbia Gorge Tournament. The gym is also gearing up to host a "Stranger Danger" women's self-defense class in the same month.

"We try to teach everything you need to know in two hours," Watson said of the yearly class.

As for the kids, the hours and hours of hard work they've put in to win the gold in Lynnwood hasn't been lost on them.

"They could tell they did a great job," Watson said. "They just shined. As a coach, I'm just overwhelmed. Most tournaments we go into is someone's first."



Photo contributed by Erwin Watson

From left to right: Anna Rivera, Abel Garcia, Anna Garcia, Amauri Black, Jordan Velasco, J.T. Rowden, Kiona Idris, and Isaiah Diaz pose with their medals earned at the Grand Master Pierce's Memorial Tournament in Lynnwood, Wash., on June 28.

SCOREBOARD

BASEBALL

AMERICAN LEAGUE

All Times PDT	W	L	Pct	GB
New York	60	33	.645	—
Tampa Bay	56	41	.577	6
Boston	52	44	.542	9½
Toronto	36	61	.371	26
Baltimore	28	66	.298	32½

Central	W	L	Pct	GB
Minnesota	58	36	.617	—
Cleveland	54	40	.574	4
Chicago	42	49	.462	14½
Kansas City	34	62	.354	25
Detroit	29	62	.319	27½

West	W	L	Pct	GB
Houston	59	37	.615	—
Oakland	55	41	.573	4
Los Angeles	50	46	.521	9
Texas	50	46	.521	9
Seattle	39	60	.394	21½

Tuesday's Games
 N.Y. Yankees 8, Tampa Bay 3
 Washington 8, Baltimore 1
 Toronto 10, Boston 4
 Cleveland 8, Detroit 0
 Arizona 9, Texas 2
 N.Y. Mets 3, Minnesota 2
 Kansas City 11, Chicago White Sox 0
 L.A. Angels 7, Houston 2
 Oakland 9, Seattle 2

Wednesday's Games
 Tampa Bay at N.Y. Yankees, p.p.d.
 N.Y. Mets 14, Minnesota 4
 Oakland 10, Seattle 2
 Boston 5, Toronto 4
 Cleveland 7, Detroit 2
 Arizona 19, Texas 4
 Washington at Baltimore, late
 Chicago White Sox at Kansas City, late
 Houston at L.A. Angels, late

Thursday's Games

NATIONAL LEAGUE

All Times PDT	W	L	Pct	GB
Atlanta	58	39	.598	—
Washington	50	43	.538	6
Philadelphia	49	46	.516	8
New York	44	51	.463	13
Miami	35	58	.376	21

Central	W	L	Pct	GB
Chicago	52	44	.542	—
Milwaukee	50	47	.515	2½
St. Louis	48	46	.511	3
Pittsburgh	45	50	.474	6½
Cincinnati	43	50	.462	7½

West	W	L	Pct	GB
Los Angeles	63	34	.649	—
Arizona	49	47	.510	13½
San Francisco	47	49	.490	15½
San Diego	46	49	.484	16

Tuesday's Games

Philadelphia 9, L.A. Dodgers 8
 Washington 8, Baltimore 1
 Miami 12, San Diego 7
 Arizona 9, Texas 2
 Chicago Cubs 4, Cincinnati 3 (10)
 Milwaukee 13, Atlanta 1
 N.Y. Mets 3, Minnesota 2
 Pittsburgh 3, St. Louis 1
 San Francisco 8, Colorado 4 (10)

Wednesday's Games
 N.Y. Mets 14, Minnesota 4
 St. Louis 6, Pittsburgh 5
 Milwaukee 5, Atlanta 4
 Chicago Cubs 5, Cincinnati 2
 San Francisco 11, Colorado 8
 San Diego 3, Miami 2
 Arizona 19, Texas 4
 L.A. Dodgers at Philadelphia, late
 Washington at Baltimore, late

Thursday's Games
 San Diego (Lamet 0-2) at Miami (Smith 5-4), 9:10 a.m.
 L.A. Dodgers (Stripling 4-3) at Philadelphia (Nola 8-2), 9:35 a.m.
 St. Louis (Hudson 8-4) at Cincinnati (Roark 5-6), 4:10 p.m.
 Washington (Strasburg 11-4) at Atlanta (Teheran 5-6), 4:20 p.m.
 Milwaukee (Davies 7-2) at Arizona (TBD), 6:40 p.m.
 N.Y. Mets (Syndergaard 7-4) at San Francisco (Bumgarner 5-7), 6:45 p.m.

Friday's Games
 San Diego at Chicago Cubs, 11:20 a.m.
 Colorado at N.Y. Yankees, 4:05 p.m.
 Philadelphia at Pittsburgh, 4:05 p.m.
 St. Louis at Cincinnati, 4:10 p.m.
 Washington at Atlanta, 4:20 p.m.
 Milwaukee at Arizona, 6:40 p.m.
 Miami at L.A. Dodgers, 7:10 p.m.
 N.Y. Mets at San Francisco, 7:15 p.m.

Football: 3 linemen to represent Eastern Oregon in Showcase

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McGee, a 6-foot-2, 285-pound offensive lineman, was a first team Special District 1-East selection at tackle, and earned all-state honorable mention honors as a junior.

Coughlin and Bradshaw have attended a few camps this summer, and know what to expect.

"They will be looking at technique, fundamentals, hand placement, body positioning and agility," Bradshaw said. "They want to see that you know what to do. I'm excited for it."

The 6-4, 270-pound Bradshaw was a Mid-Columbia Conference first-team offensive lineman

as a junior. He lines up at left tackle for the Bulldogs, who are entering their second season in the Washington-based MCC.

Bradshaw already has drawn interest from Oregon State University, Western Oregon, Montana State, University of Western Montana and Portland State.

Coughlin, a 6-5, 285-pound guard, was an honorable mention MCC pick as a junior.

"I was a little surprised they wanted me to come," he said. "There are going to be so many good athletes there."

Coughlin's stock has picked up since last fall. He's dropped down from 320 pounds, which has

improved his mobility. He's also a daily fixture in the weight room.

Coughlin also is ranked 48th in Battle Prep West's top 50 Oregon athletes for the class of 2020.

Eastern Washington, Portland State, Oregon State, Western Oregon, Montana State, Southern Oregon and Central Washington all have shown interest in Coughlin.

"I'm excited for them," Hermiston coach David Faeteete said. "They have been working hard the past 3-4 years at what they do. They showed really well at the Eastern Washington camp. You can't coach 6-5. They are guys teams are going to look at."

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