

***Diamondbacks first
baseman, Paul
Goldschmidt, talks
about getting called
up and what it takes
to make it in
Major League
Baseball***

“**SOLID GOLD**”

It is a pivotal moment in baseball lore, the stepping stone that catapults an unknown to greatness. We've seen it countless times in classic baseball movies... that moment when the phone rings... THE call comes in...the shot at the big league. For Arizona Diamondbacks player Paul Goldschmidt, that call came in August of last year as the D-backs powered their way through a long-awaited season of 94 wins and capturing the National League West title. Goldschmidt was leading the minor leagues with 30 home runs at the time and was named the *USA Today* Minor League Player of the Year for 2011, but like any self-respecting ball player, he'll never forget that moment. "It's something that as a player you dream about for a long time and you're just hoping that one day you get to experience it," he shares. "When the Diamondbacks gave me a call and said they were calling me up I was very excited and I just tried to pack as quickly as I could and make sure I didn't miss my flight and could get there as quickly as possible."

Despite the fact that Goldschmidt says the major league game is tougher, players are better, and fewer mistakes can mean fewer opportunities for a hitter, his first major league at bat resulted in a base hit, and his first homer followed the next day.

Goldschmidt, affectionately nicknamed "Goldie," credits his teammates with making his transition a smooth one, saying, "The guys here are great. When I got called up they made me feel comfortable and made me feel welcome, like one of the guys, right away. It's definitely nice as a young, new player to have your teammates accept you so easily and let you relax and just worry

about the on-the-field stuff instead of feeling like you have to prove yourself."

Proving yourself in the game of baseball can be challenging, balancing confidence with failure. Goldschmidt points out, "If you can succeed as a hitter 30% of the time, you're going to be one of the best that ever played. One of the toughest things about it is dealing with that 70%, or usually more, times that you don't succeed. It's having to go up there and have the confidence that you're going to help the team out, but also realize that there's a lot of failure involved, as well."

The 24-year-old Scottsdale resident hits the field daily with a positive attitude, and continues to soak up all he can from the more seasoned players. "I try to play as hard as I can, I try to work hard and learn as much as I can from the other guys and just do the best I can every day," he says of his approach to the game.

He clearly enjoys the strategies and complexities of play that might not be obvious to the casual fan. "There's just a lot of little things—whether it's this guy likes to throw a certain pitch on this count or, hey, in this situation you can look for this—or specifically just watching so you can know on defense if a guy's more likely to hit you the ball or if you should play farther up or farther back or to your left or to your right," he explains. "Stuff like that I've been trying to learn, so instead of the coaching staff having to position me more I'll be able to notice that stuff more on my own, and that helps you as a player and it helps the team, as well."

Goldschmidt has tried to spend as much time as possible this spring training in Scottsdale with the team, trainers and strength coaches to prepare for the long season ahead. The

off-season is where he really works on building strength, speed and explosiveness. "Speed and quickness—a lot of that is done off-season," he says. "In playing first base one or two steps is really what you're trying to do. You're trying to get your first step and second step as quick as possible, so it's side to side more than straight ahead—lateral movements. You're not out there running miles."

“We’re going to play hard; we’re going to work hard. We have a very talented team and are going to improve on last year.”

Paul Goldschmidt

Arizona Diamondbacks

Position: First base

Age: 24

Stats: 6'3" 245 lbs.

Status: Married

What He Eats: In-Season: Since he's at the ballpark almost every day, small, healthy meals in ballpark clubhouses. "You're burning so many calories and a lot of people are doing whatever they can to keep weight on during the season." If he has a craving for pizza or pasta, he goes for it.

Off Season: High protein breakfast, usually eggs, limit the carbs. Lunch—salad with shredded turkey or chicken and fresh veggies. Dinner—steak or grilled chicken and veggies. "I eat a lot—I'm always hungry. I try to supplement with as many fresh fruits and veggies as I can."

Food Weakness: "My favorite food is hamburgers. There's no comparison. I could eat it every meal, every day."

Workout Strategy: Off-season training to build strength, flexibility, explosiveness. In-season training to maintain strength and health throughout the long season. Takes a four to five week break at the end of the season to recuperate, then starts building up training gradually.

Besides Baseball: Enjoys cooking, spending time with family, and sightseeing in new cities while on the road. "Off-season I tried to learn how to play golf. I got better, but I'm still not very good."

What He Likes About Scottsdale:

"Everything! Great mountain views, great places to eat, the people are extremely nice—I love it out here. I can't say anything bad about it."

In season, the goal is to maintain strength and health throughout a long season with almost daily games. "Flexibility for me is something I try to put an emphasis on—stretching allows you to be at your peak performance at the end of the year," Goldschmidt reveals.

He does very light lifting two or three times per week, including squats, lunges, step-ups for lower body, and more functional movements for upper body. "There's a lot of rotational stuff that we try to do, because with throwing and swinging, core is obviously important," he says.

The alternative to lifting is 30-minute stretching sessions to warm up before games. Goldschmidt says, "If my legs are strong then I'm going to feel good." He credits stretching with keeping him strong and stable while avoiding pulled muscles on the field.

"You just try to take as good care

of your body as you can. Try to eat the best, get your sleep every night, stretching on a daily basis—or doing other little flexibility workouts that can help you in the long run, and not necessarily to become stronger, but just to maintain and be healthy at the end of the year because that's just as important as being strong," he concludes.

As Goldschmidt enters into his first full season as a Diamondback, he predicts more of what thrilled fans last season. "We're going to play hard; we're going to work hard. We have a very talented team and are going to continue to improve on last year," he says with confidence. "Our goal is to try to make the playoffs...and obviously everyone's got the goal to win the World Series, so we'll see what happens."

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