

## A's News Clips, Thursday, October 28, 2010

### Pennington, Blevins recovering after surgery

#### A's shortstop, reliever expect to be ready by Spring Training

By Jane Lee / MLB.com

OAKLAND -- Cliff Pennington and Jerry Blevins underwent surgery shortly after the A's season ended, but both are expected to make a full recovery by the start of Spring Training, MLB.com learned Wednesday.

Pennington had surgery on his left shoulder to repair a labrum tear just a week after the A's wrapped things up in Seattle at the start of the month. Blevins, meanwhile, was forced to have an operation on Oct. 15 to repair a labrum tear in his left hip.

The 26-year-old Pennington, whose procedure was performed by orthopedic surgeon and Rangers team physician Dr. Keith Meister, is looking at a full recovery time of a minimum of five months. However, he anticipates being able to start swinging a bat in January and begin a lifting program by February, thus potentially putting him in the clear for camp.

"I expect to be ready to go for Spring Training," Pennington said. "I may not be 100 percent to start, but I'll be close to it."

The A's shortstop said Wednesday he initially injured the shoulder on July 18 in Kansas City while diving for a ground ball. At the time, the club believed Pennington was suffering from a shoulder impingement, and it wasn't until August that an MRI was ordered, showing a torn labrum. Still, Pennington managed to play in 72 games -- 65 of which he started -- in the second half.

"It didn't feel good, but I was playing with it," he said. "I wanted to play. I didn't feel I needed to miss time, because I knew I could rehab in the offseason. If it was something that was going to hurt my chances of playing next season, I would have done something about it sooner."

Pennington plans on securing his shoulder in a sling for two more weeks and will then begin building back his arm strength with help from A's strength and conditioning coach Bob Alejo, who has put together a modified offseason plan for the infielder.

The worst part for Pennington?

"I haven't been able to pick up Brady in a month," he said of his son, who will turn 1 next week.

That restless feeling has become all too familiar for Blevins, who is currently on crutches at home in Swanton, Ohio. The left-handed reliever admitted Wednesday that his left hip gave way for a season-long battle starting in July, one that likely forced other parts of his body to make up for the missing exertion. That could explain a left shoulder strain that sidelined Blevins for the final two weeks of the season, which still happened to bring about a career-high 63 appearances and 3.70 ERA for the southpaw.

The 27-year-old's procedure was orchestrated by Dr. Marc Phillippon in Vail, Col. He's facing around 10 more weeks of recovery time, which will allow him to hopefully begin throwing "at my normal time" in January.

Blevins' running and lifting schedule will be altered, but the hurler isn't too worried and is rather grateful for going through with the surgery.

"I'm excited to go into Spring Training pain-free," he said. "I feel like it's almost one of those blessings in disguise."

## Major League: This, that and then some

Jane Lee, mlb.com, 10/28/2010

A hodgepodge of A's notes:

- Today, the D-Backs hired **Charles Nagy** as their new pitching coach, wiping away any rumors that **Curt Young** is headed there. Several sources have said Young is going to Boston to join **Terry Francona's** staff. Given the timing of Young's decision to leave the A's, which came just four days after the club announced he would be back, it seems likely that Young was offered an opportunity within that window. Either way, I wish him nothing but the best, and I'm sure every player who has ever been under his tutelage would say the same.
- **Billy Beane** said this week that announcements on the 2011 club options for **Mark Ellis**, **Coco Crisp** and **Eric Chavez** won't be made until after the World Series. It's highly expected that both Ellis (\$6 millions) and Crisp's (\$5.75 million) options will be picked up and that the A's will buy out Chavez's option for \$3 million. Given the market for center fielders this offseason, the A's would really be getting a great deal on Crisp, whose lineup presence would be huge for this team if healthy.
- Some of you have asked about **Rickey Henderson** and whether he was considered to join next year's coaching staff. At this point, the answer is no, Beane says. A's brass liked having him around this season in a consulting role, though, and Rickey will likely get to do more of the same next season.
- A's public address announcer **Dick Callahan** will be serving as a celebrity bartender at Lark Creek restaurant in Walnut Creek on Thursday from 5-7 p.m. The best part: 100 percent of the proceeds are being donated to charity. Callahan has designated the A's Community Fund and the Boys and Girls Club of Martinez as the two beneficiaries of the money raised. Great guy, great idea, great cause.
- **Dallas Braden**, who is a good friend of **Brian Wilson's**, will be among the World Series crowd in San Francisco this week next to Wilson's family. Braden attempted growing something that resembled a partial beard this season, but he said he has no intentions of dyeing it black for the affair. "I don't even want to ask how that started," he said of Wilson's look.

## Wednesday's AFL roundup

### Former first-rounders Hurley, Hosmer lead Surprise in shutout

By / MLB.com

#### **Rafters 7, Saguaros 0**

Eric Hurley allowed two hits over five innings and Eric Hosmer plated four runs in the shutout. Former first-rounder Hurley started for Texas on July 27, 2008, but injuries and setbacks from surgeries sidelined him until his debut with Surprise on Oct. 15. Hosmer (Royals) has delivered an RBI in six of seven AFL games. David Bromberg (Twins) was charged with five runs -- four earned -- on seven hits and two walks over 4 2/3 innings.

#### **Solar Sox 7, Scorpions 6**

Pirates prospect Josh Harrison, who scored five runs and fell a triple shy of the cycle Tuesday, went 3-for-4 with two doubles, two runs and an RBI to pace Mesa. It marked Harrison's third straight game with at least three hits and two extra-base hits. The Solar Sox bullpen combined for 7 1/3 scoreless innings. Charles Blackmon (Rockies) hit a two-run homer and a ground-rule double. Bryce Harper (Nationals), the top overall '10 pick, went 0-for-4 with two strikeouts.

#### **Javelinas 5, Desert Dogs 4**

Blue Jays farmhand Adam Loewen, who'd played in just three games since the beginning of the AFL season, belted a three-run homer to lead Peoria. Wednesday's home run was his second in 16 AFL at-bats. Mariners right-hander Josh Lueke (1-0) recorded his first save of the season. Dodgers prospect Ivan De Jesus had two hits and three RBIs and Brandon Laird (Yankees) hit his third Fall League longball, an eighth-inning solo homer, for Phoenix.