

LETTER FROM THE TEAM

Hey Fans!

We are halfway through the season and we've been having a blast! This season we've already seen some incredible moments on and off the field. Though our record didn't finish the first half where we'd hope, we are excited for what's to come.

The first three months saw a lot of excitement including a pair of walk-offs, some mammoth home runs, and tense victories. More importantly, it saw the fans and the community join together and have fun enjoying the game of baseball. We saw our largest crowds since 2018 and have had several fantastic giveaways and fireworks shows. We've seen Lynchburg rally together and join in celebrating the Hillcats as they fought through the first half. Let us be the first to tell you, we are thankful for you!

In the second half, you can expect more of the great gameday experiences you've come to love! We continue to be dedicated and strive to bring you the best baseball experience possible. Our staff is energized and motivated to help you fall in love with baseball, either as a renewal of your passion or for the first time. This month we'll host our youth baseball camp to help kids experience to joys of our beautiful game. We'll also have our silver sluggers nights which allos those who've loved the game and the city for a long time to re-engage with it in a fresh way. On top of that, we'll have plenty more giveaways and fireworks shows and, of course, baseball.

So won't you join us this July? We'd love to have you at Bank of the James Stadium this month. And if you see one of us in a Hillcats polo, please come say hello. We'd love to get to know you by name.

Sincerely, The Lynchburg Hillcats







GET TO KNOW PARKER MESSICK

As the second round of the 2022 Major League Baseball draft wound down, left-handed pitcher Parker Messick's phone began to ring.

If the call was from his agent, he knew exactly what the call was about. As he read the caller ID, Messick's suspicions were confirmed. His agent informed him the Cleveland Guardians would be selecting him with pick number 54.

With family and friends gathered around him in his grandparents' house, Messick laid out hats from the next five teams in the draft instead of telling everyone what ballclub would be selecting him. After the call, his loved ones knew the pick was imminent, but Messick didn't want to spoil the surprise and thrill of the moment.

"I jokingly would lean towards the hat that was about to be called even though I knew it wasn't me," Messick said.

With a room full of phone cameras tracking Messick, everyone was anxiously waiting to hear his name. It would only take a couple of minutes before the Guardians were on the clock. As Messick's name was read, the room erupted with cheers and shouts of joy.

Soon after the draft, Messick headed out West to the Guardians' player development complex in Arizona. He said he was grateful to have been picked by Cleveland with their track record of developing their pitchers.

According to this year's MLB Pipeline Poll, an overwhelming majority (46%) of MLB executives voted the Guardians as the team who develops the best pitchers. The second closest team was the Los Angeles Dodgers at 11%.

Messick said he has been learning more about the analytical side of baseball since being drafted. He said his time with Cleveland has allowed him to better understand his pitching style.

"You have to learn that side of the game in order to know what pitches to throw and when to throw them," Messick said. "Or, you know, what's my best off-speed pitch in a two-strike count to a righty versus a lefty? So, you just really learn about yourself as a pitcher."

Messick credited the Cleveland pitching staff as he believes there has been a vast improvement in his mechanics since last summer. He said his ability to execute in different situations on the mound also improved after his time in Arizona.

While Messick said the Guardians' and Lynchburg Hillcats' development staffs have been factors in advancing his game, he emphasized the importance and role of Jimmy Belanger, his pitching coach during his time at Florida State University.

"He just let me be who I was," said Messick. "He kind of just let me embrace that and then just kind of taught me how to control it to where I could help my teammates and my friends on and off the field."

Belanger referred to his former pitcher as a servant leader. He said Messick was always willing to help his teammates develop their physical and mental approach even if it meant less downtime for him.

"He had such pull with our guys because he worked harder than anybody on our staff," Belanger said. "So, if he got on you about working, there was weight behind it."

Belanger was hired as the pitching coach at Clemson University last summer. When the Tigers were on the road facing Coastal Carolina University this year, Messick happened to be staying in the same hotel as his former coach. The Hillcats coincidentally were amid a series against the Myrtle Beach Pelicans.

The two quickly organized breakfast plans to catch up after realizing their proximity.

Messick explained everything to Belanger. The intense schedule and new post-game recovery routine were just a few topics of discussion. Belanger emphasized how Messick's work ethic and maturity set him apart from his peers who might not take the profession quite as seriously.

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"He's on a mission," Belanger said. "He's not satisfied just being a second-rounder. He knows what his goal is. The finish line for him is getting to Cleveland and having a big-league career, not just getting to the big leagues. So, he'll do it."

At the end of the Hillcats' series in Myrtle Beach, Messick was named Carolina League Pitcher of the Week for week six of Minor League Baseball. In a 5-1 win over the Pelicans on May 10, Messick pitched 7.0 shutout innings and allowed for just one hit.

While there is only a small sample of Messick's pitching at the single-A level, his performances have still been very impressive. On top of a couple of other dominant showings, Messick's WHIPWalks and Hits Per Inning pitched has decreased every month, 1.54 in April and 0.87 in May.

He has only given up 13 extra base hits this year. He's also notched 47 swinging strikeouts in just 42 innings.

If Messick's time in Lynchburg and his two full seasons at Florida State is a remote indication of what his future holds, he has the potential to become a stellar ace.

Messick put up video game-like numbers at Florida State. In his redshirt freshman season with the Seminoles, he became just the second player in Atlantic Coast Conference history to win Freshman of the Year and Pitcher of the Year honors in the same season. He went 8-2 with 126 strikeouts in 90.0 innings pitched with a 3.10 Earned Run Average.



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As a member of First Team All-ACC his sophomore year, Messick ranked fifth in Division I with 144 strikeouts in 98.2 innings and finished 7-5 with a 3.38 ERA. He finished his career with the best strikeout-to-walk ratio in Florida State history, striking out 289 batters and walking just 43 times through 200.1 innings played.

On top of playing summer ball for Team USA's Collegiate National Team, the Seminoles also made it to two NCAA Tournaments during Messick's time in Tallahassee.

Messick said plenty of distractions and high expectations were present playing for a renowned program like Florida State. He emphasized the importance of his faith and how it paved the path for him to succeed at the highest level.

"God has put me in this position," Messick said. "I'm just going to play for him and then he's going to take care of everything. Like, don't get distracted with the stuff that could pull you away from doing what God's made you to do."

Belanger said he saw Messick always make himself available to teammates to help them grow in their faith and other areas of their lives. On top of Messick growing in his faith, Belanger said he saw the physical, mental and bullpen routine improvements in his first full season at Florida State.

"The guys that do that in college, when they take ownership of what they're doing, that's when you see the leaps and bounds in development," Belanger said. "They're not relying on a coach to have him tell him everything to do."

With an arm that can throw four different pitches for strikes and a determination to continue building out his game, Messick's baseball career likely won't stop in Lynchburg. While he said he occasionally will golf at London Downs or Ivy Hill with his teammates, he understands he won't be receiving a day off until his retirement rolls around.

"You realize that this is what you're doing for your career," Messick said. "You kind of have to separate the game from your life at home, and you kind of really just learn how to play baseball and live life all at the same time."

REMEMBERING DAVE ELMORE

Remembering the Legacy of David Elmore: A Visionary and Inspirational Leader

Palm Dessert, CA - It is with deep sadness that we announce the passing of David Elmore, a visionary entrepreneur, and a cherished member of the professional sports community. Dave leaves behind an immense void in the world of business, philanthropy, the Olympics, and his profound impact on professional baseball and hockey. He will be remembered not only for his remarkable achievements, but also for his unwavering commitment to these sports and their global significance.

Dave Elmore created the Elmore Sports Group, a conglomerate of Minor League Baseball teams, professional hockey clubs, facility, concessions and special event management companies. David Elmore's passion for professional baseball was exemplified through his ownership of numerous minor league teams across the country. His entrepreneurial spirit and dedication to sports transformed communities and brought the joy of baseball and hockey to fans of all ages.

As the founder and owner of several minor league baseball teams, including the Eugene Emeralds, Colorado Springs Sky Sox, Rocky Mountain Vibes, Inland Empire 66ers, Amarillo Sod Poodles, San Antonio Missions, Idaho Falls Chukars and Lynchburg Hillcats, David Elmore established a lasting legacy in the world of sports. Through these teams, he created opportunities for aspiring players, entertained countless fans, and contributed to the growth and development of the sport. He was inducted into the Pacific Coast League and Texas League Halls of Fame and was recognized as King of Baseball in 2016.

Beyond his involvement in professional baseball, David Elmore's visionary leadership extended to various sports ventures. Dave Elmore had a passion for hockey, owning the Utah Grizzlies and the Idaho Falls Spud Kings. Dave along with his wife, Donna Tuttle, moved the Grizzlies from Denver to Utah, and aided West Valley City in the development of the Maverik Center in Salt Lake City, a state-of-the-art sports and entertainment arena which hosted the 2002 Winter Olympics. This multi-purpose facility became a hub for sporting events, concerts, and community gatherings, providing an unforgettable experience for attendees and contributing to the local economy.

As we mourn the loss of David Elmore, let us also celebrate his profound contributions to professional baseball, the sports industry, and the Olympic movement. His visionary leadership, unwavering commitment, and entrepreneurial spirit have left an indelible mark, igniting the passion for sports in communities and fostering a legacy of excellence and inclusivity.



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LYNCHBURG PARTNER5 WITH 76

The Lynchburg Hillcats and 76° Fuel are excited to announce a new season-long partnership that will help fans save money and enjoy Hillcats baseball throughout the season.

For every Thursday night home game for the rest of the 2023 season, the first 200 fans who show proof of a 76° Fuel receipt and having downloaded the 76° Fuel Forward App will receive free admission to that night's home game.

Fans will be required to show proof of receipt and the mobile application when arriving at the box office on the night of the game.

As part of the partnership, 76° will become the Official Fuel Sponsor of the Lynchburg Hillcats.

The partnership between Motiva 76° and the Lynchburg Hillcats also encompasses a 76° Night sponsorship to take place on July 6th, 2023. The 76° Night will allow the first 760 fans who show proof of having downloaded the app will receive free admission to the game along with early entry to watch pre-game batting practice.

The Hillcats and 76° will also have several nightly promotions including nightly seat upgrades and a Throwing Gas Strikeout Inning.

Fans can purchase tickets for all games at Lynchburg-hillcats.com or by visiting the box office at Bank of the James Stadium.



NFL DREAM5, MLB POTENTIAL

Until the end of his junior year of high school, Hillcats outfielder Guy Lipscomb always envisioned himself playing college ball, just not college baseball. He believed one day he would be on the gridiron, instead of where he ended up, on the diamond.

"I liked football a lot more," Lipscomb said.

Spending just three months out of the year playing baseball until he entered college, Lipscomb spent the rest of his days practicing football. Lipscomb's original hopes of playing college football were high as he was a competent wide receiver, quarterback, running back and safety throughout high school. However, by the end of his junior season, he still hadn't received any offers.

While Lipscomb did have another year left to be recruited, it was time to put those ambitions to rest for a little bit. He embarked upon his annual hiatus from football, otherwise known as baseball season.

Lipscomb ended up having a tremendous spring with Franklin High School. He earned Defensive Player of the Year honors and was named All-District all while batting .304. By the end of Lipscomb's dominant junior season, he had garnered interest from one school for baseball, and it was just right down the road from his home.

Dave Jarvis, Belmont University's Head Coach, was introduced to Lipscomb through his own son. Jarvis' son happened to play on Franklin High School's football team with his future center fielder.

Lipscomb's competitive nature and elite athleticism drew Jarvis in before he ever formally met him. He said a multitude of intangibles, some even stemming from his football skills, created a high ceiling for the level of player he believed Lipscomb could become.

"I saw a lot of speed," Jarvis said. "I saw a lot of strength. I saw dynamic explosiveness as an athlete. That was something that I liked a lot. And then of course, as I got to know him, I felt like hey, this guy is a perfect fit."

Lipscomb committed quickly to Belmont once Jarvis and his staff offered him. With the Bruins' campus only about 30 minutes from his home, Lipscomb called the decision a no-brainer.

"I was kind of lucky it was the first offer," Lipscomb said. "You know, it was the only offer."



After an impressive sophomore season at Belmont, Lipscomb was selected by the Cleveland Guardians with pick 151 in the 2022 Major League Baseball Draft. Soon after the draft, he headed out West to train at the Guardians Player Development Complex in Arizona.

Lipscomb said he saw improvement in his batting abilities after his time in Arizona. He believes it has carried over and translated to his time with the Lynchburg Hillcats.

"The main focus was my back hip and learning how to coil and create tension and then, how to carry that tension forward," Lipscomb said. "it's helped my power, my impact quality."

Since joining the Hillcats this spring, Lipscomb has a batting average of .278. After notching an AVG of .304 last month, he credited the recent success to adjustments he made to his batting form going into his sophomore year at Belmont. To improve his swing, Lipscomb looked to videos of Los Angeles Angels center fielder Mike Trout, whose swing is widely regarded as one of the best in the game.

"We worked a lot on my upper half, my hands getting more on-plane," Lipscomb said. "We did a lot of blast stuff. My hands were lower on the bat my freshman year. I could really only get to certain pitches with a zone, and I couldn't make good solid contacts to all parts of the zone. But then it just all clicked my sophomore year."

Aaron Smith, Belmont's Associate Head Coach, also served as the team's batting coach. He worked with Lipscomb to extend his bat path to be more on-plane with the ball. Smith said as Lipscomb flattened his bat path, his margin for error increased, as did the sheer force he could hit the ball with.

"All of a sudden you started to see more contact, more solid contact," Smith said. "Then there was that ability for him to have some over-the-fence type power."

After a disappointing first year hampered by injuries and COVID-19 restrictions, Lipscomb's off-season work did not go to waste. He helped lead the Bruins to their first-ever Ohio Valley Conference Championship en route to 39 wins, which tied the Belmont record for wins in a season.

Lipscomb etched his name atop the Belmont stolen base record book in impressive fashion. While batting .406, the sophomore All-American would go on to steal 42 bags, shattering the previous Belmont record of 30. It has been over a decade since a Division I player has stolen at least 40 bases while also hitting at least .400.





Smith described Lipscomb's ability to steal bases as gutsy. He said his former speedster would create a feeling of helplessness for opposing coaches trying to figure out a practical way to defend Lipscomb.

"They practically would plant a defender on second base, just not wanting him to be able to steal the bag," Smith said. "And the pitcher was looking at him, the infielders are standing there on the base, and he still steals it."

When reflecting on Lipscomb's two years with Belmont, Smith said while Lipscomb could be a quiet person sometimes, his inviting personality would foster an emotional connection with just about any of his teammates.

"People gravitate towards him," Smith said. "He is a fun-loving person to be around. He kind of has that infectious attitude and it brings people into the conversation and people just want to be around him. It's not like a boisterous attitude by any means. But just somebody that comes from the heart when he speaks, and he wants to be around you."

Aside from his minor disdain towards the overused joke made regarding his last name in the same breath as the Belmont-Lipscomb University rivalry, Lipscomb looks back on his collegiate career rather fondly.

"Because it worked out, I wouldn't change a thing," Lipscomb said.

While his draft buzz did arrive later than most, Lipscomb's remarkable sophomore campaign propelled him to the fifth round of the MLB Draft. Ever since he was assigned to Lynchburg, the Tennessee native has been quite the impressive prospect.

The former OVC Player of the Year continues to demonstrate that he can and will steal the bag when the opportunity arises. Lipscomb ranks second in the Carolina League in SB with 35 and has a .390 OBP. He even has helped to push the Hillcats atop the league in SB, as they lead all teams with 151.

Lipscomb has 33 RBIs and 50 hits on the season. He believes there is plenty of untapped potential that could go towards improving his swing.

"I have a lot more power in the tank," Lipscomb said. "I think sometimes I cut myself off, you know, I don't give myself credit, like, it's in there. "I just have to find out how to use it. I don't just have to be a slap hitter or a singles guy, I can drive it into the gaps."

Lipscomb even recently hit his first home run of the season in the Hillcats' 7-4 win over the Kannapolis Cannon Ballers a couple of weeks ago.

With Lipscomb's impressive level of play sustaining itself almost halfway through the regular season, he seems poised for a strong finish to his first year. Jarvis said Lipscomb's athleticism, competitiveness, character and work ethic are all attributes he sees in athletes competing at the highest level.

"A tremendous athlete with an extremely high IQ, or quotient, for the understanding of the game, and then, he's a tremendous competitor," Jarvis said. "And I think when you take those things and put them together, I think that he could play in the big leagues. I really do."

Stronger starts here.





Lynchburg & Forest Locations. Walk-Ins Welcome Convenient Evening and Weekend Hours

Monday - Friday 8 a.m - 7 p.m. Saturday & Sunday 10 a.m - 5 p.m.

orthovirginia.com

434.485.8500

2023 PROMOTIONS

- 4.11 DPENING DAY | MAGNET SCHEDULE GNEAWAY SPONSORED BY, NAME OF THE LAMES 4.15 - LED 140TH SIRTHCAY I, FIREWORKS & T-SHIRT O VEAWAY Sport of the transmission of the transmission of the - COLLEGE NIGHT 1 STUDENT DISCOUNTS. 4.28 - BARK IN THE PARK I DOO BANDANA OMEAWAY I STHOTODOS. SPONSIONED BY: PETZ BOWDOWS AND DAVIDANC & MITCH SAUN STATE FARM 4.23 - DOPA WEEKEND LEIBEWORKS 5.16 - FOSTER CARE WENT SPEAKS BEEFY INTERCIPTING AT 5.18 - AVIATION AND AEROSPACE NIGHT SPONSIBLED BY LANDARIA STREE THAT A REVEY & BOA AND REDUCTIONS. 5.19 - PINK OUT THE PARK 1 PINK 1-SHIRT OLVEAWAY SPERIORED BY CENTRA ALAMIS VENISOR RECEIVAL CONDER CENTER. 5.20 - STAR WARSINGHT LIBREWORKS 5.21 - PARTON VE MOHT PROCESSION ASSESSMENTS 6.1 - STEAM NEHT STORAGE BY FIRST REDWORT CORRECTOR - HELLO TO SUMMER | COCLER ENVERMANT | \$1 HOTDOES
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- 7.2 FAMILY BBD
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- 7.4 INDEPENDENCE DAY 1 FIREWORKS
- 7.6 NOTHING NIGHT
- 7.6 THROWBACK THURSDAY
- 7.7 BEACH TOWEL GIVEAWAY
 - SANSARAD IN DISA CALA

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- 7.8 FAITH AND FAMILY NORT | FIREWORKS SPERGERE IN CENTRAL VERSION FOR 7.20 - DAY OF THE DEADS MIGHT 7.21 - LUAU MIGHT | CUP GIVEAWAY SPOROPEE BY FOREST HELE MODODATICS 7.22 - WARGAAITAVILLE NIGHT | FIREWORKS 8.10 - HUNTERSFOR HUNGRY 8.11 · FIRST RESPONDERS APPRECIATION T-SHRT GMEAWAY SPONSORED BY, HIGH PEAK SPORTSWEAR 8. 12 FREWORKS 8.24 - HERO N BHT Synochel by Mann Clynn, W 8 25 - DEFENDERS OF THE DIAMOND 8.26 - KICKOFF TO FOOTBALL | FIREWORKS 9.7 - TRICK OF, TREAT AT THE BALLPARK 9.8 - COUNTDOWN TO CHRISTMAS DOLY SWEATER OVERWAY Sporse redev. Even of the Aves 9.9 - GODDEVE TO SUMMER I FIREWORKS
- SPORCED EXCROMENTS HEATING AND AR



SIGN UP FOR THE YOUTH BASEBALL CLINIC

It's that time again! The Lynchburg Baseball Corp. will be conducting the 33rd annual Youth Baseball Clinic at Bank of the James Stadium on Friday, July 21st and Saturday, July 22nd from 9:00 am - 12:00 pm. Boys and girls ages 6-14 are invited to attend and will receive quality instruction while learning the fundamentals of baseball from local coaches.

Participation fee: \$125 per child. (\$100 for Southpaw Kids Club members & season ticket holders)

- Each child is required to bring his/her own bat, glove, cap, bag lunch, water bottle, and workout clothing.
- Each child will receive a clinic t-shirt and one complimentary GA ticket to the Hillcats baseball game on Saturday, July 22nd
- Lunch from Jersey Mike's will be provided to campers on Saturday, July 22nd.
- Parents are encouraged to stay and watch the clinic from the stands.

Registration is not guaranteed until payment has been received by the Hillcats. Please download, complete, and email the registration form to hallred@lynchburg-hillcats.com. For more information, please call (434) 528-1144 x 8122.



SOUTHPAW'S FUN ZONE





