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A Full-Circle Journey: Jack O'Dowd's Life Around the Colorado Rockies

For Jack O'Dowd, some of his earliest baseball memories came from inside the Colorado Rockies organization.

As the son of former Rockies general manager Dan O'Dowd, he grew up around Major League players, spring training facilities, and the daily routines of professional baseball.

Those experiences shaped his love for the game, but they also taught him what it takes to succeed at the highest level.

Now pursuing his own career on the field, O'Dowd is learning to turn those childhood lessons into opportunities of his own.

"I think my earliest memories go back to spring training in Tucson," Jack O'Dowd said. "That's kind of where I started to really get around the clubhouse, spend time around the players."

When the Rockies moved their spring training operations to Salt River Fields, those experiences became even more meaningful. As he grew older, Jack began practicing at the facility every day, giving him more opportunities to observe professional players up close.

Spring training quickly became his favorite time of year, offering a more relaxed environment where he could spend time with the players and learn from their preparation.

"I started to get to an age where I was practicing every day at the facility and basically got to spend every day, all day here in spring training," O'Dowd said. "It was always my favorite time, because I just got to spend so much more time around the players, and it was a little more relaxed."

Two players, in particular, left a lasting impression.

Troy Tulowitzki, the former Rockies shortstop and five-time MLB All-Star, developed a relationship with Jack that continued as he grew into a player himself. Later, playing for Tulowitzki at the University of Texas strengthened that connection. Tulowitzki's work ethic provided an example he could carry into his own career.

Todd Helton, one of four former Arizona Fall League players to be inducted into the MLB Hall of Fame, offered another model. Watching the former Rockies first baseman work in the batting cage and prepare for at-bats helped shape Jack's understanding of hitting.

"He was such a complete, amazing hitter that I always tried to kind of model how I hit after him my whole life," O'Dowd said.





His childhood also included a front-row seat to one of the most memorable periods in Rockies' history. Colorado's 2007 postseason run, which culminated in the franchise's first National League pennant, became a defining memory. From long nights in the office to deadline strategies, watching his father's work exposed him to the demands of building a professional organization.

"I got a firsthand seat that not a lot of people did," he said. "How hard it is to build a team, to build a winning culture, and to get everybody to buy in."

He saw the hours and sacrifices required behind the scenes, lessons that became more meaningful as he pursued his own playing career. Despite the advantages of growing up around professional baseball, Jack knows his background does not guarantee that same success.

"Although I'm very grateful for my dad and the opportunities that I've had around the game, I've really had to carve out my own path, and I've had to go out there and perform."

That responsibility carries meaning now in the organization that helped shape his childhood. After one season in the independent Frontier League with the Billings Mustangs in 2025, Jack got the call that offseason that the Rockies were interested in signing him to a minor league free agent contract. The moment brought together years of memories and the opportunity to begin a new chapter.

"It was a full-circle moment," O'Dowd said. "It was surreal in many ways because this is the team that I grew up around."

In the Arizona Fall League, back playing at the same spring training complex where he grew up learning the game, Jack is soaking it all in while taking the next jump in his career.

While climbing the ranks, O'Dowd hopes to be a part of building the same success his father had two decades ago.

"Personally, I really want that to happen again," O'Dowd said. "And obviously, I hope to be a part of that and impact that in some way."

For Jack, the Rockies represent more than the organization that allowed him to play professionally. They connect his childhood memories, the lessons he learned from his father, and the career he is building.

After watching his father craft a team to its pinnacle, he has the opportunity to help shape what comes next.

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