

= Kyle Kendrick =

Kyle Rodney Kendrick ( born August 26 , 1984 ) is an American professional baseball pitcher in the Los Angeles Angels of Anaheim organization . He has played in Major League Baseball ( MLB ) for the Philadelphia Phillies and Colorado Rockies . He was born in Houston , Texas , but attended high school in Mount Vernon , Washington . While growing up , he was greatly influenced by his father , from whom he developed his composure when pitching . Upon graduation , he turned down a scholarship to play college football , instead signing a contract to begin his professional baseball career in the Phillies ' organization . After a slow ascent through the lower levels of the Phillies ' minor league system , he made his MLB debut in 2007 , and was a member of the starting rotation of the 2008 World Series Champion team .

Subsequently , he was demoted to the minor leagues to develop secondary pitches . From 2010 until 2012 , his role on the big @-@ league squad frequently fluctuated , but overall , was an underrated member of the pitching staff , according to several writers . Nevertheless , he drew the ire of Phillies fans , who were tired of his inconsistency during the course of his career . After a successful 2012 campaign , however , he firmly implanted himself in the Phillies ' starting rotation before the 2013 season . Again in 2013 , though , he was inconsistent , and entering 2014 , some suggested he should be traded to another team .

His pitching style is characterized by his poise on the mound that allows him to " go with the flow " of the game . He predominantly throws a sinker , and mixes in some secondary pitches in which he lacks confidence . He is married , has two children , and lives in Snohomish County , Washington during the offseason .

= = Early life = =

Born in Houston , Texas , Kendrick was a three @-@ sport standout in football , basketball , and baseball at Mount Vernon High School in Mount Vernon , Washington . Throughout his adolescent athletic career , it was Kendrick 's father Maury from whom Kendrick drew guidance and direction , particularly on how to conduct oneself during a game . Maury advised Kendrick to show as little emotion as possible when pitching , and is the one from whom Kendrick draws his composure while pitching . Kendrick and his father discuss pitching before and after every one of Kendrick 's starts , which Maury watches from Seattle , Washington , and in 2013 , Maury was part of the Phillies ' Fathers Day celebration , a celebration of his guidance of Kendrick .

= = Professional career = =

= = = Philadelphia Phillies = = =

= = = = Minor leagues : 2003 ? 2006 = = = =

The Phillies drafted Kendrick in the seventh round of the 2003 Major League Baseball Draft , which made Kendrick reject a football scholarship offer to Washington State University . He began his career in the lower levels of the minor league system , and struggled mightily . A feature article in Phillies magazine noted ,

His first three seasons , in the Gulf Coast League , and various Class A stops , weren 't encouraging . He was a combined 10 ? 28 with a 5 @.@ 27 ERA ( earned run average ) . He allowed 356 hits in 286 @.@ 2 innings . There were some steps forward , some steps back

Early in his career , many within the organization questioned his work ethic and maturity , which they thought may have contributed to his underachievement . In 2006 , however , the Phillies " patience was ... rewarded " ; pitching for the Lakewood BlueClaws for the third consecutive season , he earned Phillies Minor League Pitcher of the Month accolades for May , thus warranting a

promotion to the Clearwater Threshers . In 20 starts with Clearwater , he posted a 3 @. @ 53 ERA , among the best in the Florida State League . This performance as well as the fact that he spent significant time working out and focusing on mechanical improvement allayed the previous fears of poor work ethic . Ultimately , 2007 would be his last in the low levels of the Phillies ' minor leagues , as he began the season with the Double @- @ A ( AA ) Reading Phillies , and finished it with the big league club .

== == Breaking through : 2007 ? 2009 == ==

Despite several options at Triple @- @ A ( AAA ) , when Freddy García got hurt , Pat Gillick promoted Kendrick to the major leagues , which drew skepticism , as Kendrick was just 22 years old , and had not pitched particularly well for Reading . However , according to Steve Noworyta , Phillies assistant director of player development , Kendrick 's " mound presence and his maturity " , as well as the fact that " nothing really seemed to bother him " contributed to his promotion . His MLB debut came on June 13 against the Chicago White Sox at Citizens Bank Park . He pitched six innings and gave up three runs , receiving a no @- @ decision in an 8 ? 4 Phillies ' victory . He pitched the second game of the 2007 National League Division Series against the Colorado Rockies , which the Phillies lost , en route to being swept in the series . He finished the season with a 10 ? 4 win ? loss record and a 3 @. @ 87 ERA in 121 MLB innings pitched . He came in fifth place , ultimately losing to Ryan Braun , in 2007 National League Rookie of the Year Award voting .

Before the 2008 season , Kendrick was a victim of an " elaborate practical joke " executed by Brett Myers that had Kendrick convinced he had been traded away to Japan . During the season , Kendrick 's performance slipped ; he posted a 5 @. @ 49 ERA in 30 starts . Despite his relative ineffectiveness , the Phillies won the 2008 World Series , and though he was left off the postseason roster , Kendrick received a World Series ring and co @- @ authored a diary from the series . Phillies pitching coach Rich Dubee attributed the decline to hitters discerning that Kendrick threw predominantly a sinker , and almost always in the strike zone , thus fostering predictability for hitters . As such , he spent the majority of the 2009 season in the minor leagues , working on developing his change up , which proved to be an arduous process . Ultimately , after learning a new grip from Justin Lehr , he had a eureka moment during a bullpen session in 2009 ; he developed the pitch , and made it back to the major leagues " for good " near the conclusion of the season .

== == An undefined role : 2010 ? 2012 == ==

The Phillies acquired Roy Halladay prior to the 2010 season , and during spring training , Kendrick sought the mentorship of Halladay , whom he aspired to emulate during his high school career . Halladay willingly obliged , and teammates endearingly referred to Kendrick as " Little Roy " due to the amount of time he spent working with Halladay . Despite initially losing a competition for the fifth spot in the Phillies starting rotation during spring training to Jamie Moyer , an injury to Joe Blanton thrust Kendrick into the fifth spot in the Phillies rotation , the fourth consecutive year during which he had held that role for at least a short time . After a decent first half of the 2010 season ( at the end of June , he had a 4 ? 4 record with a 3 @. @ 23 ERA ) . Kendrick was briefly demoted to the Lehigh Valley IronPigs ( AAA ) , but did not make any starts there , as Moyer 's season ended due to injury , causing Kendrick 's recall . Overall , he earned 11 wins , which tied a career high , and started 31 games , which set a new career high , while , in total , posting an 11 ? 10 record with a 4 @. @ 73 ERA in 1802 ? 3 innings pitched . Pat Gallen , editor in chief of Phillies Nation , opined that Kendrick 's performance indicated he would never exceed being an average , " run @- @ of @- @ the @- @ mill starting pitcher " , who would never exceed that role . At the conclusion of the season , Kendrick and the Phillies avoided salary arbitration by agreeing to a one @- @ year , US \$ 2 @, @ 450 @, @ 000 contract .

Kendrick 's inconsistency continued in 2011 , when he " flip @- @ flopped between the rotation and the bullpen all season " , performing as a spot starter and long reliever . His starts came during injuries to Blanton and Roy Oswalt , the latter of whom was a member of the " phour aces " that

comprised the front @-@ end of the Phillies ' starting rotation ( Oswalt , Cliff Lee , Roy Halladay , and Cole Hamels ) . When making those spot starts , he was able to " keep the team in the game " . During the season , he improved against left @-@ handed hitters , performed strongly against divisional opponents , and posted a career @-@ best 3 @.@ 22 ERA . Overall , he totaled 34 appearances , 15 of which were starts , and recorded an 8 ? 6 record in 1142 ? 3 innings pitched . Again eligible for arbitration , this year , he signed a one @-@ year , US \$ 3 @,@ 585 @,@ 000 pact with Philadelphia .

Once again , Kendrick was not a member of the opening day starting rotation , as Blanton and Vance Worley rounded out the final two spots after Hamels , Halladay , and Lee . However , once again , he joined the rotation due to injury , this season to Worley . He was a member of the rotation from the end of April to the beginning of July , in a relief role until the beginning of August , and then in the rotation for the remainder of the season . Ultimately , Kendrick started 25 games of a career @-@ high 37 appearances . He was especially strong after the all @-@ star game , posting a 3 @.@ 15 ERA and nine wins , the latter of which was tied for first in the National League . He also continued his success against NL East teams , posting a 3 @.@ 25 ERA against them . Though he had much success , he remained inconsistent , playing " the role Dr. Jekyll and Mr. Hyde personified " ? in 17 of his starts , he allowed two or fewer earned runs , and posted a combined 1 @.@ 73 ERA in those starts , while in the eight starts during which he surrendered more than two earned runs , he posted a 10 @.@ 40 ERA .

= = = Middle @-@ of @-@ the @-@ rotation starter : 2013 ? 14 = = =

Thanks to his strong finish in 2012 , Kendrick entered spring training assured of a spot in the Phillies ' Opening Day starting rotation for the first time in five years and spent his first full season exclusively a member of the major league starting rotation . His 2013 season took the opposite trajectory of his 2012 campaign ; he held a 4 ? 1 record with a 2 @.@ 47 ERA in his first eight starts , while he posted a 6 ? 12 record with a 5 @.@ 65 ERA in his final 22 starts . Some suggested that because Kendrick is a contact pitcher ( i.e. , he focuses on getting outs via batters hitting the ball rather than striking out ) , his career @-@ worst batting average on balls in play indicated horrendous defense was the primary reason for his downturn , not necessarily poor pitching . However , both were likely contributing factors . On September 18 , he was scratched from his scheduled start due to right rotator cuff tendinitis , which may have contributed to his poor pitching down the stretch . It was the first time in Kendrick 's career he missed a start due to injury . He had initially planned on making his next start , but the Phillies announced on September 20 that Kendrick had been shut down for the remainder of the season after receiving a second opinion on the injury . The team placed him on the disabled list for his first career stint and Zach Miner took his spot in the rotation . Overall , he posted 10 ? 13 with a 4 @.@ 70 ERA in 182 innings pitched .

At the conclusion of the 2013 season , there was suggestion that the Phillies should re @-@ sign Kendrick insofar as he would serve as a useful player to trade around the trade deadline for a prospect or two , as durable , mediocre starters are always in demand around that time . Contradictorily , one scout suggested that because he throws strikes with great frequency and has a propensity to induce groundballs , he would be a strong value option for the Phillies . Ultimately , the Phillies agreed with the latter , and signed him to a one @-@ year , US \$ 7 @,@ 675 @,@ 000 contract in the final year before he is eligible to be a free agent . Kendrick preposterously struggled all season in the first inning , entering his final home start of the season with a 9 @.@ 31 ERA in the first inning . Overall , he pitched a career @-@ high 199 innings , but posted a 4 @.@ 61 ERA , second @-@ worst among qualifying NL starting pitchers . The prevailing consensus was that despite a sentimental attachment to Philadelphia , generally being liked by Phillies ' fans , and solid contributions to the back of the Phillies ' rotation since arriving in the major leagues , he was unlikely to return to Philadelphia for 2015 , but would be a " smart pickup " by a contending team .

= = = Colorado Rockies = = =

Kendrick signed a one @-@ year deal with the Colorado Rockies on February 4 , 2015 . He was later named the Rockies ' opening @-@ day starter for the 2015 season .

= = = Atlanta Braves = = =

On December 31 , 2015 , Kendrick signed a minor league contract with the Atlanta Braves . In addition , Kendrick received a non @-@ roster invite to spring training . He was released on March 12 , 2016 .

= = Pitching style = =

When Kendrick was first promoted to the major leagues , he relied almost exclusively on a sinker , but as he became more predictable , he had to adjust by adding pitches , including the changeup , cutter , and curveball that now comprise his repertoire . He throws from a slightly deceptive , deliberate windup , and his sinker ranges anywhere from 87 miles per hour ( 140 km / h ) to 93 miles per hour ( 150 km / h ) . He lacks requisite confidence in his secondary pitches , however , which contributes to batters being able to consistently make solid contact against him .

Although they have improved throughout his career , Kendrick has had poor peripheral statistics , including WAR , FIP and BABIP . Because he manages to stay competitive on the mound and do his job , most assert that the poor peripheral statistics do not matter for him . When pitching , he maintains constant equanimity and seeks to avoid showing emotion , a trait he learned from his father and has embodied since playing Little League Baseball . He credits his composure as the reason he is able to consistently " go with the flow " , and avoid being flustered , even in adverse situations .

= = Personal life = =

In 2009 , Kendrick became engaged to Survivor contestant Stephenie LaGrossa . They were married at the Silverado Resort in Napa , California , on November 13 , 2010 . Kendrick and LaGrossa had their first child , a daughter named Sophia Marguerite on September 3 , 2011 , and their second child , a son named Kyle Jr . , on July 30 , 2013 . In March 2011 , his home was burglarized ; among the stolen items was his World Series ring . Subsequently , the ring was found in a swampy area of Bothell , Washington , by Snohomish County Sheriff 's deputies . His pitching intro music is " Radioactive " by Imagine Dragons . Among his hobbies are golf and fantasy football .