

Ce site utilise des cookies provenant de Google afin de fournir ses services, personnaliser les annonces et analyser le trafic. Les informations relatives à votre utilisation du site sont partagées avec Google. En acceptant ce site, vous acceptez l'utilisation des cookies.

EN SAVOIR PLUS OK!

Stimulating, provocative, sometimes whimsical new concepts that challenge traditional baseball orthodoxy. Copyright Kenneth Matinale



Kenneth Matinale

Follow

Nice guy. Have some blogs. Do baseball research.

[View my complete profile](#)

All City: [New York](#) (16) [Attendance](#) (16) [Conduct](#) (296) [Constitutional](#) (38) [Hall of Fame](#) (74) [Home/Road](#) (87) [Jackie Robinson](#) (18) [Mickey Mantle](#) (114) [Philosophy](#) (325) [Righty/Lefty](#) (90) [Rules](#) (229) [Safety](#) (27) [Salary Cap](#) (22) [Stats](#) (672) [Tactics](#) (76)

Monday, August 11, 2014

Nolan Ryan, Tom House and steroids.

Nolan Ryan could have been using steroids and other performance enhancing drugs (PED), not just late in his career, but also in the 1970s. Tom House "estimated that six or seven pitchers per team were at least experimenting with steroids or human growth hormone".

Nolan Ryan: born: January 31, 1947 in Refugio, TX 5,386 innings 1966-1993

Tom House: born: April 29, 1947 in Seattle, WA 536 innings 1971-1978

Tom House was the Texas Rangers pitching coach 1985-1992. Nolan Ryan was three months older and far more experienced and accomplished in pitching when he joined the Texas Rangers in 1989 at age 42. What the heck could Tom House teach Nolan Ryan about pitching?

Ryan had already started his strike out (SO) comeback at age 40 by leading the National League in 1987 and 1988 in Houston. Ryan led American League in 1989 and 1990 (age 43). In 1991 Ryan led the AL in SO per 9 innings (SO9) at age 44.

Maybe Tom House just helped extend Ryan's comeback. Some facts about Tom House:

- used steroids while pitching in the 1970s
- coached Ryan in Texas 1989-1992
- credited by Ryan in Ryan's 1999 Hall of Fame acceptance speech
- in 2005 admitted using steroids in the 1970s.

Tom House is also noted for:

- becoming a pitching coach guru with many videos
- catching **Hank Aaron**'s record breaking 715th home run; House was Aaron's teammate (1971-1974) and caught it in the Braves bullpen; see:

[Those 1973 Atlanta Braves: was there something in the water?](#) Tuesday, August 31, 2010

*The great Hank Aaron hit 40 homers in 1973 in only 392 at bats at age 39. 1973 was Aaron's personal best in AB/HR: 9.8. Second best: age 37, 10.5 AB per HR. Aaron entered the 1973 season with 713 career home runs, one short of **Babe Ruth**'s record. Aaron hit his career high for a single season at age 37, the same as **Barry Bonds**, in 1971 with 47 in only 495 at bats.*

http://en.wikipedia.org/wiki/Tom_House

*House became the pitching coach for the Texas Rangers in 1985, during which time he was notable for his work with Nolan Ryan. During Ryan's induction into the Baseball **Hall of Fame** on July 25, 1999, he credited House as a positive influence on his career, saying:*

*"While I was [with the Rangers] I was very fortunate to have a pitching coach by the name of **Tom House**. And Tom and I are of the same age and Tom is a coach that is always on the cutting edge. And I really enjoyed our association together and he would always come up with new training techniques that we would try and see how they would work in to my routine. And because of our friendship and Tom pushing me, I think I got in the best shape of my life during the years that I was with the Rangers." [5]*

[Former pitcher Tom House describes past steroid use](#) 5/3/2005 usatoday.com

Former major league pitcher Tom House used steroids during his career and said performance-enhancing drugs were widespread in baseball in the 1960s and 1970s, the San Francisco Chronicle reported Tuesday...

... he and several teammates used amphetamines, human growth hormone and "whatever steroid" they could find in order to keep up with the competition.

"I pretty much popped everything cold turkey," House said. "We were doing steroids they wouldn't give to horses. That was the '60s, when nobody knew. The good thing is, we know now. There's a lot more research and understanding." ...

House, 58, **estimated that six or seven pitchers per team were at least experimenting with steroids or human growth hormone.** He said players talked about losing to opponents using more effective drugs.

"We didn't get beat, we got out-milligrammed," he said. "And when you found out what they were taking, you started taking them." ...

"I'd like to say we were smart, but we didn't know what was going on," he said. "We were at the tail end of a generation that wasn't afraid to ingest anything. As research showed up, guys stopped."

SABR bio:

Having surpassed 40, Ryan lost essentially no velocity on his fastball and still had the big breaking curve he had learned from [Tom Morgan](#) in California. In addition, as an Astro he added to his repertoire a more effective changeup taught him by former Cincinnati pitcher [Joe Nuxhall](#); Ryan later put a circle change learned from scout Red Murff into the mix...

Going into Ryan's final season in Houston, [Pete Rose](#) made a stronger statement: "At the age of 41, Nolan Ryan is the top power pitcher in the league. You can talk about [Dwight Gooden](#), you can talk about [Mike Scott](#), you can talk about whoever you want, but none of them throw as consistently hard as Ryan does."

Ryan continued smoking pitches past hitters years after his contemporaries had retired thanks to a training regimen developed by Gene Coleman, Houston's strength and conditioning adviser. Adhering to the doctor's weightlifting, running, exercise, and stationary bicycling program, Ryan maintained the body of a man 20 years younger...

The game's oldest player devised daily offseason workouts that lasted up to five hours. During the season, on nights he pitched, Ryan rode a stationary bicycle for at least 45 minutes after the game. Between starts, baseball's bionic man spent more than two hours every day lifting weights, running, and biking. Rangers pitching coach Tom House said of his star pupil, "He's still throwing hard because he does what it takes to prepare himself. He's like the mailman. Nothing keeps him from making his rounds in the weight room." ...

In February 2008, Ryan was named president of the Texas Rangers ...

The science behind the artistry of Nolan Ryan involved the full utilization of his body and mind, knowing when to accept instruction and when to follow his own instincts.

The SABR bio does not include the word steroid, not even to refute the idea that Ryan used PED.

[Nolan Ryan, power pitcher into his 40s. Did he use steroids?](#) Saturday, August 9, 2014

[Nolan Ryan: more on possible steroid use.](#) Tuesday, August 31, 2010

How come no one challenges Nolan Ryan? He played long enough to have used steroids. His longevity is suspicious. [Jose Canseco](#) has admitted using steroids during his MVP season of 1988. Ryan played from 1966 through 1993 (age 46). Ryan and Canseco were even teammates in Texas for 22 games in 1992 and for 60 games in 1993. Ryan's final seasons leading the league in strike outs were at the ages of 40, 41, 42, 43. His previous age as league strike out leader was 32. Ryan went seven years without being strike out king until he recovered the touch in 1987 at age 40. Ryan pitched a record seven no hitters at these ages: 26, 26, 27, 28, 34, 43, 44. This anecdotal evidence is completely ignored. Did Nolan Ryan use banned and/or illegal stuff to enhance his performance? I have no idea but I find it odd that the steroid zealots have such narrow vision.

Rank	Player (yrs, age)	Innings Pitched	Throws
1.	Cy Young+ (22)	7356.0	R
2.	Pud Galvin+ (15)	6003.1	R
3.	Walter Johnson+ (21)	5914.1	R
4.	Phil Niekro+ (24)	5404.0	R
5.	Nolan Ryan+ (27)	5386.0	R
6.	Gaylord Perry+ (22)	5350.0	R
7.	Don Sutton+ (23)	5282.1	R
8.	Warren Spahn+ (21)	5243.2	L
9.	Steve Carlton+ (24)	5217.2	L
10.	Pete Alexander+ (20)	5190.0	R

Rank	Player (yrs, age)	Strikeouts	Throws
1.	Nolan Ryan+ (27)	5714	R
2.	Randy Johnson (22)	4875	L
3.	Roger Clemens (24)	4672	R
4.	Steve Carlton+ (24)	4136	L
5.	Bert Blyleven+ (22)	3701	R
6.	Tom Seaver+ (20)	3640	R
7.	Don Sutton+ (23)	3574	R
8.	Gaylord Perry+ (22)	3534	R
9.	Walter Johnson+ (21)	3509	R
10.	Greg Maddux+ (23)	3371	R

Statistic Description: 9 x SO / IP For recent years, leaders need 1 IP per team game played; Minimum of 1000 IP

Rank	Player (yrs, age)	Strikeouts per 9 IP	Throws
1.	Randy Johnson (22)	10.6098	L
2.	Kerry Wood (14)	10.3174	R
3.	Pedro Martinez (18)	10.0398	R
4.	Nolan Ryan+ (27)	9.5481	R
5.	Max Scherzer (7, 29)	9.5415	R
6.	Tim Lincecum (8, 30)	9.5034	R
7.	Trevor Hoffman (18)	9.3608	R
8.	Clayton Kershaw (7, 26)	9.3601	L
9.	Sandy Koufax+ (12)	9.2775	L
10.	Oliver Perez (12, 32)	9.2685	L



1975 Topps Tom House baseball card

Posted by [Kenneth Matinale](#) at 9:11 AM

Labels: [Conduct](#)

14 comments:



RecoverRingJunkKeys Puget Sound Money Hound said...

Shame on you for accusing Nolan Ryan of steroid use on the basis that he knew a guy who used them. If I seen you and I was Nolan Ryan I would give you the Robin Ventura treatment for throwing my name out there because I had a great career.

Thursday, August 21, 2014 at 8:05:00 AM EDT



Shan Oakley said...

I second the previous comment. You deserve the Robin Ventura treatment. This article borders on slander. Nolan Ryan is one of the classiest men ever, in the world of baseball. You are despicable.

Sunday, August 24, 2014 at 2:19:00 AM EDT



Kenneth Matinale said...

You two morons should read the other posts referenced on Ryan.

1. I never actually stated that Ryan used steroids, just that there was plenty of anecdotal evidence.
2. Tom House stated that half the pitchers in the 1970s, including him, were experimenting with PED.
3. The Ventura reference shows that you are as unsportsmanlike as Ryan who beat nice-guy Ventura who took offense at Ryan's head hunting.

Nice photo. You both look like assholes.

Sunday, August 24, 2014 at 7:31:00 AM EDT



Christian Camlin said...

Interesting info. Based on this I would almost have to say that it is possible that Nolan Used PED's. We can be fairly certain that he like all of the players from his era used greenies and other amphetamines. And though I would need more data to back it up there are 2 periods in his career where he affected a turn around so fast that it is hard not to wonder about him. His first season with the Angels he suddenly went from the hard throwing under achiever he was with the Mets to an all World pitcher with a 2.28 ERA and 300+ K's. You of course discuss his late career transformation. It certainly would tie up a lot of the loose ends surrounding his career. Stamina and longevity are not proofs of steroid use they were playing in an era when more than half the players in the game were willing to try anything if they thought it would work. Jim Bouton among others mentions this in his book Ball 4. It might have been him though I am not sure who said that if a player were given a pill and told it would make him 50% better but his life would be cut 20 years shorter the average ball player would take the pills and ask for more. Nolan's mention of Tom House in his Hall of Fame speech is suspicious to say the least. The words about being cutting edge and Training regimens sound coded to me. But we are dealing with a generation of people that worship Nolan Ryan. They not only see him as infallible but Believe Ryan was the best pitcher to ever pitch. Truth is Ryan was often not even the best pitcher on his own team. With the Mets Seaver was certainly a better pitcher. With the Astros both Don Sutton and J.R. Richard were better pitchers. Richard of course suffered that stroke which ended his career at it's peak entering his prime. Certainly Carlton, Palmer, Gaylord Perry, Greg Maddux, Tom Glavine and other were better at getting people out and winning games. But he is seen as Saint Nolan Ryan by many in this age. And they will be furious if you even imply that their idol is human in any way. Without time machines or an admission we will never know. But I wish those in the Hall who did use would admit it so we can go about adding guys like Clemens and Bonds to the Hall. Excellent post hope to read more.

Thursday, September 18, 2014 at 10:42:00 AM EDT



Shan Oakley said...

It's good that you let your anger out, Mr. Matinale. Bully for you! It ain't healthy to hold in your anger. Now, are you still going to write slanderous articles? When Nolan Ryan pounded Ventura, Ryan was defending HIS mound. Ventura charged Ryan and got disciplined over it. All in all, pretty sporting of Ryan to teach the kid a lesson. By the way sir, you're a hell of a good writer. Oh, I expect you not to post this comment, it's probably damaging to your fragile ego. I do reiterate: You're a damn good writer, just hold off on slander.

Thursday, September 18, 2014 at 11:17:00 PM EDT



Kenneth Matinale said...

My guess is that Ryan won't sue me for slander because of what might come out in discovery. But, please send him my posts and encourage him to do so.

Ventura is/was a nice guy. Ryan wasn't and probably isn't. You should read my current posts on HBP.

Friday, September 19, 2014 at 8:00:00 AM EDT



Movie Fan said...

I agree with you - Nolan Ryan is definitely not above suspicion. In many ways Ryan was a better pitcher in his 40s than he was throughout his 20s. He also didn't lose much velocity toward the end of his career despite having pitched over 5000 innings.

Take away the heat and Ryan would have been a very average pitcher, so it would not surprise me at all if he chose to juice himself up to stay strong and healthy, particularly as he got further and further into his career.

Tuesday, April 14, 2015 at 2:52:00 AM EDT



Buggy Helix said...

I've been saying this same thing for years. I believe N. Ryan is the player that Canseco references when he says that there is already a steroid user in the Hall of Fame. He was a known crony of Rodger Clemens who we all know used 'roids later in his career. Clemens knew powerful people and threatened Jose Canseco if he named him in his first book. Canseco passed two independent lie detector tests proving this. This could also be the reason for not just coming out and naming Ryan as the guy. Seeing as how Ryan had friends as powerful as presidents (G.W. Bush) Ryan's muscle mass in his mid-forties dwarfed what it was in his 30's! Also for the boneheads who think it was neat to see a 'roid-raging Nolan Ryan (who was a known bean-baller - a practice that has murdered people) beat up Ventura, you should see the fight in 1980 when Dave Winfield absolutely rag-dolls your precious Nolan Ryan and

beats his ass!

Thursday, April 30, 2015 at 3:25:00 PM EDT



Icecreamforcrowtoo said...

He is not above suspicion, I agree. Almost no one is in Major League Baseball. But understand that circumstantial evidence is just that--circumstantial. But I do wonder, myself.

Steroids aside...

Ventura charged the mound. What was Ryan supposed to do? Stand there and let Ventura hit him? I don't care if Ventura is a "nice guy" or not, if he charges the mound like that and I'm standing on it, I'd do the exact same thing Ryan did. Good grief.

Sunday, May 31, 2015 at 3:17:00 AM EDT



oldmanmoses said...

what the article doesn't say is that Ryan was one of the first to incorporate weights into his regimen. He was a regular workout partner of Tom House. Sorry, he was using something. It was not just morning workouts, especially with his diet. This is not a knock on Ryan but just a fact./ He had to keep his weight training a secret for a long time. He was a teammate and pupil of my favorite pitcher of all time Tom Seaver. But Seaver made the comment one night in the clubhouse to his teammates that you do whatever you have to, you find a way to get that extra 10 to 20 ft to hit a home run.

Sunday, August 2, 2015 at 10:03:00 AM EDT



oldmanmoses said...

what nobody is understanding is that House and Ryan were workout partners each and every morning. Ryan was already well versed in weight training as well as House. This is not a knock on Ryan but where there is smoke there is fire. This was the era of greenies in the clubhouse by the bowl full. Everyone was trying different things. Ryan and House were close. His mentor Tom Seaver once said that you have to find a way somehow to get that extra 10 or 15ft to get the ball over the fence. That is a really strange statement. And Seaver is my all time favorite pitcher. Dont just dismiss the fact that Ryan was on. Its more probable then not. His body went to shit after he retired.

Sunday, August 2, 2015 at 10:12:00 AM EDT



AndyM said...

Not sure that the speed of Ryan's fastball in his 40s is especially good "evidence." Contrary to what was posted by some here, Ryan still throwing in the high 90s represents losing between 5 to 10 mph vs his prime.

Tuesday, June 27, 2017 at 6:17:00 AM EDT



david craig said...

I also have long wondered about ryan. Aaron and gwynn are two others I am highly suspicious of due to late career surges

Friday, December 22, 2017 at 9:10:00 AM EST



Kenneth Matinale said...

Those 1973 Atlanta Braves: was there something in the water? Tuesday, August 31, 2010
<http://radicalbaseball.blogspot.com/2010/08/those-1973-atlanta-braves-was-there.html>

Home Run Proficiency: Aaron, Johnson, Evans 1973. Wednesday, January 2, 2013
<http://radicalbaseball.blogspot.com/2013/01/home-run-proficiency-aaron-johnson.html>

Friday, December 22, 2017 at 10:14:00 AM EST

[Post a Comment](#)

Links to this post

[Create a Link](#)

[Newer Post](#)

[Home](#)

[Older Post](#)

Subscribe to: [Post Comments \(Atom\)](#)

Featured Post

[Designated FIELDER, 8 batters! Now that's entertainment!](#)

The original Radical Baseball document written June 9, 2006 contains six items, including: Designated Fielders and the Six-Player

Batting...

Search Radical Baseball

Search

Radical Baseball Archive

August 2014 (47) ▾

Popular Posts last 7 days.



[Catchers: squat to give signs, then stand to receive the pitch? Is that the evolution?](#)

This is the third post since late March on this with new anecdotal evidence. Catchers once stood upright and roamed the earth much like th...

[Mantle & Maris still only teammates to hit 50 HR.](#)

Two days ago the Yankees had their annual old timers event before the regular season game. I was disappointed that the 1961 Yankee team wa...

[1961 Yankee OPS+, WAR rank among peers.](#)

See the previous post for the 2016 Yankees, which prompted this follow up for one of the legendary Yankee teams of the past, one which, desp...



[Ted Williams in 1954 second in home runs, which should qualify him for HR Rate.](#)

Qualifying for leading in a rate or average stat should be based on opportunities, such as at bats (AB), or accomplishments, such as Hits fo...



[Trout and Pujols are not Mantle and Maris, not even Ruth and Gehrig.](#)

Yesterday on MLB Network someone said that Mike Trout and Albert Pujols had a chance to be like Mickey Mantle and Roger Maris, teammates who...



[Home Run Proficiency Career](#)

Babe Ruth In 1895, the year Babe Ruth was born, 6' 3", 220 pound Roger Connor at age 37 hit 8 home runs (HR) for St. Louis i...

[New York Team Attendance: 1903-2010](#)

Written March 2011. Click this link to view the entire document. Here is a summary: Attendance will be evaluated per game ... Fol...

[MVP from losing teams: Mike Trout and five others, one twice \(Ernie Banks\).](#)

Yesterday the Most Valuable Player (MVP) awards were announced: American League (AL): Mike Trout , Angels 74-88 National League (NL): Kri...

[Most MVP awards in starting lineup.](#)

During yesterday's Yankee game they displayed the starting lineup for the debut of Mickey Mantle on that date, April 17, in 1951. Most...



[MVP in black and white 1949 \(Jackie Robinson\) to 2015.](#)

USA born black players are shown with a black background. Country is where the player was born. In 1949 Jackie Robinson of the Brooklyn Dod...

Awesome Inc. theme. Powered by [Blogger](#).

Live Baseball Scores

[LiveScores](#)

Baseball Live Scores, Results, Standings:

[Baseball24](#)