



Beltran Holds Baseball Clinic For 50 Harlem Kids

By Dan Miller



Carlos Beltran gives batting and fielding instruction to a group of Harlem RBI members at Shea Stadium.

More than 50 youngsters from the Harlem RBI Club traveled to Shea Stadium in Queens to participate in a personal baseball clinic led by Mets centerfielder Carlos Beltran. The participating kids were also the Mets' guests for the afternoon game on Thursday, August 7 in which the Mets defeated the San Diego Padres 5-3 in a 12:10 p.m. start.

Beltran greeted the kids who had anxiously awaited him in the Mets bullpen with a big smile. He began by talking about the importance of education, doing well in school and being a good family and community member. Beltran was straight and to the point. "Don't waste your time. Do your best all the time," he said to

the kids who idolize him as one of their modern-day heroes.



Carlos Beltran demonstrates the proper way to bunt the ball.

Beltran then went on to the serious business of baseball. He demonstrated the proper way to hold a bat when attempting to get a hit as well as when attempting to bunt. He showed the kids how he stands in the batter's box and how he tries to cover the plate with his bat. He explained that he wants to feel balanced when coming up to bat. While Beltran is better known for making one-handed catches in the outfield, he explained that it is far better to catch balls with two hands to be sure to make the catch. Each child received personal one-on-one instruction on batting, bunting and fielding from the Mets' star outfielder.

Other Mets players waved to the kids as they passed through the bullpen on their way to the Mets clubhouse. Carlos Delgado, Mets first baseman, was easily recognized by the kids and received some big smiles and high fives.



Carlos Beltran poses with a group of Harlem RBI members following the personal baseball clinic he held for them in the Mets bullpen.

Beltran thanked the kids for coming to Shea for the clinic, "I enjoyed it very much," he said. "Harlem RBI is a 17-year-old community organization that started in East Harlem, New York, where we took [over] a couple of abandoned ballfields," Harlem RBI Club Executive Director Richard A. Berlin explained. "It has since grown into a thriving youth development program. All of our kids play on baseball and softball teams and Carlos [Beltran] happens to be our honorary commissioner. So we are out here getting our kids special access to the Mets star centerfielder."