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## *Al Worthington*



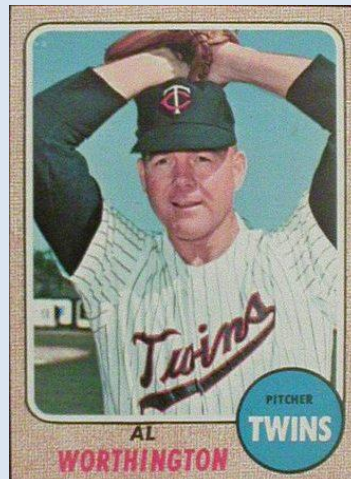
Al shuttled between the New York Giants and the minors in 1953, '54 and '55. Worthington was one of the premier relief pitchers in baseball after he joined the Minnesota Twins midway through the 1964 season. The 1965 Twins had many strong-willed men on the roster, but no one was more unwavering in his ethics than Worthington. He once opted to pitch in the minor leagues rather than ignore the fact the Chicago White Sox were cheating by stealing the signs of the opposing catcher.

In late July of 1965, the Twins' starter began to wobble for a stretch. Worthington pitched six times in seven days, earning three wins and three saves as he allowed no earned runs.

Al Worthington had never appeared in more than 55 games a season before 1965 and that workload occurred in 1957 when he was 28 and transitioning from a starter into a relief pitcher. But he worked 65 games in 1965. He

was 36. From that season until he was 40, Worthington averaged 57 games a year. It was his habit to throw sidearm early in the season, when he didn't feel he had his good stuff, and then he began to use more of an overhand delivery as the season progressed. In 1966, when he was 37, he began to throw a knuckleball more in games, although he had worked with that pitch for years.

Worthington sold life insurance after retiring as a player in 1969 before becoming the Twins' pitching coach in 1972 under manager Bill Rigney. Rigney and Worthington had been teammates on the Giants in 1953.



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