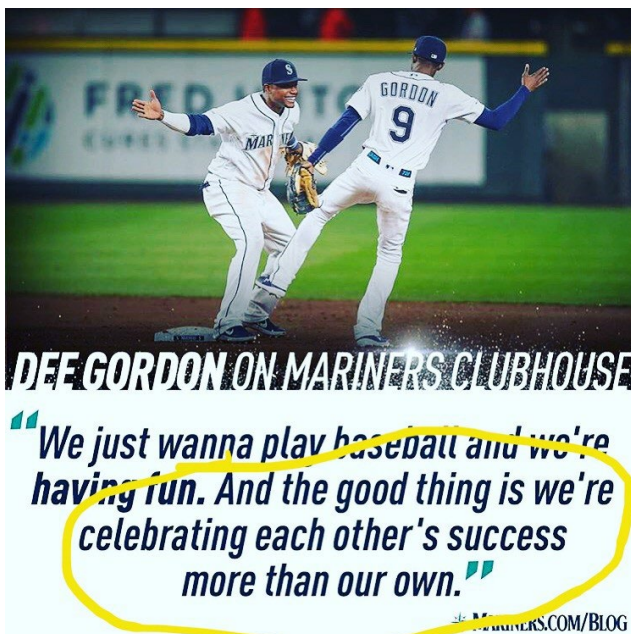
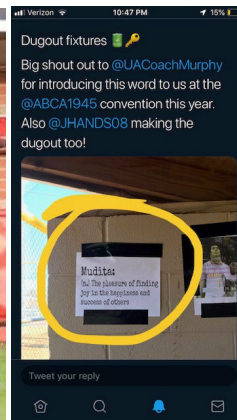
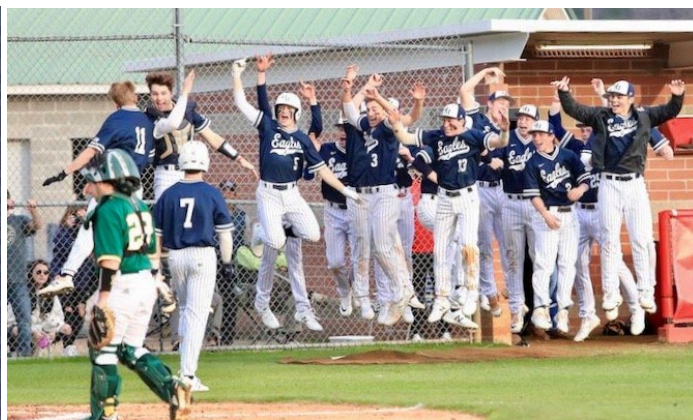


MUDITA Nebraska Coaches Clinic, July 2022

Patrick Murphy, Alabama Softball, pmurphy@ia.ua.edu @UACoachMurphy Twitter/Insta

“To Change A Heart, You Must Touch That Heart First”



Anatomy of a Teammate

https://www.youtube.com/watch?v=g_iM05vVP84

Help the Helper by Pritchard and Eliot

The New Kid, Matt Duffy and Casey McGehee, Players Tribune

<https://www.theplayerstribune.com/articles/matt-duffy-giants-the-new-kid>

Caroline Hardy, 2019 WCWS

<https://twitter.com/NCAASoftball/status/1135334658906812416>

Tyler Manoa, UCLA linebacker, Aug 2019 (good juju)

<https://www.dailynews.com/2019/08/16/video-tyler-manoa-explains-ucla-footballs-newest-motto/>

Kelly Kretschman/Haylie McCleney, May 2021

<https://twitter.com/yankeekk12/status/1393395237276377090>

Charlie Morton, Oct 2021 (11:25 – 13:50 mark)

https://www.youtube.com/watch?v=l_5rTACLLiI

Mike White/Zack Wilson, NY Jets, Oct 2021

<https://twitter.com/snyjets/status/1455205386307395591>

Dansby

<https://twitter.com/Cut4/status/1454658712233291778>

Excerpt from **The New Kid** by Matt Duffy

But the lesson that's meant the most to me came from Casey McGehee.

Casey was the Giants' starting third baseman this season, signed last December to replace Pablo Sandoval. I made the team out of spring training as his backup.

Right from the start, Casey took me under his wing. He taught me something every day: a tip here, a pointer there. Really — every day, with Casey, I learned something new. Even on his off days, when I'd play for him, he'd help me from the bench: scout for me; talk me through things; adjust my positioning depending on how a batter was swinging.

When Casey began to struggle, my name appeared in the starting lineup more and more. And still he coached and mentored me.

On May 26th, we were in Colorado to play the Rockies. It was a couple of hours before the game. Casey tapped me on the shoulder.

"Step into my office," he said, leading me to a storage closet in the Rockies' visiting clubhouse. He shut the door. I thought he was just giving me another pointer, or maybe I did something wrong that I hadn't realized.

Then I saw he had tears in his eyes.

I thought, "Oh, no." I knew immediately.

"Hey, they're sending me out," he said. "I just want you to understand that this isn't your fault. You did what you were supposed to do — which is to force the issue. And you did that. You shouldn't feel bad. You did great. When I was a rookie in Milwaukee, I took Bill Hall's job — and I felt bad for a month. Probably more. I don't want you to do that. That's important to me. Do not feel bad for one second."

I didn't know what to say.

It was a stunning gesture. In that moment, he had shown me what true generosity and selflessness looked like. He had lifted a huge weight off my shoulders: This amazing thing had happened to me ... and I didn't have to feel guilty.