

Joey Wendle '12

Please provide your biographical information.

I grew up in Lincoln University, PA and graduated from Avon Grove High School in 2008. I came to West Chester University because I had an opportunity to play for the baseball team, it was close to home and I had always enjoyed the West Chester area. Once at WCU I chose to major in Exercise Science, Pre Physical Therapy.

What made you go into Exercise Science?

I chose my major because I know how helpful a good physical therapist can be! After an injury in high school it was the work of a dedicated physical therapist that helped me get back on the field in a timely manner. I hope to one day pursue this profession and improve the quality of people's lives through physical therapy.

What is your official title and what are your responsibilities in your current position?

Second baseman with the Oakland Athletics. Hit. Field. Throw.

How has recently being called up to the MLB impacted your life?

Being called up to the Majors was an incredible experience. It has been a goal of mine practically since I could hold a baseball bat. Other than when, where, and who I play for though, my life is pretty much the same. I have been fortunate enough to play baseball as a living for the past five years and my daily routines have been the same.

What is a typical day like at work?

Well assuming that we are playing a 7:05 game, I usually arrive at the ballpark between 12:30 and 1:00. I grab a small bite to eat in the clubhouse, get warmed up on a bike, stretch, foam roll and do any activation exercises that might be necessary for the day. I lift weights two or three days a week. Next I would make my way to the batting cage to do my hitting routine. This includes hitting off of a tee, front flips from a hitting coach, and drills. During this time we would have video available of the opposing starting pitcher, which I would study to see the pitchers arm angle, pitch tendencies and any other info that might be useful. Following the cage work I head to the field and get some early defensive work. This includes various drills as well as anything specific that I would like to work on with the infield coach. From infield work I would have some down time to get ready for batting practice on the field. As a whole team we stretch and hit on the field off of a coach throwing from behind a screen. When not hitting I take ground balls from the coach and work with the other infielders to turn double plays, throw to first or work on a specific play. After BP I head back into the clubhouse to eat again, relax and get ready for the game. Around 6:40 I take

the field to stretch and at 7:05 is time to “Play Ball”. Typically baseball games last about 3 hours long so after we play, (hopefully a win) we eat...yet again and get cleaned up to head home!

What do you enjoy doing in your free time?

In my free time I enjoy being outdoors, exploring whatever city or part of the country that I am in. I also like to fish, hike, and hang out with my wife, family and friends.

Where do you see yourself in five years?

Hopefully in five year I am still playing baseball!

What advice would you give to a current student who aspires to follow in your footsteps and pursue a similar career path?

I would tell a student/player in my situation to make every effort to take advantage of the opportunity that is presented to them. In addition to that, I would tell them that you never know who is paying attention or what someone might be looking for, so play and act like a scout or coach is always watching you.

How has your WCU education contributed to your success?

My experience at WCU has helped me in my career because I am able to apply the knowledge that I learned in school directly to my profession. As an exercise science major I am able to take my knowledge of the human body to better train myself and stay healthy. Over the course of a 162 game season the little things that you do to take care of your body make a big difference and my education at WCU has prepared me to do those little things.

What do you consider to be your greatest accomplishments (both personally and professionally)?

Professionally my greatest accomplishment was getting called up to the major leagues.

What's your favorite memory from when you were a student at WCU?

My favorite memory as a student at West Chester was winning the College World Series in 2012.