



# The London Free Press

IN WEDNESDAY'S PAPER

People You Know! Read Meredith Clarke's latest society column in the print edition and online



Wednesday, 23 July, 2008 Subscribe News Research Centre Place a Classified Ad Advertise

Partly cloudy 17°C

FULL CONDITIONS



- Home
- News
- Local News
- Blogs
- Videos
- Opinion
- Columnists
- Today
- Sports
- Beijing 2008 - Local Focus
- Sport Index
- Golf Guide
- High School Sports
- Hockey
- London Knights
- Motorsports
- Soccer
- Western Mustangs
- Other Sports
- Business
- Classifieds
- Photo Galleries
- Your Sports
- Your Music
- Citizen One
- Our Five/Your Five
- WEEKLY
- Wheels Auto Seller
- Jobboom Careers
- See Our Daily Advertisers
- Homes
- Home Seller
- Travel
- Summer Destinations

## SPORTS OTHER SPORTS

### Majors can count on Palmer to go the distance

Wed, July 23, 2008

#### INTERCOUNTY BASEBALL: London's pennant chase remains unresolved

By RYAN PYETTE

Email Print Write Size: A A A

Share: + Help



Josh Palmer will be on the mound when the London Majors begin the playoffs on Sunday. He intends to still be there when the game ends.

Odds are good it'll happen. The unbeaten 21-year-old native of Bewdley (near Port Hope) has started eight games for the Majors this season and has finished seven of them.

This is a guy who likes to get the job done.

"I always go into a start thinking I'm going to finish it," the right-hander said. "That's a big thing. There is a pitch count I'm on. Roop (manager Roop Chanderdat) will tell me, 'Josh, you're at 90 pitches' or 'you're at 110,' but I try not to even listen it.

"Whatever it is, I'll just say, 'Roop, I'm fine. Let me get back out there.' "

Palmer's seven complete games are impressive -- even if a couple were reduced to seven innings due to a series of doubleheaders on the schedule.

Individually, he's put the bullpen to bed more times than every other Intercountry Baseball



AZ DRIVER

Marketing & Sales Coordinator

Employment Support Counsellor/Facilitator

Routes Available- Exeter

WANTED registered



Canoe Klix

Business Name

City

Find a Business

Find a Person

ADVERTISERS

- Announcements & Events
- Automotive
- Education
- Financial Services
- Food & Entertainment
- Health & Wellbeing
- Home Furnishings
- Miscellaneous
- Real Estate
- Retail Shopping
- Service
- Sports & Leisure
- Travel
- Advertiser Directory

ABOUT YOU

- Health

SPECIAL SECTIONS

- M Magazine
- Summer Destinations
- Home Magazine
- Driving Green
- Outdoor Living
- Success Stories
- Sifton Properties



OUR SERVICES

- Place an Ad
- Contact Us
- Subscribe
- Become a Carrier
- Newspapers in Education
- Your Newspaper
- General Comments
- Terms and Conditions
- Privacy Statement
- General Contest Rules

ON CANOE.CA

- Horoscopes
- Lotteries

League pitching staff except for the well-armed Oshawa Dodgers, who have eight complete games.

The Majors are the leaders with 12, thanks also to the efforts of Adam Echlin (four) and Ryan McGorman (one).

The only thing London (27-9) hasn't been able to wrap up is its first regular-season pennant in 20 years. The Majors needed the Oshawa Dodgers to win in Guelph last night to avoid a one-game playoff, but the game was rained out and is rescheduled for tomorrow night.

If the Royals win, they'll be at Labatt Park on Friday at 7:30 p.m. for the tie-breaker.

London's Pierre Melville-Deschamps (5-1) is in line to get that start so Palmer can do his Roy Halladay impression against either Kitchener or Hamilton on Sunday at 1 p.m.

Halladay, the Toronto Blue Jays ace, leads the big leagues in complete games and Palmer has been watching closely. He studied the Doc's delivery and started incorporating it as a way to get deeper into games.

"He's a guy I looked up to for a long time and I know he's their workhorse and I watched him closely and studied the way he pitched," Palmer said. "I completely changed my mechanics (as Halladay did years ago when he was sent back to the minors).

"He has an easy throwing style and he generates most of the power with his legs, which is what I'm trying to do."

It's working. Palmer has been on a roll. He beat the Brantford Red Sox last Friday 2-1 and allowed just three hits in nine innings.

"It's been going well -- I've pitched a three-hitter and a four-hitter in the last few starts," he said. "We're ready for the playoffs and we want to take advantage of the season we've had. I'm going to start Game 1 and then be ready for a Game 4 or 5 depending on how it goes."

When Palmer is on the mound, the Majors can draw a straight line to their Oklahoma Baptist University connections. Palmer, entering his junior season with the Bisons, is pitching to college teammate Mason Reilly -- the Majors starting catcher -- and Christian Ruiz is backing him up in centre field.

Oklahoma Baptist's manager is named Bobby Cox, although he isn't related to the Atlanta Braves skipper. Like the Majors, the Bisons count on Palmer to give them a lot of quality innings.

"The NAIA is one of the better conferences in U.S. college baseball and he (Cox) has 998 career wins," Palmer said. "I'd love to be the one who gets him to 1,000 but we'll see -- whatever's best for the team.

"I think the last year at school really helped me. Before, I would get rattled a little bit if I put a couple of guys on and got in trouble. I don't do that anymore. Now, I just keep pitching and sticking to my

Advertise!

**Stocks info**

Get info on stock quotes and news. Search from 14 search engines in 1.

**Promote Effectively with AKLAM**

The best choice to make so your clients will remember you!

**For All The Good Stuff**

MP3 Player, Plasma & ACL Tv, Home theater, digital still cameras

**Search colleges in Canada**

Discover colleges near you. Local search for top colleges in Canada.

**Best mortgage rates**

Compare 500+ Rates From banks & brokers

- [E-Cards](#)
- [Crosswords](#)
- [TV Listings](#)
- [Canoe Auctions](#)

game."

It has turned him into one of the IBL's most reliable hurlers. The Majors know every time he's on the mound, they have a great chance of winning.

**GET NEWS LIKE THIS AND MORE DELIVERED TO YOUR DOOR** **CLICK HERE**  
 London Free Press home delivery for **only 50¢ a day**

### Sports Headlines

[Dancevic out of magic](#)

## Majors can count on Palmer to go the distance

[Riders push through Alps into France](#)

[Baseball Briefs](#)

[Lind leads Jays slugfest](#)

[Fore The Record](#)

[Canadians on tour](#)

[Craigowan tale of 2 names](#)

[Field full in race to be flag-bearer](#)

[TV personality worth weight in gold](#)

[Diving](#)

### SPORTS NEWS

#### Big reach to Big 3


The step up from No. 24 to No. 3 proved to be just a bit too steep for Canada's No. 1- ranked tennis player, Frank Dancevic.

[FULL STORY](#) [More at SLAM!](#)

- [Beijing to set up protest zones in parks](#)
- [Etiquette guide posted in Beijing](#)
- [Dice-K shuts down Mariners](#)
- [Diamondbacks rout Cubs](#)

Powered by **canoe.ca**

As Advertised in the London Free Press



**Dorchester Ins.**  
 (Miscellaneous: DORCHESTER INSURANCEBROKERS LTD)

[VIEW AD](#) [DETAILS](#)

[See All Miscellaneous Ads](#)

[Home](#) | [News](#) | [Opinion](#) | [Today](#) | [Sports](#) | [Business](#) | [Classifieds](#)

[Place an Ad](#) | [Subscribe](#) | [Become a Carrier](#) | [Your Newspaper](#)



Daily Newspapers ▼

[Send a Letter to the Editor](#)

[CANOE home](#) | We welcome your [feedback](#).

Copyright © 2008, [Canoe Inc.](#) All rights reserved.

Proprietor and Publisher - The London Free Press,

P.O. Box 2280, 369 York Street, London Ontario Canada N6A 4G1