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New York Mets third baseman J.D. Davis runs to first during the fifth inning of a baseball game against the Cleveland Indians Wednesday in New York. MARY ALTMAN/AP

Anatomy of a hot streak

An in-depth look at J.D. Davis' day, study habits

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THE RECORD NETWORK - NEW JERSEY

NEW YORK — When reflecting on the hottest stretch of his young career, J.D. Davis pointed to a Miguel Cabrera quote as somewhat of a philosophy. Detroit's Cabrera, one of the game's best hitters over his time, said something like this, per Davis: "Everybody gets hot. But I'm going to stay hot longer."

"Everybody gets hot during the season," Davis said. "But if you can stay locked in mentally for a longer period of time than, say, the other dude, you're going to have more success."

Davis acknowledges it sounds cliché and simple. But over 302 games, it can be quite difficult. There are inevitably many down to a game of failure, and those can doubt an athlete's confidence. He sees guys who throw away at-bats or are late on pitches because they are not mentally sharp consistently. That's why he stresses he remains "locked in" in the days and weeks prior. Whether it be during a lay at-bat or at home, where he often

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