

Humility is the true key to success. Successful people lose their way at times. They often embrace and overindulge from the fruits of success. Humility halts the ignorance and self-indulging trap. Humble people share the credit and wealth, remaining focused and hungry to continue the journey of success.

Rick Pitino

This story begins like many stories about a number of different players. I met Matt Duffy on the baseball diamond when he was 12 years old. He was trying out for a new AAU team based in his hometown. I had been coaching at the AAU level for 2 years. I was on my way to Costa Mesa, California, but I told the coaches I would stick around and help choose the new team before I left. The tryouts were full of talented players and several stood out. There were 2 outfielders that I clearly remember and a tall shortstop. The tryouts went well, and the team was picked. I informed the coaches that the tall shortstop is pretty good, but he is going to end up playing third base. He won't play short, he isn't quick enough. The tall short stop was Matt Duffy, from Milton Mass. Matt went on to play in the nationals with the South Shore Spartans AAU Program. He did not stop there. He went to St. Sebastian's High School and the accolades continued:

- St. Sebastian's Baseball Varsity Baseball 2003-2007 Boston Globe All Scholastic 2007, ISL League MVP 2007
- University of Vermont 2008-2009 Freshman All American 2008, First Team All-League 2009, League MVP 2009, American East Player of the Year 2009, First Team All ECAC 2009, PingBaseball.com All American 2009
- University of Tennessee Baseball 2010-2011
- 2011 Drafted (20th round) Houston Astros
- 2014 Promoted to Triple A Fresno Grizzlies
- Named 2015 Pacific Coast League Most Valuable Player
- Promoted to the Houston Astros 40 man Roster September 2015
- Promoted to 25 man Roster, Houston Astros March 2016

When I returned home in 2006 I reconnected with Matt who was of course a 17 year old short stop; boy was I wrong. I was able to introduce Matt and a few other players to the weight room and the importance of nutrition and strength training. I got to know Matt and his parents Ed and Janice very well. Matt like many of the young baseball players that we have that come into the club worked very hard at his game and still certainly does. It is pleasure to talk baseball with him but it is even more of an honor to see him working with today's youth. I hear him talking to the young players at the club. I get to watch him either hit grounders to the kids, or I hit the grounders and Matt takes them with the kids. I would say he has spent just as much time coaching as he does working on his own game. Matt coached the 18u fall travel team for the past 2 years. Matt has also helped me with a winter hitting clinic for the past few years. Matt has a tremendous passion for the game of baseball, but he is even more passionate about helping teach younger players how to play the game the right way. Matt is the most humble athlete I have ever been able to coach. I am so lucky and grateful that he continues to teach me the professional nuances of the game that I can then share with the young athletes at the club.

It is with great pleasure that I announce Matt Duffy as Braintree Baseball Club's March Athlete of the Month. How short this off-season was after Matt was on the active roster for Houston's playoff game against the Yankees in October and in March, was named to Houston's 25 man roster to start the season. I feel like many at the club that it is very exciting to follow someone who is no different than us. Matt isn't just an inspiration for the athlete that he has become, he is an even bigger inspiration because of the man he is off the field; the type of man you would want your own son to become. Thank you Matt for support of our programs and players and we wish you the best of luck this season.

Your #1 supporter and friend

Jay Schnabel