



# Haverford’s Ridings picked by Cubs in MLB Draft

By **Terry Toohey**, Delaware County Daily Times

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If you want to get noticed by big league scouts, an old-school work ethic can work miracles. It did for Haverford College pitcher Stephen Ridings.

The 6-8, 220-pound right-hander went from “nobody,” as he put it, coming out of St. Anthony’s High School three years ago to the eighth-round pick of the Chicago Cubs Friday.

And Ridings did not credit some new-fangled craze for his turnaround.

“I worked my butt off,” Ridings said by phone.

Having a fastball in the mid-90s helps, but it was the simple fact of getting bigger and stronger that helped turn Ridings into one of the top pitchers in the Centennial Conference. He gained 25 pounds from the time he reported to school for the start of his junior year to the time he returned from the winter break. And that weight gain made a world of difference.

“If you grow a little bit and fix your mechanics, the results are tremendous,” Ridings said.

Ridings posted a 6-3 record with a 2.62 ERA in 11 starts. He struck out 87 and walked just seven in 68.2 innings to earn second-team all-conference honors and lead the Fords to the conference title and a berth in the NCAA Division III tournament. He was second in the conference in strikeouts and fourth in wins. His 11.98 strikeouts per nine innings were the second highest rate in program history.

Those numbers impressed the team with the best record in the major leagues to make Ridings the fourth player in program history to get drafted.

“It’s a great team and a great organization,” the Long Island, N.Y. native said. “They’re on track to win a World Series. I’m really happy.”

What will happen next, though, Ridings isn’s so sure. His education is important to him. He is majoring in chemistry with a concentration in biochemistry. Ridings was supposed to participate in a research internship in biochemistry this summer at Haverford, but has put that on hold.

“I’ve heard some organizations will pay for your last year of school, but I don’t know,” Ridings said. “It’s all new to me, but I’m sure I’ll find out what is going on very soon and I’m excited about it.”

## ABOUT THE AUTHOR

Terry Toohey covers college sports for the Daily Times. Reach the author at [ttoohey@delcotimes.com](mailto:ttoohey@delcotimes.com).

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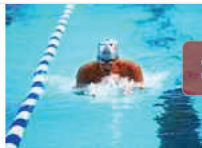
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