

NEWPORT GULLS BASEBALL

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"RAISING THE BAR IN SUMMER COLLEGIATE BASEBALL"

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FOR IMMEDIATE RELEASE

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NEWPORT GULLS ADD JOHN FOSTER TO COACHING STAFF

NEWPORT, RI-John Foster joins the Newport Gulls coaching staff for the 2009 season. He comes to the Gulls after spending 10 years in professional baseball, in both the major and minor leagues.

He started his collegiate career at Delta Community College in Stockton, California. He earned all state honors in his two seasons with the Mustangs but transferred to Lewis Clark State College, under the leadership of legendary head coach Ed Cheff. In Foster's first year with the Warriors, they went on to win the 1999 NAIA World Series in Jupiter, Florida.

After the championship and the completion of his collegiate career, Foster was selected in the 25th round of 1999 MLB Amateur Draft by the Atlanta Braves. He earned Pitcher of the Year honors with the Danville Braves while going 4-1 in 39 innings while carrying a 1.38 ERA. In that season, he only walked six batters.

Foster spent two more seasons in the minors before making his Major League debut with the Atlanta Braves on April 24, 2002. In that outing, he won his first game of his Major League career in one shut out inning of work against the Arizona Diamondbacks.

After returning to the minors, Foster, along with Wes Helms, were traded to the Milwaukee Brewers in exchange for Ray King. Foster pitched in 23 games for the Brewers that season while compiling a 2-0 record.

Foster missed the 2004 season due to reconstructive shoulder surgery but came back in 2005 with the Atlanta Braves. In that season, Foster went 4-2 while holding opponents to a .213 average. He also struck out 32 batters in 34.2 innings. In addition to 62 appearances, Foster pitched in two post season games against the Houston Astros.

After the 2006 season, he was signed by the Kansas City Royals where he spent the next two seasons. During the 2009 spring training, Foster decided to retire.

Foster is married and resides in New York City with his wife, Anisha, and their pug, Baby.

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