

Angels Swinging for the Cycle

On May 21st, at age 21, Mike Trout became the youngest American League player to hit for the cycle and the youngest overall since 1929 when Mel Ott accomplished the feat at age 20. Since their inaugural season in 1961, the Angels have had players hit for the cycle just seven times, twice completing the achievement with the minimum four at bats.

Scoring cycles

Angels Hall of Famer Jim Fregosi did it twice. It took Dan Ford 12 innings and six at bats. Mike Trout began his with a called strikeout. Below are the scoring lines for each of the seven cycles hit by Angels players in chronological order.

JULY 28, 1964 vs. NYY

	1	2	3	4	5	6	7	8	9	AB	R	H	RBI	BB	SO
Jim Fregosi Batting 3rd, Playing SS	2B		HR			3B		1B		4	2	4	2	0	0

MAY 20, 1968 vs. BOS

	1	2	3	4	5	6	7	8	9	10	11	AB	R	H	RBI	BB	SO
Jim Fregosi Batting 2nd, Playing SS	HR		3B		1-3			2B	1BB		1B	5	3	4	2	1	0

AUG. 10, 1979 vs. SEA

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	AB	R	H	RBI	BB	SO
Dan Ford Batting 3rd, Playing RF	2B		1B		HR		K		6-3			3B		2B	7	3	5	2	0	1

JUNE 24, 1991 @ KC

	1	2	3	4	5	6	7	8	9	AB	R	H	RBI	BB	SO
Dave Winfield Batting 4th, Playing RF	1B		2B		HR	1B		3B		5	3	5	3	0	0

AUG. 25, 2004 vs. KC

	1	2	3	4	5	6	7	8	9	AB	R	H	RBI	BB	SO
Jeff DaVanon Batting 6th, Playing DH/CF	8		2B	3B	1B		HR	4-6-3		6	2	4	4	0	0

SEPT. 16, 2006 @ TEX

	1	2	3	4	5	6	7	8	9	AB	R	H	RBI	BB	SO
Chone Figgins Batting 9th, Playing CF		1B			HR		2B		3B	4	3	4	3	0	0

MAY 21, 2013 vs. SEA

	1	2	3	4	5	6	7	8	9	AB	R	H	RBI	BB	SO
Mike Trout Batting 2nd, Playing CF	λ		1B	3B		2B		HR		5	2	4	5	0	1

Cycle facts:

- ◆ Hitting for the cycle is considered rare and has happened only **302 times since 1882**. By comparison, there have been 279 no-hitters in MLB history.
- ◆ There have been only **13 'natural cycles'** in which a player hits a single, double, triple, and home run in order. **Jim Fregosi's** second cycle was completed in reverse.
- ◆ Eight players have hit a **grand slam as part of their cycle**. Former Angels catcher **Bengie Molina** did it in 2010 while wearing a Rangers uniform.

Seven cycles since '61

On average, Angels players have hit for the cycle about once every 7 1/2 years. The longest gap was 13 seasons. The shortest, just two.

