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Matt Holliday has been around the block. As a 7-year major league veteran, he knows that the season is long and that patience is required. When the 2010 season didn't start out as planned for the Cardinals outfielder widely known for swinging a hefty bat, he didn't panic. In the face of low offensive numbers, Holliday stayed focused, kept working with his hitting coach (a fairly well-known former hitter named Mark McGwire), and, by mid-June, his perseverance was paying dividends. The three-time All-Star was again posting giant numbers at the plate. He slammed enough home runs and RBIs to earn his seventh NL Player of the Week award on June 21 and, in the process, earned a spot on his fourth MLB All-Star roster.



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