

St. Louis Cardinals

26-PLAYER ROSTER

as of March 30, 2023

**President of
Baseball Operations**
John Mozeliak

**Director,
Team Travel**
Ernie Moore

**Vice President &
General Manager**
Michael Girsch

**Head Clubhouse
Manager**
Mark Walsh

**Director,
Communications**
Brian Bartow

**Assistant Director,
Performance**
Thomas Knox



Manager
Oliver Marmol (*marm-ul*) (37)

**Director of Medical Operations
& Head Athletic Trainer**
Adam Olsen

Assistant Athletic Trainers
Chris Conroy
Keith Joynt

**Strength &
Conditioning Coach**
Lance Thomason

**Performance
Specialist**
Jason Shutt

**Physical
Therapist**
Matt Leonard

**Head
Physician**
Dr. George Paletta

Coaches

Bench: Joe McEwing (77) **Pitching:** Dusty Blake (90) **Hitting:** Turner Ward (49) **First Base:** Stubby Clapp (82) **Third Base:** Ron "Pop" Warner (75)
Coach: Willie McGee (51) **Game Planning:** Packy Elkins (88) **Assistant Hitting:** Brandon Allen (87), Daniel Nicolaisen (*nickle-EYE-son*) (80)
Asst. Pitching/Bullpen: Julio Rangel (*rahn-HEL*) (74) **Asst./Bullpen Catcher:** Jamie Pogue (94) **Bullpen Catcher/Spanish Translator:** Kleininger Teran (76)

PITCHERS (13)		B/T	HT	WT	AGE	BORN	BIRTHPLACE	RESIDENCE	ACQUIRED
22	Jack Flaherty	R/R	6-4	230	27	10/15/1995	Burbank, CA	Sherman Oaks, CA	1st Rd. - 2014
65	Giovanny Gallegos (<i>GUY-eh-gohse</i>)	R/R	6-2	205	31	8/14/1991	Ciudad Obregón, Mexico	Ciudad Obregón, Mexico	Trade (NYY) - 7/28/2018
56	Ryan Helsley	R/R	6-2	235	28	7/18/1994	Talequah, OK	Cookson, OK	5th Rd. - 2015
12	Jordan Hicks	R/R	6-2	215	26	9/6/1996	Houston, TX	Houston, TX	3rd Rd. - 2015
32	Steven Matz	R/L	6-3	205	31	5/29/1991	Stony Brook, NY	Franklin, TN	FA - 11/29/2021
39	Miles Mikolas (<i>MY-koh-lahs</i>)	R/R	6-4	230	34	8/23/1988	Jupiter, FL	Jupiter, FL	FA - 12/11/2017
47	Jordan Montgomery	L/L	6-6	240	30	12/27/1992	Sumter, SC	Sumter, SC	Trade (NYY) - 8/2/2022
70	Packy Naughton (<i>NAW-tuhn</i>)	R/L	6-2	195	26	4/16/1996	Boston, MA	West Roxbury, MA	Waivers (LAA) - 3/21/2022
53	Andre Pallante (<i>puh-LAWN-tay</i>)	R/R	6-0	215	24	9/18/1998	Mission Viejo, CA	San Clemente, CA	4th Rd. - 2019
30	Chris Stratton	R/R	6-2	205	32	8/22/1990	Tupelo, MS	Tupelo, MS	Trade (PIT) - 8/1/2022
57	Zack Thompson	L/L	6-2	215	25	10/28/1997	Selma, IN	Jupiter, FL	1st Rd. - 2019
34	Drew VerHagen	R/R	6-7	245	32	10/22/1990	Royse City, TX	Rockwall, TX	FA - 3/11/2022
44	Jake Woodford	R/R	6-4	210	26	10/28/1996	St. Petersburg, FL	Tampa, FL	Supp. 1st Rd. - 2015

CATCHERS (2)		B/T	HT	WT	AGE	BORN	BIRTHPLACE	RESIDENCE	ACQUIRED
40	Willson Contreras	R/R	6-1	240	30	5/13/1992	Puerto Cabello, Venezuela	Orlando, FL	FA - 12/9/2022
7	Andrew Knizner (<i>KIZZ-ner</i>)	R/R	6-1	215	28	2/3/1995	Glen Allen, VA	Raleigh, NC	7th Rd. - 2016

INFIELDERS (6)		B/T	HT	WT	AGE	BORN	BIRTHPLACE	RESIDENCE	ACQUIRED
28	Nolan Arenado (<i>ahr-uh-NAH-doh</i>)	R/R	6-2	215	31	4/16/1991	Newport Beach, CA	San Clemente, CA	Trade (COL) - 2/1/2021
33	Brendan Donovan	L/R	6-1	210	26	1/16/1997	Wurzburg, Germany	Madison, AL	7th Rd. - 2018
19	Tommy Edman	S/R	5-10	193	27	5/9/1995	Pontiac, MI	San Diego, CA	6th Rd. - 2016
46	Paul Goldschmidt	R/R	6-3	225	35	9/10/1987	Wilmington, DE	Jupiter, FL	Trade (ARI) - 12/5/2018
16	Nolan Gorman	L/R	6-1	219	22	5/10/2000	Phoenix, AZ	Pompano Beach, FL	1st. Rd - 2018
55	Taylor Motter	R/R	6-1	219	33	9/18/1989	West Palm Beach, FL	St. Petersburg, FL	FA - 11/18/2022

OUTFIELDERS (5)		B/T	HT	WT	AGE	BORN	BIRTHPLACE	RESIDENCE	ACQUIRED
41	Alec Burleson (<i>bur-leh-son</i>)	L/L	6-2	230	24	11/25/1998	Charlotte, NC	Stanley, NC	2nd Rd. 2020
3	Dylan Carlson	S/L	6-2	205	24	10/23/1998	Elk Grove, CA	Elk Grove, CA	Supp. 1st Rd. - 2016
21	Lars Nootbaar (<i>NUTE-bahr</i>)	L/R	6-2	205	25	9/8/1997	El Segundo, CA	El Segundo, CA	8th Rd. - 2018
27	Tyler O'Neill	R/R	5-11	200	27	6/22/1995	Burnaby, BC, Canada	Maple Ridge, BC, Canada	Trade (SEA) - 7/21/2017
18	Jordan Walker	R/R	6-6	245	20	5/22/2002	Stone Mountain, GA	Stone Mountain, GA	1st Rd. - 2020

INJURED LIST (3)		B/T	HT	WT	AGE	BORN	BIRTHPLACE	RESIDENCE	ACQUIRED
11 *	Paul DeJong (<i>3/27-</i>)	R/R	6-0	205	29	8/2/1993	Orlando, FL	Riviera Beach, FL	4th Rd. - 2015
58 *	Wilking Rodríguez (<i>3/27-</i>)	R/R	6-3	240	33	3/2/1990	Puerto Cabello, Venezuela	Puerto Cabello, Venezuela	Rule 5 (NYY) - 12/7/2022
50 *	Adam Wainwright (<i>3/27-</i>)	R/R	6-7	225	41	8/30/1981	Brunswick, GA	St. Simon's Island, GA	Trade (ATL) - 12/13/2003

% Injured List

* 10-Day/15-Day Injured Lists

^ 60-Day Injured List

Restricted

+ Bereavement/Paternity

@ 29th Player

St. Louis Cardinals

26-PLAYER ROSTER

as of March 30, 2023

ALPHABETICAL

87 Brandon Allen.. Asst. Hitting Coach
 28 Nolan Arenado, 3b R/R
 90 Dusty Blake.....Pitching Coach
 41 Alec Burleson, of..... L/L
 3 Dylan Carlson, of S/L
 82 Stubby Clapp 1B Coach
 40 Willson Contreras, c..... R/R
 11 Paul DeJong, ss R/R
 33 Brendan Donovan, inf/of L/R
 19 Tommy Edman, inf.....S/R
 88 Packy Elkins..Game Planning Coach
 22 Jack Flaherty, rhp..... R/R
 65 Giovanni Gallegos, rhp..... R/R
 46 Paul Goldschmidt, 1b..... R/R
 16 Nolan Gorman, inf.....L/R
 56 Ryan Helsley, rhp..... R/R
 12 Jordan Hicks, rhp..... R/R
 7 Andrew Knizner, c..... R/R
 37 Oliver Marmol, Oliver.....Manager
 32 Steven Matz, lhp R/L
 77 Joe McEwing Bench Coach
 51 Willie McGee.....Coach
 39 Miles Mikolas, rhp R/R
 47 Jordan Montgomery, lhp..... L/L
 55 Taylor Motter, inf R/R
 70 Packy Naughton, lhp..... R/L
 80 Daniel Nicolaisen .. Asst. Hit Coach
 21 Lars Nootbaar, of.....L/R
 27 Tyler O'Neill, of..... R/R
 53 Andre Pallante, rhp R/R
 94 Jamie PogueBullpen Catcher
 74 Julio RangelAsst. Pitch/Bullpen
 58* Wilking Rodríguez, rhp R/R
 30 Chris Stratton, rhp R/R
 76 Kleininger Teran....Bullpen Catcher
 57 Zack Thompson, lhp L/L
 34 Drew VerHagen, rhp..... R/R
 50 Adam Wainwright, rhp R/R
 18 Jordan Walker, of..... R/R
 49 Turner Ward Hitting Coach
 75 Ron "Pop" Warner 3B Coach
 44 Jake Woodford, rhp R/R

NUMERICAL

3 Dylan Carlson, of S/L
 7 Andrew Knizner, c..... R/R
 11 Paul DeJong, ss R/R
 12 Jordan Hicks, rhp..... R/R
 16 Nolan Gorman, inf.....L/R
 18 Jordan Walker, of..... R/R
 19 Tommy Edman, inf.....S/R
 21 Lars Nootbaar, of.....L/R
 22 Jack Flaherty, rhp..... R/R
 27 Tyler O'Neill, of R/R
 28 Nolan Arenado, 3b R/R
 30 Chris Stratton, rhp R/R
 32 Steven Matz, lhp R/L
 33 Brendan Donovan, inf/of L/R
 34 Drew VerHagen, rhp..... R/R
 37 Oliver MarmolManager
 39 Miles Mikolas, rhp R/R
 40 Willson Contreras, c..... R/R
 41 Alec Burleson, of..... L/L
 44 Jake Woodford, rhp R/R
 46 Paul Goldschmidt, 1b..... R/R
 47 Jordan Montgomery, lhp..... L/L
 49 Turner Ward Hitting Coach
 50 Adam Wainwright, rhp R/R
 51 Willie McGee.....Coach
 53 Andre Pallante, rhp R/R
 55 Taylor Motter, inf R/R
 56 Ryan Helsley, rhp..... R/R
 57 Zack Thompson, lhp L/L
 58* Wilking Rodríguez, rhp R/R
 65 Giovanni Gallegos, rhp..... R/R
 70 Packy Naughton, lhp..... R/L
 74 Julio RangelAsst. Pitch/Bullpen
 75 Ron "Pop" Warner 3B Coach
 76 Kleininger Teran....Bullpen Catcher
 77 Joe McEwing Bench Coach
 80 Daniel Nicolaisen .. Asst. Hit Coach
 82 Stubby Clapp 1B Coach
 87 Brandon Allen.. Asst. Hitting Coach
 88 Packy Elkins..Game Planning Coach
 90 Dusty Blake.....Pitching Coach
 94 Jamie PogueBullpen Catcher

SERVICE TIME

50* Adam Wainwright, rhp 17.027
 46 Paul Goldschmidt, 1b..... 11.059
 28 Nolan Arenado, 3b 9.155
 32 Steven Matz, lhp 7.099
 40 Willson Contreras, c..... 6.108
 39 Miles Mikolas, rhp 6.037
 47 Jordan Montgomery, lhp..... 5.153
 30 Chris Stratton, rhp 5.100
 11* Paul DeJong, ss 5.057
 22 Jack Flaherty, rhp..... 5.006
 12 Jordan Hicks, rhp..... 5.000
 65 Giovanni Gallegos, rhp 4.085
 34 Drew VerHagen, rhp..... 4.066
 27 Tyler O'Neill, of 4.059
 19 Tommy Edman, inf..... 3.114
 56 Ryan Helsley, rhp..... 3.105
 7 Andrew Knizner, c..... 3.021
 3 Dylan Carlson, of 2.104
 44 Jake Woodford, rhp 2.052
 55 Taylor Motter, inf 1.113
 21 Lars Nootbaar, of 1.076
 70 Packy Naughton, lhp..... 1.003
 33 Brendan Donovan, inf/of 1.000
 53 Andre Pallante, rhp 1.000
 16 Nolan Gorman, inf..... 0.139
 57 Zack Thompson, lhp 0.100
 41 Alec Burleson, of..... 0.029
 58* Wilking Rodríguez, rhp 0.008
 18 Jordan Walker, of..... 0.000
 37 Oliver MarmolManager
 87 Brandon Allen.. Asst. Hitting Coach
 90 Dusty Blake.....Pitching Coach
 82 Stubby Clapp 1B Coach
 88 Packy Elkins..Game Planning Coach
 77 Joe McEwing Bench Coach
 51 Willie McGee.....Coach
 80 Daniel Nicolaisen .. Asst. Hit Coach
 94 Jamie PogueBullpen Catcher
 74 Julio RangelAsst. Pitch/Bullpen
 76 Kleininger Teran....Bullpen Catcher
 49 Turner Ward Hitting Coach
 75 Ron "Pop" Warner 3B Coach

POSITIONAL

COACHING STAFF (13)

37 Oliver Marmol.....Manager
 87 Brandon Allen.. Asst. Hitting Coach
 90 Dusty BlakePitching Coach
 82 Stubby Clapp 1B Coach
 88 Packy Elkins..Game Planning Coach
 77 Joe McEwing Bench Coach
 51 Willie McGee.....Coach
 80 Daniel Nicolaisen .. Asst. Hit Coach
 94 Jamie Pogue Bullpen C
 74 Julio RangelAsst. Pitch/Bullpen
 76 Kleininger Teran..... Bullpen C
 49 Turner Ward Hitting Coach
 75 Ron "Pop" Warner 3B Coach

PITCHERS (13)

22 Jack Flaherty..... RHP
 65 Giovanni Gallegos RHP
 56 Ryan Helsley RHP
 12 Jordan Hicks..... RHP
 32 Steven Matz LHP
 39 Miles Mikolas..... RHP
 47 Jordan Montgomery LHP
 70 Packy Naughton..... LHP
 53 Andre Pallante..... RHP
 30 Chris Stratton RHP
 57 Zack Thompson LHP
 34 Drew VerHagen RHP
 44 Jake Woodford RHP

CATCHERS (2)

40 Willson Contreras R/R
 7 Andrew Knizner..... R/R

INFIELDERS (6)

28 Nolan Arenado R/R
 33 Brendan Donovan L/R
 19 Tommy Edman.....S/R
 46 Paul Goldschmidt..... R/R
 16 Nolan Gorman..... L/R
 55 Taylor Motter R/R

OUTFIELDERS (5)

41 Alec Burleson..... L/L
 3 Dylan Carlson S/L
 21 Lars Nootbaar..... L/R
 27 Tyler O'Neill R/R
 18 Jordan Walker..... R/R

INJURED LIST (3)

11* Paul DeJong (3/27-) INF
 58* Wilking Rodríguez (3/27-)..... RHP
 50* Adam Wainwright (3/27-) RHP

Name	Pronunciation	Name	Pronunciation	Name	Pronunciation
Nolan Arenado	ahr-uh-NAH-doh	Andrew Knizner	KIZZ-ner	Lars Nootbaar	NUTE-bahr
Alec Burleson	bur-leh-son	Oliver Marmol	MARM-ul	Andre Pallante	puh-lawn-tay
Paul DeJong	de-YOUNG	Miles Mikolas	MY-koh-lahs	Julio Rangel	HOO-lee-oh rahn-HEL
Giovanni Gallegos	GUY-eh-gohse				