

January 2022

**Richmond County  
Baseball Club**

1400 Travis Ave.  
Staten Island, NY 10314

If you have any  
interesting info or news  
you would like included  
in a future newsletter,  
please email to  
[jim@rcbclub.com](mailto:jim@rcbclub.com).

Visit our website at:

[www.rcbclub.com](http://www.rcbclub.com)

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# RCBC Newsletter

## **IF YOU LOVE BASEBALL, WE ARE FRIENDS.... IF YOU LOVE RCBC, WE ARE FAMILY**

Happy New Year to all. My traditional start of the year welcome letter. Baseball and family....they go together like a 6-4-3 double play win to end a championship game.

**FAMILY:** A group consisting of parents and children living together in a household.

**RCBC:** A group consisting of coaches and players living together at the baseball field.

A special RCBC welcome to the newest members of our family, including our newest teams, the 10U Royals coached by Dale Barbieri and the 7U Nationals coached by Scott Porto as well as the new head coach of our 16U Nationals Ralph Monteforte. At Richmond County Baseball, the message we want to deliver each and every day is "we are family." That phrase goes both ways - it starts at the program level and ends at the families that play for us. What I'm trying to say is it's a two way street. Without the cooperation from the players and their families, we just become another ball club.

**IF YOU LOVE BASEBALL, WE ARE FRIENDS....**  
**IF YOU LOVE RCBC, WE ARE FAMILY (cont'd)**

This year marks 18 years as a program. We want to continue to get better each year and to do that, we need the full cooperation of our families. We ask you to support our ideas, to cooperate with your son's coach and to make the season a fun-filled and great experience.

We have assembled a great group of coaches and are helping prepare them for the upcoming season. Our Winter Workouts are in full swing. We continue to create better competition for our teams via our partnership with Perfect Game, hosting tournaments here on Staten Island, and offering teams from all around the county to come here to play at RCBC.

George and I can't wait to see you in your fresh new Marucci uniforms. We can't wait to get out on the field and start coaching. We can't wait to start grooming the fields. It's what we love to do and we are looking forward to doing it. Get excited; baseball season is just around the corner.

I'll leave you with this message.....there comes a point when teammates become friends and when friends become FAMILY.

Coach Nick DeFendis

## 2022 RCBC Team Lineup

7U Nationals (Porto)

13U Americans (Rubino)

10U Americans (Ruggiero)

13U Nationals (Quinn)

10U Nationals (Yaverbaum)

14U Americans (Scotti)

10U Royals (Barbieri)

14U Nationals (Grippi)

11U Nationals (Napolitano)

15U Nationals (Quinn)

12U Americans (Renna)

16U Americans (Sorrentino)

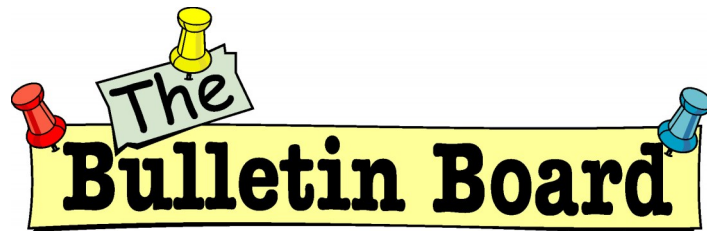
12U Nationals (Nichilo)

16U Nationals (Monteforte)

17U Nationals (DeFendis)



## 2022 RCBC Uniforms



## **A Reminder Regarding Our Communication Channels**

Email - Emails are sent out to members via our vendor Constant Contact to communicate announcements and upcoming events. Please make sure we have your correct email address. If you want to add an additional email address, contact [info@rcbclub.com](mailto:info@rcbclub.com).

Our websites (bookmark and check regularly):

Richmond County Baseball Club - [www.rcbclub.com](http://www.rcbclub.com)

Richmond County Tournaments - [www.rctournaments.com](http://www.rctournaments.com)

RC Showcase Camps - [www.rcshowcasecamps.com](http://www.rcshowcasecamps.com)

Our Facebook pages:

Richmond County Baseball Club - [www.facebook.com/rcbaseball](http://www.facebook.com/rcbaseball)

Richmond County Tournaments - [www.facebook.com/rctournaments](http://www.facebook.com/rctournaments)

RCBC on Instagram: [www.instagram.com/rcbc\\_theclub\\_](http://www.instagram.com/rcbc_theclub_)

Our YouTube channel: <https://www.youtube.com/channel/UCON-uX9ZKolCm9Oqtxd3c5A>

Coach DeFendis on Twitter: [www.twitter.com/nickdefendis](http://www.twitter.com/nickdefendis)

Our monthly Newsletter - Published each month and emailed to all members and posted on the RCBC website under RCBC In The News.



### **Another Effective Communication Channel**

One of the features of our LeagueApps platform is the ability to send text messages to our members. While we have multiple communication channels, sometimes a text message is the quickest and most effective way to get important information out to you. As is the case with email, SPAM regulations require that we have your permission to send group text messages. We ask that all members log into the LeagueApps account, go to Text Message Settings and make sure you “opt-in” to receive our text messages.

Note that any text messages sent from our LeagueApps interface will come from telephone number 917-456-8847 so please label it on your phone so you will recognize.

## Winter Workouts 2022

Winter Workouts at The Club are in full swing.  
Check out some of the action.



## **Kicking Off The 2022 Season On The Right Foot!**

### **By Coach DeFendis**

Being coachable is one of life's most important skills and attitudes, whether or not you're an athlete. If you're any kind of person who wishes to grow, learn, improve, excel or peak perform, you should care about whether or not you're coachable. Being coachable means you're ready to do what it takes to change, transform, improve or excel. Characteristics of a coachable athlete:

- Being grateful that someone cares enough about you to push you to improve beyond where you would get on your own.
- Being vulnerable enough to know you're not perfect.
- Being open to honest feedback (even if it hurts).
- Working to actively change bad habits.

Uncoachable athletes show certain key behaviors. It doesn't take long for a coach to spot an uncoachable player, and very rarely can a coach make a player coachable. The following characteristics are true of uncoachable athletes.

- You tend to roll your eyes or take things personally that you shouldn't.
- You can seem ungrateful even to those who help you most.
- You read into things more deeply than you should.
- You often believe everything is about you, even someone else's bad day.

Becoming more coachable isn't something that can be achieved with more drills, or multiple coach-player conferences. A player's coachability is a mentality that requires diligence and attention from the athlete. In other words: coachability is up to the athlete, not the coach. The top 5 benefits of being more coachable:

- More playing time (and less drill or bench time).
- Greater cohesion with the team and/or coaches.
- Accelerated learning.
- Deeper and more fulfilling relationships with your coaches.
- Greater internal calm: accepting criticism for what it is.

I hope this information was helpful and gives you a better understanding about how important your relationship is with your coach and teammates. Enjoy your season of coachable baseball.

## **SportsRecruits Recap**

In 2021, RCBC signed on with SportsRecruits to assist our high school players in the college recruiting process. With a year under our belts, we can see the platform paying dividends as our players take advantage of the search and communication features. Continue to update your Player Profiles and keep those videos coming.

The infographic features a dark blue background with faint, repeating patterns of baseball-related symbols like bats, balls, and bases. A white, torn-edge paper graphic is centered, containing three data points. Each point has a large number in a specific color (red, green, and blue) followed by a bold title, and a descriptive sentence below it. At the bottom of the white graphic is the SportsRecruits logo.

### 2021 YEAR IN REVIEW RICHMOND COUNTY BASEBALL CLUB

**233 FAVORITED SCHOOLS**  
WERE ADDED TO ATHLETES' TARGET LISTS.

**492 PROFILE + VIDEO VIEWS**  
WERE GENERATED BY COLLEGE COACHES EVALUATING ATHLETES.

**338 MESSAGES SENT**  
BY ATHLETES AND STAFF TO COLLEGE COACHES.

**sportsRecruits**



mikelope19@aol.com

## Coach Lope's Baseball Thoughts

In This Issue - Ryan + Ryan + Ryan =  
Division One

Quote of the Month - The Mets' new manager Buck Showalter has said: *"There is No Glory in practice, but without practice, there is No Glory."*

It's not easy for high school players to advance to Division One college baseball. A family swells with pride if one of their teenage children reach Division One in any sport, not just baseball. So how proud is the family that sees THREE of their young athletes reach the highest level of college sports!!!

Well, it's time to congratulate the Ryan family. It now has added Jack, the third and youngest son to climb to D-1. And...Coach DeFendis has had a hand in all three Ryans.

Let's start with the most current Ryan. Jack, who plays at Xaverian, like his other brothers did, completed his third year at RCBC in 2021. And he credits his development as a catcher largely to Coach Nick, explaining that "he was tough, but Coach Nick taught me well, was patient with me and gave me confidence." The result was an excellent Showcase and the offer to play at Long Island University of the Northeast Conference in September.





mikelope19@aol.com

## Coach Lope's Baseball Thoughts

In This Issue - Ryan + Ryan + Ryan =  
Division One

(Continued)

His older brother Danny played at RCBC for three seasons, two with Coach DeFendis. Dan, a top notch academic student, wanted to attend an excellent academic college, but a D-1 school. So he decided to walk-on at Fairfield University in the MAAC Conference. Danny made the team and by sophomore year, he was a starting outfielder. The story gets better. Last season, Danny Ryan was a major factor in Fairfield winning 27 straight games and reaching the NCAA World Series Regional Tournament in Austin, Texas.



Finally there is Bill Ryan, who didn't play at RCBC because RCBC wasn't created yet. But when Billy was at Xaverian, Coach DeFendis was his hitting coach with the Clippers. Naturally Nick helped the oldest Ryan brother and Billy was recruited by St. Johns University. Eventually the third baseman played minor league ball with the Tigers.

Let's wish Jack Ryan good luck as he joins a carload of RCBC players who graduated to Division One colleges.

## Marucci Featured Item

### RC Snapback Trucker Hat

Introducing the new RC snapback “Trucker Hat.” Ideal as a player practice hat or for parents, siblings or fans who want to display their RCBC pride. The hat is made of cotton twill and trucker mesh and features a snapback closure so one size fit most.



The hat sells for only \$22. Find it under the Fan Apparel section of the Marucci Locker Room. No minimum quantity on orders required.

For all your equipment needs, visit our Marucci Locker Room online store where RCBC members always get a discount.



## Marucci Featured Item

### DuraVent Batting Helmet

New to RCBC or just looking for a new batting helmet?

Marucci introduces the new DuraVent batting helmet with removable universal (left or right) jaw guard.

Available in 4 sizes at a special RCBC Member discount price.



Reminder that RCBC has a royal blue batting helmet standard.

An RC decal will be provided.

For all your equipment needs, visit our Marucci Locker Room online store where RCBC members always get a discount.

