

November 2013

**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.

Visit our website at:



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RCBC Newsletter

A Message From Coach DeFendis

As the 2013 season comes to a close, I want to thank all the players, parents, coaches and RCBC staff members for their dedication, hard work and enthusiasm this past year. But as one season ends, another begins, so that means working hard over the winter months to keep in shape and continuing to improve your game.

2013 was a very successful year for RCBC as we continued to expand our reach with more teams, leagues, tournaments, showcases, camps and clinics, truly establishing ourselves as the elite baseball program in the area.

I want to wish you all a very joyous holiday season and a very happy and healthy New Year. Have fun, stay safe and enjoy spending time with family and friends.

This will be our last Newsletter of 2013. Look for more exciting news from RCBC in January 2014!

Coach Nick

Follow Coach DeFendis on Twitter at www.twitter.com/ndefendis.



Upcoming Calendar

- 11U Tryouts — tryouts for our new 11U competitive travel team will take place on Saturday, December 7 at 8:30 am at Victory Sports Arena (385 Wild Ave.). Please pass along to anyone you think might be interested.
- Winter Workouts at CSI - will begin on January 4/5 and run for 6 weeks through mid February. Ages 8-12 will be on Saturdays and ages 13-17 will be on Sundays. See the flyer on page 5 or go to www.rcbclub.com for more details and to register.
- Winter Hitting Classes — available for groups of 4 players. 8 weeks of professional instruction at Johnny D's 5 Tool Baseball Academy. See the flyer on page 6.
- 2014 RCBC Registration — player registration for the 2014 season will begin after the new year. Look for announcements for your team's date and time.
- 2014 Tournaments — our schedule of events for next year is now available on our tournament website: www.rctournaments.com. Over 55 events in 2014 including several Perfect Game Super25 qualifier tournaments.
- Patriot League — For 2014, we will be hosting both 13U (spring) and 15U (summer) divisions.

RCBC On The Web

The RCBC website (rcbclub.com) has now registered over 240,000 clicks since its inception.

Our dedicated tournament website (rctournaments.com), in existence for only one year, just passed the 31,000 click mark.

And don't forget about our other specialty websites:

rcshowcasecamps.com

rcpatriotleague.com

Keep coming back to stay in touch with all that's happening at Richmond County.

RCBC On Facebook



RCBC now has its own Facebook page.

Visit us at
www.facebook.com/rcbaseball

Holiday Shopping at RCBC — 20% Off Orders Over \$30

Looking for an extra gift for your holiday list. Go no further than the Richmond County online apparel store. Choose from a selection of winter favorites including hoodies, sweatshirts, pullovers and jackets. Order online and enter promo code *happy holidays* to receive the discount.

Go to the RCBC website (www.rcbclub.com) where you will find the online store link on the Main Menu.



Need new equipment for next season? Don't forget to use your Dick's Sporting Goods discount coupons, good for 10% off on a variety of baseball items. Good only through 12/31/2013. You can find the coupons on the RCBC website.



Coach's Corner – Error and Mistakes

Contributed By Coach Frank Amadeo

Mistakes or errors happen every day in baseball, but most players don't have the mental game that allows them to let go and this hurts their chances for success.

Errors such as a bad throw, booting a simple ground ball, striking out, or dropping a pop up happen all the time in baseball. Even a tough play that you thought you should have made but did not can have an impact.

Nobody is perfect, errors are just part of the game. However, these errors often become a huge stumbling block for players who cannot cope with mistakes, and as a result, it affects their performance. In many cases, especially with young players, these athletes will become frustrated and shut down for the remainder of the game. Sound familiar?

Everybody has made some mistakes in their baseball career which they were unable to forget quickly. They may have carried a mistake with them for the rest of the inning or even the rest of the game. Many ballplayers can't enjoy the game or even the rest of their day because they are too busy beating themselves. Again, sound familiar? It's important to understand that dwelling on mistakes doesn't help you get the error back, but it takes your head out of the game and becomes an even bigger issue.

Dwelling on errors or missed chances during a game is the top distraction for athletes today. Playing in the present moment is top priority and you can't do that or enjoy the game when your mind is stuck on an error you made on the last play or a strikeout the last half-inning.

Anger or frustration will rarely if ever help you perform better. On some occasions, athletes can channel their frustration to make it work for them instead of against them to increase their level of intensity. But more often than not it creates another mistake.

Many players dwell on mistakes because of their high expectations. When you make errors it does not match what you expected of yourself (or what you think others expect of you). You set a standard for yourself, and expect that you should always perform up to that standard. Some players will display their anger or disappointment to others who are watching because they want to show others they are better than their mistakes. This only acts as a distraction for you and your teammates.

Once you start dwelling on an error, it is very hard to stop the cycle of negativity. Why? Based on my experience, you'll try to avoid making errors again – not a great mindset for playing freely and focusing on the present play.

The best players in baseball are able to let go of mistakes and learn from them. Use mistakes to help you grow and become better ballplayers. If you can let go of mistakes quickly and maintain your focus so it does not snowball and affect the next play, you'll be a better player overall. If you struggle with letting go of mistakes, don't expect your mental game to change overnight. You have to be patient with these changes, and improve over time.

The following are two important mental game strategies that will help you let go of errors:

1. First, you have to check your expectations prior to entering the dugout. Expectations are the root of your anger or frustration with errors because they set you up for feeling let down when you don't play up to your personal standards.

2. After an error, you have to let go quickly and focus on the next play. This means you have to interrupt the dwelling cycle. You interrupt the dwelling cycle by making the mistake OK in your mind so you can play on. I know it's not OK for you when you make errors, but you have to think this way to move on to the next play! Figure out what works best for you. Discuss it with your coach if you feel the need, but most important, never allow what just happened to impact what may happen next. Control your emotions and remember one bad inning or at bat or game does not define your ability. That's why we play as many games as we do. Over time, the best players will be those who can rise to the occasion and remain even keeled throughout the peaks and valleys of a long season.

Coach Frank

Welcome to the home of the
RC RICHMOND COUNTY BASEBALL CLUB
We play the game, we teach the game

Complete Baseball Instruction

PLAYERS AGE 8 – 17 YEARS

AT

THE COLLEGE OF STATEN ISLAND

**BE PART OF A GROWING PROGRAM AND
GAIN AN EDGE OVER YOUR COMPETITION**

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We offer the most in depth instruction in sports skills training. Our professional staff of High School and College Coaches caters to any one from beginner to professional levels.

This 6 WEEK package is designed to build the foundation of your game and create balance on and off the field.

**REGISTER AT
WWW.RCBCLUB.COM**

OR CALL

Nick DeFendis 917-299-9211

George Quinn 917-379-6475

DATES:

8 - 12 YR Division

SATURDAY

1:30-4:30

with the exception of

Jan 18 10:30-1:30

Feb 8 2:30-5:30

13 -17 YR Division

SUNDAY



1:30 – 4:30

With the exception of

Sat Jan 18 1:30-4:30

TOP FEATURES

- DEFENSE
- OFFENSE
- PITCHING
- DRILL WORK
- LIVE HITTING
- LIVE FIELDING
- PITCHING
- BULL PEN WORK




IT'S WHAT YOU DO **BEFORE**
THE **SEASON** STARTS THAT MAKES A
CHAMPION!

Johnny D's 5 Tool Baseball

WINTER HITTING CLASS

**COST PER
PLAYER:
\$399**



8 WEEKS OF PROFESSIONAL HITTING INSTRUCTION

DON'T DRAG YOUR FEET WITH THIS ONE WE HAVE LIMITED SPOTS!

- ⇒ **4 PLAYERS PER GROUP**
- ⇒ **2 INSTRUCTORS PER GROUP**
- ⇒ **4 HITTING STATIONS PER GROUP**

The Winter Hitting Class is an 8 week hitting program designed to improve a hitter's mental and physical attributes by increasing their level of understanding and skill. While attending the Winter Hitting class, the hitter will gain the knowledge to improve their vision, timing, approach, and swing mechanics. The hitters will also be introduced to key elements in improving the often overlooked but vitally important mental game.

Johnny D's 5 Tool Baseball * 32 Carlin Street SI NY

FOR MORE INFORMATION CONTACT NICK DEFENDIS 917-299-9211



Improvement Never Stops! Winter Cage Time

Sharpen your skills and improve your game in the off-season by reserving your winter cage time. Work on hitting, pitching, or overall skills development with one of our professional instructors.

Come experience what it's like to face a live pitcher all year round. The pro batter virtual experience allows you to experience live pitches.

It's a great tool to help hitters increase their timing, balance and overall mechanics.

We also have a second cage your team can rent for batting practice, soft toss and tee work, allowing players to set up multiple stations. We can help set up a routine for you or your team to ensure that no one is standing around, and ensuring that each player gets hundreds of quality swings.



\$40 per hour for 2 cages

\$25 per hour for 1 cage

Reserve you time today call 718-344-8118

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