

November 2014

**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:

www.rcbclub.com

Inside this Issue:

Winter Workouts
At CSI 1

RCBC Website
Milestone 2

Tournament
Update 2

Field 3 Upgrade 2

Coach Lope's
Baseball Thoughts 3

Holiday Shopping 4

Featured Article -
Two-Strike Hitting 5



RCBC Newsletter

Winter Workouts At CSI

Complete Baseball Instruction

PLAYERS AGE 8 – 17 YEARS

AT

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GAIN AN EDGE OVER YOUR COMPETITION

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**7 WEEKS
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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 7 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

JAN 3
JAN 10
JAN 24
JAN 31
FEB 7
FEB 14
FEB 21

13-17 Yr. Division

JAN 11
JAN 18
JAN 25
FEB 1
FEB 8
FEB 15
FEB 22

TOP FEATURES

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

Note: 2015 team registrations will be held the first 2 weeks of January. Look for an announcement regarding your team's date, time and location. Registration fees will be due at that time.

RCBC Website Records Over 300,000 Visits

The RCBC website reached another milestone this month, recording the 300,000th visit to the site!

The website continues to be a primary source of information on RCBC, including announcements, team schedules, coach contact information and player photos.

Keep visiting us at www.rcbclub.com

Be sure to follow us on our other communication channels too.



Tournament Update



Our 2015 spring/summer tournament schedule is now posted, with over 60 events scheduled to date. Continuing our partnership with Perfect Game, we will be hosting a larger number of PG



Super25 events in the spring with more to be added in the fall. These tournaments provide RCBC teams with convenient access to the best competition in the Mid Atlantic region.

To view the calendar, go to www.rctournaments.com.

New Grass Infield on Field 3

Our three year infield renovation project was completed this month with the installation of a new grass infield on Field 3 in the back. Now all four 60/90 major league fields boast beautifully manicured all natural grass infields. Our facility rivals any in the tri-state area and is a major draw to attract players to our program as well as visiting teams to play in our tournaments.



Look for additional enhancements to the complex over the next few months.

Field 3



Coach Mike Lopiparo
College Placement
Coordinator
Quality Control Coach

This month's baseball
quote:

Hall of Fame Yankee and
Mets manager Casey Stengel
once said *"Finding good
players is easy. However,
getting them to play as a
team is NOT so easy."*

If you want to voice a
comment on anything I
write, email me at
mikelope19@aol.com



Coach Lope's Baseball Thoughts

CORPORATE IDEAS THAT CAN HELP YOU BE A BETTER BASEBALL COACH

A couple of years ago, I started to write a story about coaching leadership. I had found it in Forbes Magazine, a high level business publication that plenty of executives read. However, I got side-tracked, misplaced the article, and generally made a mess of the whole thing. I subsequently located the article and would like to write about it. I figured if a corporate executive can improve his or her leadership skills, then why not baseball coaches.

The first of the two parts discuss how successful leaders communicate well with their employees. In our case, how coaches can better get through to their players. (I substitute the word coach or player instead of boss and employee and use baseball examples).

1. MAKE PLAYERS FEEL COMFORTABLE TO SPEAK UP:

Many times, head coaches intimidate players especially in one-on-one meetings. Successful coaches don't act powerful but encourage the player for their opinions on the situation they're meeting about. Good coaches are approachable and make players feel comfortable.

2. MAKE DECISIONS: The article says a good leader makes decisions whether its through consensus or by themselves. Good coaches makes things happen and keep the team progressing. They know how to explain their decisions so it gets support by others.

3. COMMUNICATE EXPECTATIONS:

Good coaches know how to get through to their players. This is especially true when it comes to telling players what your expectations are....what you expect from them. Players should have total knowledge of what the coach expects from them. Good coaches also know what they can expect from players. You want to challenge your players, but if the goal is unrealistic, it can be counter productive.

4. BE ACCOUNTABLE TO OTHERS:

Coaches should meet the expectations of their colleagues. Its important that a coach doesn't worry only about himself, but meets the expectations of the people around him. Practice what you preach. Don't tell players to be prompt... and you're always late. Don't tell players to show poise...and then you lose it. Trust your coaches. Picking capable people is an important part of coaching. Use your assistants. Get their input. Enjoy coaching. Don't act like you don't want to be there.

5. MEASURE AND REWARD

PERFORMANCE: Don't take your good players for granted. If a player is doing what you asked and even going beyond your expectation, let him know he's doing well. Just remind him not to let down. But its important for positive feedback from a coach. If a player is falling below expectations, evaluate why. It could be you demanded too much and you have to decide if he's capable of eventually reaching your goals for him or perhaps you need to lower what you wanted.

25% Off RCBC

Online Apparel Store

The holidays are right around the corner. Stuck for gift ideas? Look no further than the RCBC Online Apparel Store. Lots of great items to choose from. 25% off the entire catalog (current inventory only) Purchase online by December 21 for Christmas delivery. Visit the link on www.rcbclub.com.



Coach Lope's Baseball Thoughts

CORPORATE IDEAS THAT CAN HELP YOU BE A BETTER BASEBALL COACH

(Continued)

6. PAY ATTENTION TO EVERYONE: Coaches know who their stars are, but its important all players get attention and feedback. Jealousies erupt when the lesser players feel the coach only cares about the stars. Those lesser players will secretly be happy when the team loses and the star does poorly in a big game. Your players have to know you care about them and their progress in baseball.

7. KNOW HOW TO USE YOUR TALENT: When I worked for 1010 WINS and went to spring training, a number of managers would say that the exhibition games were needed to see who can do what. Which pitchers are best in certain situations...who is your best pinch hitter...who should hit cleanup, leadoff, etc. In the article by Forbes that I'm using, it says companies need to know the best role for employees. Same in baseball.

8. DON'T KNOW IT ALL: Good coaches listen to what others say. No person has all the answers. That's why good coaches should go to Mohegan Sun, Cherry Hill, even the National Convention. These clinics deal with all coaching topics, from practice to game situations to handling players, etc. Top coaches, pro, high school or college, give information lectures. Good leaders in business go to seminars to improve themselves.

9. IMMEDIACY RATHER THAN DELAY: Naturally you want to think through decisions and not be hasty. But there's an old saying "Nip it in the bud." You don't want problems or important decisions to linger. Know what decisions are needed quick and get to work in deciding what to do. Remember to get input from assistants.

10. BE POSITIVE: As often as you can, stay positive. Have positive energy. Let your players know if they have talent, that his slump will end, the losing streak will end, and things will be fine. If the players are limited in talent, look for ways not to discourage them. You want to prevent a mediocre team from quitting on you. All coaches get angry...try to use yelling as a last option.

11. TEACH TEACH TEACH TEACH: Richmond County Baseball Coaches excel at this!

HAPPY THANKSGIVING EVERYONE!



Featured Article — Two-Strike Hitting or “Why Not Use It All The Time”

By Coach Nick DeFendis

One of the most important areas of offensive baseball is the ability to make good contact with two strikes. The most successful pitchers have the ability to “turn it up a notch” when they have the hitter in a two strike situation. Unfortunately, many hitters do not raise their level of competitiveness accordingly. Not only does a hitter need to make physical adjustments, but he must also turn up his mental focus to prepare for the upcoming confrontation. It should be “personal!” Here are some ideas in dealing with the two-strike situation.

1. Mental Outlook - Imagine yourself backed into a corner of an alley. Someone confronts you and wants your last \$5. You can either:

- A. Submit and give up
- B. Try and negotiate a settlement
- C. Fight your way out of it

We would like players to have the “C” MENTALITY

2. Physical Adjustments

- A. Choke up on the bat slightly. Bat control is important.
- B. Move slightly closer to the plate. Take away the outside strike
- C. Spread out slightly to insure balance
- D. Slightly crouch to shorten the strike zone. This adjustment helps in identifying and laying off the high pitch

3. Mental Adjustments - Make it clear to the team that taking a third called strike is unacceptable. There is no doubt that sometimes a hitter is fooled by a great pitch and he cannot pull the trigger. However, this situation requires a feisty, competitive mode.

- A. Look fastball and adjust
- B. Look to go up the middle and opposite field. Protect outside to in
- C. Foul off any borderline strikes
- D. Fight off or block off inside strikes

4. Ultimate Objective - Putting the ball in play has so many possibilities. Keep the strikeouts down to find a correlation with run production. The difference between 10 strikeouts and 6 strikeouts in a contest is huge! The difference with those 4 contacts can result in any of the following:

- A. Advanced runners
- B. Forced errors
- C. Bloop hits
- D. Bad hops/lost in the sun
- E. Frustrated pitcher

5. Conclusion - If you want to be a better hitter, you can use this approach whenever you feel you are overly challenged in certain situations.

- A. Effective two-strike hitting can be enhanced in practice settings
- B. Establish count settings in the cages or in front toss drills
- C. Also include this package in a batting practice scenario live on the field
- D. Players must understand the concepts and see the fruits of their labor. As a coach, be very positive and complementary when players compete in two-strike situations

Happy Thanksgiving
From Our Family To Yours



Coach DeFendis
Coach Quinn
And all the staff at Richmond County Baseball

Our next Newsletter will be in January 2015