

June 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

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RCBC Newsletter

Borough Leadership Supports Perfect Game On SI

Staten Island Borough President Jim Oddo and NYC District 50 Councilman Steve Matteo were on hand to launch the Perfect Game Super25 Northeast Super Regional tournament held here on Staten Island, one of only five such events in the U.S. RCBC was the host site that coordinated 9 field locations and 70 teams in 5 divisions, ages 9 through 13.



Both Oddo and Matteo threw out the ceremonial first pitch and tossed perfect strikes. RCBC Executive Directors Nick DeFendis and George Quinn presented both local leaders with trophies honoring their service to the community and support of youth baseball here on Staten Island.

Summer Baseball Camps

Ages 7-13

July 14-18

August 11-15

Richmond
County Youth
Complex

July 21-25

South Shore
Little League

9 am – 2 pm

daily

Only \$225
per week

Multi-camp,
team and sibling
discounts
available

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www.rcbclub.com

Call 718-344-8118
for more info

Tournament Update

In the May 31 Perfect Game Super 25 Qualifier, the NY Steelheads Black won the 16U division while Pro Source Elite captured the 14U title. In the Super Regional the following weekend, we hosted 5 age divisions, crowning the following champions: Tri-State Arsenal Blue (13U), Baseball Heaven Black (12U), Akadema Warriors Black (11U), South Jersey Titans Blue (10U) and Ridge Red Devils (9U).

At our college showcase tournament, 18U Invitational Shoot For The Stars, we hosted 36 elite teams with the Farrah Scouts defeating the Jersey Seminoles in the championship game. And in our 15U Schools Over Spectacular tournament, the Teel Ravens emerged as champs.

Upcoming tournaments at the complex include:

June 27-30 - 14U/16U Blue Chip Prospects Great American Classic

July 5-6 - 13U/17U Firecracker Classic

July 11-13 - 10U/16U Mid Summer Classic

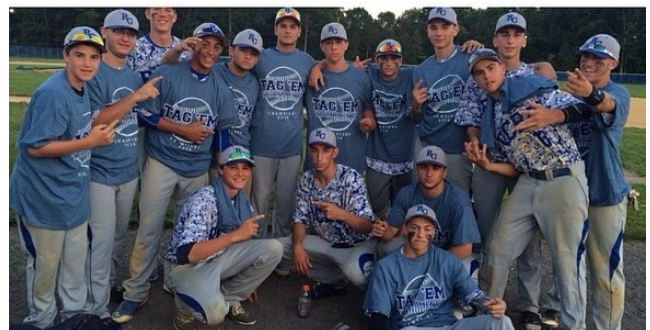
July 25-27 - 12U/14U Slugfest

For the full tournament calendar, visit our tournament website at www.rctournaments.com.

16U Nationals Win Ocean County Hit and Run Tournament

Coach Ferrante's 16U Nationals went 5-0 in capturing the title at the Ocean County Hit and Run tournament in Toms River NJ.

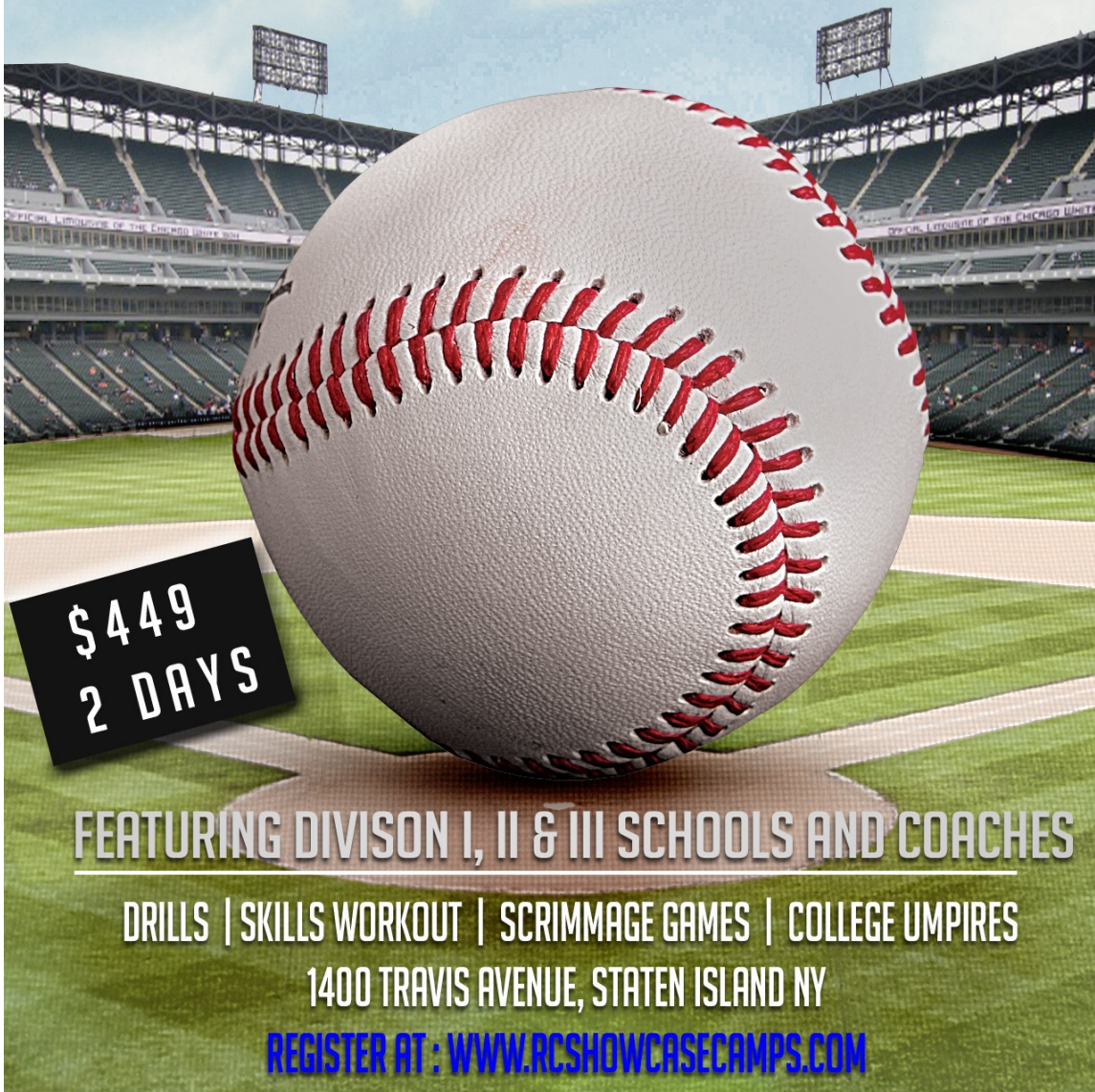
Great pitching and defense sparked an outstanding team effort with the squad scoring 38 runs while yielding only 3.



RICHMOND COUNTY BASEBALL PRESENTS THE 2014 **COLLEGE SHOWCASE**

PROVIDING PLAYERS WITH AN OPPORTUNITY TO
SHOWCASE SKILLS AND ATHLETIC ABILITY TO COLLEGE
COACHES WITH ON FIELD EVALUATIONS & TRAINING.

AUGUST 20 & 21



\$449
2 DAYS

FEATURING DIVISION I, II & III SCHOOLS AND COACHES

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Coach Mike Lopiparo
College Placement
Coordinator
Quality Control Coach

This month's baseball quote:

Former big league slugger
Dick Allen (a horse racing
fan) once said about
artificial turf *"If a horse
can't eat it, I don't want
to play on it"*

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



Coach Lope's Baseball Thoughts

WRITING THE LETTER TO A COLLEGE

In the last two Newsletters, I once again wrote about playing at a college where you can be a starter. In this article, we will look at what you put into a college letter.

First of all...be selective as to who you write to. Pick out the schools that you realistically think you will have a chance to be a starter. One reason you don't write to every college is because you may not get an honest response. Yes, the college will answer. But the letter will also invite you to attend (and pay for) a session at their camp. College camps have become the new fundraiser. These camps can be good for the high school player IF they have the ability to play at that college and they have a real interest in going to that school. But if Florida State or Georgia Tech or LSU or any of the higher D-1 schools invite you to their camp, its probably to get money out of you rather than any real interest in the player. I will say it again...and parents can get upset with me if they choose...most NYC high school players are lower lever D-1, D-2 or D-3. Sometimes a player might have to go to a junior college, Of course, there are exceptions (Rob Dadona is heading to Seton Hall). But a larger number of our players are heading to the fine D-2 schools.

Anyway, email has become the way to contact a head coach or recruiting coach. DO NOT write a term paper to a college coach! DO NOT tell him every little league award you got. Start with a positive paragraph. State your name, the grade you're in or entering, the high school you attend and the primary position that you play. Then mention that you have heard positive things about the baseball program, the coach (if its not a brand new coach) and the fine academics at the school. Then say you are interested in being part of the program and that you are talented enough to be a recruit. You can mention in one sentence

the skills that will attract his attention (e.g. 94 mph fastball, great speed, excellent power, superior academics).

At this point, you will use an outline format or attach a powerpoint to include your vital facts:

- Name
- Address
- Cell phone (yours and your parents)
- Email address
- Grade
- Date of birth
- Primary position
- Secondary position
- Height and weight
- Throws and bats (right or left)
- Parents' names
- Grade point average
- SAT and/or ACT scores
- Academic honors and awards
- Strongest baseball skills
- High School
- High School coach's name and cell phone
- Sandlot organization
- Sandlot coach's name and cell phone
- Showcase ratings
- MVP or other high school awards
- Colleges that have contacted you
- Other sports you play (shows athletic ability)

Then return to paragraph form. You can restate your strong points. You can mention anything that might indicate you can receive financial aid. Then mention that you look forward to hearing from the coach and repeat your interest in the program. You can start writing to schools the summer before your junior year. Do your research on schools, the roster, the programs, etc.

You can call me at 917-517-6893 or email me at mikelope19@aol.com to ask me any questions about colleges or the letter. I will be honest if I feel a college isn't a good baseball spot for you. I will also be at the complex over the summer.

Featured Article — So You Want To Be A Professional Baseball Player? (Part 2)

By Coach Nick DeFendis

This is a continuation of the article from last month's Newsletter.

Whoever said "Baseball is like life; you play it every day" knew what he was talking about. Remember our articles on developing mental toughness in your players? Now is when they are going to need it. Now is when they find out if they really love the game. Remember our article on what scouts look for and how important it is for a player to have a good attitude and make-up? Will their dreams of childhood be enough? Are the beautifully manicured fields, the irresistible baseball smells, the excitement of the games going to be enough to sustain them? For a successful few it will. There are only 750 major league players in the world! I have unrestrained respect and admiration for a young man who wants to turn his baseball dream into his profession. Folks, it's really hard!

Let's look at a typical day in the life of an average minor leaguer, from the perspective of the Vero Beach Dodgers. They have a fixed procedure and things are done that way every day—no deviation from the routine. The players arrive at pre-determined times on the field beginning at 1:35 pm every day. That means the early arrivals have to be in the locker room by at least 1 pm. Beginning at 1:35, each hitter gets 5 minutes of individual instruction. The Dodgers call this daily "hitting maintenance." A coach works with each player on the hitting tee. They work on some area of their game that needs improvement. One player may have a problem with balance, one may have a tendency to lean forward on outside pitches, and one may have trouble adjusting to hitting with a wood bat.

This instruction takes place in the batting cages. Those waiting their turn hit off tees into the nets, on their own. Every hitter has some area in which he can improve. These 5 minutes are devoted to that. You can give quite a bit of meaningful instruction to one player in 5 minutes. It doesn't sound like much time but on a daily basis it is quite a lot. It is a lot of time for the coaches too; to spend 5 minutes with each individual player. "Hitting maintenance" takes about 1 1/2 hours for all the players to get their turns.

Then at 3 pm, everyone spends 15 minutes stretching. This is also a structured routine. They do it the same way every day with a strength and conditioning coach who guides them. Next comes the long toss routine. The position players pair off on one foul line and the pitchers on the other. The long toss routine is also very organized. Instead of counting the number of throws, the players are timed by the coaches using a stop watch. They begin to throw from 60 feet for 4 minutes. Then they back up to 90 feet for 3 minutes, then to 120 feet for 3 more minutes. They throw at less than maximum effort, putting a slight arc on the baseball. At all times they work on good throwing mechanics (there aren't many professional players with poor arm actions).

To be continued again in next month's Newsletter.

Sponsor Of The Month

Each month, we feature a local business that has supported or provided valuable services to Richmond County Baseball. Please help support them back.

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 - > *Roofing & Siding*
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