

July 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



SPECIAL PROMOTION FOR RCBC MEMBERS FUTURE COLLEGE PROSPECT SHOWCASE CAMP

AUGUST 20-21

RICHMOND COUNTY YOUTH COMPLEX

Its never too early to get a jump on college baseball,
whether you're a high school sophomore, junior or senior

Over 25 college coaches scheduled to participate,
running the drills and providing onfield evaluations

The regular price is \$449 for the 2 day camp
RCBC members who register by AUGUST 4 pay only \$399

Go to www.rcshowcasecamps.com to register

Johnny Ray Foundation Scholarship Fund Campaign

The fund will provide private school tuition assistance to deserving individuals who are experiencing financial hardships.

Our goal is to raise \$2500 over the next two months.

To facilitate your donations, we have set up a special campaign website.

Go to the RCBC website (www.rcbclub.com) and click on the link on the Main Menu titled Johnny Ray Foundation.

Patrons who contribute at certain levels will receive a special edition commemorative tee shirt.

Thank you for your consideration and support.

Coach DeFendis



Tournament Update

In the July 4 Firecracker Classic, the Zoned Redhawks Elite defeated the South Troy Dodgers in the 13U division while the NJ Falcons captured the 17U title over the Teaneck Titans. In the Mid Summer Classic, it was an all Wladyka final in the 16U division with Continental defeating American in the championship game. And in the 10U bracket, the RCBC Nationals won an extra inning thriller over the Shelter Rock Redmen to capture the title.

Upcoming tournaments at the complex include:

- July 25-27 - 12U/14U Slugfest
- August 1-3 - 9U/13U Summer Slam
- August 8-10 - 11U/15U/16U Summer Sizzler
- August 22-24 - 12U/13U/14U Battle Of The Island

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

Virone Pitches Perfect Game For 13U Falcons

The 13U Falcons recently participated in the Branchberg (NJ) Summer Tournament, going 3-0-1 in pool play before losing in the championship game. The highlight of the tournament however was LHP Jack Virone pitching a 6 inning perfect game in an 8-0 mercy victory. Jack struck out 6 and counted on his defense for the other 12 outs. He was carried off the field by his teammates after the game.

Jack joined RCBC after his Little League playing days were over when a family member already on the team brought him down for a tryout. This is just another example of how RCBC continues to attract quality players and with the right opportunity, they will continue to succeed.

17U Nationals Tennessee/Georgia Trip June 30-July 11

By Coach DeFendis

The two weeks flew by, but as time was flying so were we. The purpose of a trip like this was to find out what kind of team you have; getting to know you players to see what makes them tick.

We started our trip in Nashville Tennessee playing a solid Tennessee Titan team at Vanderbilt University, winning the game. Afterwards we met with Vanderbilt pitching coach Scott Brown. Scott's a class act; and is a solid baseball man and a friend. I'm sure his going to Vanderbilt had something to do with them winning a national title. Coach Brown took the entire team on a tour of the athletic facility. As a result, the players got a real feel for what it would take to be able to play at that level. Our next stop was at Lipscomb University where we met up with another solid baseball program from Austin Texas - Action Baseball owned by former big leaguer Jeff Kent. The team played excellent baseball, winning that game as well. We spent three days in Nashville, practicing hard the final day preparing for Atlanta and the WWBA National Tournament.

In Atlanta, we found ourselves in a really strong bracket but we were ready for the challenge. If not for an 8 am sleep walker, we would have moved out of pool play to advance to the playoff round. Joe LaTona had a 2 run homer in the final contest as the team finished up 4-1-2 in Atlanta and 6-1-2 overall. The trip was a huge success, topped off with a 3 hour practice at the Bob Evans baseball complex on Thursday, then off to Turner Field for a tour of the stadium followed by a team dinner.

Its now up to the players to fill the big shoes they created. Our pitching and defense stood up to the test as well as our offensive attack. Baseball is a humbling game and it always will be. So its back home now, and back to the grindstone to practice and get ready to play some more quality baseball.



Coach Mike Lopiparo
College Placement
Coordinator
Quality Control Coach

This month's baseball
quote:

Derek Jeter has always said
*"There may be players who
have more talent than you.
But there is no excuse for
anyone to work harder
than you do."*

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



Coach Lope's Baseball Thoughts

BASEBALL ODDS AND ENDS

People have asked me about the attention Derek Jeter is getting in his farewell season. In an era where athletes are in jail for murder, are suspended for drugs, are lousy teammates, are overpaid for not winning and failing to hustle, Jeter stood out like a full moon.

A few years back, Met fans were trying to say that Jose Reyes was better than Jeter. They boasted how Reyes was more talented, etc., etc. It didn't take long for Jeter to expose it for the dirty lie it was. While Jeter was helping the Yankees to the 2009 championship, Reyes was as "unclutch" as ever and bolted out of town.

Jeter represents what coaches want from their athletes. His performance is better than his talent. Jeter is a good teammate...doesn't brag....does his job and most of all, wins. Mike Trout could be the heir apparent to Jeter.

Congrats to the 17U team for its performance down South. The team lost just one game in its swing through Tennessee and Georgia. While other organizations had their usual winless trip, RCBC shone.

Congrats also to the 18U team for winning four of six games in the tough Troy tournament. Coach Giakas' squad got to the Winners Bracket.

Attention Juniors....Make sure you sign up for the Clearinghouse. Go to www.NCAA.org. Most RCBC players will be fine, but to play Division I or II you must apply.

Maybe its me, but it seems like the 25 and under age group like the NBA over MLB. It seems like less youngsters are playing baseball. Am I right? The question is why? The good news is that Staten Island still has a heavy interest in the National Pastime.

The MLB Network recently had a special on the lack of hitting in baseball in recent years. It was hosted by Bob Costas. The panel came up with some suggestions on the dwindling offensive numbers: no more steroids, increase in pitchers who throw 90 mph, especially relievers, the cutter, shifts on players, increase in players who strikeout and players who only want to hit homers and overswing. Maybe they should ban Clayton Kershaw.

Don't forget the annual Johnny Ray Memorial High School Tournament takes place the weekend of October 3rd.

You can call me at 917-517-6893 or email me at mikelope19@aol.com to ask me any questions. I will also be at the complex throughout the summer.

Featured Article — So You Want To Be A Professional Baseball Player? (Part 3)

By Coach Nick DeFendis

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

Long toss (continued) - At the end of 10 minutes, the infielders come back in to 60 feet and throw to each other very briskly, moving their feet and getting the ball out of their gloves as quickly as possible. The outfielders remain at 120 feet and throw to each other, one-hopping the ball. This drill reinforces staying behind the ball and not letting the hand flop off to one side. If the hand doesn't remain behind the ball and if they don't have a 4-seam grip, the result will be a ball that does not travel on a straight line.

The pitchers come in to 60 feet and do flat ground throwing. They don't use catchers; they throw to each other. This is time when they work on the "feel" of their pitchers. And they work on their mechanics. They throw this way every day: fastballs from the windup, 5 breaking pitches and 5 change-ups. Then they throw 15 more from the stretch. One pitcher in each pair acts as a catcher and they switch every 5 balls. The pitchers throw at about 50-60% of full velocity. They do this every day, even if they had pitched in a game the day before. They are always under the watchful eye of the pitching coach. He will make occasional suggestions as to their mechanics. The pitchers take longer than the position players so while they are completing their routine, the position players play pepper.

What's impressive is the positive way the coaches taught the game. Think back to your school days and remember your best teachers. It was like that. Those coaches are highly motivated and dedicated to helping these players reach the next level. And you know what? The coaches had to have a working knowledge of Spanish. I watched Manager John Shoemaker working with a Latin hitter in the batting cage. The player was having a hard time keeping both of his hands on the bat as he completed his swing. It was a bad habit that John was trying to help the hitter break. After every soft toss, Coach Shoemaker would say "dos manos, dos manos; bueno" until the hitter got it right. Never Give In is NGI in any language.

Next, at about 3:45, they perform their outfield-infield drill, every day. Those 2 words are used a lot "every day." The reason the Dodgers do this (another buzz word) is "ball maintenance." They want their position players to stay involved in the physical and mental "flow" of the defensive game. We like to call it "taking care of the ball." They want them handling the baseball as they would in games. We have been telling you how important catch and throw is. This drill is done at "game pace" and is fun to watch. Starting with the left fielder, they hit fungoes to each outfielder so they can get all the plays they will have to make in a game. Every other day, they practice their "double relays," 4 times, once deep down both foul lines and deep into each gap.

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.



Attention Richmond County Baseball Club Members

How would you like to save 50% to 90% off of local Staten Island community based places to eat, activities, and places to go?

And Help support our Community at the same time?

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If the offer is of interest to you, PURCHASE, and use it!

LivingSI will donate \$1 to the Johnny Ray Foundation when you select us at checkout.

It's a WIN WIN for everyone!!!

Thank very much for your support! Every dollar helps.

Please spread the word, tell your friends and family!