

September 2015

**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

## RCBC Captures Rising Stars Tournament

The 10U Nationals won the Maplezone (Pa.) Rising Stars Fall Brawl tournament this month. Coach Quinn's squad went 4-0, including a 5-0 shutout in the championship game vs. the South Jersey Elite. Congratulations to our "rising stars."



Through September, RCBC teams have won 23 tournament championships and have participated in 46 championship games. No one gets to more championship games than RCBC!

**Johnny Ray  
Memorial Classic  
Field Sign  
Samples**



Look for the  
Johnny Ray  
tournament schedule  
on [rctournaments.com](http://rctournaments.com)

**Tournament Update**

In the 13U Transition Tournament, the Diamond Jacks Super 13s defeated the RCBC Nationals. In the PG Super25 Staten Island September Showdown, the Ozone Howard Wolverines won the 11U title while the Long Island Titans were champs in 14U. And in the Fall Brawl, the 9ers Baseball Club took the 13U bracket while Team NJ Elite emerged as champs in 15U over RCBC.

Our remaining 2015 schedule is as follows:

Oct 2-4 - Johnny Ray Memorial Classic

Oct 10-12 - Columbus Day Classic

Oct 17-18 - PG Super25 Staten Island Spooktacular

For the full tournament calendar, visit our tournament website at [www.rctournaments.com](http://www.rctournaments.com).



The 4th annual Johnny Ray Memorial Fall Classic for high school baseball teams will be held on October 2-3-4. Proceeds benefit the Johnny Ray Memorial Fund which provides tuition assistance to deserving athletes. Come on out to cheer on your favorite team and support a great cause. Both corporate and personal field sign sponsor opportunities are still available. See samples on the left. Go to [www.rcbclub.com](http://www.rcbclub.com) by Wednesday, September 30 to purchase.



Coach Mike Lopiparo  
College Placement  
Coordinator  
Quality Control Coach

This month's  
baseball quote:

Hall of Fame Manager  
Earl Weaver once said:

*"Baseball momentum is  
really about tomorrow's  
starting pitcher."*

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



## Coach Lope's Baseball Thoughts

### SOME SIGNS OF AN UNHAPPY AND STRUGGLING COACH

Dick Vermeil, who led the Rams to a Super Bowl, was the first coach I had ever heard say he was resigning because of "burnout." That occurred when he coached the Philadelphia Eagles. John Madden, when he left the Raiders, hinted at the same thing. Many times I've heard high school and summer coaches give it up saying they've had enough. Recently I saw an article that listed signs that a coach may be getting tired of the job. Here are some of those signs:

1. Unwillingness to adapt the coaching style. Sometimes coaches won't change anything they've done in the past even if their approach isn't working and they have different types of athletes than they once had. Tom Landry fell into that trap when the Dallas Cowboys dropped and it helped cost him a job he had for nearly 3 decades.
2. Believing a schedule is too tough or unfair. When coaches weaken their schedule and choose not to meet the challenge of wanting to play the best, it's a sign that their competitive spirit is dropping. Strength of schedule is also a sign

of how good your players are.

3. Concentrating on what's wrong vs. what's right. When a coach maximized the negatives without balancing it with what went right, it's looked at as a sign of frustration. Perhaps the coach is getting tired of the job.

4. Parents...parents...parents. When a coach has teams high school or younger, parents will be around. There's always going to be some parental complaints. But when coaches want nothing to do with parents and refuses to speak with them at any time, it could be a sign that the job is getting to him.

5. Too distant from the players. You don't want coaches to be too friendly with the players. But a sign of a frustrated coach might be one who is totally distant where he barely says hello, or give instructions during games, or loses patience very quickly.

I always said if I felt the players were no longer paying attention to me or shrugging me off, or if I wasn't looking forward to games, then its time to stop doing it. Shakespeare once said "To thine own self be true." Coaches should be honest if they are unhappy or frustrated.

## **Featured Article - 10 Life Lessons Learned From Baseball**

### **By Coach Nick DeFendis**

Not everyone considers sports to be a worthwhile investment of one's time. While I recognize that sports, and baseball in particular, isn't for everyone, I've listed here what I think are 10 important life skills that I learned while playing baseball.

1. **Working As A Team** - While this may be the most obvious, it's also one of the most important lessons I've learned from baseball. The quicker you can mesh the strengths of others with yours, the better the overall end product will be. Working as a team is reflected in relationships, marriages, sports and particularly in business and life after sports. Leveraging individual strengths into a cohesive group where everyone works together toward accomplishing the same goal is much more beneficial and rewarding than having a group of individually-minded players.

2. **Strong Work Ethic** - Work ethic is the foundation for anything in life. You will find yourself in rewarding situations more often if you work hard and apply yourself regardless of outcome. A strong work ethic comes from a deep down desire and drive within yourself to improve. This type of mindset is contagious and is very much recognized and appreciated by teammates and coaches.

3. **Dealing With Pressure** - Often it's the decisions we make under pressure that define who we are professionally and sometimes personally. The pressure we place on ourselves to perform during a baseball game is not all that different than the stresses and pressure we may face every day in the real world. (I am not trying to compare an 0 for 21 slump to how you are going to make enough money to pay the rent.) But I do believe the lessons we learn from the pressures we deal with in baseball helps us to learn how to manage our emotions and improve our focus on whatever the immediate task at hand might be. For example, when you are at the plate, you have to keep your mind on your hitting approach, and not be distracted by thoughts of what will happen if you don't get a hit right then. Or if your mind wanders after hours of playing in the field without any action inevitably it will be that moment that a laser line drive comes your way. In life, losing your focus or buckling under pressure creates different problems. Pressure at work can affect your performance at work or at home, or a distracted moment at the wheel can lead to tragic consequences. This is why learning to deal with pressure in ways not controlled by your emotions or feelings is a valuable life skill.

4. **Working With New And Sometimes Unfamiliar People** - You will quickly learn how to deal with and talk to people you have never met before. In this game you are constantly meeting new people and playing on new teams. Being comfortable in situations where you may not know anyone is a positive skill.

5. **Dealing With Failure** - Baseball is a game of failure and learning how to take the positives out of our shortcoming is very important. There are many times in life where we come up a little short and being able to positively deal with the situation and learn from our past will help us in the future.

6. **Dealing With Success** - It is important to strive for success and to be the best you can be. It is equally



**Featured Article - 10 Life Lessons Learned From Baseball (cont'd)****By Coach Nick DeFendis**

important to be gracious in our victories. Rubbing success in the faces of others does little for team chemistry and is not easily forgotten when you are on the short end of success.

7. Learning How To Keep Your Cool - Especially when fans are yelling at you and intentionally trying to get under your skin. This is another example of handling pressure. Learning to block out and manage your emotions when fans are yelling and sometimes being harsh is an important skill for helping you focus on the task at hand. Letting outside influences that you don't control affect your performance will distract you from your goal. Learning to rise above and still be able to perform in crunch time situations is an important skill I've learned through baseball.

8. Not Making Emotional Decisions - Emotions can make you do things you normally wouldn't do because of fear. Being able to cut through the emotion can be extremely difficult but if you can keep the emotions from influencing your decisions you will find this skill to be very beneficial in the long run. Baseball lessons teach us to play the game with heart, but not let emotions take over and control your game.

9. Learning How To Separate Baseball Life From Personal Life - It is very difficult to leave the baseball player at the field and not take a bad day home with you after a game. When you mix your professional life and your personal life without setting borders between them, it can cause an imbalance between the two. My passion for baseball is an asset that has helped me be successful, but it can also cause me to be unsettled and emotional when it's not going well. Without proper boundaries between my professional and personal life, I couldn't be the father and husband that my family deserves. Mixing the two can definitely lead to strained relationships on both sides.

10. Learn To Push Even When You Are Tired And Don't Have Much In The Tank - How many times do you see people give up or not give all they have because they are tired and they let their body convince their mind that they have nothing left to contribute for that day. Pushing through and giving all you have on a day when you are tired says a lot about your character. The easy thing to do is give up but baseball makes you push even when you are feeling tired. This skill will definitely make you proud of yourself.

I believe these are important for any young person to learn early in life. We all make mistakes, but mistakes made as youths tend to have less harmful consequences than those made as an adult. Better a strikeout than a car accident. Better to be punished with extra conditioning than prison or divorce. Maybe it seems dramatic but that's the point. Baseball mimics life in a lot of ways, and it provides kids with a learning environment that won't be duplicated until they are much older.

Coach DeFendis

### 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.

*Happy Paws Boutique*  
luxury pet spa



Located at 400C Victory Blvd., we are experienced in working with all breeds of dogs and cats and provide multiple styling options in a friendly, stress-free environment. Our groomers provide a personal and professional experience for you and your pets. Call us at 718-442-4480 or visit us at [www.happypawsboutiquestatenisland.com](http://www.happypawsboutiquestatenisland.com)