

November 2016

**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:



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# RCBC Newsletter

## Coming Soon - Winter Workouts



**Our 10th year at the College of Staten Island (CSI)**

**Starting January 2017**

**We offer the most in-depth baseball skills  
training and instruction.**

**Gain an edge over your competition.**

**Go to [www.rcbclub.com](http://www.rcbclub.com) to register.**

## RCBC Is Looking For New Players

Do you know of anyone interested in joining RCBC?

We are looking for new players for the 2017 season.

Ages 8-18

If you know of anyone interested, have them go to [www.rcclub.com](http://www.rcclub.com) and submit the Registration Interest form on the Menu on the left hand side of the home page.



### Dick's Coupons

Reminder that RCBC members have access to discount coupons for Dick's Sporting Goods.

10-20% off many items.

Use them for your holiday shopping.

Visit [www.rcclub.com](http://www.rcclub.com) and click on the Dick's Coupon link on the Main Menu.

## Tournament Update



**BLUE CHIP  
PROSPECTS**

**TRIPLE  
CROWN  
SPORTS®**

We recently announced our 2017 tournament schedule which features over 75 events next year. These include Richmond County tournaments as well as Perfect Game.

The Perfect Game events include PGBA sanctioned, PG Super25 Mid Atlantic and Northeast Region Super Qualifiers and the PG World Series. We will also be expanding our reach by co-hosting several PG events in Connecticut in collaboration with Super East Tournaments.

Additionally, we will once again be one of the host sites for the Blue Chip Prospects and Triple Crown tournaments next summer.

For the full 2017 schedule, visit [www.rctournaments.com](http://www.rctournaments.com).

## **Featured Article: Teachers And Coaches**

**By Coach DeFendis**

**Today's parents need to understand the importance of a good relationship with their child's TEACHERS and COACHES.**

**Over the years, I have had my fair share of run-ins with parents regarding their sons. Most of the issues were about either playing time or position. I always approached the situation with kid gloves because of the emotions coming from a parent. I get it!!!! We love our kids.**

**Besides a parent or a close relative, a teacher or a coach can be the most important person in your child's life. Coaches and teachers are not your friends; they are stepping stones to your child's success. As a coach, I find it all starts with communication and quality discussions.**

**Have a plan and stick to the plan.**

**Don't allow outside interference from other parents or players to get in your head.**

**Have your child develop the right relationships from a young age with his coaches and teachers. These are the people who will have THE POWER OF THE PEN that will help him.**

**Children need to build communication skills in order to get through life. Learning to deal with adverse situations at a younger age definitely will help as they grow. It will teach them to be proactive and have more control over the decisions that they make. Also, when things don't go their way, it will help them deal with the failure.**



## JOHNNY D'S 5 TOOL BASEBALL PITCHING LESSONS

Introducing Staten Islands only contemporary pitching lessons designed and taught by Dr. Tom House. In these lessons Frank will teach the evolution of the commonly known pitching mechanics in the baseball world. These mechanics were formed to scientifically increase velocity while preventing arm injuries. These lessons include shoulder conditioning, Arm Care along with mechanical instruction to maximize your pitching ability.

### *Coach Frank Esposito*

Arm Care

Shoulder Conditioning

Mechanical instruction

Introduction into the modern form of pitching mechanics

Pitch types and Grips

Mental Process of the pitcher

Played under the 2011 National Collegiate Pitching Coach of the Year Phil Cundari

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Call for more information  
or sign up at

[www.rcbclub.com](http://www.rcbclub.com)

[www.my5toolbaseball.com](http://www.my5toolbaseball.com)





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# THE MYSTICS & THE MAGICAL

HOLIDAY 2016

**ALEX AND ANI** ♥



# HAPPY THANKSGIVING



HAPPY THANKSGIVING  
FROM OUR FAMILY TO YOURS  
COACH DEFENDIS, COACH QUINN  
AND THE ENTIRE RCBC STAFF