**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.

Visit our website at:

www.rcbclub.com

#### **Inside this issue:**

Winter Workouts	1
RCBC Looking For Players	2
Tournament Update	2
Featured Article - Teachers and Coaches	3
5 Tool Pitching Lessons	4
Gerald Peters Jewelers	5
Happy Thanksgiving!	6

# REHNOND EUNITY BASEAU GUB

# 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 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.rcbclub.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.rcbclub.com and click on the Dick's Coupon link on the Main Menu.

#### **Tournament Update**











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.

# 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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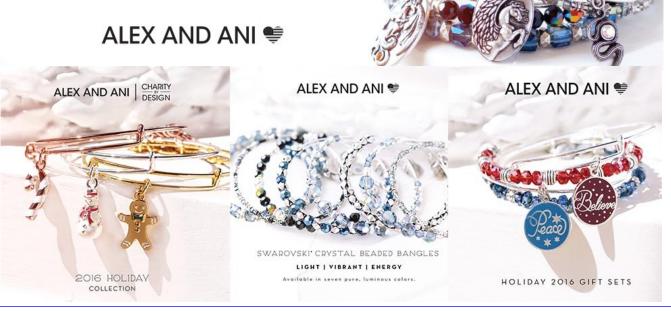
Call for more information or sign up at

www.rcbclub.com

www.my5toolbaseball.com









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