

April 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

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RCBC Newsletter

RCBC'S ONLINE APPAREL STORE IS BACK

Featuring some of our popular traditional and vintage styles.

Purchase online and have delivered to you.

Visit the store at www.rcbclub.com.



Payment Reminder

If you still have a balance on your 2016 registration fee, it is due now. If paying by check, make out to RCBC and mail to 98 Tanglewood Drive, Staten Island, NY 10308. If paying by credit card, use the authorization form on the RCBC website.

Also, for those teams with additional tournament fees, full payment is due by May 1.

Please remit by check or credit card. If unsure of your balance, please contact jim@rcbclub.com.

No uniforms or apparel will be distributed until all fees are paid.

Tournament Update



PERFECT GAME

Poor weather conditions resulted in the cancellation of several April tournaments. In the PGBA Big Apple Classic, the RCBC Royals won the 14U bracket while the US Elite took the title in 13U.

Here's our May lineup:

PGBA Staten Island Mayhem (4/30-5/1) - 13U

PGBA Staten Island Mothers Day Classic (5/7-5/8) - 11U, 13U

PGBA Staten Island Verrazano Classic (5/14-5/15) - 12U, 14U

PGBA Staten Island Showdown (5/21-5/22) - 10U, 13U

Memorial Day Classic (5/28-5/30) - 10U, 11U, 15U, 16U

We also announced our fall schedule, featuring PGBA and PG Super25 events, including Super Qualifiers for the 2017 National Championships. Visit www.rctournaments.com for more information and to view the schedule.

A reminder that RCBC members are required to pay the daily gate fee for all Perfect Game tournaments hosted by Richmond County Baseball. Please don't give the boys and girls who collect the fee a hard time; they are only doing their job. Once our summer season begins, each player will receive 2 wristbands entitling the wearer to free daily admission to each event. Children under 18 are always free. Thanks for your cooperation.

April Tournament Champions

Congratulations to our April tournament champions!



10U Nationals

Diamond
Nation
King of the
Diamond

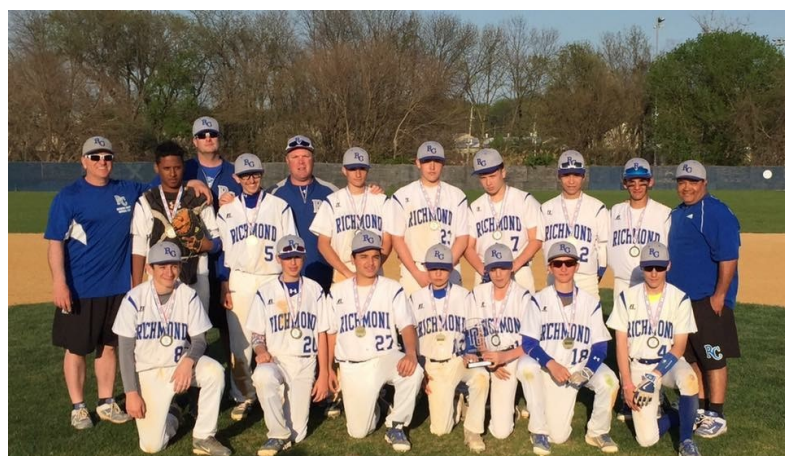
12U Nationals

Diamond
Nation
Spring
Invitational



14U Royals

PGBA
Staten Island
Big Apple
Classic





Coach Mike Lopiparo
College Placement
Coordinator
Quality Control Coach

This month's
baseball quote:

A baseball writer once said:

"College baseball is an imperfect game. That's because its appeal is that the players have talent but not perfection. They are capable of outstanding accomplishment and unbelievable mistakes"

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



Coach Lope's Baseball Thoughts

VISITING A COLLEGE BASEBALL COACH

High school players and their parents always get excited when they get to meet with a college baseball coach. The visit is part of the process of deciding whether your son will attend this college. Let's face it, choosing a college, especially if you're an athlete, is a major and at times difficult decision. However, it's important that you and your son have a list of questions to ask the coach about the college and his baseball program. Below is a checklist of questions you want answered during your visit:

1. You will probably get a tour of the school. Before you even see the coach, you want answers to these questions:

- a. Is it a nice campus
 - b. Does it have good educational facilities such as a top library plus private study areas
 - c. Does the school have up-to-date programs that will help your son get a job when he graduates
 - d. Does the school have the major your son is looking for
 - e. Does the college have a fine educational reputation....good contacts with corporations with alumni that can help with jobs
 - f. What do the dorms look like....are they clean....are the rooms nice....are the baseball players together or mixed with other sports. Is there proper supervision at the dorms. Good security
2. When you do get to see the coach, some of the questions to consider:
 - a. How many players are graduating from the position that your son plays
 - b. How many other players has he

recruited, or looking to recruit at your son's position (you don't want a truckload of competition)

- c. Do freshmen get a chance to start or do they sit the bench the first year
 - d. Is there a chance your son can be red-shirted (he or you may not want that)
 - e. Does the practice schedule allow your son to get in enough time for homework and studying for tests
 - f. Is there a full time tutor in charge of baseball academics, to watch over the players
 - g. Can a player lose a scholarship if they have a bad year in baseball
 - h. If your son qualifies for academic money, does he need to maintain a certain Grade Point Average to keep the money...and if he drops below what he maintains, does he lose the money immediately or does he get an extra semester
3. Make sure you've done some research on the baseball program:
 - a. How has it done in recent years
 - b. Does it have an upside
 - c. What about the coach. What have you heard about his reputation
 - d. If he's a new coach, has he been a head coach at another college or is he from high school or junior college
 - e. What can you find out about him as a person....coach....record

Plain and simple. Be prepared when you visit the college and see the coach. You may have only dealt with the recruiter. These are just some of the questions to consider. I probably left out some questions. If you think of any, email me at mikelope19@aol.com.

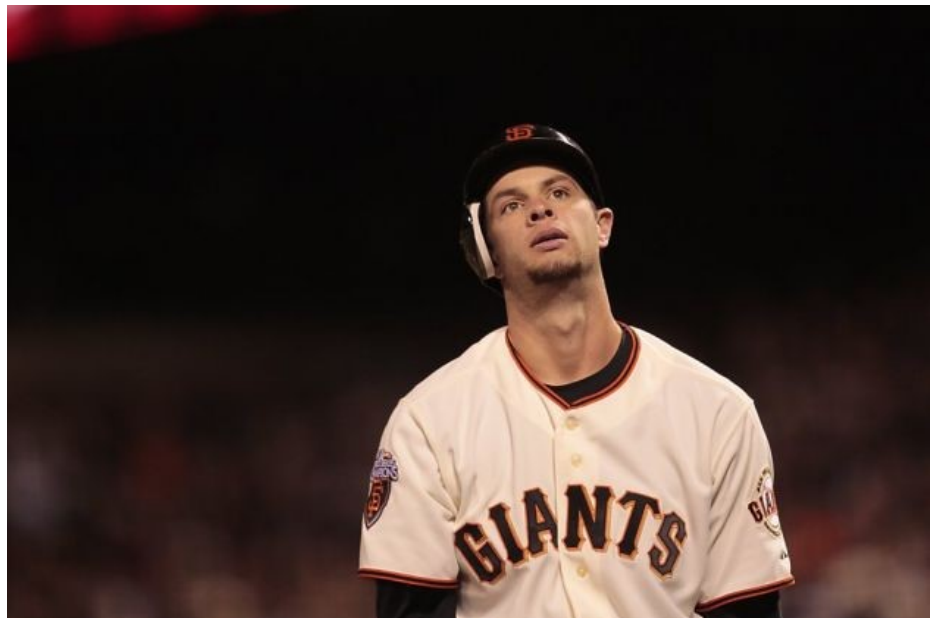
Featured Article - Body Language

By Coach Nick DeFendis

Is there anything worse than bad body language? It's one of the biggest signs of weakness, defeat and surrender. If there's a sure-tell sign that you have an opponent that's surrendered, it's their body language. Bad body language is everywhere but the ultimate stage to bad body language is on the baseball field. Never do you see more shrugged shoulders, heads down and palms in the sky than during a baseball game. Why is that? Well, it's a game of failure as so many baseball experts have said in the past. And when we fail, we get upset. And when we get upset, our body language shows it. And when our body language shows it, you just lost a HUGE advantage. One that will soon be exposed by the true harshness of the game. Your opponent will bring you to your knees, begging you to surrender.

We live in a soft generation. One in which players are accustomed to feeling sorry for themselves. One in which players refuse to take responsibility for their own failures. And what do we see in return? An awful lot of bad body language and poor performance. Let me break it to you right now. If you

play this game long enough, you will strike out again. You will make another error. You will have another umpire make a bad call that costs you a hit. You will line out to the shortstop dozens of more times. You will get yelled at by a coach. IT WILL HAPPEN.



Featured Article - Body Language (cont'd)**By Coach Nick DeFendis**

How do you respond? Do you crawl into your shell like a turtle and wait for the chaos to subside? Or do you embrace the challenge and welcome more. Do you tuck your tail between your legs? Or keep your head up and move forward. One is advantageous to your success; the other is detrimental to it. Yet few players truly understand this. Few players truly understand the affect of their response to a certain outcome. Few players even know how bad their body language is after a negative outcome. If you took a video of the way a player walked back to the dugout after a home run, and compared it with a video of them walking back after a strikeout, they would have a hard time recognizing themselves. It would be night and day! Now I'm not saying you should have the same good feeling after a strikeout that you do after a home run, but are your really going to carry yourself in such a negative way? A way that will negatively affect your TEAM!

Many psychologists have said that it's much easier to change the way you feel by acting a certain way, than it is to induce positive feelings our of thin air. So carrying yourself in a positive way even after negative outcomes will allow you to feel positive. Needless to say, feeling positive is directly correlated to confidence and performance. If you want to be the best baseball player you can be, you need to learn to deal with failure. And learning to deal with failure by demonstrating positive body language is a major component that affects more than you think.

Take notice of your body language. Are you exhibiting body language that will bring success? Or more failure? This is entirely in your control. Stand tall, head up, chin up, shoulders back, smile and keep on playing!

Sponsor Of The Month

