

June 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

JUNE TOURNAMENT CHAMPS

The RCBC 17U Nationals won the 18U Invitational Shoot For The Stars tournament at the complex this month. Winning out over 39 elite teams, Coach DeFendis's squad went 6-0 on their championship run, including an 8-3 victory over Freedom Baseball from Long Island in the title game.

Year-to-date, RCBC has won 9 tournament championships while finishing as runner up in 10 others. No one gets to more championship games than RCBC!



RCBC On Social Media

RCBC has engaged PostGradCreative, a local social media marketing firm to increase awareness of our social media channels and to help us utilize them more effectively in marketing our organization and events. Check out our new promotional video of our tournament business on Facebook which includes many spectacular aerial shots.

Follow RCBC on Facebook, Twitter and Instagram. Get the word out. Share with your friends. For the links, go to www.rcbclub.com.

Tournament Update



This month, we hosted the PG Super25 Northeast Super Qualifier tournament with the Midville Dodgers winning the 12U division. Bad weather unfortunately forced cancellation of the other age brackets. In the annual 18U Shoot For The Stars tournament, our 17U Nationals took home the title. In the School's Over Spectacular, the Bronx Bombers won the 12U division while the Northern Valley Coyotes won out in 15U. We also hosted the 17U PG Super25 Mid Atlantic Super Qualifier with the Tri State Arsenal Prime taking the crown and the paid berth to the PG National Championship in Florida in July.

Here's our upcoming lineup:

Summer Showdown (7/8-7/10) - 15U, 17U

Summer Slam (7/15-7/17) - 12U, 13U, 15U

Mid-Summer Classic (7/22-7/24) - 11U, 14U, 16U

Summer Slugfest (7/29-7/31) - 10U, 12U, 15U, 17U

Visit www.rctournaments.com for more information and to view the full year schedule.

Parents - make sure you wear your RCBC wristbands for free daily admission to each Richmond County summer tournament.

Children under 18 are always free. Please contact your coach if you did not receive yet.



Coach Mike Lopiparo
College Placement
Coordinator
Quality Control Coach

This month's
baseball quote:

Hall of Fame pitcher
Bob Feller said:

"Since baseball is an everyday sport, there's always a new opportunity to build on yesterday's success or put it's failures behind and start over again. That's the way life is"

If you want to voice a comment on anything I write, email me at mikelo19@aol.com



Coach Lope's Baseball Thoughts

ITS TRAVEL TIME FOR THE 17U NATIONALS

We are creeping towards Independence Day, an occasion when Americans celebrate having given the middle finger to England in 1776 and becoming its own nation. Coach Nick DeFendis has his own way of celebrating America's freedom....he and his 17 year old team escape south of the Mason Dixon Line!!!! At this moment, the 17U Nationals are competing in the Music City Classic in Nashville, Tennessee. That will be followed by the annual trek to Atlanta, Georgia for the prestigious nationwide Perfect Game World Wood Bat 17U tournament.

In recent years, Richmond County has made an excellent showing in the land of Dixie. Two years ago, the Nationals lost just one game on the entire trip. These tournaments serve an excellent purpose:

A. A new set of recruiters are there to see our players and evaluate where they belong on the college level. And....some of the recruiters from New York head to that tournament and can compare our players to the nationwide rosters.

B. It's good that our players compare themselves to the players on other teams outside New York and New Jersey. You need to see what other solid players look like so you can make your game even better. You may find that you compare very favorably to the top players on other teams. Or you may see that improvements in your game must be done

to improve your recruiting status.

C. RCBC teams bond well when they travel. Plus it's good to be away from Mommy and Daddy, at least for a little bit.

D. Since the trips are "ALL BASEBALL," the players focus on games and practices, and very little else. Of course there is fun time, but this is a baseball trip.

E. And....naturally we hope to get our players on the radar of the college recruiters in attendance. Start the college ball rolling.

When Coach DeFendis and my team return to New York, it will be just for a little bit. In late July, both 17 year old teams, Nationals and Americans, will be heading to Cincinnati for a week-long event. Again, there will be recruiters eyeing our players. Meanwhile, on the home-front, there will be action at the RCBC Complex during the July 4th week.

Serious baseball players in the northeast MUST take advantage of the warm weather of June-July-August, and even the mild weather in September. Since our springs "suck," the summer allows players to play a cluster of games with few interruptions. This allows you to work on the areas of your game that need improvement.

Anyway....Bon Voyage!!!!!!!!!!!!

Featured Article - Effective Two Strike Hitting

By Coach Nick DeFendis

One of the most important areas of offensive baseball is the ability to make good contact with two strikes. The most successful pitchers have the ability to “turn it up a notch” when they have the hitter in a two strike situation. Unfortunately, many hitters do not raise their level of competitiveness accordingly. Not only does a hitter need to make physical adjustments, but he must also turn up his mental focus to prepare for the upcoming confrontation. It should be “personal.”

Here are some ideas in dealing with the two strike situation:

1. Mental Outlook - Imagine yourself backed into a corner of an alley. Someone confronts you and wants your last five dollars. You can either:

- A. Submit and give up
- B. Try and negotiate a settlement
- C. Fight your way out of it

We would like players to have the “C” mentality

2. Physical Adjustments -

- A. Choke up on the bat slightly. Bat control is important
- B. Move slightly closer to the plate. Take away the outside strike
- C. Spread out slightly to ensure balance
- D. Slightly crouch to shorten the strike zone. This adjustment helps in identifying and laying off the high pitch

Featured Article - Effective Two Strike Hitting (cont'd)

By Coach Nick DeFendis

3. Mental Adjustments - Taking a third strike is unacceptable. There is no doubt that sometimes a hitter is fooled by a great pitch, and he cannot pull the trigger. However, this situation requires a feisty, competitive mode.

- A. Look fastball and adjust
- B. Look to go up the middle and opposite field. Protect outside to in
- C. Foul off any borderline strikes
- D. Fight off or block off inside strikes

4. Ultimate Objective - Putting the ball in play has so many possibilities. Keep the strikeouts down to find a correlation with run production. The difference between ten strikeouts and six strikeouts in a contest is huge! The difference with those four contacts can result in any of the following:

- A. Advanced runners
- B. Forced errors
- C. Bloop hits
- D. Bad hops/lost in the sun
- E. Frustrated pitcher

5. Conclusion

- A. Effective two strike hitting can be enhanced in practice settings
 - B. Establish count settings in the cages or in front toss drills
 - C. Include this in batting practice scenarios live on the field
 - D. Players must understand the concepts and see the fruits of their labor.
- Coaches should be complementary when players compete in two strike situations.

SAVE THE DATE. COME OUT TO SHOW YOUR SUPPORT.

Join One on One Physical Therapy
at Richmond County Bank Ballpark at St. George for the

Met **High School Baseball Senior Game** **North Shore LIJ** Staten Island University Hospital
& Autism Awareness Fundraiser

COME ON ONE
physical & occupational therapy
Sports Rehabilitation

Saturday, July 30
Doors Open: 12pm
Game Time: 1pm
Honoring two local Staten Island children
Julianna Russo
Anthony Dimasi

Bring the whole family!
Raffles, prizes, 50/50 and FUN ZONE for kids!
\$10 per ticket, kids free (10 & under)
For pre-sale tickets call:
• Mike Mauro (One on One PT) at 347.288.5609
Tickets will be available day of game at the main gate

A \$2500 SCHOLARSHIP will be
awarded to one high school player
from the game!

LOOKING FOR CORPORATE SPONSORS TOO



2016 Annual High School Senior Baseball All Star Game & Autism Awareness Fundraiser (Sponsored by THE ONE ON ONE CHARITABLE FOUNDATION)

On Saturday July 30th, 2016, the One On One Physical Therapy Charitable Foundation will host the Annual “Senior” Baseball All Star Game at the home of the Staten Island Yankees – Richmond County Bank Ballpark. The game involves recently graduated Seniors of both the Public and Private School’s Baseball teams on Staten Island. One Player is awarded a \$2,500 College Scholarship from the One On One Physical Therapy Charitable Foundation based upon a life-experience essay. The game is also an Autism Awareness Fundraiser, and 2 families that experience the challenges of having children with Autism will be honored at the event. All proceeds of the event go to Autism Awareness. Any assistance you can give in making this event a success is greatly appreciative.

Sponsorship Levels

“GOLD” Sponsor - \$5,000 ____

“SILVER” Sponsor - \$3,000 ____

“BRONZE” Sponsor - \$1,500 ____

Other amount \$_____

All Sponsorships / Donations are Tax-deductible contributions.

Please make Checks out to: THE ONE ON ONE CHARITABLE FOUNDATION

A not-for-profit organization (501C3 ID # 46-2793602)

Additional Information: Mike Mauro (347) 288-5609