

September 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:

Johnny Ray Memorial Classic	1
RCBC on You Tube	2
Tournament Update	2
September Tournament Champs	3 4
Featured Article - Hitting Fundamentals	5 6
BPR Hitting Program	7
Recruitment Videos	8



RCBC Newsletter

Johnny Ray Memorial Classic

The 5th annual Johnny Ray Memorial Classic will
be held at the RCBC complex on October 1-2.

The tournament features high school varsity
programs from Staten Island and throughout NYC
who come to compete in the annual event and
pay tribute to the memory of Johnny Ray.

All proceeds benefit the Johnny Ray Memorial Fund
which provides high school tuition assistance to
deserving individuals in financial need.

So come out to watch some great high school
baseball and show your support for a worthy cause.
For the schedule, go to our tournament website at

www.rctournaments.com



RCBC You Tube Channel

RCBC now has a dedicated *You Tube* channel.

To date, we feature aerial views of the fields, a promo video for our tournaments and testimonials from several college coaches during our Showcase Camp.

Look for additional videos in the future.

You can access by going to *You Tube* and searching Richmond County Baseball Club or via the direct link on the RCBC website:

www.rcbclub.com.

Tournament Update



PERFECT GAME



In our first fall event, the 17U Labor Day Classic, the Bergen Blue Crew defeated the Rangers for the title. We also hosted the PGBA Mid Atlantic Fall Championship over several weekends in September with the RCBC Nationals winning the 11U division, the Keystone War Eagles in 13U, Bergen Express in 15U and Bigs Ballistics taking the title in 17U.

Here's our upcoming lineup for October:

- PG Super25 Northeast Fall Super Qualifier:

(9/30-10/2) 11U, 12U

(10/14-10/16) 14U

(10/21-10/23) 16U

Winners of the Super Qualifier receive a paid berth to the PG Super25 2017 National Championships in Fort Myers, Florida.

- Johnny Ray Memorial High School Classic (10/1-10/2)

- PGBA Northeast Championship (10/7-10/10) - 9U, 10U, 11U, 12U, 13U

- PGBA Staten Island Fall Invitational (10/14-10/16) - 11U, 12U

- PGBA Staten Island Spooktacular (10/21-10/23) - 10U, 12U

Visit www.rctournaments.com for more information.

September Tournament Champs



11U Nationals

Ripken Labor Day
Classic,
Aberdeen, Md.

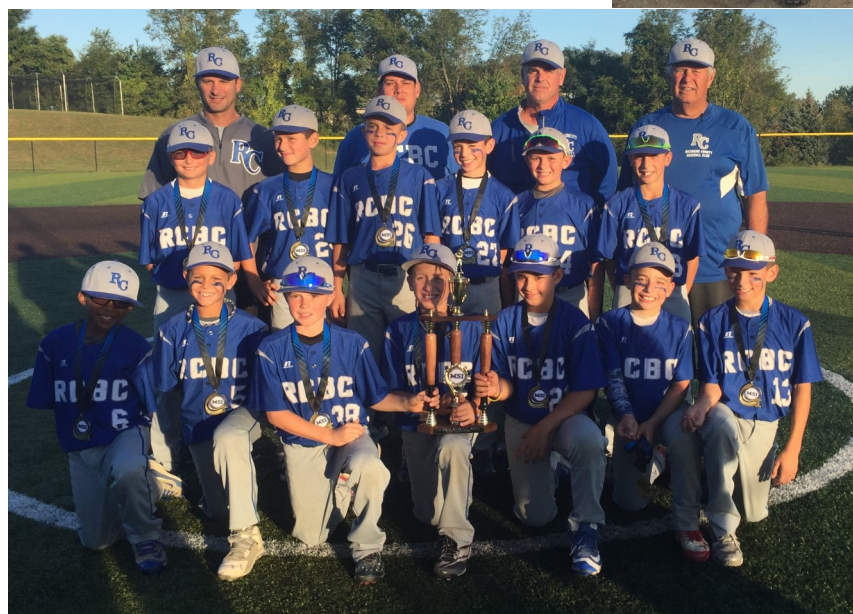
11U Nationals

PGBA Mid
Atlantic Fall
Championship,
RCBC



11U Nationals

Rising Stars
Fall Brawl,
MSI, Pa.



September Tournament Champs



12U Nationals
USABL 60/90
Labor Day Classic,
North Brunswick,
NJ



11U Americans
USABL
Union County
Challenge, NJ

Featured Article - The Fundamentals Of Hitting A Baseball

By Coach Nick DeFendis

You've probably heard someone say that hitting a baseball is one of the hardest things to do in sports. They weren't lying. Hitting a baseball is no easy task, and it gets harder and harder the older you get. By the time you reach high school, you're facing pitchers who not only throw hard but have mastered a number of different pitches. Learning and maintaining the proper fundamentals of hitting is not easy, but it's the only way to become a consistent hitter.

Your swing is something that needs to be worked on constantly so that it becomes muscle memory. After all, when the ball's on the way to the plate, you don't have time to think. You only have time to react. Here are fundamentals that will help you refine your swing and become a more consistent, and dangerous, hitter.

Your feet, your hands and your head are keys to hitting success. If you can move them properly and in concert, you'll put yourself in great position to rack up hits.

FEET - The feet are the foundation for maintaining balance throughout the swing. Balance from the beginning through the finish of the swing is crucial for your ability to track the ball accurately. The stance should be comfortable. You should stand approximately a bat plus an arm's length away from the opposite side of the plate. To ensure you're in the right position, stand in the box and reach the bat to see if you can touch the opposite side of the plate. If you can, you'll be in a position that provides complete plate coverage.

The **LOAD** is when the hitter shifts all of his weight to his back foot while his entire body moves together. The load stops when the back knee and back shoulder are in line. The load should happen in a slow and controlled manner before the swing is initiated.

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The STRIDE happens next. The front foot strides in line with the back foot toward the pitcher. After a nice load and a soft stride, you should be in a balanced position and can begin to move your hands to the ball. Hit the ball where its pitched. If the ball is on the outside part of the plate, you should try to take it to the opposite field. If its on the inside part of the plate, you should try to pull the ball.

HANDS - When moving your hands toward the ball, don't immediately extend your arms or push your hands forward. Keeping your hands back at the start of your swing will allow you to generate a lot of energy with your legs and core before bringing your hands through. As you make contact, your eyes should see the bat hit the ball. You should hit through the baseball, meaning your bat speed should be at its peak just before contact. This is a huge step in having a better hitting technique and driving the ball.

HEAD - Your head should be still throughout the swing. An easy mental note to enforce keeping your head still is to think "Ike to Mike." You should say hello to Ike (front shoulder) at the beginning of your swing and say hello to Mike (back shoulder) after you hit the ball. In other words, your chin should go from shoulder to shoulder while you swing the bat. You're not actually moving your chin, but your swing is rotating your shoulders. If you can control your head throughout the swing, hitting becomes easier.

Building muscle memory for a fundamentally sound swing takes a ton of practice. See next month's Newsletter for several drill tips to help you work on these fundamentals.

JOHNNY D'S 5 TOOL BASEBALL

FALL BPR HITTING CLASSES

BEGINNING IN OCTOBER

1 HOUR PER SESSION

6 WEEKS

4 PLAYER MAX 4:2

Instructed by Tyler Sciacca and Frank Esposito

BPR PROGRAM

BAT SPEED, POWER, RECOGNITION

Players will learn and improve on the fundamentals of hitting to allow them to tap into their full potential at the plate

BAT SPEED: Efficiency of the bat path through the hitting zone

POWER: The result of quality bat speed combining with correct timing due to the recognition of the pitch

RECOGNITION: Seeing/identifying the pitch based on the release point.



★ \$299
Per Player ★

Johnny D's 5 Tool Baseball * 32 Carlin Street
718-344-8118
MY5TOOLBASEBALL.COM

To register, go to:

www.rcbclub.com or

www.my5toolbaseball.com

RECRUITMENT & HIGHLIGHT VIDEOS



JOHNNY D'S 5 TOOL BASEBALL AND POSTGRAD CREATIVE ARE COLLABORATING TO PROVIDE YOU WITH HIGH QUALITY RECRUITMENT AND HIGHLIGHT VIDEOS FILMED IN STATEN ISLAND, NY. WITH THE EXPERTISE AND KNOWLEDGE OF 5 TOOL, ALONG WITH THE CREATIVITY AND PERFECTION OF POSTGRAD CREATIVE, YOUR VIDEO WILL THOROUGHLY SHOWCASE YOUR SKILLS. FOR MORE INFORMATION CONTACT JOHNNY DEFENDIS AT JOHNNYD5TOOL@LIVE.COM OR (917) 578-1908.

\$450 PER PLAYER
1 HOUR INDIVIDUAL SESSION

\$400 PER PLAYER
GROUP DISCOUNT (5-10 PLAYERS)

