April 2021

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

PG 2021 Pre-Season All American HS Seniors



Congratulations to the following RCBC players who were named to the 2021 Pre-Season All American Senior Team as announced by Perfect Game and Rawlings. These athletes are recognized as among the best high school baseball players in the country.

2nd Team - Northeast

Jackson Tucker

Honorable Mention - Northeast

Zach Clausen

Chris Corchado

Joseph Dimino

Michael Doyle

Chris Fidanza



- Congratulations to former RCBC standout Zack Granite on signing a minor league deal with the Chicago White Sox organization. Good luck Flash.
- Tournament fees are due in full on May 1 for teams 13U-14U. Payments for teams 15U-16U are due May 1 and June 1. Payment plan options have been set up in your LeagueApps account and you can easily schedule automatic credit card payments on the due dates. Payment can also be made by check made out to RCBC, Venmo to Nicholas-DEFENDIS or cash.
- Reminder for 15U-16U players to keep your SportsRecruits profile updated and tag favorite schools via the college search feature. Videos are critical so continue to upload from any of your workouts or high school games.
- Spread the word regarding our annual College Showcase Camp August 17-18. Players from outside the program are welcome to attend only \$399 for the two day camp. They can register at www.rcshowcasecamps.com.
- The NCAA has also announced that the D1 recruiting dead period will end on June 1. D1 college coaches will now be able to recruit in person.
- April is Autism Awareness Month. Show your support.

Tournament Update

Our first tournament of the year took place this month with 22 teams competing in the PG Super25 13U Northeast Spring Super Qualifier. Unfortunately, rain on the last day resulted in the cancellation of the event before a winner could be crowned.



In May, we will be hosting the following PG events:

- May 14-16 PG Super25 Mid Atlantic Super Qualifier (14U)
- May 28-31 PG Super25 Northeast Super Qualifier (13U, 14U)



For anyone who can't make it out to the Complex to watch the action, games can be followed online via PG's DiamondKast system. You can purchase access to individual events or buy for the entire season. Go to www.perfectgame.org/diamondkast to subscribe.



9U Nationals

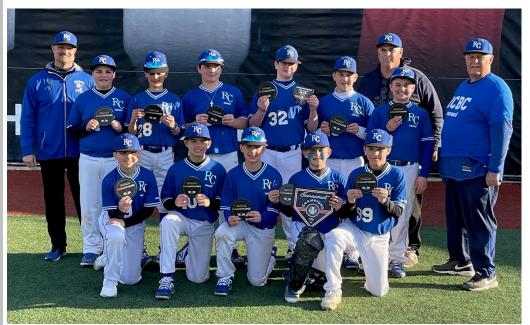
Diamond Nation
Easter
Extravaganza



11U Americans
USABL
Easter Battle







12U Nationals

Ripken (Md.)

Easter Tournament



11U Nationals

USABL World Series







13U Americans
USABL
Spring Classic



9U Nationals
USABL
April Madness





Congratulations too to the following teams who finished runner up in their tournament events:

10U Americans - USABL Easter Battle

9U Americans - USABL Spring Classic

13U Nationals - Diamond Nation April Blast

2021 RCBC Marucci Tournament Tracker

13 Championship Game Appearances
9 Tournament Championships
4 Runner Ups



April 2021



RC Complex Concession Stand



Visitors to the RC Complex this season will see a new look and new menu at the concession stand. Long-time RCBC member and former field maintenance supervisor Joe LaTona has taken over responsibility for the stand and promises some exciting changes. Stop on by.



We want to thank Mario and the staff from Barios for their years of service at the concession stand and wish them continued success at their Nome Ave. restaurant location.



BASEBALL SUMMER CAMPS

Ages 6-12

Throwing and Receiving Mechanics



Infield Techniques
Outfield Drills
Hitting Mechanics and Drills
Bunting Techniques
Running Form



Daily Live Games and Competitions



Great Kills Little League - July 19-23
South Shore Little League - August 2-6
9 am to 2 pm daily
\$225 per camper
Multi-camp & sibling discounts available



Register at www.my5toolbaseball.com 917-578-1908 917-751-1163



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Coach Lope's Baseball Thoughts

In This Issue - Tips For Young Baseball Pitchers

Quote of the Month - Hall of Fame pitcher Warren Spahn once said: "Hitting is about timing. Pitching is about upsetting that timing."

Baseball season is here. Young pitchers and adolescent throwers are as susceptible to many of the same stresses on their arms as adult players. Often, injuries that develop at a young age may become more serious as the player becomes older. However, certain precautions can be taken to prevent or minimize injuries. Here are some guidelines that parents and coaches should follow. This may be repetitive....you've heard it before. But tough; you know what!!! LOL...we are taking about safety here.

- 1. Fatigue is a major factor for injuries in pitching. Limit the number of game pitches thrown. There are age-related pitch counts set by the USA Baseball Safety Advisory Board.
- 2. Prevent young pitcher from throwing curveballs and sliders until they are physically mature or their shoulder and elbow growth plates are closed.
- 3. Learn to throw a change-up as an effective alternative.
- 4. Avoid pitching on multiple teams during the same season.



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Coach Lope's Baseball Thoughts

In This Issue - Tips For Young Baseball Pitchers
(Continued)

- 5. Work with a coach to develop good throwing mechanics.
- 6. Avoid trying to overthrow pitches. Learning to change speeds and locating your pitches may be a safer alternative to trying to throw as hard as you can on every pitch.
- 7. Pitch only to the point of fatigue, not through it.
- 8. Never ignore persistent shoulder or elbow pain. Do not try to pitch through it.
- 9. Maintain good all-around strength and flexibility with a year-round training program provided by your physical therapist or other qualified health professional.

You will hear these things over and over again.

Note: For players participating in Perfect Game tournaments, they have instituted new pitching guidelines for the 2021 season for players 7U-14U. These include new daily and event limits. Go to www.perfectgame.org for more information.

Marucci Featured Item

DEAL OF THE MONTH

SPECIAL OFFER ON ELBOW & LEG GUARDS











marucci

THIS EXCLUSIVE DEAL IS ONLY AVAILABLE IN YOUR LOCKER ROOM STORE.

For all your equipment needs, visit our Marucci Locker Room online store where RCBC members always get a discount.



Marucci Featured Item

Extra RCBC Jerseys Now Available

For anyone looking to purchase an extra royal blue or black RCBC game jersey, they are now available on the Marucci Locker Room online store under Uniform Items. The alternate white jersey is also available for teams looking for an additional game option or for players in need of another practice shirt.







For all your equipment needs, visit our Marucci Locker Room online store where RCBC members always get a discount.

