

April 2020

**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

In This Issue:

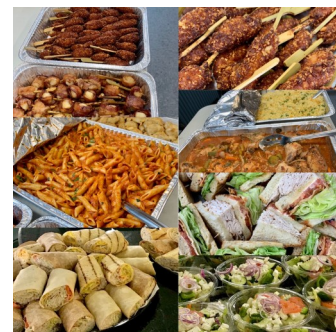
Healthcare Donations	1
Bulletin Board	2
Tournaments	3
Webinars	4
Uniform Contest	5
# 1 Stat	6-7
Coach Lope	8-9
Marucci Locker Room	10

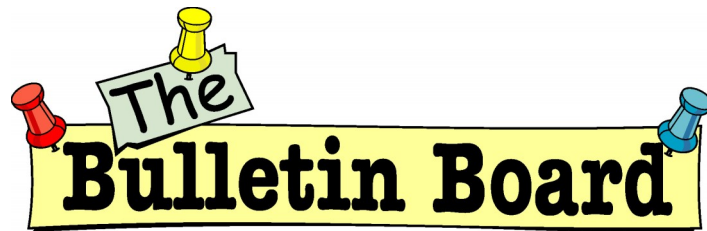
Welcome to the home of the
RC RICHMOND COUNTY BASEBALL CLUB
We play the game, we teach the game

RCBC Newsletter

RCBC Members Support Healthcare Workers

Thank you to all the RCBC Members and friends of the program that stepped up to support our frontline healthcare workers during this crisis. Via your generous donations, to date we have raised almost \$3,000 for food for workers at Staten Island hospitals and healthcare facilities. The gesture was greatly appreciated by all of the recipients. Keep 'em comin'!





- All RCBC baseball activity remains suspended and the Richmond County Youth Complex remains closed until further notice. We are hopeful that once the social distancing requirements start to ease that we will be back to baseball soon.
- For teams 11U-17U on a payment plan schedule for their Tournament Fees, the next installment is scheduled for May 1. Please continue to make your payments as you can as we are hopeful to be back to baseball soon. If there are any changes in your tournament schedule, adjustments will be made. You can pay by credit card via your LeagueApps account or by check or cash. Checks should be made out to RCBC and mailed to 98 Tanglewood Drive, Staten Island, NY 10308. Do not mail cash.
- Follow us on Facebook as we continue to help you pass the idle time with info on MLB players past, baseball movies, online games and general information on the state of the virus in Staten Island. Keep those player videos coming.

2020 Tournament Update

Our tournament schedule for April through mid-May was canceled due to the lockdown requirements. We are hopeful that the schedule can resume later in May or June. For those PG events that were canceled, we have added a new event to our schedule, the PG Super25 Summer Super Qualifier on August 7-9 for 10U, 11U, 12U and 13U. Additional events may be added as well.

For RCBC teams that have had their tournaments canceled, we will attempt to make up with other events later in the season.

With some of the upgrades to the RC Complex we have made, we'll be ready to go once the season starts. (See Coach Lope's article on page 8 for a list of the improvements.) We continue to strive to make our complex one of the premier baseball facilities in the northeast.

For more information on our events, including our tournament schedule, visit our Tournament Website at www.rctournaments.com.





During this time when face-to-face contact is non-existent, we are hosting a number of video webinars on a variety of topics. Following are the ones we have hosted to date. If you missed them or want to watch again, video replays for some of the events are available on the Richmond County Baseball Club website (www.rcbclub.com).

March 30 - RCBC Townhall With Coach DeFendis.

April 6 - RCBC Players In The Pros, featuring Zack Granite, Anthony Prato and John DeFendis.

April 7 - Coach DeFendis Joins The Perfect Game Mid Atlantic Spittin' Seeds Podcast.

April 13 - D1 College Recruiting With Coaches Rob Sheppard (Seton Hall), Jim Carone (Wagner) and Tim Reilly (Lafayette).

April 20 - D2 College Recruiting With Coaches Joe Fucarino (Molloy), Chris Langan (Felician), Hank Manning (Pace) and Dom Scala (Adelphi).



Uniform Design Contest

We know there are a lot of creative minds out there. So we're introducing an RCBC fantasy uniform design contest. Go to the attached link for the Marucci Uniform Builder and create your favorite RCBC design including jersey style, colors and trim. Then share your design via the link in the upper right corner of that page by emailing it to info@rcbclub.com. Include your name and RCBC team and we'll post on our social media platforms. We'll see which ones get the most thumbs up. Winner will receive a pair of Marucci batting loves. Who knows; your design may end up being next year's jersey!

Marucci Uniform Builder link:

<https://baseball-jersey.maruccisports.builders/#!/>



Fantasy Sample

Featured Article - By Coach Nick DeFendis

“The Number 1 Stat All Hitters Should Be Tracking”

Here are excerpts from an interesting article from Fastball USA on the #1 stat hitters should be tracking this season.

Judge yourself as a hitter based upon what is very controllable, not what is uncontrollable. One statistic to keep track of this year is really simple to track. The question people most often ask is “did you get a hit?” The real question should be “did you hit the ball hard?”

Everyone now likes to keep track of hits and batting averages. The reality is sometimes we get a hit and we don’t even hit the ball solid at all. The reality is also sometimes we don’t get a hit and we do hit the ball hard. So when you evaluate how you’re doing, don’t judge yourself solely based upon the number of hits but on how often you hit the ball hard.

Players should take ownership and track their hard hit balls game by game, throughout the season. They should constantly remind themselves that hitting the ball hard is controllable. You can’t control if they catch it. If all a player is concerned about is getting hits, he will realize hits and hitting hard don’t always go together. The more you put the ball in play with authority, the chances of getting hits goes

Featured Article - By Coach Nick DeFendis

“The Number 1 Stat All Hitters Should Be Tracking” (cont’d)

up. MLB stats bear this out. But this applies at any level. For example, if you hit a ground ball 10 feet left of the shortstop, it will matter how hard it is hit. A ball put in play at 50 mph gives a defensive player plenty of time to move left and field the ball. If the ball was hit 10 mph faster, the shortstop has less time to react. The chances of the ball going through the infield for a hit go up.

So that brings up the question - what is a good percentage? If a player is hitting 50% of the balls hard in play, that would be an impressive number. To attain 40-50% hard hit balls in the game, you need to improve your batting practice percentage. If that is not 70-80%, its going to be difficult to think you can attain 50% in a game. Of course you should try to shoot for 100% hard hit balls in batting practice but hitting 80% is a really good percentage. If you achieve half of that in the game, you will be at 40%.

So make the 2020 season different. Make hitting the ball hard in 2020 a priority.



mikelope19@aol.com

Coach Lope's Baseball Thoughts

In This Issue - The Long Wait

Quote of the Month - Former Red Sox slugger David Ortiz once said what every player in America would agree with *"I just want to play baseball."*

As the weather gets milder, hopefully the national shutout comes to an end. RCBC players have plenty of practices, games, tournaments and trips to look forward to. Richmond County Baseball has done its best to prepare for the comeback. Coach DeFendis and Coach Quinn have spent lots of hours freshening up the Complex. When we reopen, our players, coaches, parents, opponents, umpires and other spectators will find:

- Eight new metal grandstands, all with shading and better protection from foul balls.
- Each field will now have foul poles, making life easier for umpires.
- Better netting in the batting cages, plus a couple of soft toss cages.
- New netting on foul lines to protect the fans.
- More picnic table for spectators to have their lunch or to relax.
- A new windscreen and protective fence topper on field 5.

The Complex has come a long way from the days when Coach DeFendis was knee high in mud while building field 1.

Meanwhile....RCBC is fully in the 21st century. We are now Social Media Superstars!



mikelope19@aol.com

Coach Lope's Baseball Thoughts

In This Issue - The Long Wait

(Continued)

Coach DeFendis and Coach Quinn have initiated Zoom online video meetings, along with the other RCBC coaches, with all their respective teams. Coach DeFendis has used the idle time helping players with recruiting. Division 1 College Coaches Rob Sheppard (Seton Hall), Jim Carone (Wagner) and Tim Reilly (Lafayette) were guests at one meeting. Then the D2 gang of Joe Fucarino (Molloy), Chris Langan (Felician), Dom Scala (Adelphi) and Hank Manning (Pace). Invaluable info was given to our players. Also answering questions were former RCBC superstars Zack Granite and Anthony Prato. Both were drafted by the Minnesota Twins. In fact, Granite reached the Major Leagues as a Twin and is now trying to earn a spot on the Yankees. Prato was drafted last year and is at the Class A level with Minnesota.

RCBC also has a YouTube channel for player videos. The videos show our players are staying in shape. The 8U Nationals look awesome!!!! And remember, RCBC is also on Facebook, Instagram and Twitter, Can Snap-Chat be far behind.

Anyway, stay safe, pray this goes away and hope David Ortiz gets his wish "I just want to play baseball."

Marucci Locker Room Featured Item

CAT USA Certified –10 and –11 Bats



- The strongest aluminum alloy allows for thinner barrel walls, a higher response rate and better durability.
- 2nd generation anti-vibration knob and soft touch grip.
- -10 - 2 1/2" barrel diameter
-11 - 2 5/8" barrel diameter
- Barrel lengths:
-10 - 26" through 31"
-11 - 24" through 26"

Exclusively on the Marucci Locker Room online store at www.rcbclub.com at special RCBC Member pricing.

