

October 2022

**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](mailto:jim@rcbclub.com).

Visit our website at:

[www.rcbclub.com](http://www.rcbclub.com)

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# RCBC Newsletter

## RCBC-Seton Hall Clinic - Spots Still Available

### GET NOTICED



### SETON HALL UNIVERSITY

#### "Get On Their Radar Screen"

**RCBC is pleased to offer our high school players an exclusive opportunity to meet and train with the Seton Hall University Baseball Coaching Staff at a special 1 day clinic on their New Jersey campus.**

**Sunday, November 27**

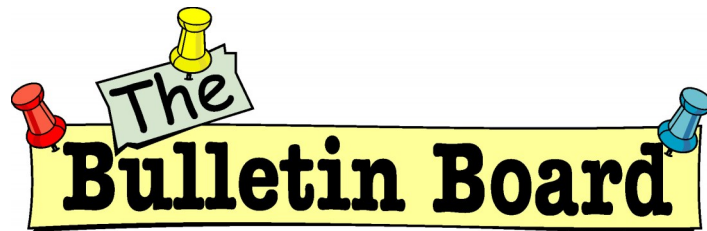
**9 am - 12 pm**

**Limited spots are available**

**Only \$99 per player**

**Register at [www.rcbclub.com](http://www.rcbclub.com)**





## The Bulletin Board

- Congrats to the October tournament winners at the RC Complex:
  - PG Super Regional NIT:
    - 9U - EEP Bandits
    - 10U - EEP Bandits
    - 11U Minor - FB Braves
    - 11U Major - Dreamchasers
    - 12U Minor - Iron Nine
    - 12U Major - NY Sluggers Giants
  - PG WWBA Northeast Fall Championship:
    - 16U - Canes Tri State
    - 17U - Team Francisco Notorious 9
  - PG Mid Atlantic Fall World Series:
    - 14U - Mid Atlantic Show
    - 15U - Allstars Academy
    - 17U - Northeast Supreme
    - 18U - East Coast Ghost

That concludes our tournament schedule for 2022. Look for our 2023 PG events which were recently announced.

- Remember to turn your clocks back 1 hour on November 6 as Daylight Savings Time ends.





## October Tournament Results



13U Nationals  
USABL  
Fall Slugfest  
Champions



8U Nationals  
USABL  
Fall Slugfest  
Champions

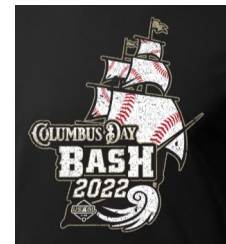




## October Tournament Results



11U Royals  
USABL  
Columbus Day  
Bash  
Champions



Congrats too to the following teams who finished

Runner Up in their respective tournaments:

13U Royals - Frozen Ropes Octoberfest

13U Nationals - Diamond Nation Grand Slam

13U Royals - USABL MVP Showdown

### 2022 RCBC Marucci Tournament Tracker

**57 Championship Game Appearances**

**35 Tournament Championships**

**22 Runner Ups**



**October 2022**





## 13U Royals Commemorate Breast Cancer Awareness Month

Kudos to Coach Paul Myers and the 13U Royals who finished runner up in the Frozen Ropes Octoberfest tournament at the Rock. But the team did something equally as special when they sported custom pink jerseys to commemorate Breast Cancer Awareness month in October. A great showing by our boys on all fronts.





## RCBC Players In The News



Congratulations to  
Tomas Cestero  
(17U Nationals)  
on his commitment to  
D1 Seton Hall University



Congratulations to  
Owen Callahan  
(17U Nationals)  
on his commitment to  
D3 Ithaca College





## RCBC Players In The News

Congratulations to  
Michael Palermo  
(17U Nationals)  
on his commitment to  
D2 College Of Staten Island



## 2022 RCBC College Commits To Date





## RCBC Players Selected For PG All-State Games In Georgia



Congratulations to  
Anthony Molinini  
(14U Nationals)  
14U National All-State  
Select Championship  
Marietta, Georgia  
November 12-14



Congratulations to  
Tyler Stern  
(12U Americans)  
13U National All-State  
Select Championship  
Marietta, Georgia  
November 19-21





## PG Team Northeast At WWBA Championship

Congrats to SS Rob Rispoli, OF Leo Doyle and Pitchers Tomas Cestero, Kasey Gilman and Nick Silvestro who represented RCBC on Team Northeast, led by Coach



DeFendis, at the prestigious PG WWBA World Championship in Jupiter, Florida. Our boys put on a great performance in front of the 700+ college recruiters and MLB scouts in attendance.





## RCBC Hosts Jerry Lee Memorial Tournament

The first-ever Jerry Lee Memorial High School Tournament was held at the RC Complex this month, honoring the memory of Jerry Lee who served as a sportswriter at the Staten Island Advance for over 43 years and was a huge fan of high school baseball. Monsignor Farrell, St. Joseph By The Sea, Moore Catholic and St. Peters all participated with Farrell coming out on top as the first tournament champion. Jerry's wife Mary and family were on hand and were presented with a souvenir bat to commemorate the occasion. Mid-Island Councilman David Carr also paid homage and threw out the ceremonial first pitch.





## ***“How To Increase Your Pop Time”***

Erodriguez article re-printed from *Baseball Express* (10/1/2022).

*Catching is one of the more difficult positions to play on the diamond. When it comes to specific skill sets, the skills of being a catcher are mostly observed and aren't stats or other data you can traditionally write down. Some are framing, blocking and receiving. But the one thing that can be measured is pop time.*

*So, what is a catcher's pop time? Well, in lamest terms, it is the time it takes for the catcher to get the ball from home plate down to second base on a steal play. It starts when the ball hits the catcher's mitt and ends when the second baseman or shortstop catches the ball. Now, the only way to measure this is on the throw down to second considering it is the furthest of all basepaths. You can measure third to first, though it won't hold as much weight as your throw down to second. An elite pop time is normally 1.80 seconds or less, which is extremely fast. This is the magic number for college and pro players. Now, if you're a catcher and are looking to improve your pop time, you've come to the right place. I've got a few tips that can help you throw some people out!*

*1. Throwing Accuracy - When you're throwing down, the best way to get the most accurate time is by hitting the target. Remember, this is timed from when the ball hits the catcher's mitt to the time it hits the fielder's mitt, so the better the throw, the better the time. If your infielder is jumping, having to reach around to grab it or make a great play to scoop the throw, it's going to slow down your time. Practice your throw downs as much as possible (preferably with a batter in the batter's box) to simulate a game situation and perfect the accuracy of your throw!*



## ***“How To Increase Your Pop Time” (cont’d)***

*2. Smooth Transfers - One of the most under-trained aspect of catching is the transfer of the ball from the glove to your throwing hand, and as easy as this may seem, it is botched more often than not. Remember, the minute the ball lands in your glove, the time begins. So, if you go to grab it and can't seem to find the handle on the ball, the time it takes for you to search around for it in your mitt can seriously hurt your time. Not only that, but you pretty much eliminate any chance you have at throwing the runner out. Unless its an offensive lineman or a bigger DH or corner guy. Then you may still have a chance. The point is to work on transferring the ball from your glove to your hand and making it as smooth a transition as you can to ensure there are no delays when you get it out of the mitt.*

*3. Cheating (But not the way you think) - Yes, I'm serious when I say “cheat.” but not by stealing signs or doing anything that would get you in trouble between the lines. It's more of prepping yourself for the throw as the pitch is being delivered. If you stay in a low, relaxed position, it is very hard for you to come up and throw someone out in an explosive manner. If you begin to coil and rise to the balls of your feet as the pitcher begins his wind up, you give yourself a better chance to explode through your throw and increase the speed in which your body moves to throw the ball down. Not a huge change, but when you are talking about seconds, this can help make you quicker!*



## ***“How To Increase Your Pop Time” (cont’d)***

*4. Footwork - Making sure your feet are fast is one of the biggest advantages that you can have behind the plate. People think that in order to throw people out, you have to have an absolute cannon (which yes, that does help), but that isn’t the only thing that can aid you in becoming a great catcher. Having quick feet and moving them efficiently is the best way. If you look at most MLB catchers, they get rid of the ball extremely fast. Yes, they do throw extremely hard, but it’s their footwork that gets it there fast. Practice your footwork as much as you do anything else and your pop time will decrease. I guarantee it!*

*5. Arm Strength - Yup, you knew this was coming and as I’m sure you’re thinking, this is the most obvious one. I don’t think I need to go too in-depth with this one, but in case you were wondering, throw efficiently and throw hard! Start a throwing program or a training regimen that can help you build arm strength. In addition to the tips I have given above, this one should come as no surprise!*

If you’re looking for catching lessons, contact Frank Esposito at Johnny D’s 5 Tool Baseball. The former Monsignor Farrell and Seton Hall University star can be reached at 347-938-1093 or [fjespo11@gmail.com](mailto:fjespo11@gmail.com). Sessions focus on the 5 keys to catching: receiving, blocking, throwing, bunts and pop-up techniques.







mikelope19@aol.com

## Coach Lope's Baseball Thoughts

### In This Issue - Post-Season Trivia Answers

Quote of the Month - Bill James, who helped start Baseball Analytics, said: *"A healthy Mickey Mantle would have ruined the dimensions of the game. He could run to 1st base in 3.1 seconds and hit a baseball out of any stadium."*

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Did we stump you with last month's post-season trivia questions. Here are the answers. See how well you did.

1. Name the Richmond County Baseball player who batted .500 against the Yankees in the 2017 Wild Card game.

A. RCBC's Zack Granite had a base hit for the Twins in their loss to the Yankees

2. Which Mets player set an MLB record with a post-season homerun in 6 consecutive post-season games?

A. Daniel Murphy

3. The Yankees have won 6 World Championships since 1961. Which team did the Bombers beat twice among the 6 titles.

A. The Atlanta Braves in 1996 and 1999

4. The Mets have won 2 World Series...1969 and 1986. Which Mets players won the series MVP in each year?

A. Donn Clendenon (1969) and Ray Knight (1986)

5. Which Yankee player has the MLB record for World Series homers?

A: Mickey Mantle with 18 World Series home runs





mikelope19@aol.com

## Coach Lope's Baseball Thoughts

In This Issue - Post-Season Trivia Answers

(Continued)

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6. Who is the only pitcher to win 3 World Series games for the Mets?

A: Jerry Koosman in 1969 and 1973

7. Which Yankees pitcher has won 19 post-season games?

A: Andy Pettitte, most of any pitcher

8. The Mets won only one game in both the 2000 and 2015 World Series. Who are the two pitchers who earned the wins?

A: John Franco (2000) and Noah Syndergaard (2015)

9. Who is the only Yankee to get 200 hits in the post-season?

A: Derek Jeter, the most ever

10. The Mets have appeared in 5 World Series under 5 different Managers. Can you name them?

A: Gil Hodges (1969), Yogi Berra (1973), Davey Johnson (1986), Bobby Valentine (2000) and Terry Collins (2015)

11. Two Yankee players have hit at least 20 post-season homers. Who are they?

A: Derek Jeter (20) and Bernie Williams (22)

How well did you do?



## Marucci Featured Item

### Staten Island Catholic High School Bats

Order your custom high school bat at a special discount price.

Contact [marucci@rcbclub.com](mailto:marucci@rcbclub.com) for more info or to order.



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





## Marucci Featured Item

### October Deal Of The Month

If you order a Marucci Custom Pro bat this month,  
you can get a FREE upgrade to ProX finish.



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





# **Happy Halloween**



**Have fun and stay safe!**