

April 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.

Visit our website at:

www.rcbclub.com

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RCBC Newsletter

PG Tournament Season Is Underway

The season's first Perfect Game
tournament in Staten Island
kicked off this month with over
75 teams competing in the
PG Super25 Northeast Spring
Super Qualifier.



Congrats to the winning teams who received bids to
the PG National Championships this summer.

10U AAA: RCBC Marucci 10U Nationals

10U Major: Grit 10U Black

11U AAA: Centercourt Young Guns

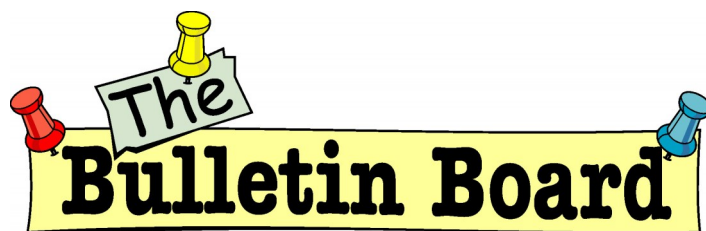
11U Major: Grit 11U Black

12U AAA: TKR Reds

12U Major: Jersey Storm

13U AAA: NY Gothams

13U Major: Diamond Jacks Super 13s



- Reminder for teams 13U-17U that the 2nd installment of your 2022 Tournament Fees was due on April 1 for our 13U teams and on April 15 for teams 14U-17U. You can pay online by credit card via your LeagueApps account. Automatic payments can take place on the due dates via the Payment Plan option. You can also pay by check made out to RCBC, Venmo to Nicholas-DEFENDIS or cash to your coach. Remaining balances are due on the following dates: 13U May 1, 14U-17U June 1.
- Reminder for 15U-16U-17U players to keep your SportsRecruits profile updated and tag favorite schools via the college search feature. Videos are critical so continue to upload highlights from any of your high school games. Also, tune in to the SportsRecruits webinars to help you take full advantage of the platform.
- Upcoming May PG tournaments at the RC Complex:
 - May 13-15 - PG Northeast Super Regional NIT (13U)
 - May 20-22 - PG Super25 Mid Atlantic Regional (13U)
 - May 27-30 - PG Super25 Northeast Super Qualifier (9U through 13U)
- Remember the RC Complex policy for all spectators at tournaments at the facility: No outside food, No coolers, No pets, No smoking, No alcohol. Thank you for your cooperation.

April Tournament Results

(04/01/22) 12u April Fool's (April 2022)

[Standings](#) | [Schedule](#) | [News](#) | [Details](#) | [Track This League/Tournament](#)

SHARE

League News

- [Tournament Structure](#) - 3/16/2022 9:59 AM

(04/01/22) 12u April Fool's Standings

	W	L	T	PF	PA
B4- RCBC MARUCCI NATIONALS (Co-Champions)	4	0	0	38	13
C4- RCBC MARUCCI AMERICANS (Co-Champions)	4	0	0	44	17
D3- DIAMOND ELITE (pool winner)	3	1	0	45	21
A3- WESTCHESTER PRIDE OF PROSWING	2	0	1	21	17
A4- DELMARVA ACES 12U EAST (pool winner)	2	1	1	28	21
C1- MORRIS COUNTY CUBS NAVY	2	1	0	19	12
D1- TACONIC RANGERS 12u	2	1	0	30	14
B2- CANES TRI-STATE 12U	2	1	0	32	18
B3- OC SMASH	1	2	0	22	21
C2- SOUTH JERSEY YOUNG GUNS	1	2	0	13	23
A1- GAMBRILLS ATHLETICS	1	2	0	22	24
D2- LIONVILLE HILLCATS	1	2	0	24	30
A2- WV REBELS-BLUE	0	3	0	15	30
C3- BASEBALL U PA POCONO	0	3	0	7	30
D4- NEB COASTAL	0	3	0	5	40
B1- MORRIS COUNTY CUBS WHITE	0	3	0	12	46



12U Americans

12U Nationals

Diamond Nation April Fools Co-Champions



Note: Team pictures above are from previous tournaments

April Tournament Results



12U Americans
USABL
Spring Classic



11U Nationals
USABL
Easter Battle



April Tournament Results



10U Nationals
Diamond
Nation
Easter
Extravaganza



12U Nationals
Diamond
Nation
Easter
Extravaganza



April Tournament Results



10U Nationals
PG Super25
Northeast Spring
Super Qualifier



The following teams finished Runner Up in their respective tournaments:

10U Americans - USABL April Madness

12U Nationals - PG Super25 Northeast Spring Super Qualifier

2022 RCBC Marucci Tournament Tracker

14 Championship Game Appearances
9 Tournament Championships
5 Runner Ups



April 2022



RCBC Players In The News

Some of our RCBC players in high school action.



Mennella



Doyle



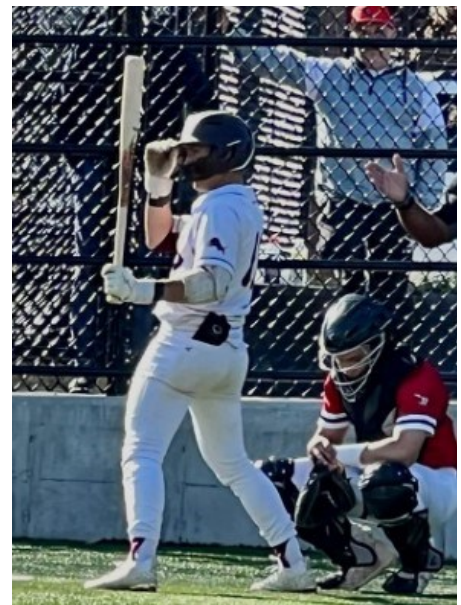
Flashner



Palermo



Walsh



Rispoli

RCBC Players In The News

The 12U Americans were guests at a Rutgers University game where they participated in the National Anthem ceremony and ran relay races between innings. The boys also got some advice from former RCBC standout and Rutgers team captain Danny DiGeorgio.



The #1 Burden Athletes Face

(An excerpt from *The MindSide Manifesto* by Dr. Bhrett McCabe)

The mental burden of sports is significant. Over the course of a long season, athletes must deal with the ups and the downs and the physical and mental exhaustion that wears on them every day. This is why professional athletes generally train year-round, and college athletes train for nearly ten months a year.

They all need their minds to be ready and fresh when the schedule becomes a grind. The beginning of the season is easy – the mind is engaged, excited, adrenalized, and ready to compete. Can the same be said at six weeks or three months? Probably not. Those who train to improve their physical fitness and their ability to stay mentally locked in and focused every week can only increase the odds of their success.

EXPECTATIONS. Expectations are entitlements. They are driven by fears and doubts and use past experiences to create hope for future outcomes. Most athletes raise their expectations when they're struggling because they're hoping for an outcome that will quickly turn around their sagging fortunes. As they continue to struggle, they raise their expectations higher and higher. When their performance doesn't meet those expectations and reality comes crashing in on them, pure mental anguish takes over.

The expectation gap between reality and belief is what creates this divide. Athletes feel let down and frustrated when reality doesn't meet their expectations. That doesn't mean that they shouldn't have high demands and goals – quite the opposite. To counter unrealistic expectations, athletes must approach their training sessions and competitive events with purpose, mental engagement, intent, and a specific plan for every play. They must also resist the temptation to guarantee an outcome or result.

Using these demands and goals can help mute expectations, and this is when athletes tend to play great. It's also why an athlete who is sick or hurt often plays well – they simply have no expectations. They allow the mind to do what it's trained to do without trying to over-control or protect it against a negative outcome.

Dr. Bhrett McCabe, PhD, is a renowned clinical and sports psychologist. His book, *The MindSide Manifesto* is available on his website at bhrettmccabe.com.



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Coach Lope's Baseball Thoughts

In This Issue - Parents: Please Avoid The Going Home Argument

Quote of the Month - As we celebrate the 75th anniversary of Jackie Robinson's MLB debut, we remember his immortal quote:
"A life is not important except in the impact it has on other lives."

I've shared these words of wisdom in the past, but they're important enough to share again as the baseball season gets into full swing.

At a Xaverian game, a parent on the opposing team did not leave his son alone during the contest. He was the pitcher and daddy made a comment on every pitch thrown. To make it worse, the son also batted. So now daddy bellowed "do this, do that" after every pitch. We know many parents do a fine job helping their boy develop. The son gets lessons; perhaps daddy himself was a star. But may I make a useful suggestion.....during the game, give it a rest. Relax. Let sonny boy play the game.

Trust me, player after player who have fathers acting like the analyst on a TV baseball broadcast who comments on every pitch, go mumbling under their breath on the way back to the bench. Phrases like "Leave me alone already" "Will you keep quiet" "He doesn't stop"are some of the more Christian-like responses. Let your son play the game. You have all night to correct and comment. Which brings me to a familiar topic: I call it the "Going Home Argument."



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Coach Lope's Baseball Thoughts

In This Issue - Parents: Please Avoid The
Going Home Argument

(Continued)

Your son goes 3 for 4, drives home 3 runs and has a solid fielding game. He gets in the car and daddy starts getting on him about the one poor at bat....or perhaps a baserunning error. Instead of praising him, he's criticizing: "Why are you swinging at that high pitch! How many times have I told you to hold off that pitch!"

And the daddy whose son pitched 5 innings, one run allowed. Daddy starts complaining about the one not-so-good inning. "Why are we walking two hitters in a row....yada, yada, yada!"

Baseball is not easy and many fathers know that. Praise your son as much as possible when you drive home after the game. Later on, you can offer suggestions and/or corrections in a conversational voice. And allow your son to have feedback!!!

Let me stick my nose into one more category. That all important "bragging" column. Do Not Over-Brag about your son to people. You will end up having people rooting against your boy....privately. It also puts more pressure on your son.

And mommy, this article is for you as well.

New Banners At The RC Complex

Visitors to the Richmond County Youth Complex will now see two new banners displaying our organization name and relationship with Marucci as a member of their Franchise Club. Many thanks to our friends at Marucci for supplying the banners.



marucci
OFFICIAL PARTNER

Marucci Featured Item

April Deal Of The Month



DEAL OF THE MONTH

TRUCKER HATS



\$15 TRUCKER HATS

Featuring a mesh back for breathability
and an adjustable snapback closure
for the perfect fit. Look good, stay cool.

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

