

May 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)

**In This Issue:**

PG Super Qualifier	1
Bulletin Board	2
Tournament Update	3-4
Players In The News	5-7
5 Tool Camp	8
Managing Expectations	9-10
Coach Lope	11-12
Marucci Featured Item	13



# RCBC Newsletter

## Staten Island Is Home To PG Super Qualifier

RCBC hosted the PG  
Super25 Northeast  
Super Qualifier for the  
9th year in a row.

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



10U AAA: East Coast Thunderbolts

10U Major: Brooklyn Bonnie Braves

11U AAA: EEP Bandits

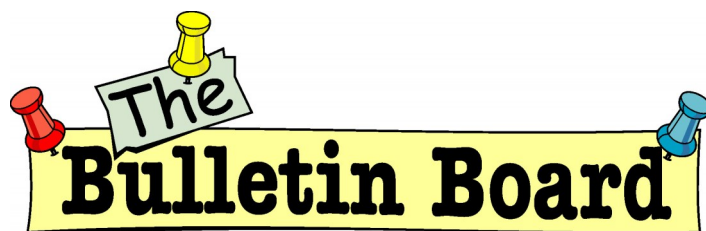
11U Major: Team Francisco Notorious 9

12U AAA: TC Blackhawks

12U Major: Long Island Rebels

13U AAA: Allstars Academy Impact

13U Major: Grit Black



- Reminder for teams 13U-17U that all tournament fees must now be paid in full. You can pay online by credit card via your LeagueApps account, by check made out to RCBC, Venmo to Nicholas-DEFENDIS or cash to your coach.
- Reminder for 15U-16U-17U players as your summer season is about to begin 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 or RCBC games. Also, tune in to the SportsRecruits webinars to help you take full advantage of the platform.
- Congrats to the other May tournament winners at the RC Complex:
  - PG Super25 Mid Atlantic Regional -
    - 13U AAA: NJ Rising Rebels
    - 13U Major: East Coast Ghost
- Upcoming June PG tournaments at the RC Complex:
  - June 10-12 - PG Super 25 Mid Atlantic Regional (17U)
  - June 17-20 - PG WWBA Northeast Championship (14U)
  - June 24-28 - PG WWBA Northeast Championship (17U)

## May Tournament Results



10U Nationals

Ripken Web Gems Tournament Champions



12U Nationals  
Ripken Web Gems  
Tournament Champions





## May Tournament Results



Congratulations to Coach Scott Porto and the 7U Nationals who won their first ever tournament game at the USABL Memorial Day tournament. Great job coaches and boys.

The following teams finished Runner Up in their respective tournaments:

12U Americans - PG Super25 Northeast Super Qualifier

13U Nationals - PG Super25 Northeast Super Qualifier

## 2022 RCBC Marucci Tournament Tracker

**18 Championship Game Appearances**

**11 Tournament Championships**

**7 Runner Ups**



**May 2022**



## RCBC Players In The News

It's official - Rispoli is a Husky!

Congratulations to Robert Rispoli (17U Nationals) who has committed to D1 University of Connecticut in the Big East.

"I'm very proud of Robert." said RCBC Director Nick DeFendis. "His hard work and determination is what landed him at such a high profile baseball program. UConn is a great fit for him and his family." Rob added "A special thanks to Coach DeFendis for making me the player I am today." Best of luck Rob; the future looks bright.





## RCBC Players In The News

The 10U Royals were guests at a Rutgers University game where they participated in the National Anthem ceremony and met some of the Scarlet Knight players. The boys also got to spend time with former RCBC standout and Rutgers team captain Danny DiGeorgio.





## RCBC Players In The News

Congratulations to Rutgers' shortstop Danny DiGeorgio on his selection to the All Big Ten First Team. Danny's .371 batting average was 2nd on the team and he led the Scarlet Knights with 18 stolen bases along with his elite play at shortstop. Way to go Dan!



## 5 Tool Baseball Summer Camps



# BASEBALL SUMMER CAMPS

**Ages 7-12**

**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 18-22**

**South Shore Little League - August 1-5**

**9 am to 2 pm daily**

**\$300 per camper**

**Sibling and multi-camp discounts available**



**Register at [www.my5toolbaseball.com](http://www.my5toolbaseball.com)**

**917-578-1908 917-751-1163**



## **The Underdog, The Battle, And Managing Expectations**

### **By Dr. Bhrett McCabe (Clinical and Sports Psychologist)**

I receive quite a few messages from players, parents and coaches asking me to try and understand what went wrong in their recent performances. The answer is NOTHING is wrong with you! High pressure competitions are different from your practices and scrimmages. Performance gets more complicated and the chaos around you increases. What happens in tournaments/games/big moments? Your mind runs and works faster. Your body has more adrenaline, so your technical action is often being stressed. The competitive environment is more volatile, and the moment wants to defeat you too. Pressure also intensifies so many things physically and mentally, in your decision-making, and how gritty you are in the big moments. Every time you are in the pressure moments, you must learn how pressure impacts you.

So why would expectations be the issue then? Why is it that when you leave an event, the first thing you start thinking about is "Why did that go wrong?" Why would it ever go right? Why did you expect to play well? Because you practiced well? Because you wanted it really bad? Competition is never over, never decided, and there are no guarantees. Until then, you must compete without ever believing you have it in the bag.

## **The Underdog, The Battle, And Managing Expectations (Continued)**

Here are a few things that will help you:

1. I know you want to win, play well, and dominate every time. **THAT IS NOT FEASIBLE.** The norm is battling hard, working through struggles, and finding a way to get the most of your game, not believing you will have your perfect game every day.
2. Celebrate the hard days worked through more than the easy days. Easy days are gifts and bestowed upon you for some reason, but the days you have to battle hard to get everything out of it should be your "memorable days" not everyone can do that.
3. When you leave an event, reject the thinking that "something went wrong" and instead, learn to focus on what went well. I know there will be days where it is hard to find anything wrong, but you did not choke, you do not suck, and you are not incapable of getting it done. You did not get it done that day. Embrace the learning side of growth.
4. Before an event starts, take a few minutes to collect your thoughts, get your mind right, and lock in for the battle you are about to begin. It will not be easy, and you need to be ready for the challenge, not crushed by expectations.
5. Finally, learn from every experience. Experience only comes through experience, and sometimes it is tough. The more you are in the battle, the more battle-tested you become. How will you learn if you throw out every challenging performance because you did not live up to your expectations?

Your success has to grow from the experience, not expectations. Work towards becoming a wiser, more battle-tested player instead of one crushed by expectations, potential, and the "should-haves."





mikelope19@aol.com

## Coach Lope's Baseball Thoughts

### In This Issue - Ways To Get College \$ For Baseball

Quote of the Month - A former Yankee outfielder said: *"In Detroit, I once hit a homerun in the upper deck. Babe Ruth followed and hit a home run completely out of the stadium. That's when I realized all men are not created equal!!!"*

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I am going to bypass step one. That means that a college wants you to play baseball at their respective college. So now the question is How To Get Money????? There are a number of ways.

1. **ATHLETIC SCHOLARSHIP:** Of course, you want to get athletic money from the school you are going to. Problem - a Division 1 baseball program can only give 11.7 scholarships. That's not per year....that is total. That means if a school gave out 8 scholarships last year, the program has less than four to give out this year. And...not every school has the full amount of 11.7; many have less. It's also very hard to get 100% athletic money. Maybe if your velo is 95 mph. Do your math...25 player roster, divided by 11 or less scholarships available does not add up to a full athletic scholarship to each player. Therefore, if you only get part athletic money, you need help.
2. **ACADEMIC MONEY: GRADES ARE \$\$\$\$\$\$\$\$\$.** Be smart, literally and figuratively. The day you walk into high school your grades count. Study for tests, do your homework, hand your projects in on time, behave in class, take the SAT and/or ACT prep. Do this and you can get up to a full academic sum of money or enough to supplement what you get athletically. Usually an average of 90 or above with an SAT of 1100 or above will get you academic money.



mikelope19@aol.com

## Coach Lope's Baseball Thoughts

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3. **FINANCIAL AID:** If your mom or dad is a single parent with a modest salary, you can qualify for grants from TAP (NY State money) or PELL (Federal money). **PARENTS - BE SURE YOU FILL OUT FINANCIAL AID PAPERS IN JANUARY OF YOUR SON'S SENIOR YEAR.**

4. **GRANTS:** Many colleges give money if your mom or dad has certain careers...police...fire...healthcare. A former RCBC player had a dad who was injured on 9/11 and he receive a large sum of financial aid.

5. **LOW INTEREST COLLEGE LOANS:** Can be obtained easily to help pay the rising cost of college tuition. You don't have to start paying back until well after your son graduates. Apply early for loans since money can run out if you wait too long.

Many times a player looks to get a **PACKAGE**; that is a combination of Athletic, Academic, Financial Aid, Grants and Small Loan. You may not qualify for every category, but some of them can add up to meet a large part of tuition. Good luck. Contact me (mikelope19@aol.com) or Coach DeFendis (nick@rcbclub.com) with any questions you have.



## Marucci Featured Item

### May Deal Of The Month



The advertisement features a Marucci logo in a red square at the top left. To its right, the text "WOOD. METAL. LEATHER." is displayed in white on a black background. Below this, the words "DEAL OF THE MONTH" are prominently shown in large white letters, with "OF THE" in smaller text between "DEAL" and "MONTH". A red banner with the words "WHEELED UTILITY BAG" in white capital letters is positioned below the main title. The central image shows a white and grey wheeled utility bag with a large black "M" logo, resting on a wooden bench. A brown leather baseball glove is placed on top of the bag. In the background, a black baseball bat is visible on a shelf. At the bottom of the ad, the price "\$75 WHEELED UTILITY BAG" is written in large, bold, white letters with a red outline. Below the price, a short description reads: "The extra-large main compartment easily fits all game and practice equipment while gear-specific compartments organize your bats, cleats and more."

**WOOD. METAL. LEATHER.**

**DEAL OF THE MONTH**

**WHEELED UTILITY BAG**

**\$75 WHEELED UTILITY BAG**

The extra-large main compartment easily fits all game and practice equipment while gear-specific compartments organize your bats, cleats and more.

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

