

Volume 24-3

March 2024

**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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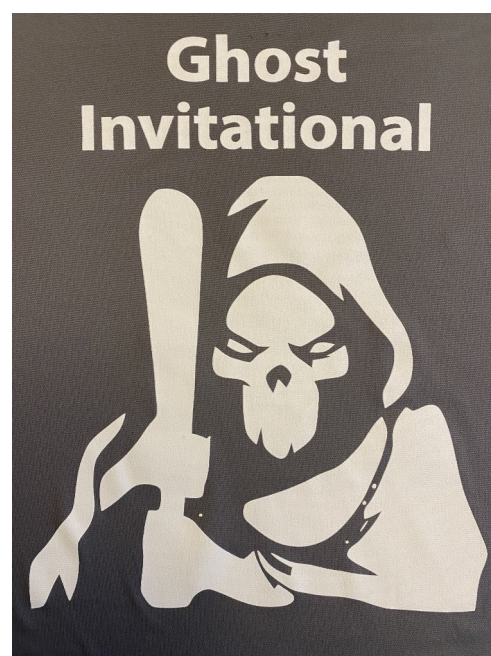
RCBC GHOST



Monthly Newsletter

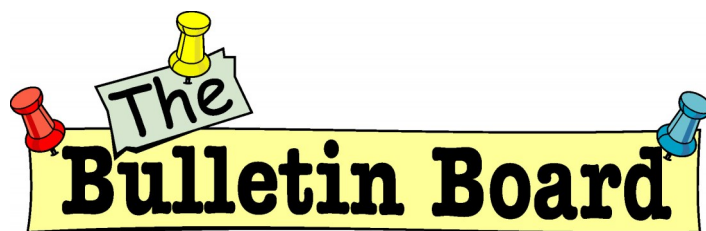
Ghost Island Invitational

We will be hosting the Ghost Island Invitational tournament on Saturday, March 30 to kick off the season at the RC Complex. This event is exclusive to teams from RCBC Ghost and PRD teams from New Jersey, New York and Pennsylvania in ages 10U through 14U.



In now our 2nd year, this tournament embodies the spirit of comradery and friendly competition between the two organizations. So come on down to cheer on your favorite

Ghost team and see some great baseball.



The Bulletin Board

- Reminder that tournament fee payments are due based upon your team's payment schedule. For teams 10U-13U, your payments are due in full as of March 15. For teams 14U-17U, your payments are due in three installments (March 15, April 15 and May 15). You can set up your LeagueApps account for automatic credit card payment on the due dates. (Credit card payments will incur a transaction fee.) You can also pay by check (made out to RCBC), Venmo or cash.
- Perfect Game tournaments begin next month at the RC Complex and Great Kills Little League:
 - April 19-21 - PG Super25 Northeast Spring Super Qualifier (8U, 9U, 10U, 11U, 12U, 13U)
 - April 26-28 - PG Super25 Northeast Spring Super Qualifier (14U)
- Marucci/Victus Demo Day - We will be hosting a bat demo day at the RC Complex on Sunday, April 7 in conjunction with our Media Day. All players are welcome to come down between 10 am and 3 pm to test out the latest wood and metal Marucci and Victus models. See details on page 7.
- A very Happy Easter to all those who celebrate this Sunday, March 31.





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Coach Lope's Baseball Thoughts

In This Issue - Getting Recruited...Be Realistic

Quote of the Month - Former first baseman JT Snow said:

"I hit a home run in the upper deck. Then Barry Bonds followed with a ball out of the stadium. That's when I realized that all men are NOT created equal."

It's not easy to get recruited at any college baseball level. Baseball is played in 50 states. And quite frankly, while New York has a good number of quality baseball players, the fact is the Empire State along with some neighboring eastern states, is not a baseball hotbed compared to warmer states like Florida, Arizona, California, etc.

I know many high school stars in the NY and NJ area have their sites set on Division 1 and in some cases, high D1. Simply check the rosters of the top 50 college baseball programs and unfortunately you won't find a large number of players from the tri-state area.

So it's important for high school players to be realistic. Since D1 now has the transfer portal system in place, high school recruits are not at the top of the list. Many colleges will turn to the portal and see what D1 players, now with college experience under their belts, might be interested in transferring to their program. The situation....never easy for high schoolers....has become even more frustrating for players who dream of Division 1.

It's time for high schoolers and their parents to seek other alternatives for college success. At RCBC, led by Director Nick DeFendis, and a first rate coaching directory, our recruiting track record over two decades has been



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Coach Lope's Baseball Thoughts

In This Issue - Getting Recruited...Be Realistic
(Continued)

the gold standard on how to help our players get to the right college baseball level. Yes, RCBC has had it's high D1 recruiting successes; most recently Rob Rispoli at powerhouse UConn. But RCBC is realistic. The emphasis at our organization is which competitive college level is best for our player. Is it D1 or perhaps D2 or D3? And more importantly, is this D2 or D3 school a good academic fit where our player will stay for four years and get a degree that assures future professional and financial success?

I want to conclude by talking about Division 3 college baseball programs. If you mention to a high school player about possibly attending a D3 school, chances are you will get a look from that player, and usually his mom and dad, that can be translated "get lost," or better yet "go suck a rat." LOL. However, many D3 schools are outstanding academic institutions with competitive baseball programs, surrounded by an excellent facility on a beautiful campus. Check it out.

All I say is, check everything out. D1 is great but will you play regularly by sophomore year? If you have been a regular player since 8 years of age, you are not going to enjoy the bench. Be realistic. The combo your want is the right level of baseball coupled with fine academics.

Tournament Update



10U Americans
Sportika Turf Wars
Champions



Runner Up - 10U Nationals - Diamond Nation Battle At The Turf

2024 RCBC Ghost Tournament Tracker

2 Championship Game Appearances

1 Tournament Championship

1 Runner Up



March 2024



RCBC Media Day

MEDIA DAY

Sunday, April 7

10 am - 3 pm

Richmond County Youth Complex

Attention all RCBC players on all teams:

Come in your new royal blue jersey and RC game hat between 10 am and 3 pm on Sunday, April 7 to have your picture taken in front of our special RCBC backdrop.

Pictures can be used for your SportsRecruits or Perfect Game Player Profiles, for rosters, for social media channels, to send to a college coach, or as a special picture for mom/dad and grandparents.



And come swing a Marucci or Victus bat during our special Demo Day while you're there (see page 7 for details).

Bat Demo Day



BAT DEMO DAY

Sunday, April 7

10 am - 3 pm

Richmond County Youth Complex

1400 Travis Ave.

Staten Island, NY 10314

**Come down to check out and swing
a variety of bats from Marucci and
Victus, the #1 bats in MLB, featuring:**

Wood

BBCOR

USSSA

USA Certified

**Bats will be available for purchase
onsite and online at special prices.**

All players welcome.

RCBC Players In The News



Congratulations to the following RCBC Ghost players who made the Perfect Game Preseason All-Region Team for the Northeast.

Senior (2024) - Northeast 2nd Team

Tomas Cestero

Jack Chavez

Senior (2024) - Northeast Honorable Mention

Leo Doyle

Peter Fopeano

Jake Giovannone

Julian Montez

Nick Runfola

Anthony Salmonese

Dylan Swanson

Underclass (2025/2026) - Northeast Honorable Mention

Anthony DePetro

Patrick Hassel

Gabe Lucca

Michael Marchese

Anthony Molinini

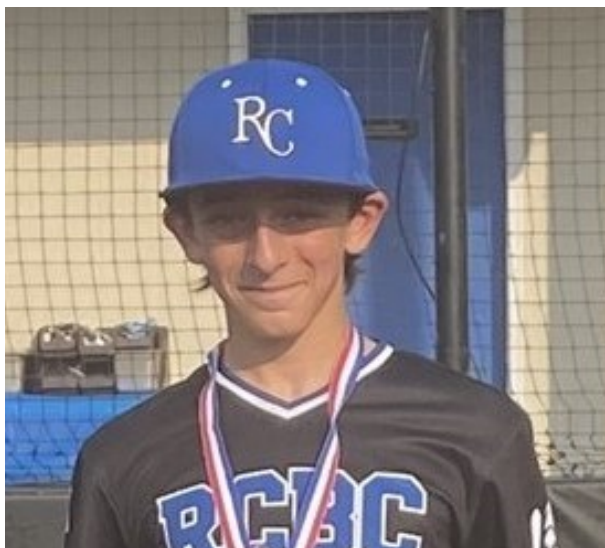
Tyler Stern

Kenneth Vazquez

RCBC Players In The News



Congratulations to Dylan Garcia (15U Nationals) who was added to the PG Class Of 2027 National and NY State Follow lists after a great showing at the Northeast Indoor Showcase last month.



Congratulations to Nicholas Bianco (13U Americans) who was ranked #12 in NY State and National High Follow in the latest PG Class of 2028 Rankings released this month.

Featured Article - Listen To Your Arm

(Excerpts From Fastball USA Training)

Every player has that point in which they need to stop throwing on that particular day. It might have been a long practice, lots of throwing or maybe even a series of games over a weekend tournament. Every players knows when to stop if they are listening to their arm. The part of the arm that tells you that you are done throwing for the day can be a huge clue when it comes to understanding exactly what you need to improve upon. Does the arm get tired, fatigued or sore on the anterior side or the posterior side of the shoulder? Does it show up near the medial elbow, bicep, forearm or lateral side? Identifying the area of the arm that stops the player can be a critical part to knowing what to work on going forward. Everyone's point of fatigue is different. Some can handle 30, 40 and even 50 medium to high intensity throws, and some can handle 5. The problem often occurs when we try to throw through the soreness and extreme fatigue, and then the problems almost always get worse.

The key to throwing performance is arm health. To improve durability, to improve arm strength, and to improve accuracy it is critical to have a healthier, more durable arm.

1. Identify any mechanical or physical constraints that can be adding to that particular area of the arm.
2. Use corrective exercises, drills or a smarter plan and approach to practice and training.
3. Awareness. Watch the results, and listen to your arm. Does the fatigue point happen later or sooner? Where does it show up? What are you doing to improve how it feels? How are your throwing performances?

Some common constraints that reduce throwing/pitching performance are poor throwing or pitching mechanics, physical limitations or imbalances, poor warm up routines, lack of a recovery system that gets the player back to 100% quicker, incorrect strength training that hinders the player, lack of mobility/flexibility and/or a workload that is far too great for the player at that particular time.

Listen to your arm!

Marucci Featured Item

March Deal Of The Month

Luxe Batting Gloves



LUXE BATTING GLOVES

\$79.99 ~~\$40.00~~

AVAILABLE IN GREY/BLACK AND WHITE

Crafted for athletes that refuse to settle. Made with premium materials strategically placed for ultimate feel and unlimited mobility.

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



Marucci Featured Item

Introducing Victus M.O.G. Batting Gloves



GAMER



FINISH LINE



YINYANG



GLIZZIES



HAPPY DAZE



GRAVEYARD

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

