

Core Sports Betting Newsletter - 04-23-2026

Hi All,

This week's issue focuses on one of the most important skills in sports betting: understanding how to turn data into smarter decisions.

Many bettors look at odds, trends, or recent results in isolation. But real consistency comes from connecting those pieces - knowing when a moneyline actually offers value based on your win rate, recognizing early scoring patterns that shape first inning bets, and using strikeout data to better predict game totals.

These are the types of edges that move beyond surface-level analysis and help build a more structured, disciplined approach to betting.

Inside this issue, we break down:

- [How to Know If a Moneyline Bet Is Worth It \(Using Your Win Percentage\)](#)
- [How to Use First Inning Scoring Trends for MLB Betting \(NRFI/YRFI Strategy Guide\)](#)
- [How to Use Strikeout Rates to Predict MLB Totals](#)

As always, be well and bet smart.

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Quote of the Week

"Pressure is something you feel when you don't know what you're doing." - *Peyton Manning*

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CSB Sports Betting Courses

Learn a structured, step-by-step approach to sports betting with CSB's NHL and MLB handicapping courses. Each course teaches a complete system for evaluating games, identifying qualified wagers, and managing your bankroll with discipline and consistency. Every strategy has been backtested over 10+ years, and the full backtesting results are included so you can see exactly how the systems have performed over time.

[Bounce-Back Regression - MLB Handicapping Course](#)

A structured MLB system focused on identifying value opportunities after lopsided losses, using regression principles and defined criteria to uncover qualified bounce-back situations.

[Hockey Pipes - NHL Handicapping Course](#)

A step-by-step system for identifying qualified NHL wagers using defined criteria and structured bankroll management.

[Payoff Pitch - MLB Handicapping Course](#)

A complete MLB betting framework that shows you exactly how to evaluate games and consistently identify qualified betting opportunities.

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Articles of the Week

[How to Know If a Moneyline Bet Is Worth It \(Using Your Win Percentage\)](#)

One of the most common mistakes in sports betting is focusing only on picking winners instead of understanding the price being paid for those winners. Many bettors believe that if they can win more than half of their bets, they will automatically be profitable. In reality, that is not always true. The odds attached to each wager play a major role in determining long-term success. If you have ever wondered how to know if a moneyline bet is worth it, the answer comes down to comparing your win percentage to the price you are laying.

[Read More](#)

[How to Use First Inning Scoring Trends for MLB Betting \(NRFI/YRFI Strategy Guide\)](#)

First inning betting has quietly become one of the most popular niches in sports wagering. NRFI (No Run First Inning) and YRFI (Yes Run First Inning) bets offer fast results, simple outcomes, and a unique opportunity to isolate a very specific part of a baseball game. While sportsbooks have adjusted to the popularity of these bets, there is still meaningful value available for bettors who approach them with structure and discipline.

Understanding how to use first inning scoring trends for MLB betting can help transform what often feels like a coin flip into a calculated decision.

[Read More](#)

[How to Use Strikeout Rates to Predict MLB Totals](#)

Totals betting in Major League Baseball is one of the most popular ways to approach the market, yet it is often misunderstood. Many bettors focus heavily on surface-level statistics like earned run average, recent game results, or even weather conditions. While those factors certainly play a role, they do not always tell the full story of how runs are actually created - or prevented - during a game.

[Read More](#)

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Free Sports Betting Calculators

Make smarter betting decisions using [CoreSportsBetting.com's free tools](#). These calculators help you understand true odds, manage bankroll risk, and plan profitable betting cycles using structured, math-based analysis.

- [Moneyline Calculator](#) - Convert odds, implied probability, and profit instantly
- [Parlay Calculator](#) - Calculate combined odds, payout, and total profit
- [Kelly Criterion Calculator](#) - Determine the optimal bet size based on your edge

- [No-Vig Odds Calculator](#) - Reveal the true fair odds behind sportsbook margins
- [Cycle Profit Recovery Calculator](#) - See exactly what's needed to finish a cycle profitable
- [Losing Streak Probability Calculator](#) - Understand variance and prepare for inevitable streaks
- [Winning Percentage vs Moneyline Calculator](#) - Compare your win rate to odds to quickly identify if a bet offers value

These are the same tools used by disciplined bettors to remove emotion and make confident, informed wagering decisions.

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Until next time, make it a great day!

J. Jefferies