

## Core Sports Betting Newsletter - 05-07-2026

Hi All,

The common thread this week is simple - the edge is often in what others ignore.

If you can combine deeper metrics with smart bankroll decisions, you're no longer reacting - you're making calculated moves.

Inside this issue, we break down:

- [How to Use Run Differential in MLB Betting \(A Practical Strategy for Finding Hidden Value\)](#)

Learn how to spot teams that are performing better (or worse) than their record suggests—and where value can quietly build.

- [How to Bet UFC Fighters Changing Weight Classes \(Smart Strategy Guide\)](#)

Weight class changes can completely shift a fight. This guide helps you identify when it creates opportunity—and when it's a trap.

- [How to Use the Kelly Criterion in Sports Betting \(Without Overcomplicating It\)](#)

A simple, practical way to size your bets based on edge—without getting lost in complex math.

As always, be well and bet smart.

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### Quote of the Week

“Discipline is the bridge between goals and accomplishment.”- *Jim Rohn*

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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 Use Run Differential in MLB Betting \(A Practical Strategy for Finding Hidden Value\)](#)

Most MLB bettors spend their time focusing on records, starting pitchers, or recent results. While those factors absolutely matter, they often lead bettors toward what already looks obvious on the surface. The real edge tends to come from identifying what the market is *misreading*, not what it already understands.

This is where understanding how to use run differential in MLB betting can quietly separate you from the average bettor. Run differential gives you a deeper look at how well a team is truly performing beneath its record.

#### [Read More](#)

### [How to Bet UFC Fighters Changing Weight Classes \(Smart Strategy Guide\)](#)

One of the most misunderstood edges in MMA betting comes when a fighter decides to move up or down in weight. At first glance, it seems simple—bigger fighters hit harder, smaller fighters are faster—but in reality, these transitions introduce layers of uncertainty that sportsbooks don't always price correctly. That uncertainty is exactly where opportunity exists for disciplined bettors.

If you're looking to understand how to bet UFC fighters changing weight classes, you need more than surface-level assumptions. A fighter's performance is influenced by a combination of physical changes, energy systems, durability, and matchup dynamics. When those variables shift—even slightly—the betting line can lag behind reality.

#### [Read More](#)

### [How to Use the Kelly Criterion in Sports Betting \(Without Overcomplicating It\)](#)

One of the biggest mistakes sports bettors make has nothing to do with picking winners—it comes down to how much they bet. Many bettors risk random amounts based on confidence, recent wins, or even frustration after a loss. Over time, that approach leads to inconsistent results, even if the picks themselves are solid.

This is where bankroll management becomes critical. If you can control your bet sizing, you give yourself a real chance to grow your bankroll over the long run. That's exactly why many experienced bettors turn to the Kelly Criterion. The problem is, most people see it as overly complicated and avoid using it altogether.

#### [Read More](#)

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## Free Sports Betting Calculators

Make smarter betting decisions using [CoreSportsBetting.com's free tools](https://coresportsbetting.com). 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