

## Core Sports Betting – Newsletter 05/22/2025

Welcome Back, Sports Fans!

Hope your week is off to a winning start! In this edition of the Core Sports Betting newsletter, we're bringing you fresh insights and key tips to help you sharpen your handicapping game and stay ahead of the competition.

Here's what's inside:

- [Variance in Betting: Friend or Foe?](#)
- [How to Spot Sharp Money Moves](#)
- [What Does Betting Against the Spread Really Mean?](#)

As always, be well and bet smart.

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### Quote of the Week

"The key to successful sports betting is finding value—not picking winners." — *Ed Miller*

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### CSB's Learning Academy

Take your sports betting to the next level with CSB's Hockey Pipes and CSB's Payoff Pitch! These in-depth courses offer a complete, step-by-step system for selecting winning picks. Every detail is covered, leaving nothing to guesswork. Enrollment is limited, so act fast to reserve your spot!

[Hockey Pipes – NHL Handicapping System](#)

[Payoff Pitch – MLB Handicapping System](#)

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### Articles of the Week

[Variance in Betting: Friend or Foe?](#)

When it comes to sports betting, few concepts are as misunderstood - or as crucial - as variance. Whether you're a seasoned handicapper or just starting out, understanding and managing variance in sports betting strategies can make the difference between long-term success and emotional burnout. This article takes a deep dive into what variance is, how it affects your results, and how to build strategies around it - instead of falling victim to its inevitable swings.

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[How to Spot Sharp Money Moves](#)

Knowing where the money's going can give you a big edge in sports betting. One key concept that often separates winning bettors from casual fans is knowing how to identify sharp money in sports betting.

Sharp money, often referred to as "smart money," comes from professional or highly experienced bettors who consistently make profitable wagers. These individuals have the tools, experience, and bankroll to move betting lines - and learning to recognize their activity can help you make smarter picks.

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### [What Does Betting Against the Spread Really Mean?](#)

If you've ever asked yourself, "what does against the spread mean in betting," you're not alone. Betting against the spread (often shortened to ATS) is one of the most widely used terms in sports betting, yet it often causes confusion - especially for those new to handicapping. At its core, betting ATS shifts the focus from simply picking winners to evaluating margins of victory. In this article, we'll explain exactly what the spread is, how it works, walk through real-world examples, and explore the thought process behind ATS strategies. Whether you're just starting out or looking to sharpen your edge, understanding this concept is critical for long-term success.

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Until next time, make it a great day!

J. Jefferies