

Core Sports Betting – Newsletter 06/05/2025

Hello,

Welcome to this week's Core Sports Betting Weekly Newsletter!

I say that with a bit of a grin - since, well, last week's newsletter never made it out. Here's why:

While puttering around in the garage Wednesday night (like the clumsy guy I sometimes am), I took a tumble. Couldn't get back up, and before I knew it, I was in an ambulance headed to the hospital. The result? A brand-new hip. Definitely not how I planned my week, but I'm on the mend and eager to get back into the swing of things.

Now, let's get back to what we love - sports betting. This week, Core Sports Betting is pleased to bring you three brand-new articles, including:

[How Regression to the Mean Applies to Sports Betting](#)

[How to Use Public Betting Percentages to Win Bets](#)

[How to Use the D'Alembert System in Sports Betting](#)

As always, be well and bet smart.

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Quote of the Week

" Plan your work and work your plan." - *Napoleon Hill*

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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

[How Regression to the Mean Applies to Sports Betting](#)

One of the most important - and misunderstood - principles in sports wagering is how regression to the mean applies to sports betting. Sure, this idea might sound simple, but it really matters if you want to bet smarter and make steady profits over time. Ignoring it can lead to overconfidence and reduced bankroll, while understanding it can help you identify value and make smart plays, especially when the public is overly influenced by recent trends.

Let's dip our toes into the water and discuss what regression to the mean is, how it works in the sports world, and most importantly - how you can use it to your advantage as a bettor.

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[How to Use Public Betting Percentages to Win Bets](#)

Gaining an edge over the sportsbooks is no small feat. Yet, one of the most overlooked tools for doing just that is understanding how to use public betting percentages to win bets. While many casual bettors blindly follow the crowd, there are many sports handicappers that know how to interpret public sentiment and use it strategically to identify value and make smarter wagers. In this guide, we'll explore the concept of public betting percentages, how they work, why they matter, and how to integrate them into your overall handicapping process.

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[How to Use the D'Alembert System in Sports Betting](#)

If you're a sports handicapper looking for a structured and less risky way to manage your bankroll, learning how to use the D'Alembert system in sports betting might be just what you need. This strategy is particularly appealing to recreational bettors who want to add a mathematical edge to their approach without going all-in on aggressive systems like Martingale. In this article, we'll break down what the D'Alembert system is, how it works, its pros and cons, and whether it makes sense for your betting style.

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Until next time, make it a great day!

J. Jefferies