

Core Sports Betting Newsletter - 06-25-2026

Hi All,

Welcome to this week's CoreSportsBetting.com newsletter!

This week we're taking a closer look at bankroll management and one often-overlooked MLB handicapping angle. Whether you're trying to protect your bankroll during losing streaks, capitalize on winning streaks, or uncover hidden baseball betting value, these articles offer practical strategies designed for long-term success.

This Week's Featured Articles:

- [The Percentage-of-Bankroll Method Most Bettors Ignore](#)

Learn how betting a consistent percentage of your bankroll can help control risk, preserve capital, and keep emotions out of your wagering decisions.

- [Why Bullpen Usage From the Previous Series Matters in MLB Betting](#)

Discover how bullpen workloads from a team's previous series can impact performance and create betting opportunities that many sportsbooks and bettors overlook.

- [The Anti-Martingale Strategy: Pressing Wins Instead of Chasing Losses](#)

Explore a disciplined staking approach that increases wagers after wins rather than losses, helping bettors take advantage of positive momentum while limiting downside risk.

As always, be well and bet smart.

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Quote of the Week

"Champions keep playing until they get it right." - *Billie Jean King*

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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

[The Percentage-of-Bankroll Method Most Bettors Ignore](#)

Most sports bettors spend the majority of their time searching for winning picks. They study statistics, follow injury reports, analyze line movement, and compare teams in hopes of finding an edge. While handicapping is certainly important, there is another aspect of sports betting that often receives far less attention than it deserves: bankroll management.

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[Why Bullpen Usage From the Previous Series Matters in MLB Betting](#)

When most baseball bettors handicap a game, they immediately focus on the starting pitchers. They compare ERA, WHIP, strikeout rates, recent form, and perhaps even advanced metrics such as FIP or xERA. While starting pitching is certainly important, many games are ultimately decided by what happens after the starter leaves. In today's Major League Baseball, it is common for bullpens to throw three, four, or even five innings in a game. That reality makes relief pitching one of the most important - and often overlooked - areas of baseball handicapping.

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[The Anti-Martingale Strategy: Pressing Wins Instead of Chasing Losses](#)

Most sports handicappers are familiar with the Martingale system. The basic idea behind a traditional Martingale is simple: after a loss, increase your next wager in an attempt to recover previous losses and generate a profit. While the concept sounds appealing on paper, many bettors quickly discover that losing streaks can become expensive and difficult to manage. A different approach exists that takes the opposite path. Instead of increasing wagers after losses, the anti martingale sports betting strategy increases wager size after wins and reduces exposure after losses. Many disciplined bettors prefer this approach because it focuses on maximizing winning streaks while limiting damage during cold stretches.

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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