

Core Sports Betting Newsletter - 07-16-2026

Hi All,

This week's articles focus on finding value through meaningful performance statistics rather than relying on reputation or recent results. Whether you're handicapping golf with advanced metrics or evaluating boxing markets, these guides provide practical strategies that can help you make more informed betting decisions.

- [Using Greens in Regulation for Golf Handicapping](#) – Learn why Greens in Regulation is one of the most reliable golf statistics and how it can help identify golfers with consistent scoring potential.
- [Golf Betting Systems Using Strokes Gained Tee-to-Green](#) – Discover how the Strokes Gained Tee-to-Green metric can uncover players who are striking the ball well before the betting market fully reacts.
- [Betting Boxing by Decision vs Knockout: Which Market Offers Better Value?](#) – Compare the decision and knockout betting markets, understand when each offers value, and learn how fighter styles can influence your wagers.

As always, be well and bet smart.

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Quote of the Week

"It's not that I'm so smart, it's just that I stay with problems longer." - *Albert Einstein*

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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

[Using Greens in Regulation for Golf Handicapping](#)

Golf bettors have access to more statistics today than ever before. Everything from driving distance and putting average to strokes gained and birdie percentage can be found with only a few clicks. While having more information is helpful, it can also make handicapping feel overwhelming. Many bettors spend hours studying recent finishes or tournament history while overlooking statistics that provide a clearer picture of how a golfer is actually performing.

One statistic that deserves much more attention is Greens in Regulation, commonly referred to as GIR. Using greens in regulation for golf handicapping helps bettors focus on one of the strongest indicators of consistent ball striking.

[Read More](#)

[Golf Betting Systems Using Strokes Gained Tee-to-Green](#)

Golf betting has changed dramatically over the past decade. While many bettors still focus on recent tournament finishes or well-known player names, today's successful bettors often rely on advanced statistics that provide a deeper understanding of how a golfer is actually performing. One of the most valuable of these statistics is strokes gained tee-to-green.

Understanding how to use strokes gained tee-to-green in golf betting can help you recognize golfers who are consistently striking the ball well, even if their recent finishes do not immediately show it.

[Read More](#)

[Betting Boxing by Decision vs Knockout: Which Market Offers Better Value?](#)

Most boxing bettors naturally gravitate toward the moneyline when placing a wager. While there is nothing wrong with simply picking the fighter you believe will win, many sportsbooks also offer several method-of-victory markets that can provide additional value when used correctly. Among the most popular choices are betting on a fighter to win by decision or by knockout, each offering its own advantages depending on the matchup.

[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