

COMBO CLINIC

Sunday, Mar. 30, 9 a.m. - 3:30 p.m.

(30 Min. Break for Lunch; Campers must bring their own lunch)

FEE:

\$85-Ages 8 and up

- This Camp will focus on both the offensive and defensive aspects of the game.

OFFENSIVE

- **Work on improving your hitting skills in a variety of drills.**
- **Improve you baserunning abilities**

DEFENSIVE

- **Strengthen your infield & outfield play**
 - **Drills to aid catchers**
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- *Campers must bring their own bats, batting gloves and gloves (catcher's equipment if necessary)*
 - *Campers should be prepared for both inside and outside drills. Please bring both sneakers and spikes.*

TO REGISTER

Please fill out and return the registration form along with your \$25 non-refundable deposit to:

RIC Athletics

Baseball Clinics

600 Mt. Pleasant Ave.

Providence, RI 02908

Please make checks payable to: RIC Athletics

Call 401-456-8258 for more information

REGISTRATION FORM

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Parent or Guardian: _____

E-Mail: _____

Emergency Phone: _____

Age: _____ Date of Birth: _____

Choose session(s):

- _____ PITCHING CLINIC
_____ MIDDLE INFIELDER'S CLINIC
_____ HITTING CLINIC (Session I)
_____ HITTING CLINIC (Session II - School Vacation)
_____ HITTING CLINIC (Session III)
_____ COMBO CLINIC

AMOUNT ENCLOSED: _____

A \$25 non-refundable deposit required for each session

Please make checks payable to: **RIC Athletics**

Consent of Treatment Limitation and Waiver of Liability

In partial consideration of our child's acceptance into the Rhode Island College Baseball Clinic(s), I/we, as parents and/or legal guardians of:

_____ do hereby agree to limit the liability of the Rhode Island College Baseball Clinic(s), Rhode Island College, its staff and physicians, to the coverage of the medical insurance policy covering participants in the Rhode Island College Baseball Clinic(s).

I/we further agree to waive all liability of the Rhode Island College Baseball Clinic(s), Rhode Island College, its staff and physicians, for any accident, injury, illness or other mishap which might befall the above named camper while traveling to or from, or during his/her attendance at the Rhode Island College Baseball Clinic(s), which is not covered by said medical insurance policy.

Further, I/we hereby grant permission to the staff and physicians of Rhode Island College, any medical or surgical consultant deemed advisable, and any hospital to render the above named camper any medical and surgical treatment that they deem necessary. I/we understand that all possible effort will be made to inform me/us in case of such treatment.

Parent/Legal Guardian's Name (print): _____

Signature: _____



2008 BASEBALL CLINICS

PITCHING CLINIC

Saturday, Jan. 19, 9 a.m. - 2 p.m.

\$85

MIDDLE INFIELDER'S CLINIC

Saturday, Feb. 9, 1 - 5 p.m.

\$75

HITTING CLINICS

SESSION I:

Friday, Feb. 15, 6 - 9 p.m.

Sunday, Feb. 17, 1 - 4 p.m.

SESSION II

Tuesday, Feb. 19, 10-12 p.m.

Thursday, Feb. 21, 10-12 p.m.

School Vacation

SESSION III

Friday, Feb. 22, 6 - 9 p.m.

Sunday, Feb. 24, 1 - 4 p.m.

\$85 per session

\$150- two children (same family)

COMBO CLINIC

Sunday, Mar. 30, 9 a.m. - 3:30 p.m.

\$85

PITCHING CLINIC

- Saturday, Jan. 19, 9 a.m.-2 p.m.
at the Rhode Island College
Recreation Center

FEE:
\$85-Ages 8 and up

This clinic will take a prospective pitcher through the step by step sequence of the art of pitching. It is set up to help the prospective pitcher develop sound mechanical pitching techniques that will do the following:

- **INCREASE THEIR VELOCITY**
- **THROW STRIKES ON A CONSISTENT BASIS**
- **PROTECT THEIR ARM FROM INJURY**
- **INTRODUCE A SOUND WINDUP & DELIVERY TECHNIQUE**

INSTRUCTION PROGRAM TO INCLUDE:

- SMALL WORK GROUPS
- PITCHING SEGMENTS OFF INDOOR MOUNDS
- GAME SITUATIONS
- VIDEO ANALYZING OF MECHANICS
- PITCHING DRILL

OPTIONAL INSTRUCTION ON:

- Holding runner on
 - Pickoff plays
- Setting up the hitter
- Fielding your position

All Clinics will be coordinated by
Rhode Island College Head Coach Jay Grenier
and his staff

Scott Virgulak
Andy Crisafulli

MIDDLE INFIELDER'S CLINIC

- Saturday, Feb. 9, 1-5 p.m.
at the Rhode Island College
Recreation Center

FEE
\$75 * - Ages 8 and up

* If you pair up with another person and send in your payment together (same envelope), the fee is \$65 per person (Discount available only for this clinic)

RECEIVE PROFESSIONAL INSTRUCTION FROM THE AREA'S FINEST COACHES ON THE PROPER TECHNIQUES OF MIDDLE INFIELD PLAY

THE FOUR HOURS OF INSTRUCTION

INCLUDE:

- PIVOTS • FEEDS
- FOOTWORK
- THROWING
- AND MORE

THIS CAMP IS FOR SERIOUS MIDDLE INFIELDER'S ONLY.

THERE IS NO CORNER INFIELDER PLAY AND NO HITTING.

CAMPERS MUST BRING THEIR OWN GLOVES AND SNEAKERS (NO SPIKES).

HITTING CLINICS

SESSION ONE

Friday, February 15, 6-9 p.m.
Sunday, February 17, 1-4 p.m.

SESSION TWO

Tuesday, February 19, 10-12 p.m.
Thursday, February 21, 10-12 p.m.
School Vacation

SESSION THREE

Friday, February 22, 6-9 p.m.
Sunday, February 24, 1-4 p.m.

FEE

\$85-Ages 8 and up
\$150-Two children same family

- **SIX HOURS OF JUST HITTING**
- **REPORT CARD WILL BE GIVEN TO EACH CAMPER**
- **EACH CAMPER WILL BE VIDEOTAPED**

INSTRUCTION INCLUDES:

- GRIP • STANCE • BAT SELECTION • HIPS
- HEAD • SHOULDERS • ARMS
- WEIGHT DISTRIBUTION • STRIKE
- AND MORE
- TWO PITCHING MACHINES
- BATTING TUNNELS

*Hitting and Drill Repetitions-
Hands must be in shape to take
300+ swings per day.*

**Campers must bring their own bat,
batting gloves and must wear sneakers.*