

RI BASEBALL INSTITUTE  
2024 FALL SCHEDULE

CLASS	AGES	DAYS	DATES	TIMES	COSTS
BOY'S HITTING & FIELDING (10 WEEKS)	9-12	MONDAY	Sept. 23, 30 Oct. 7, 14, 21, 28 Nov. 4, 11, 18, 25	4:15-5:45	\$ 269.00
	6-9	WEDNESDAY	Sept. 25 Oct. 2, 9, 16, 23, 30 Nov. 6, 13, 20, 27	4:15-5:45	\$ 269.00
	9-12	FRIDAY	Sept. 27 Oct. 6, 13, 20, 27 Nov. 1, 8, 15, 22, 29	4:15-5:45	\$ 269.00
BOY'S HITTING (10 WEEKS)	13-17	MONDAY	Sept. 23, 30 Oct. 7, 14, 21, 28 Nov. 4, 11, 18, 25	6:00-7:00	\$ 259.00
	13-17	FRIDAY	Sept. 27 Oct. 6, 13, 20, 27 Nov. 1, 8, 15, 22, 29	6:00-7:00	\$ 259.00

BOY'S PITCHING (10 WEEKS)	10-12	WEDNESDAY	Sept. 25 Oct. 2, 9, 16, 23, 30 Nov. 6, 13, 20, 27	6:00-7:00	\$ 259.00
	13-18	WEDNESDAY	Sept. 25 Oct. 2, 9, 16, 23, 30 Nov. 6, 13, 20, 27	7:15-8:30	\$ 299.00

*\*Includes Recovery Workout & Conditioning for Age's 13-17*

BOY'S STRENGTH & CONDITIONING (10 WEEKS)	9-12	TUESDAY	Oct. 8, 15, 22, 29, Nov. 5, 12, 19, 26 Dec. 5, 12	5:00-6:45	(10 WEEKS) 1x/week \$149.00
		THURSDAY	Oct. 10, 17, 24, 31 Nov. 7, 14, 21, 28 Dec. 7, 14	5:00-6:45	
		SATURDAY	Oct. 12, 19, 26, 28 Nov. 2, 9, 16, 23, 30 Dec. 7	9:00-11:00	
					2x/week \$249.00
	13-18	TUESDAY	Oct. 15, 22, 29, Nov. 5, 12, 19, 26 Dec. 5, 12, 19	6:00-7:45, 7:00-8:45	3x/week \$299.00
		THURSDAY	Oct. 17, 24, 31 Nov. 7, 14, 21, 28 Dec. 7, 14, 21	6:00-7:45, 7:00-8:45	
		SATURDAY	Oct. 19, 26, 28 Nov. 2, 9, 16, 23, 30 Dec. 7, 14	9:00-10:45	

BOY'S CATCHING (6 WEEKS)	10-12	SATURDAY	Nov. 2, 9, 16, 23, 30 Dec. 7	11:00-12:00	\$ 179.00
	13-18	SATURDAY	Nov. 2, 9, 16, 23, 30 Dec. 7	12:15-1:15	\$ 179.00
	( HITTING )	SATURDAY	Nov. 2, 9, 16, 23, 30 Dec. 7 (PRICE ONLY FOR 13-18 CATCHERS)	1:30-2:30	\$ 99.00

FALL CLASS DESCRIPTIONS

*BOY'S HITTING & FIELDING ( 7-12 )* Fundamentals Stressed: Stance, Hip Turn, Ball/Strike Recognition;Fielding Mechanics(Forehand & Backhand), Throwing

*BOY'S HITTING ( 7-12 )* Fundamentals Stressed: Stance, Hip Turn, Location Of Pitches, Reaction Drills

*BOY'S HITTING ( 13-17 )* Fundamentals Stressed: Balance With Stance, Fast Ball/**Off-speed Recognition**, Hand-speed Drills

*BOY'S PITCHING ( 10-12 )* Fundamentals Stressed: Balance Throughout Wind-Up, Arm Circle, Location Of Fast Ball, Change-Up

*BOY'S PITCHING ( 13-17 )* Fundamentals Stressed: Location Of Fast Ball, **Curve Ball, Slider, Change-up, Secondary Pitches Will Be The Focus**

*BOY'S CATCHING ( 10-12 )* Fundamentals Stressed: Receiving Different Location Of Pitches, Throwing To 2nd & 3rd, Arm Strengthening Drills

*BOY'S CATCHING ( 13-17 )* Fundamentals Stressed: Throwing Times To Second & Third, Footwork & Quick Hands Drills

*STRENGTH & CONDITIONING*: Speed Enhancement Drills, Power Performance Drills, Plyometric Strength Training, Free Weight Training,

Baserunning Techniques, **Ages 15-17**: Specific Training For Pitchers & Catchers