



# 2016

## WINTER SPRING LISLE

**BULLS SOX ACADEMY | RIVER BEND DRIVE | LISLE**

### WHITE SOX PRE-SEASON ADVANCED HITTING

	DAY	DATES	TIME	AGES	COST	CODE
	Monday	2/1-2/22	5:00-6:00pm	10-12	\$100.00	5955
	Tuesday	2/2-2/23	7:00-8:00pm	10-12	\$100.00	5956
	Thursday	2/4-2/25	6:00-7:00pm	10-12	\$100.00	5957

### WHITE SOX PRE-SEASON ADVANCED PITCHING

	Monday	2/1-2/22	6:00-7:00pm	10-12	\$100.00	5959
	Tuesday	2/2-2/23	6:00-7:00pm	10-12	\$100.00	5960
	Thursday	2/4-2/25	7:00-8:00pm	10-12	\$100.00	5961
	Thursday	2/4-2/25	8:00-9:00pm	10-12	\$100.00	5962

### WHITE SOX ALL SKILLS CLUB

	Tuesday	2/2-2/23	6:00-7:00pm	7-8	\$97.00	5952
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### WHITE SOX HITTING CLUB

	Wednesday	2/3-2/24	5:00-6:00pm	8-10	\$97.00	5975
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### WHITE SOX PITCHING CLUB

	Wednesday	2/3-2/24	6:00-7:00pm	8-10	\$97.00	5976
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### WHITE SOX PRESIDENT'S DAY CAMP

Baseball	Monday	2/15/16	1:00-4:00pm	7-14	\$50.00	5981
Combo	Monday	2/15/16	9:00a-4:00p	7-14	\$90.00	6112

**CLICK ON CODE TO REGISTER**  
or Log onto [BullsSoxAcademy.com](http://BullsSoxAcademy.com)

**BULLS SOX ACADEMY | 6200 RIVER BEND DRIVE • LISLE IL • 60532 | CALL 630.324.8221 OR FAX 630.324.8268**

### PRE-SEASON ADVANCED HITTING

Learn how to hit like a Major Leaguer, and hit with **POWER** in this intensive club. This class will help you refine your swing mechanics in the same manner big league hitters do and provide the power every hitter needs. Each camp runs at a 4:1 player to instructor ratio. There is very limited space so sign-up early to secure your spot in this camp.

### PRE-SEASON ADVANCED PITCHING

Our Advanced Pitching Club will give you a firsthand look at a pitching regimen designed to get results! Go beyond the mechanics; discussing grips, pitch selection, setting up hitters and the mental aspect of pitching. Each camp runs at a 4:1 player to instructor ratio of throwing and catching the baseball as well as fielding groundballs and fly balls. To be a complete player, you must learn to defend. This class is exactly what you need to earn that starting position.

### ALL SKILLS

Baseball players big and small strive to be a 5-tool player. A 5-tool player consists of someone who is great in the following baseball abilities: hitting for power, hitting for average, fielding ability, throwing ability and speed. Our All Skills Club takes the basics skills of hitting, throwing, and fielding taught in our Little Slugger **FUNDamentals** programming and progresses your child in all aspects of the game. This Club incorporates more advanced techniques, position specific drills, as well as base running. Our instructors are committed to taking your child's game to the next level and putting them in the best position for success to try and become the next five tool player.

### HITTING CLUB

The White Sox Hitting Club will present your hitter with a step-by-step approach to hitting like a Major League player. The White Sox Hitting Club will cover plate coverage and stance, stepping into a hitting position, hand path and the lower body mechanics. There are hitting absolutes that must be present in each at bat to be successful. These absolutes make all the difference. We know them and we will teach them to you.

### PITCHING CLUB

The White Sox Pitching Club will give you a firsthand look at the pitching mechanics that all great pitchers use! Even if pitching is not in your plans, throwing correctly is critical to becoming a good player. Pitching with accuracy, velocity and minimal arm strain is no accident. There is a process that should be followed for Little League to the Big Leagues. The White Sox Pitching Club will teach you that process.

### PRESIDENT'S DAY CAMP

Need to go to work and your kids have the day off from school so bring them to us! This day camp will cover all things baseball, such as hitting, fielding, throwing, catching, base running, and sliding. After discovering the correct way to play baseball, players will also participate in fun games to put their new skills to the test.

# DREAM IT. TRAIN IT. BE IT.

OR REGISTER ONLINE  
@ [BullsSoxAcademy.com](http://BullsSoxAcademy.com)