



CHICAGO WHITE SOX 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.

DATE	DAY	AGE	TIME	COST	CODE
2/1-2/22	Wednesday	8-10	6:00-7:00pm	\$100	6771
2/28-3/21	Tuesday	8-10	6:00-7:00pm	\$100	6777

CHICAGO WHITE SOX 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.

DATE	DAY	AGE	TIME	COST	CODE
2/20	Monday	5-14	1:00-4:00pm	\$55	6772

BULLS/WHITE SOX PRESIDENT'S DAY COMBO CAMP

You 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 basketball, such as shooting, ball handling, post moves, and defense. After discovering the correct way to play basketball, players will also participate in fun games to put their new skills to the test.

DATE	DAY	AGE	TIME	COST	CODE
2/20	Monday	5-14	9:00am-4:00pm	\$100	7192

CHICAGO WHITE SOX INCREDIBALL LEAGUE

An exciting and fun program that is open to kids 5-6 years old. A mini-field, with 30-foot bases and a home run fence, will be set up inside the Lisle Academy to help teach the kids the basic fundamentals during each week's game. Instructors will be on hand explaining the proper hitting, throwing, fielding and base running techniques to the young players as they begin to love the sport. Players will be divided up into small teams based on age and ability level. *Incrediballs perform just like regular baseballs and are used for indoor training. The soft rag ball material used to teach the proper skills while preventing injury.

DATE	DAY	AGE	TIME	COST	CODE
2/25-3/18	Saturday	5-6	11:00am-12:00pm	\$65	6773

CHICAGO WHITE SOX LITTLE SLUGGERS

We believe the most important thing we do is pass our knowledge and passion for the game to the players who are just discovering the magic of wearing a uniform, hat, and glove. Little Sluggers allows players to work on throwing, hitting, and beginning baseball fundamentals while having FUN! Open to both boys and girls!

DATE	DAY	AGE	TIME	COST	CODE
2/25-3/18	Saturday	5-6	10:00-11:00am	\$65	6774

CHICAGO WHITE SOX LITTLE SLUGGERS/INCREDIBALL COMBO

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DATE	DAY	AGE	TIME	COST	CODE
2/25-3/18	Saturday	5-6	10:00am-12:00pm	\$125	6775

CHICAGO WHITE SOX 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.

DATE	DAY	AGE	TIME	COST	CODE
2/1-2/22	Wednesday	8-10	5:00-6:00pm	\$100	6770
2/28-3/21	Tuesday	8-10	5:00-6:00pm	\$100	6776

REGISTER ONLINE @ BullsSoxAcademy.com

BULLS SOX ACADEMY | 6200 RIVER BEND DRIVE • LISLE IL • 60532 CALL 630-PLAYBALL OR FAX 630.324.8268

DREAM IT. TRAIN IT. BE IT.