



# 2016

## WINTER SPRING LISLE

### CHICAGO WHITE SOX LITTLE SLUGGERS

DAY	DATES	TIME	AGES	COST	CODE
Saturday	2/20-3/12	10:00-11:00am	5-6	\$79.00	6104
Saturday	3/19-4/9/16	10:00-11:00pm	5-6	\$79.00	6105

### CHICAGO WHITE SOX INCREDIBALL LEAGUE

Saturday	2/20-3/12	11:00am-12:00pm	6-7	\$79.00	6101
Saturday	3/19-4/9/16	11:00am-12:00pm	6-7	\$79.00	6102

### BULLS/SOX LITTLE SLUGGERS/INCREDIBALL COMBO

Saturday	2/20-3/12	10:00am-12:00pm	5-6	\$130.00	6107
Saturday	3/19-4/9	10:00am-12:00pm	5-7	\$130.00	6108

### CHICAGO WHITE SOX PRE SEASON DEFENSE

Saturday	2/20-2/20	2:00-5:00pm	8-10	\$60.00	6113
Saturday	3/12	2:00-5:00pm	8-10	\$60.00	6114

### CHICAGO WHITE SOX SMALL GROUP ADVANCED HITTING

Monday	2/29-3/21	5:00-6:00pm	10-12	\$100.00	5966
Monday	2/29-3/21	6:00-7:00pm	10-12	\$100.00	5967
Wednesday	3/2-3/23	5:00-6:00pm	10-12	\$100.00	5968
Wednesday	3/2-3/23	6:00-7:00pm	10-12	\$100.00	5969

### CHICAGO WHITE SOX SMALL GROUP ADVANCED PITCHING

Monday	2/29-3/21	7:00-8:00pm	10-12	\$100.00	5963
Wednesday	3/2-3/23	6:00-7:00pm	10-12	\$100.00	5964
Wednesday	3/2-3/23	7:00-8:00pm	10-12	\$100.00	5965

### CHICAGO WHITE SOX HITTING CLUB

Tuesday	3/1-3/22	5:00-6:00pm	8-10	\$97.00	5977
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### CHICAGO WHITE SOX PITCHING CLUB

Tuesday	3/1-3/22	6:00-7:00pm	8-10	\$97.00	5979
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## CLICK THE CODE TO REGISTER

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

### 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!

### INCREDIBALL LEAGUE

An exciting and fun program that is open to kids 6-7 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.

### LITTLE SLUGGERS/INCREDIBALL COMBO

A very popular and fun program that is open to kids 5-7 years old that combines two of our most popular camps.

### PRE-SEASON DEFENSE

This Pre-Season Defense Club will focus on the essentials 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.

### SMALL GROUP 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.

### 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.