

CHICAGO WHITE SOX HITTING AND PITCHING CLUBS

in association with Barrington Youth Baseball & Softball

The White Sox Hitting & Pitching Club sessions are led by professional Bulls/Sox Academy instructors and will detail the absolutes of Hitting and Pitching as taught to the White Sox players by the Major League coaching staff.

If you are truly serious about becoming the best player you can be...this is the place for you.

Our Hitting Clubs will focus on plate coverage and stance, striding into a hitting position, swing plane/hand path, footwork and balance. Our Pitching Clubs will cover grips, arm action, balance points, and pitching from the wind up and stretch.

The cost of each club is only \$99.00 per athlete per session.

LOCATION: Langendorf Park, 235 Lions Dr. Barrington, IL 60011

COURSE	AGE	DAY	DATE	TIME
Hitting Club	6 - 8	Wednesday	1/4 - 1/25	4:00 - 5:15p
Hitting Club	12 - 14	Wednesday	1/4 - 1/25	5:15 - 6:30p
Hitting Club	9 - 11	Wednesday	1/4 - 1/25	6:30 - 7:45p
Pitching Club	6 - 8	Wednesday	2/1 - 2/22	4:00 - 5:15p
Pitching Club	12 - 14	Wednesday	2/1 - 2/22	5:15 - 6:30p
Pitching Club	9 - 11	Wednesday	2/1 - 2/22	6:30 - 7:45p
Hitting Club	6 - 8	Wednesday	2/29 - 3/21	4:00 - 5:15p
Hitting Club	12 - 14	Wednesday	2/29 - 3/21	5:15 - 6:30p
Hitting Club	9 - 11	Wednesday	2/29 - 3/21	6:30 - 7:45p



REGISTER ONLINE @ WWW.BYBS.NET



BullsSoxAcademy.com