

# BETWEEN *the* SEAMS

BULLS/SOX ACADEMY NEWS LETTER

April 2015

ISSUE

4

CHICAGO WHITE SOX

**BASEBALL IS BACK**



## Notable Acquisitions

Jeff Samardzija #29  
David Robertson #30  
Melky Cabrera #53  
Adam LaRoche #25  
Zach Duke #33

## OPENING DAY FACTS:

15 was the most runs scored by the White Sox on Opening Day. They defeated the Detroit Tigers 15-8 on April 14, 1908.

The White Sox have an Opening Day record of 63-52.

On Opening Day April 4th, 2005, the White Sox defeated Cleveland 1-0. That was the first of 99 wins on their way to a World Series Victory

## KING OF THE HILL

The American League Central race begins right off the bat with 25 of the White Sox first 28 games coming against division foes.

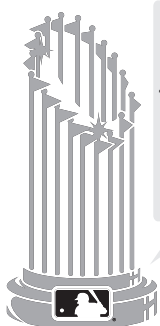
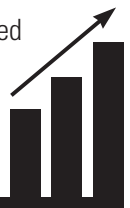
## ON THE HORIZON

The White Sox 2014 first round draft pick, Carlos Rodon, will start the season in the Minors. However, be on the look out as this "southpaw" is primed to make his much anticipated Major League debut in the future.



## HEADED IN THE RIGHT DIRECTION

From 2013 to 2014, the White Sox improved their season record by 10 wins. With the new additions along with the rise of young talent, this team looks to make another leap towards contention in 2015



In 2015, the White Sox Celebrate the 10yr. Anniversary of the 2005 World Series Championship Team.



TO PURCHASE TICKETS VISIT:  
[Chicago.WhiteSox.mlb.com](http://Chicago.WhiteSox.mlb.com)



# CHAMPION SAVVY

**Congratulations** to Bulls/Sox Academy basketball instructor, **Bill Riley**, and the St. Joseph boys basketball team of Westchester, IL. Coach Riley helped guide the Chargers to a 67-63 victory over Althoff Catholic to become **2015 IHSA 3A State Champions!**

# BULLS PLAYOFFS



**JOIN SEE RED NATION**  
Tickets for rounds 1 and 2 are on sale NOW!  
Visit [NBA.com/Bulls](http://NBA.com/Bulls)



[BullsSoxAcademy.com](http://BullsSoxAcademy.com)

## FASTPITCH SKILLS VIDEO UPGRADES SCHOLARSHIP

College Fastpitch Prospect, **Carolyn Hett**, had already accepted a scholarship to play at Radford University when she submitted her **Bulls/Sox Academy Skills Video**. The result... a significant upgrade in Carolyn's scholarship.

Our very own, Sara Connolly, reached out to Carolyn's father, Tom Hett, for a quick Q&A:

**Q. How did you hear about the Skills Video Camp offered at the Bulls/Sox Academy?**

**A. "We know Kathy Young." (Director of Fastpitch)**

**Q. Did the video meet your expectations?**

**A. "It absolutely met my expectations."**

**Q. What did you do with the video to attract college coaches?**

**A. "Sent the YouTube Link out. Added the link to it on her NCSA profile. Emailed the link to the coach that we were already in contact with."**

**Q. Would you recommend this camp to others?**

**A. "Absolutely."**

**Q. Did your daughter commit? Where?**

**A. Radford University in Virginia. Carolyn is only a sophomore."**

**Q. How do you feel the video helped your daughter through the recruiting process?**

**A. "Initially, the coach offered her "X" amount in scholarship \$\$\$. After the coach viewed the video, she bumped her scholarship up by \$10,000."**

For more information on our Fastpitch Skills Videos Visit  
[BullsSoxAcademy.com/Sports/Fastpitch](http://BullsSoxAcademy.com/Sports/Fastpitch)

## ATHLETICo TIP OF THE MONTH

### THE POWER OF BANANAS

Potassium helps to maintain fluid balance and also assists in regulating heart rhythms as well as blood pressure. It further helps to build strong bones and muscles. Oftentimes muscle cramping is a sign of deficiency especially during exertion. Bananas are a good source of potassium and frequently recommended to eat if someone is experiencing cramping.

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