

BETWEEN *the* SEAMS

BULLS/SOX ACADEMY NEWS LETTER

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ISSUE 5



Caroline Caesar WINS GOLD.

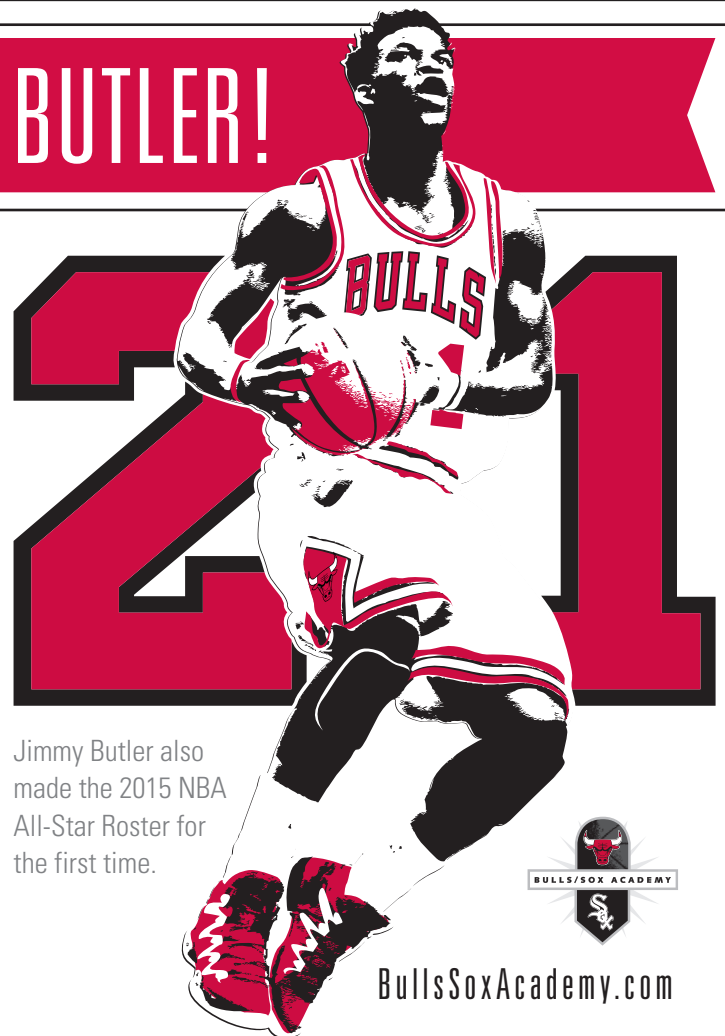
Bulls/Sox Academy 14U player, Caroline Caesar, has won *Gold* at the 2015 Illinois Junior Academy of Science (IJAS) state science fair held at Southern Illinois University. In the category Physics, Caroline's project "It's All About That Bat... Speed," tested whether the type of bat (wood, aluminum or composite) affects how far a softball will travel. This is Caroline's second consecutive Gold award in the Physics category.

CONGRATS TO JIMMY BUTLER!

FOR BEING NAMED THE NBA'S
MOST IMPROVED
 ★ ★ **PLAYER** ★ ★

Jimmy beat out 29 other vote-getters to take this years title. His offensive production saw a significant increase in 2015 as he became a legitimate two way player.

	FG%	3P%	FT%	PPG
2014	.397	.283	.769	13.1
2015	.462	.378	.834	20



Jimmy Butler also made the 2015 NBA All-Star Roster for the first time.



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VOTE FOR YOUR **ALL★STARS**



**Voting for the 2015
All-Star Game is now open!**
You can vote a total of 35 times
between now and July 2nd.
Visit mlb.com for details.

BIG DEBUT

Jake Armentrout is currently on our White Sox Elite 15U team. As a freshman, he recently made his Varsity High School debut and made quite the impression. During his teams double header, Jake went 7 for 10 with eight RBIs, eight runs scored, two doubles, a triple and two stolen bases.

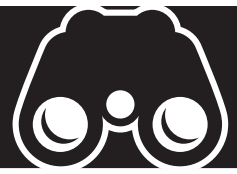
SHE DOES IT AGAIN

Bulls/Sox Academy fastpitch travel team player, **Brooke Bandy**, received a Clarence D. East Award from York Community High School in recognition of York's most outstanding Scholar-Athletes. This comes after the National Scholarship Corporation recognized Brooke as ranking in the top 5% of high school seniors *nationwide*.



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A LOOK AT OUR **BASEBALL ALUM**



Brad Groleau attended many White Sox Summer camps and also took periodic private lessons. As a freshman at McKendree University, he earned second-team All-Conference honors from the Great Lakes Valley Conference. Brad started 33 of 34 games in left field for the Bearcats and led the team with a .344 batting average.

ATHLETICo TIP OF THE MONTH

WHEN TO USE HEAT OR ICE TO TREAT ENDURANCE INJURIES

You should use *ICE* if you have an acute injury, or the first day of soreness. Such injuries may include: hamstring strain, achilles strain, ankle sprain or hip flexor strain. You should use *HEAT* if you are experiencing tightness, stiffness or if you are still having soreness several days after a workout or race.

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