

4 x 1 Training Details

- 4 x 1 Begins the week of Monday, November 30th
- Our two off-weeks will be the weeks of December 21st and December 28th (12/19 - 01/3)
- We will resume 4 x 1 training on January 4th
- High School players will end 4x1 training on February 25th
- Teams aged 14 and under will continue until April 1st

4 x 1 Chicago Training Location: BSC (2500 W Bradley Place B, Chicago, IL 60618)

	Mondays		Tuesdays		Wednesdays		Thursdays	
Cage:	4	5	6	4	5	6	8	
5pm-6pm	Massel, Wigmore, Govoni, Hecht	Ruder, Martinez, Conrad, Nieves	Antonyzyn, Derechin, Kono, Stephens	Kerewich, Kujawa, Boss, DeLeon	Silva, Arredondo, Sawyers, Taylor	Sarakaitis, Stoelinga, Maher, Schchar		
6pm-7pm	Horrow, Biggam, Moulton, Grabow	Stoessel, Shanley, Diep, Nowicki	Bell, Maurizio, Gerios, Lazos	Bernabei, David, David, Katz	Bellis, Kourelis, Graines, Jurewicz	McCann, Murguia, Kaplan, Sullivan		
7pm-8pm	Jones, Calderon, Tokowitz, Muntean, Palmersheim	Lopez, Smith, Gutzmer, Leavitt	Quinn, DeLeon, Cintron, McLaughlin	Egan, Stratton, Smith, Flom	Hogan, Smartt, Sheahan, Frater	Yoest, Hoffman, Stathas, Larson, Hamid		
8pm-9pm	Lugo 16U	Lugo 16U	Lugo 16U	Desmond, Hayes, Jirgal, Dow	Freeman, Severino, Butterly, Chambers	Van Dyke, Mahoney, Newman, Michaud, Huerta, Frantzis	Schmidt, Spinks, Goldman, Boyer, Strostrup	
	Wednesdays		Thursdays		Fridays		Saturdays	
Cage:	1	2	3	Pitching Tunnel				
5pm-6pm	Fishman, Bertalan, Mechavich, Mazur	Chronopolous, Griffith, Pamula	Hattel, Walsh,	Gotti, Slade, Kogut, Bloom	Goldberg, Lowery, Bloom, Leff	Boliker, Meyer, Ball		
6pm-7pm	Sansonnetti, Washkevich, Roldan, Variano	Andrews, Kolke, Jelinik, Rog	Blitz, Lufrano, Linares,	Sims 12U Team	Sims 12U Team	Sims 12U Team		
7pm-8pm	Garcia, Mendez, Dooman	Alvarado, Kurakawa, Lebron, Murray	Lifson, Levinson, Noah, Jenkins	Leonard 12U Team	Leonard 12U Team	Leonard 12U Team		
8pm-9pm	Derechin, Sotelo, Miller, Kenah	Abraham, Besztery, Kunst, Koenig	Maza,	Kalil, Ropka, Castellani, Ramos	Vega, Khan, Dorn, Williams	Tokowitz, Borggrenn		

4 x 1 Willowbrook Training Location: Willowbrook (WBRSPC 7850 South Quincy St., Willowbrook, IL 60527)

	Mondays		Mondays	
Cage:	1	2	3	Pitching Tunnel
6pm-7pm	Chambers, Chambers, Villegas, Simmons	Vita, Buchanan, Beitler, Joynt	La-Valley Subido, Johl, Perez, Bodell, Paredes	
7pm-8pm	Mendoza, Guerrero, Gifford, Maurer	Wrona, Blackwell, Garnica, Horwath	Alzamora, Holtzman	
8pm-9pm				Bennet, Bak, Boba, Rossy, Kreuger
9pm-10pm				Winslow, Scaccia, Bennet,

Winter Team Practice Details

- Winter Team Practices begin Saturday January 9th
- High school aged teams will go until through Feb. 28th
- Teams aged 14 and under will go until March 28th

Chicago

	Saturday	Sunday
9-11am		Van Mill 14u
10am-12pm		Rescan 13u
11am-1pm		Andrews 12u
12-2pm	Mulhern 13u	Gabbard 11u
1-3pm	Smith 11u	
2-4pm	Miller 13u	Mendez 14u
3-5pm	Leonard 12u	Andrews 15u

4-6pm	Brown 12u	Jacobsen 15u
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Willowbrook

	Saturday	Sunday
4-6pm	Simmons 14u	
5-7pm		Pagan 15u