

# Virginia Baseball Club

*"Building Skills and Confidence since 1992"*

## VBC Winter & Spring Training Programs Spots are filling up. Register today! Youth Classes Holiday & Teacher Conference Baseball Camps Middle School and High School Classes

### VBC Winter & Spring Training Programs

Sharpen your player's skills and build confidence this winter with our **EXPERIENCED** staff professional instructors. Well-organized, small-group, age-appropriate classes; youth and high school level classes.

#### **SMALL GROUP CLASSES - 4:1 RATIO or less** **\*Hitting \*Pitching \*Catching \*Overall skills**

- Classes offered afternoons (including "early-release **Wednesdays**,") weeknights and weekends
- Winter session (8 weeks) begins the week of **November 28**
- Spring session (6 weeks) begins the week of **February 6**
- Holiday and Teacher-Conference Day camps

**Convenient Location:** [VBC Merrifield Indoor Training Center](#) (Near Beltway and Rt. 50)

[See class schedule](#), [learn about our instructors](#) and teaching methods.  
[Register TODAY!](#) **These popular programs fill up each year.**

**Money saver-** Join [VBC membership](#) to receive 10% off classes and camps, 20% off lessons, unlimited cage use (April - October)

### Youth Classes (age range 5 to 15)

Develop skills and confidence and improve performance. We offer classes for players of all levels. **Players are divided into small groups of four or less by age and skill level.** All players receive lots of repetitions and constant feedback from our experienced coaching staff. Parents who enroll their players in VBC youth programs will receive biweekly emails with updates on specific class activities. Our lead instructors are available daily to speak (or email) with parents about their player's progress in the class.

**Overall Skills Classes:** T-Ball Beginners (ages 5-6), Level 1 (ages 6-8), Level 2 (ages 8-10), Level 3 (ages 10-12)

**Youth Pitching Classes:** Level 1 (ages 7-8), Level 2 (ages 8-10), Level 3 (ages 10-12), 50/70 and Senior League (ages 13-15)

**Youth Hitting Classes:** Level 1 (ages 6-8), Level 2 (ages 8-10), Level 3 (ages 10-12), Senior League (ages 13-15)

**Youth Catching Classes:** Level 1 (ages 7-12), Level 2 (ages 12-14)

**Create Your Own Class** - Choose a day and time and put together your own group of players. We'll work with you to develop a customized curriculum with a VBC instructor. Contact us at [questions@goVBC.com](mailto:questions@goVBC.com)

**Youth Softball Classes:** Hitting, Pitching, Catching Ages 7-12 [Learn more](#)

[More information...](#) [Register today!](#) 703-698-5599

### Holiday & Teacher Conference Baseball Camps

Come enjoy a day of baseball at one of our camps at the **VBC Merrifield Indoor Training Center**. Player/coach ratio of 8:1 or less. The camp hours are 9am-2pm. AM & PM extended hours available. Ages 7-12.

**Teacher Conference Day Camp - Fairfax: Jan. 30-31**

**Winter Holiday Camp - December 26-30**

**Martin Luther King Jr. Day Camp - January 16**

**President's Day Camp - February 20**

[Register Today!](#)

### Middle School and High School Classes (Ages 13-18)

Classes led by former and current professional players, college instructors, and HS coaches. Dan Raley (former MLB hitting instructor), Chris Berset (Cincinnati Reds), Dan Pototsky (Stuart HS), Mike Cassidy (O'Connell HS), Doug Grove (W-L HS), Mike Murray (Yorktown HS), Adam Amerine (GMHS), Aaron Tarr (Marshall HS), Kevin Healy (Langley HS), John Thomas (McLean HS), Ronnie Abrigo (Annandale HS), Chris Warren (WT Woodson HS), Justin Janis (Oakton HS), Mark Gjormand (Madison HS), Billy Emerson (PVI HS), Randy Lightle (J.E.B. Stuart HS), Jody Rutherford (Lake Braddock HS), Morgan Spencer (Centreville HS), Rick Freeman (Fairfax HS), Galvin Morris (South Lakes HS), Chad Stephens (Yorktown HS Head JV Coach).

[More information...](#) [Register today!](#) 703-698-5599

### **TWO VBC INDOOR TRAINING CENTERS - MERRIFIELD AND OCCOQUAN**

**VBC MERRIFIELD** - Spacious indoor facility on Dorr Avenue in the heart of Northern Virginia; minutes from anywhere in Northern Virginia. Six batting/pitching lanes, infield area and drill area. New lights and new turf. Comfortable observation 'sky box' for parents with WI-FI.

**VBC OCCOQUAN** - This training facility (located on Rt. 123 and I-395) features six batting cages, infield area, and two pitching lanes.

**THE VBC EXPERIENCE** Our well-organized, low-ratio classes and professional staff will provide a valuable and enjoyable experience for your son or daughter. We pride ourselves on outstanding customer service. We are looking forward to seeing you soon. We look forward to seeing you this winter.

Mike Murray, VBC General Manager

Virginia Baseball Club [www.goVBC.com](http://www.goVBC.com) 703-698-5599  
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