

Virginia Baseball Club

"Building Skills and Confidence since 1992"

High School and Middle School Programs

Winter Training begins Nov. 26

Hitting, Pitching, Catching

Limited Space! [Register Today](#)

Classes begin the week of November 26: At no additional costs "open cage time" will be available during Holiday breaks for HS players enrolled in VBC programs. All classes have a 4:1 ratio or lower.

HS/MS HITTING

Classes meet once a week for 60 minutes. Players focus on visual tracking, pitch-speed adjustments, upper body mechanics, and lower body mechanics. 3:1 ratio in each class.

- Thursdays 4-5pm (Coach McColley and Coach Pototsky)
- Thursday 5-6pm (Coach Pototsky and Coach Nolan)
- Sundays 7-8pm (Coach Mrowka and Coach Pototsky)

[Register Today!](#)

HS/MS PITCHING

20-SESSION PACKAGE (meet two-to-four times per week)

The Advanced Pitcher Training Program is designed for who desire to ***improve velocity*** and throwing mechanics and reduce arm injury through a complete training program. [Read more...](#)

Build your performance!

Training Focus:

- Improve range of motion and explosive movements through strength and flexibility training to increase velocity and prevent arm injuries
- Improve throwing mechanics - drills leading up to preseason bullpens
- Improve control and develop off-speed pitches
- In-season training and throwing program

Program led by Pat Baker: Former Univ. of Maryland standout and HS pitching

coach.

[Register Today!](#)

HS/MS CATCHING

Coach Mike Cowell, former catcher at Old Dominion University and professional player.

- Thursdays 7-8pm

[Register Today!](#)

About Us

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. Comfortable observation 'sky box' for parents with WI-FI.

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 look forward to seeing you soon.

Mike Murray, VBC General Manager

Virginia Baseball Club

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