



**VIRGINIA
BASEBALL CLUB**

Phone: (703) 698-5599
Email: questions@govbc.com
www.govbc.com

December 22, 2009

Dear League Director,

Virginia Baseball Club and MVP Baseball School, the two premier baseball academies in Northern Virginia, are pleased to announce the 2010 Youth Baseball Coach's Certification Clinic at **W.T. Woodson High School on February 21, 1pm-5pm.** With over 20 years of baseball clinic experience, the directors promise to deliver a quality program for all coaches.

Our experienced clinicians will provide practical, age-appropriate teaching strategies and effective skill development techniques to coaches at all levels. We will deliver information relevant to each coach in small group break-out sessions for each skill level. The clinic features some of the top coaches in the Northern Region, each with experience coaching at the youth level. Following the clinic all coaches will have the opportunity to take the **on-line certification test** and receive a VBC/MVP certificate.

The cost of the clinic (including the online certification) is \$250 per league. This fee covers all the coaches in your league. All of the coaches in your league are welcome to attend. We ask that your coaches sign up with you to confirm that they are coming and that you can give us an approximate number of attendees one week prior to the clinic. If your league does not wish to register for the clinic, individual coaches can attend and pay \$20 at the door.

We are very excited about this program and believe that it will truly make a difference in the quality of instruction your players receive. Please discuss this training opportunity with your board members at your next meeting, **contact us with your decision to attend and mail check by January 15, 2010.**

Available to leagues that attend this clinic is the VBC/MVP Complete Baseball Coach Handbook at the discounted cost of \$20 per book. This comprehensive guide includes over 200 pages of pictures and details on teaching baseball to youth players. The handbook is designed to give the youth coach an easy reference for making the season a valuable experience for the team as well as providing details on how to teach the skills of the game. Please let us know if you would like to preorder these books for your coaches.

Over the years we have received many positive comments from the hundreds of coaches who attended our clinics. We hope that you can join us this coming February.

Sincerely,

Mike Murray, Scott Rowland, Mark "Pudge" Gjormand,
Clinic Directors

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Phone: (703) 698-5599

P.O. Box 571
Merrifield, VA
22116





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Registration
12:45-1:00 – Coaches sign in

Main Speakers - Auditorium 1:15pm – 3pm

Setting the Table for a Successful Season – 20 min. (Coach “Pudge” Gjormand) – Creating an enjoyable experience, goals for the season, parent communication, and connecting with players.

Teaching Hitting – 30 min. (Coach Rowland)

Teaching Pitching – 30 min. (Coach Emerson)

Break out sessions – 3pm – 4:40pm (25 min. each)

3:00pm-3:25pm

T-Ball and A/AA Practice Organization (Coach Murray)
Catching position skills and drills (Coach Healy)
Progression drills and arm care for pitchers (Coach Thomas)
Advanced practice organization (Coach Warren)

3:30pm-3:55pm

Beginners Hitting (Coach Murray)
Adv. Hitting drills and effective batting practice (Coach Rowland)
Teaching change ups and curve balls (Coach Thomas)
Putting pressure on the defense with bunting and stealing (Coach Warren)
Base running – the basics (Coach Healy)

3:55pm-4:20pm

Beginners throwing and catching games and drills (Coach Murray)
Catching position skills and drills (Coach Healy)
Adv. Infield Play - corner infield positions (Coach Rowland)
Holding runners at first and pitcher fielding (Coach Thomas)
Base running – leads and steals (Coach Warren)

4:25pm-4:50pm

Beginners fielding and defense (Coach Murray)
Adv. Infield Play -middle infield positions (Coach Rowland)
Team Defense – Fly ball communication, relays, cut offs, run downs (Coach Healy)
1st and 3rd Offense and Defense (Coach Thomas)
Base running – leads and steals (Coach Warren)

Wrap Up and Raffle Prizes – Auditorium – 4:55-5:00

**TAKE THE VBC CERTIFICATION TEST ON LINE
@ www.goVBC.com by March 15.**

Certificates will be emailed to you by April 1.

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VBC/MVP CLINICIANS

Mark "Pudge" Gjormand



Head Coach, Madison H.S.

Won numerous awards during his tenure at Madison including Coach of the Year in the Northern Region, VA Commonwealth, Liberty District, and also by the Baseball Coaches Assoc. Led team to State Championship in 2002 where his team was ranked #3 in the country. Pudge is the 2010 President of the National Baseball Coaches Association. In addition to his work as a high school coach, Pudge has been working with youth league players for over 20 years in camps and lessons. For the past several years he has been coaching his son's youth baseball teams in Reston Little League.



Scott Rowland

Coach Rowland (Oakton HS Head Coach 2000-2008). He led the Cougars to their first State Championship in his first year with the team. His teams also captured regional titles in 1997 (South Lakes), 2000, and 2001. Due to his teams achievements, Coach Rowland was named Coach of the Year following the 1997, 2000, 2001, and 2003 seasons.

Billy Emerson

Head Coach,



Paul VI Catholic H.S.

Former Madison H.S. and GMU standout. Played minor league baseball in '94 & '95. 5-time high school "Coach of the Year", most recently Washington Post All-Met Coach in 2007. In five years at Paul VI, his teams have won 111 games, a VISAA State Title, 2 WCAC Titles and were nationally ranked in 2005 and 2007. Paul VI's 77 wins in the last three years are more than any team in the area. He also manages in the Clark Griffith Collegiate League and is an Associate Scout with the Detroit Tigers.





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MIKE MURRAY, Asst. Head Varsity Coach, Yorktown HS

Coach Murray has directed the Virginia Baseball Club since 1992. He has been coaching varsity level baseball since 1988. Since 2003 he has been the assistant varsity baseball coach at Yorktown High School. Mike spent four years as the associate head varsity baseball coach at O'Connell High School (WCAC Champs and #3 ranking in Washington Post in 2001), after spending the previous seven years as the head varsity baseball coach at Wakefield High School. Among the teams Mike has managed include the Arlington American Legion Post 139, Alexandria American Legion Post 129 (co-founder). Mike teaches Sociology and Psychology at Yorktown HS. He was named in "Who's Who Among American Teachers" in 2006. He is a certified trainer for the Positive Coaching Alliance and has traveled around the country presenting PCA workshops. In February 2006, Coach Murray was recognized by the International Sport Institute (click on name above for more information) as one of nine coaches nationwide for his work in promoting a positive sports culture in his community. Mike coaches youth baseball for his son's team in Arlington.



John Thomas, Head Varsity Coach McLean High School

The 2009 season will be John Thomas' 4th as head coach of the McLean High School baseball program where his teams have compiled an overall record of 42-26. Prior to becoming head coach, Coach Thomas served as the Highlanders' pitching coach for one year during the 2005 season. Throughout Coach Thomas' tenure as head coach at McLean, the Highlanders have qualified for the Northern Region tournament every year and have seen four players go on to play college baseball. The Highlanders also have a record of 20-5 at home under Coach Thomas.

A 1996 McLean High School graduate, Coach Thomas served as team captain twice for the Highlanders during his playing days. He went on to play baseball at the University of Virginia and spent four years as a relief pitcher in the Cavaliers' program before graduating with a degree in Psychology in 2000.

Coach Thomas is a Special Education teacher in the Social Studies department at McLean High School.





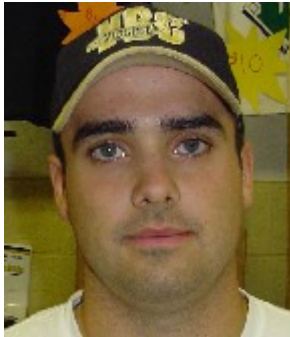
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Chris Warren, Head Varsity Baseball Coach WT Woodson HS

10 year teaching social studies in Fairfax County public schools, the last 8 at WT Woodson in Fairfax, VA. Team leader for the US History team for the past 5 years,. Head Varsity Baseball coach since 2002. General Manager of the Virginia Barnstormers showcase travel baseball team since 1997, over 300 former players who have gone on to play collegiate and/or professional baseball.

KEVIN HEALY, Catching Instructor



Kevin is the Head Varsity Baseball Coach at Langley High School. He has been working as a VBC instructor since 2004. Kevin played at the College of William and Mary and graduated in 2004 with a degree in Sociology. At W&M he played varsity baseball for the Tribe for four years as a catcher. He was a member of the Monroe Scholarship program at W&M. Kevin played HS baseball for Coach Murray at O'Connell HS and was an all-WCAC conference selection his senior year. Kevin is a Vienna native and played in the Vienna Little League baseball program and played for American Legion Post 270 in the summers.

