



Virginia Stars Elite Travel Baseball Tryouts

7U-13U Age Divisions

The Virginia Stars are committed to the development of local area players by providing the best training in the area from former major leaguers along with the assistance of Colangelo Baseball staff. Our players will learn the fundamentals of baseball, accountability, teamwork and the importance of academics and a good work ethic. We also train the whole athlete by educating them on nutrition and proper mechanics of speed, agility and strength training. Athletes will not only play the game, but KNOW the game. We believe these skills are essential for success on the field in baseball, and off the field in life. The Stars organization will also partner with the Potomac Nationals and local area high school coaches to continue the community outreach of resources. Our 7U program will be a FREE developmental program for the fall 2014 and spring 2015 season.

The Virginia Stars are an elite travel baseball organization that believes in dedication and hard work.

Our schedule below details the commitment requirements.

Fall Season, August-November

- 2 - 3 practices a week
- Double header games on Sunday
- Tournaments, depends on coaches and age divisions

Winter season, December-March

- 10 week Speed and Agility Training
- 7 week Winter Camp

Spring/Summer Season, April-June

- Summer Camp
- 2 – 3 practices a week
- Double header games on Sunday
- Tournaments, depends on coaches and age divisions

General Manager - Eric Tatum

To register, go to
www.vastarsbaseball.com

For more information email:
info@vastarsbaseball.com

Tryouts held at Patriot High School-JV Fields
(JV fields are located behind T. Clay Wood Elementary School)

Saturday, July 19th, 1pm - 3pm
Thursday, July 24th, 6pm – 8pm

Players are only required to attend one of the tryout dates. If your player is unable to participate on one of the dates above please email info@vastarsbaseball.com to request an alternate arrangement.