

Who are the VBC Summer Staffers? What type of experience and training do they have?

Directors:

The VBC summer camp directors are experienced coaches and educators.

- Each director has a professional background in working with young players.
- Most are VA Commonwealth certified public educators.
- All have a criminal background check
- All are CPR/First Aid certified
- All go through extensive camp management and positive coaching training

College and High School Staff:

- All must submit their grades, attendance records, and two reference letters.
- All staff 18 and older have criminal background check
- All must attend positive coaching training seminar and youth instruction training
- All must pass the VBC youth baseball camp test

Bios of Directors:

STEVE MROWKA, VBC Instructor Steve Mrowka joins the VBC staff after a summer season as the Bench Coach for the Worcester Tornadoes in the Can Am Professional Baseball League. Prior to coaching in the pro ranks, he coached at the collegiate level for 22 years (8 years at George Washington University and 14 years at Georgia College & State University).

DAN POTOTSKY, VBC Adv. Camp Instructor Dan is recognized by area coaches and players as one of the best hitting instructors in the region. He has coached HS baseball in Northern VA since 1988. He was an All-Met player at W-L High School and set SEC hitting records while playing for the University of Kentucky. He has been recognized as teacher of the year at Ashlawn ES.

MIKE COWELL, Adv. Camp Instructor - Mike is a former switch-hitting catcher and a graduate of Washington Lee HS where he played for both Coach Pototsky and Coach Murray. He went on to play his collegiate ball at Old Dominion University under Pat McMahon (N.Y. Yankees International head of scouting). After college Mike went to California where he played 3 years in the AA Western Baseball League under Jeff Burroughs (1974 AL MVP) and Buck Rogers (1987 NL Manager of the Year). During his pro career Mike became a utility player, starting at every position except for pitcher. He has instructed for over 20 years around the country, including University of Florida, Mississippi State, and Long Beach State as well as NOVA area.

JIMMY MOFFETT, VBC Instructor Jimmy played for four years at C.D. Hylton High School where he played infield and pitched. At Montgomery College he started shortstop and was a relief pitcher. In the fall of 2012 he coached the McLean Hitmen 15U team. Jimmy joined the VBC staff in the summer of 2012.

EVAN ROGER, VBC Instructor Evan played youth baseball in McLean LL and graduated from McLean HS. After high school he traveled to Clemson University to study Sport Management. Upon graduation he worked with several local professional sports teams, including the Washington Nationals. Evan recently earned his Master's Degree from Georgetown University. He also just wrapped up his third year with Arlington County Public Schools at Washington - Lee High School. Certified in Health and Physical Education he has coached several teams at the youth level.

THOMAS HEARIN, VBC Instructor – Thomas is a public school teacher in Fairfax County.

ALAN SCHNEIDER – VBC Instructor – Al is a long-time Arlington Senior Babe Ruth Coach with more than 30 years coaching youth sports, baseball and basketball.

NOAH WINSLOW, VBC Instructor – Noah is a college player at Liberty University. He has worked VBC camps since he was 15.

ALEX FILIDES, VBC Instructor - Alex played baseball in the Boston area, finishing his career with the Post 69 American Legion baseball team out of Malden, Massachusetts. He has been involved with Little League, youth baseball and working at camps for over 20 years. During the winter, you can find Alex coaching one of the teams with Arlington Travel Basketball.