

Location: SPARK Physiotherapy, is the home of the DSOBC: 5712 General Washington Dr Unit H Alexandria, VA 22312. Our state-of-the-art sports medicine and development facility in Alexandria is led by Dr. Carlos Berio, DSO Director of Sports Programming. Workouts/practices will involve performance conditioning, baseball body bulletproofing, and skill development. We run HitTrax Leagues throughout the winter to keep workouts fun, interactive, and to hone plate discipline as well as appropriate plate AGGRESSIVENESS (APA); a common deficiency in youth baseball.

Registration instructions: Email Andre Robertson directly to claim a tryout spot (aj.robertson@dso-va.com) and receive further information about the DSOBC and our HitTrax BP winter league play.

About the Diamond Standouts Baseball Club: The DSOBC is the first team in the DMV that will be selecting players from it's tryout pool that show promise in **OVERALL athletic ability** and **PLATE AGGRESSIVENESS**. Our tryouts will consist of 1) a comprehensive assessment of speed, power, balance, mobility and baseball SPECIFIC movement (the Diamond Standouts Combine), and 2) a data-driven assessment of plate discipline, aggressiveness, and launch metrics; the cutting edge of baseball testing ability.

The Diamond Standouts, housed, managed, supervised, and directed by the SPORTS MEDICINE PROS and baseball development experts at SPARK Physiotherapy will focus our team efforts on producing the area's most electric **OFFENSIVE MINDED ballclub**.

If baserunners, exciting at-bats and mercy rule victories are on your baseball-season-wish-list, this is the team you should be trying out for. Our athletes will be the best athletic movers and those improvements, using our proven techniques will translate directly to OFFENSIVE prowess and fun for players and families.

DSOBC will hold TRYOUTS on two (2) dates this Winter (2021):

- **Saturday, December 4th, 12PM - Combine Day**
- **Sunday, December 5th, 12PM - BP Day**

Contacts:

Dr. Carlos J Berio: Dr.Berio@dso-va.com

Director of Sports Programming, Head Sports Medicine Doctor, and former collegiate baseball player

Mr. Andre Robertson: aj.robertson@dso-va.com

Head of Communications, IT, and Logistics

What the DSOBC is looking for in their ballplayers:

- Driven and motivated to StandOut!!!
- High motor
- Aggressive offensive mindset
- All positions - any experience level
- Multi-sport athletes strongly encouraged to tryout

Team/Games/Practices: Plays in NVTBL on weekends (HS and MS teams) with games potentially on weeknights. Workouts will be 2-3 days per week; evenings and/or weekends. Participation in HitTrax BP Leagues is included for any DSOBC Team Member.

Our Philosophy: Athletes will always find themselves in the right places. Athletes will create exciting scoring opportunities and put pressure on an opposing defense. But the mindset and athletic **ability** to take advantage of a team's mistakes is something that can be coached and honed. Injury prevention and skill development are optimally learned through movement pattern training and proper conditioning. With our highly trained sports medicine and certified coaching staff we will provide the athlete with the tools, knowledge, and feedback needed to build elite athletes. All players on a DSO team will play and all players will be involved in the offensive game plan.

Goals: Continuous development of the DSO person and athlete. We believe the work-ethic learned through sport not only builds better athletes, but better people. We take pleasure in helping our youth mature with a better understanding of what it takes to succeed in sport and life as a member of a team.

THANK YOU FOR YOUR INTEREST IN BASEBALL AND LIFELONG ATHLETIC IMPROVEMENT.
-THE DIAMOND STANDOUTS BASEBALL CLUB