



Office Hours (Monday-Friday)  
11:00 am – 7:00 pm

Facility Hours (7 days a week)  
7 am – 10 pm

## Summer/Fall 2010 ODL DRAGONS INDIVIDUAL TRYOUTS

### When:

Scheduled at your convenience, from **December 10th – January 18th**.  
Contact DBA for available times.

Players should contact Coach Gallagher to arrange their individual tryout.  
Tryouts will be one on one with Coach Gallagher and last about an hour.  
Players may be asked to come in for a second session if the ODL staff feels the need. Team info packet will be passed out during the tryout session.

Please contact Jason Olms,  
DBA Dragons General Manager,  
with any additional questions:

[jason@dbabaseball.com](mailto:jason@dbabaseball.com)  
703-339-6893

### Where:

#### DBA Baseball Complex

Dominion Baseball Academy  
8827 Telegraph Rd., Lorton, VA, 22079.  
[www.dbabaseball.com](http://www.dbabaseball.com)

### ODL Dragons Coaching Staff:

#### Mike Gallagher

- (Director of Baseball Operations) DBA
- (Head Varsity Baseball Coach) Bishop Ireton HS
- (Head Baseball Coach) ODL Dragons 06-09
- ODL Dragons have a franchise record of 88-62-7 since their 06 inaugural season.

#### Matt Fitzgerald

- (Asst Varsity Coach) South County HS
- (Assistant / Pitching Coach) ODL Dragons 06 – 08
- (Head Coach ODL Dragons) 09
- (Asst Coach / Head Recruiter) University of Mary Washington
- (Played College Baseball) at Cheseapeake CC, Longwood University, Averett College

#### Seamus Bergen

- (Asst Coach / Infielders) ODL Dragons 2009
- (Played College Baseball) at University of Mary Washington
- Starting SS from 2006 – 2009 at Mary Washington

### Tryout Agenda:

- Pitchers will throw bullpens, catchers will catch bullpens.
- Infielders will field ground balls, outfielders will focus on footwork.
- Everyone will go through a set of throwing progressions.
- Everyone will be timed on the 10 yard and 20 yard dash.
- Everyone will take batting practice, including bunting, hit & runs, etc.

### Additional Notes:

Tryouts are open to all players and free of charge.

Attending tryouts does not obligate you to play for the Dragons.

The ODL Dragons will be traveling 6 times during the summer season up and down the east coast for College Showcase Tournaments.