



## WASHINGTON COMMANDERS AND ORTHOVIRGINIA KICK OFF FLAG FOOTBALL CLINIC AT NEWLY NAMED TRAINING CENTER

*Players, Team Leaders, Doctors, and Local Youth Convene for First In-Person Partnership  
Event with Team's Official Orthopedic and Sports Medicine Provider*

**ASHBURN, VA, May 20, 2023** – Today, the Washington Commanders hosted the first ever *Flag Football Clinic presented by OrthoVirginia* at the newly named OrthoVirginia Training Center at Commanders Park for a day of movement and skills training for young athletes. The event was held in partnership with RCX Sports and the Loudoun County NFL FLAG Football League.

OrthoVirginia physicians, youth flag football players, Washington Commanders coaches, Legends, and current players Pro Bowl Safety Jeremy Reaves and first-round draft pick Emmanuel Forbes, joined by other members of the 2023 rookie class, were in attendance for a day of skills development. The event marked the first in-person event since the team announced its major partnership and naming rights agreement with OrthoVirginia, Official Orthopedic and Sports Medicine Partner of the Washington Commanders.

"We are so proud to partner with OrthoVirginia to bring together young athletes, sports medicine professionals, and Commanders players and coaches," said **Jason Wright, Washington Commanders Team President**. "I am thrilled that the Commanders community was able to join forces with the region's top orthopedic professionals to provide a fun and educational day for young players here at the OrthoVirginia Training Center at Commanders Park."

"Whether you are playing in the National Football League or a youth flag football league, it's crucial that athletes learn how to prevent injuries and stay healthy," added **Dr. David Jevsevar, OrthoVirginia Chief Executive Officer**. "OrthoVirginia and the Washington Commanders share a commitment to making an impact in the community, and today's event underscored the exciting components of our partnership."

Inside the Commanders' practice bubble, over 200 local youth flag football players participated in skills and drills training with assistance from players from John R. Lewis High School's Varsity Football Team. Over the course of the day, OrthoVirginia professionals led demonstrations on topics such as injury prevention and proper warm-up routines prior to exercise.

In September 2022, the Commanders announced a partnership and naming rights agreement with OrthoVirginia. Located in Ashburn, Virginia, the 162-acre training center includes three

natural grass fields, one indoor turf field and stands 96 feet high and houses a 120-yard practice field. The center also includes strength training and sports medicine facilities, a 100-plus person auditorium, offices and meeting rooms for players and coaches, employee offices, and an in-house broadcast studio. A state-of-the-art recovery center covers nearly 2,000 square feet of the facility and contains best-in-class recovery equipment to keep players at their physical and mental peaks throughout the course of each season.

**– Washington Commanders est. 1932 –**

**ABOUT WASHINGTON COMMANDERS:** Owned by Dan and Tanya Snyder since 1999, the Washington Commanders were founded in Boston in 1932 and are one of the original members of the NFL's Eastern Division. The Washington Commanders relocated to Washington, D.C. in 1937 and have since become one of the most recognizable professional sports franchises in history, featuring multiple Hall of Fame coaches, 19 members of the Pro Football Hall of Fame, and one recipient of the Walter Payton Man of The Year Award, Darrell Green. A proud and storied franchise, the Team has won five World Championship titles including the 1937 and 1942 National Football League Championship games, as well as Super Bowls XVII, XXII and XXVI. Since 1997, the Team has played their home games at FedExField, a multi-purpose stadium located in Landover, MD. Washington Commanders Football Operations are headquartered in Ashburn, Virginia at the OrthoVirginia Training Center at Commanders Park, and its Business Operations are headquartered at FedExField.

**ABOUT ORTHOVIRGINIA:** OrthoVirginia is Virginia's largest provider of expert orthopedic, sports medicine and therapy care which serves the needs of its patients through a team of highly trained specialists who are committed to the independent practice of medicine. Located in Hampton Roads, Lynchburg, Northern Virginia, Richmond and Southwest Virginia, OrthoVirginia has more than 150 physicians and over 30 office locations, orthopedic urgent cares, MRI facilities, outpatient surgery centers and physical therapy clinics. Trust the pros the pros trust: OrthoVirginia.