

INSIDE THE BV ZONE

TO: VSBL CLUB PRESIDENTS AND SECRETARIES, MEMBERS
DATE: 2 MAY 2020
FROM: BASEBALL VICTORIA
SUBJECT: COVID-19, BV TV, TIKTOK AND INSTAGRAM, GLENFERRIE SPORTS AND SPINAL CLINIC

COVID-19

Baseball Victoria is continuing to work with the State and Federal Governments, Baseball Australia and our state and territory colleagues to create a pathway to return to baseball activity and play. We will have additional updates throughout this week and will continue to liaise and consider with all our stakeholders on how we can return to baseball.

BV TV: At-Home Baseball Training

As a reminder, we have more than 50 videos in the *At-Home Baseball Training: Drills and Exercises for the COVID-19 Break* video series on BV TV, our new YouTube channel. This includes hitting, throwing, ball handling and fielding drills, with simple instructions so that you can follow along and keep up with your baseball skills at home. We will have even more videos coming soon!

Click [HERE](#) to subscribe to BV TV and check out the *At-Home Baseball Training: Drills and Exercises for the COVID-19 Break* video series.



Baseball Victoria Instagram and TikTok

Although we are still on a baseball break at the moment, we are sharing lots of baseball content across our social media platforms, including Instagram and TikTok. If you haven't already, please follow us for new videos, polls, Q&As and much more.

Click [HERE](#) to follow Baseball Victoria on Instagram and click [HERE](#) to follow Baseball Victoria on TikTok.

A Message from Glenferrie Sports and Spinal Clinic

Glenferrie Sports and Spinal Clinic in Hawthorn is a proud sponsor of Baseball Victoria and a strong supporter of our growing baseball community. Glenferrie Sports and Spinal Clinic and Symmetry Physiotherapy are the dual preferred providers of physiotherapy services for Baseball Victoria, offering exclusive discounts to all Baseball Victoria Academy athletes. Matt Hopkinson, Principal at Glenferrie Sports and Spinal Clinic, encourages baseball players to use this break to rest their arms and gradually work on arm care with rotational exercises.



Matt has the following message for the Victorian baseball community:

When was the last time you had a break from baseball? I treat so many players and when I ask this question, the answer is years ago, sometimes never. In Victoria with summer seasons rolling into winter, there is very little time to give arms a rest. Coupled with the fact that many of the better juniors are also doubling up in seniors in the afternoons, chronic loading of arms is rife. One thing with the shutdown of playing and training is that many will get some well-earned rest and recuperation.

Click [HERE](#) to read the rest of Matt's message and learn more about Glenferrie Sports and Spinal Clinic's approach to physiotherapy during the COVID-19 pandemic.

The BV Team

Kristie Middleton - CEO

Jeff Paull – General Manager of Baseball Operations

Kellie Thomas - Operations Coordinator

Rachael Bouley - Communications and Digital Media Coordinator

Tania Newcombe - Financial Controller

Damian Shanahan – Talent Development Manager

Stewart Howe - Umpires Coordinator

Greg Tinkler – National Coaching Accreditation Coordinator

Jo Schutt – Sporting Schools Coordinator

