

WEEKLY MEMO

TO: VSBL CLUB PRESIDENTS AND SECRETARIES, MEMBERS
DATE: 18 OCTOBER 2019
FROM: BASEBALL VICTORIA
SUBJECT: 2020 AYC HOST VENUES ANNOUNCED, TAKE THE PLEDGE,
SUNRAYSA WOMEN'S BASEBALL, SYMMETRY PHYSIOTHERAPY
ON OVERUSE INJURIES, CHELSEA STEWART STORY

Victorian Venues Set to Host 2020 AYC

Victoria's U18 State Team will chase back-to-back gold at home as three Victorian venues have been announced as hosts for the 2020 Australian Youth Championships from 10 -15 January.

Geelong Baseball Centre will host the U-16 and U-18 tournament for the first time since 2013, with Ballarat's Prince of Wales Park and Melbourne Ballpark also hosting games. Baseball Victoria is thrilled to host this prestigious event. "Baseball Victoria is looking forward to welcoming athletes from across Australia to these terrific Victorian venues for the 2020 Australian Youth Championships," Baseball Victoria CEO Kristie Middleton said. "We are excited to host this tournament and watch high-level baseball across the state of Victoria."

Tryouts for the 2020 State Teams commenced this week as players are excited by the opportunity to represent their state on home turf, competing against the best up-and-coming talent in Australian baseball.

For more details on the 2020 AYC in Victoria, please click [HERE](#).



Victoria celebrates victory in 2019 gold medal game, a result they will hope to replicate in home territory at the 2020 AYC.

Take the Pledge – Respect for Umpires

Earlier this year, Baseball Victoria introduced a new initiative aimed at encouraging and promoting respect for umpires. The Take the Pledge to Respect Umpires campaign has raised awareness of the need to always respect umpires, as they dedicate their time and energy to making baseball games possible at all levels, from juniors to seniors to masters. It's only fair that umpires are treated with the courtesy, kindness and respect that they deserve.

Baseball Victoria asked the Victorian baseball community to show support and Take the Pledge to Respect Umpires. All clubs and associations that sent in photos of signed pledges have been entered into a draw for a \$250 [Ausport Superstore](#) gift voucher. The drawing will take place on Thursday, 7 November 2019, when Baseball Victoria will announce the winning recipient.

We hope to see more clubs get involved and Take the Pledge, especially during the 2019/20 VSBL season. Photo submissions for Take the Pledge can be sent to Baseball Victoria's Communications and Digital Media Coordinator [Rachael Bouley](#). For more details and to see which clubs have taken the pledge, click [HERE](#).

Sunraysia Women's Baseball Celebrates Inaugural Game

It was a big moment for local baseball history in Mildura on Tuesday night as Sunraysia Baseball League held its first-ever women's baseball game. The Wanderers and the Eagles took to the field to open an exciting new chapter with the SBL women's baseball competition. There were plenty of supporters on hand to cheer the women on as both teams had a fantastic time. Well done to Sunraysia Baseball League on a terrific accomplishment, and we look forward to watching a bright future unfold for women's baseball in the region. Read more about Sunraysia's women's competition [HERE](#).



Symmetry Physiotherapy on Baseball Overuse Injuries

Symmetry Physiotherapy is a proud sponsor of Baseball Victoria and a strong supporter of the Victorian baseball community. Symmetry Physiotherapy and Glenferrie Sports and Spinal Clinic are the dual preferred providers of physiotherapy services for Baseball Victoria, offering exclusive discounts to all Baseball Victoria Aces Academy and Charter Academy athletes. Tyron Saunders, Director of Symmetry Physiotherapy, encourages baseball players of all levels to take care to minimise risk of injury, as highlighted in a recent blog on reducing overuse injuries. Here's what Symmetry Physiotherapy wants all athletes to know:

Overuse injuries are as simple as they sound: injuries as a consequence of doing too much or changing too much in a short amount of time. The bodies warning sign is most often pain which usually has a gradual onset and may be described as very mild initially or pain which 'comes and goes'. It may only be there after training/ matches or present in the warm-up but then feel good once warm. These injuries can sometimes lead to losing strength when throwing, reduced performance, missing out on training or even matches. To reduce the risk of this happening, it is important to be aware of proper prevention strategies and early intervention by a physiotherapist should a problem arise.

Read the full blog with additional resources from Symmetry Physiotherapy [HERE](#).

Chelsea Stewart Embraces Teamwork and Friendship Through Baseball

Chelsea Stewart has a big and bright future in baseball ahead of her. After a huge year representing her state on the 2019 Victorian Youth Women's Team and taking out a premiership victory with Melbourne University, the 15-year-old is ready for the summer season.

As a pitcher and infielder, Chelsea likes the challenge of being out on the field and testing her skills. "I really love improving my skills, making new friends and bonding with my teammates," Chelsea said. "I love growing as a person and a baseball player."

That's exactly what Chelsea will look to do in the 2019/20 VSBL season with Doncaster, where she will be eager to continue training hard and gaining confidence playing against fellow female athletes in the VSBL Women's Division 2 competition. "I'm excited to get more experience, have a good summer and keep improving," Chelsea said.

Read more about Chelsea's awesome baseball achievements and her future goals [HERE](#).



Chelsea Stewart has had a fantastic year in baseball, representing her state on the Victorian Youth Women's Team before finishing her winter season on a high with a premiership win as part of Melbourne University's Women's team.

The BV Team

Kristie Middleton - CEO

Jeff Paull – General Manager of Baseball Operations

Kellie Thomas - Operations Coordinator

Kelsey Quinn – Competitions and Tournament Manager

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