

WEEKLY MEMO

TO: VSBL CLUB PRESIDENTS AND SECRETARIES, MEMBERS
DATE: 8 NOVEMBER 2019
FROM: BASEBALL VICTORIA
SUBJECT: 2020 STATE TEAMS, 2020 WINTER CHAMPIONSHIP DATES,
TAKE THE PLEDGE, LILY BELL-TANNER STORY, Q&A WITH
GLENFERRIE SPORTS AND SPINAL CLINIC

2020 Victorian State Teams Announced

Baseball Victoria is pleased to announce the 2020 Victorian State Teams selected to represent the state at the Australian Youth Championships from 10-15 January 2020 in Victoria.

Thank you to all the players who participated in the tryouts and congratulations to all the players selected for the 2020 Victorian State Teams. Click [HERE](#) to view the U16 State Teams and click [HERE](#) to view the U18 State Teams.



Following the success of Victorian State Teams in recent years, the 2020 U16 and U18 teams have been selected and will represent Victoria at the 2020 Australian Youth Championships. Photo: Baseball Victoria

2020 Winter Championships

Baseball Victoria is pleased to announce the following dates and venues for the 2020 Winter Championships.

6-8 June	Senior Winter Championships	Geelong
27-28 June	U14 Winter Championships	Morwell
4-5 July	U18 Winter Championships	Wangaratta
18-19 July	U16 Winter Championships	Bendigo
25-26 July	U12 Winter Championships	Werribee

Baseball Victoria looks forward to another year of wonderful Winter Championships for the Victorian baseball community. More details regarding these events will be released in the coming months.

Take the Pledge to Respect Umpires

Following the success of Baseball Victoria's Take the Pledge to Respect Umpires campaign, Fitzroy Baseball Club was drawn as the lucky winner of the \$250 [Ausport Superstore](#) gift voucher.

Take the Pledge is an initiative introduced earlier this year aimed at encouraging everyone to treat umpires with the respect, kindness and courtesy they deserve. As part of this effort, Baseball Victoria teamed up with Ausport to offer an entry into the gift voucher drawing for any clubs, charters and associations that signed their pledges and sent in a photo. Thank you to all the members of the Victorian baseball community who showed their support and took the pledge. We look forward to a bright future for Victorian baseball as we continue to promote respect for umpires.



Fitzroy Lions Baseball Club was drawn as the winner of a \$250 Ausport Superstore gift voucher as part of the Take the Pledge to Respect Umpires campaign. Photo: [Ausport Superstore](#)

Lily Bell-Tanner Looks Forward to Exciting Summer of Baseball

Lily Bell-Tanner has no plans to slow down on her baseball journey anytime soon. The 15-year-old is chasing her sporting dreams and looking ahead to a big summer season as she chases a premiership victory with Springvale Lions Women's Division 2 team and prepares to try out for the Victorian Youth Women's State Team again. "I am passionate about baseball and love to play," Lily said. "I enjoy playing team sport and learning from coaches, being part of the club and making good friends."

Read more about Lily's big baseball goals [HERE](#).

Commonly Asked Questions – 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 Aces Academy and Charter Academy athletes.

Matt Hopkinson, Principal at Glenferrie Sports and Spinal Clinic, is dedicated to his work with baseball players and often gets asked questions about youth development and injuries. Here are some recent questions Matt has received and his recommendations for the best practices for baseball athletes.

Q: My 14-year-old son pulled up sore after pitching Sunday and then throwing again the next day at school. Is this any concern? - Peter

A: Hi Peter, there are fairly strong guidelines based around how many and how often children should pitch. These rules are in place for a very good reason as it helps to reduce injuries. The best place to explore these guidelines is the Pitch Smart [Website](#). Essentially it sets out the amount each age group should throw followed by the number of days rest that is required before throwing again. The number

one cause of throwing injuries is fatigue. Kids will generally just keep going; especially if there is a trophy on the line, so it's up to the coaches and parents to limit the amount of throwing. After all, we want to see them on the field not in the clinic.

Q: What sort of things should my 11-year-old daughter do before and after a game to be prepared for baseball? - Stacey

A: Hi Stacey, it's a great idea for kids to warm up before a game and do some recovery activities following. Getting them into the habit from an early age is beneficial as it means they will be far more likely to continue with it as they get older. Warm up activities such as bandwork, dynamic warmup exercises, bear crawls, planks and squats get the major muscles going and ready for the game. Following the game bands can also be useful to recover as well as rolling with a baseball or lacrosse ball. Target all the muscles used in throwing or hitting. Band and rolling exercise can be found [here](#).

Q: My son is a big 10-year-old and is dominating his league. He loves baseball and wants to take it further. Should he specialise in baseball so he gets more work in? -John

A: Hi John, kids at this age vary so greatly that their physical abilities can contrast significantly. Early developers can beat up on smaller kids, whilst the children who are growing can go through a goofy phase as the muscles and coordination catch up to the skeleton. Sooner or later they all catch up to each other. Baseball relies on lots of attributes such as strength, speed, power, as well as co-ordination, cognition etc. However other sports also require these to perform them well; some more than baseball. Playing other sports exposes children to these attributes whilst also giving them a break from baseball. You don't want to see your son burn out from baseball by the time he's 16. Another important aspect is that playing other sports rests the arm from throwing. Current guidelines suggest that 3 months rest from throwing hard is important for arm health. This [article](#) by Driveline Baseball is some interesting further reading on the topic.



If you have any questions for Matt and the team at Glenferrie Sports and Spinal Clinic, please visit their website [HERE](#) to get in touch and learn more.

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