

## WEEKLY MEMO

TO:	VSBL CLUB PRESIDENTS AND SECRETARIES, MEMBERS
DATE:	AUGUST 9, 2019
FROM:	BASEBALL VICTORIA
SUBJECT:	WOMEN AND GIRLS WORKING GROUP UPDATE, VIC HEALTH ACTIVE CLUB GRANTS, ARM EXERCISES FROM GLENFERRIE SPORTS AND SPINAL, PLAY BY THE RULES AWARDS, WILL KENT U12 WORLD CUP, COACHING ACCREDITATION, C&T DAYS

### Women and Girls Working Group – Update

After first convening in 2016 and charged with the task of bringing focus and structure to the growth of female participation in baseball in Victoria, the Women and Girls Working Group in 2017 presented a 25 step Action Plan for improved inclusion.

As of today, many of these items are well underway at all levels;

- there are three women on the board of Baseball Victoria,
- a woman on the Pennant Committee,
- there are 12 accredited and active female umpires,
- Over 1/3 of the clubs in Victoria have a women's summer league team and well over 2/3 of the clubs in the winter league have a women's team.
- Greater awareness has led to the Awards Nights recognising Inclusion Club of the Year as something of achievement. And as expected, the standard for being recognised is lifting each year.

But there is a lot of work still to be done, and the board is very committed to ensuring the remaining items are included and implemented as part of the new 2020 strategic plan and a key area of focus for the BV CEO going forward.

To the members of the Women and Girls Working Group, a huge thank you for the work that went into developing the action plan and a sincere apology for the silence since. The action plan is at an implementation phase and we will reconnect with all stakeholders in women's participation once the foundations identified have been executed.

The way forward now is to prioritise the work that needs to be done. We need more female coaches and players, more diversity and more female umpires. BV is committed to building an environment that is supportive and inclusive for all cultures, genders and abilities.

This year's VSBL women's finals showcased exceptional play across the divisions. This is an exciting time for women in baseball and thank you for being a part of it.

You have a board that is committed to this cause and if you have any issues or recommendations for the future, or ideas on how things could be done differently, or need support on a grant or some advice, please reach out to Kellie Thomas at: [kellie.thomas@baseballvictoria.com.au](mailto:kellie.thomas@baseballvictoria.com.au)

Regards,  
Joanna O'Connor  
Director, Baseball Victoria

## VicHealth Active Club Grants

Applications are open for the latest round of VicHealth Active Club Grants, and we hope to have many of our clubs apply. Research Lower Plenty and Heathmont Baseball Clubs were recently successful in their applications for the Active Club Grants, which are designed to increase participation opportunities for Victorians in community sport. There's also additional funding available through the This Girl Can campaign designed to get more girls and women active in sport and recreation and give them the safe space to participate. This is an excellent funding opportunity for our grassroots baseball clubs as they work to grow our beloved sport and get more people on the diamond. For more details, please visit: <https://www.vichealth.vic.gov.au/funding/active-club-grants>

## Glenferrie Sports and Spinal Clinic Offers Advice on Arm Warm-Ups

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, encourages baseball players to always ask themselves "is your arm ready?" before a big training session or practice. Here's why:

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*Your arm is only as fast as it can decelerate the throwing action! What does this mean? When we throw a ball hard, there is a bunch of muscles that act to slow down and stop the arm from spinning all the way around; if they didn't it would spin around 20 times in a second.*

*Now we all know that is not going to turn out too well. Day to day activities combined with lots of throwing and hitting mean we can get strong in the muscles in the front of our shoulder, but the ones at the back can often be neglected. These muscles include parts of the rotator cuff and the periscapular muscles. These are the muscles that are the "fine tuners" of the shoulder and they help to control the shoulder blade. Essentially, they help stop the arm from flying off when we throw something hard. Unfortunately, these muscles are often overlooked in exercise programs.*

*So, most of us know that exercises like push-ups, arm curls and chin ups will help us throw harder. But how do you exercise these important stabilizing muscles? Exercises like J-Band stability exercises and the "Throwers Ten" are great places to start. These programs feature great exercises such as Rows, Y Lifts, Shoulder External Rotation and Prone Shoulder Horizontal Abduction. Important muscles such as Infraspinatus, Trapezius (upper and lower), Rhomboids are addressed to balance out the power of the pectorals and biceps.*

*Additionally, it is important to strengthen the core and legs. If the body drops in the action of throwing, this can make it hard for the arm to find the right slot to throw from. So, don't just work on the muscles in the front of your shoulder. It might look good at the beach, but your arm will be much healthier and happier if you give a lot of attention to the shoulders at the back of the shoulder blade.*

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If you visit Glenferrie Spinal and Sports Clinic, don't forget to mention you're a Baseball Victoria member. For more details, please visit: <http://glenferriessc.com.au/>

## Play by the Rules Awards

Nominations for the 2019 Play by the Rules Awards are open, and local clubs that have worked hard to keep sport safe, fair and inclusive are welcome to apply for the category 1 award. Play by the Rules is an organisation that offers education, events and online learning for community sport and recreation, with an emphasis on preventing and addressing discrimination, harassment and child abuse. Play by the Rules is dedicated to helping sporting clubs develop inclusive and welcoming environments for participation and growth.

Entries for the Play by the Rules Awards will be open through Friday, 13<sup>th</sup> September. Award winners will receive national recognition and a paid trip to Sydney to receive their award and attend the 2019 Diversity and Inclusion in Sport Forum. For more details, please visit:

<https://www.playbytherules.net.au/pbtr-award>

### Will Kent - U12 World Cup

11-year-old Will Kent wrapped up his time representing Victoria as part of the Team Australia U12 World Cup squad last week, and the tournament in Tainan, Taiwan was a terrific experience for him. Although Australia finished the World Cup with a 2-6 record, Will and his teammates made amazing memories, and we are so proud of his efforts. Will has a bright future ahead of him in junior baseball, representative opportunities and beyond, and we look forward to seeing what he achieves in the future.

### Level 3 Coaching Accreditation

Baseball Victoria's Coaching Education Program continues to provide the necessary training and accreditation for baseball coaches in Victoria. There are several Level 3 Coaching Clinics next month, including two in Mildura on 14<sup>th</sup> and 15<sup>th</sup> September and one at Fitzroy Baseball Club on Saturday, 21<sup>st</sup> September. A few more clinics are planned for the Melbourne area with dates to be released shortly. These coaching clinics give coaches the chance to continue developing their skills and improving their coaching abilities. If other clubs are interested in having coaching clinics and accreditation days, please contact NCAS Coordinator Greg Tinkler at [NCAS@baseballvictoria.com.au](mailto:NCAS@baseballvictoria.com.au).

If you'd like to register for one of the upcoming Level 3 Coaching Clinics, please learn more on TeamApp:

Mildura 14/9: <https://baseballvictoria.teamapp.com/events/9169315>

Mildura 15/9: <https://baseballvictoria.teamapp.com/events/9173713>

Fitzroy: <https://baseballvictoria.teamapp.com/events/9169384>

[Play by the Rules](#) has also recently launched a new Inclusive Coaching online course! This program will help to provide base understandings of inclusion and diversity for your sport and how to apply a framework to adapt to your individual needs. This is a valuable online course for all of our Victorian coaches, and we recommend they check out the course here: <http://bit.ly/30VmBBz>

Please view an updated list of accredited coaches for this month here:

<http://baseballvictoria.com.au/Portals/34/BV%20Coaches%20201907.pdf>

### Come and Try Days

The 2019/20 VSBL season will be here before we know it, and the season of Come and Try Days continues at many of our local community clubs. These events are a great way for our VSBL clubs to gain more exposure and hopefully introduce newcomers to the sport. We are happy to share these Come and Try Day events on our Facebook and online event calendars, so please feel free to send yours to [rachael.bouley@baseballvictoria.com.au](mailto:rachael.bouley@baseballvictoria.com.au) and check out the club advertisements page on our website:

<http://baseballvictoria.com.au/Get-Involved/Club-Advertisements>

### The BV Team

**Jeff Paull** – Acting CEO / 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

