

INSIDE THE BV ZONE

TO: VSBL CLUB PRESIDENTS AND SECRETARIES, MEMBERS
DATE: 28 MARCH 2020
FROM: BASEBALL VICTORIA
SUBJECT: COVID-19 UPDATE, BV TV, MITCH THOMAS, SYMMETRY
PHYSIOTHERAPY

COVID-19 Update

On Friday, Baseball Victoria confirmed that, at this stage, the current shutdown of all baseball activity will be extended through Sunday, 31 May 2020. This includes all forms of baseball training, club activities and team meetings, as well as events, tournaments and competitions.

Decisions that are being made continue to evolve, and we are unable to say with any certainty across a range of contributing factors how the next months will progress to allow us to return to playing baseball. As the landscape shifts, we will continue to monitor these changes and apply them as necessary.

The winter competitions for Bendigo, Dandenong, Geelong, Latrobe Valley and North Eastern Baseball Associations and Melbourne Winter Baseball League and Sunraysia Baseball League will not commence until after Monday, 1 June 2020. We are currently anticipating the opening day for those seasons to fall on Saturday, 13 June 2020.

Baseball Victoria and the Winter Associations are working together on the format of those seasons and how these competitions will impact the commencement of the 2020/21 Victorian Summer Baseball League season.

Please click [HERE](#) to read Baseball Victoria's latest COVID-19 update.

Baseball Victoria is also conscious of the long-term effects this pandemic will place across our economy, sporting bodies, associations and clubs. We have prepared a page with information as it is applicable to share with you to assist in navigating this space. Please click [HERE](#) for COVID-19 resources.

You can find information on how to keep yourself and your family safe and healthy [HERE](#) from the Victoria Department of Health.

BV TV: At-Home Baseball Training

Last week, we announced the launch of BV TV, the new Baseball Victoria YouTube channel. Thank you to everyone who has watched and subscribed, especially to the *At-Home Baseball Training: Drills and Exercises for the COVID-19 Break* video series. We will continue to release new videos several times a week, offering guidance on drills recommended by Baseball Victoria Talent Development Manager Damian Shanahan.

So far we have released videos on a range of hitting drills and exercises, including: Walk Thrus (Happy Gilmores), Ready Right Now Toss, Hookems, Gauntlet, Rockers, Step Backs, Crunch (Papi Drill), Progressive Choke, High Tee, Jump Tee, Feet Together and Flamingos.

We look forward to sharing more content with you in the coming weeks, including additional hitting drills as well as fielding and throwing drills.

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



[Waverley's Mitch Thomas Reflects on 2019 Victorian School Sports Award](#)

Mitch Thomas, a dedicated Waverley Baseball Club player who just wrapped up another great VSBL season, was named the 2019 Victorian School Sports Award winner for baseball.

Earning recognition for his outstanding sporting achievements was a big moment for Mitch. "I feel incredibly privileged to have received a Victorian School Sport Award," Mitch said. "This award means a lot to me as it represents the countless hours of hard work I put in to better myself as a baseball player."

Mitch is pleased to follow in the footsteps of some of his teammates. "Many senior baseball players I play with or against have also won this award and it's an honour to join them on the list," Mitch said.

Read more about his accomplishment [HERE](#).



*Mitch Thomas with his 2019 Victorian School Sports Award.
Photo: David Thomas*

[Symmetry Physiotherapy Launches Telehealth Service](#)

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, has the following message for the Baseball Victoria community:

During these difficult and uncertain times, Symmetry Physiotherapy is still available for consultation. Currently Symmetry Physio clinics are still open their normal business hours and are providing usual consultations with the additional hygiene measures in place as per government advice.

Symmetry Physiotherapy have also launched a Telehealth Online consultation service with the understanding that some people may not be able to attend an appointment in person. This online consultation works similar to Skype or FaceTime but is done through a specialised and secure online exercise prescription platform.

The service allows you to talk with your Physiotherapist and provide real time video analysis of your movement. Your Physiotherapist can demonstrate and provide video examples of exercise that can be performed whilst you recover. If you have any questions regarding this service or if it is right for you, please learn more [HERE](#).

Symmetry Physiotherapy Managing Director Mark Round elaborated on the new approach:



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

