

INSIDE THE BV ZONE

TO: VSBL CLUB PRESIDENTS AND SECRETARIES, MEMBERS
DATE: 3 APRIL 2020
FROM: BASEBALL VICTORIA
SUBJECT: COVID-19 RESOURCES, BV TV, KEVIN AND ANTHONY
HEMMERIJCKX – NEWPORT, SHAE LILLYWHITE – SPRINGVALE,
TOM BROOKES – MOORABBIN, GLENFERRIE SPORTS AND
SPINAL CLINIC

COVID-19 Resources

Baseball Victoria continues to closely monitor the COVID-19 pandemic. As a reminder, 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.

Any further updates and developments will be shared accordingly. We hope all of our members are staying healthy and safe, and we look forward to welcoming you back to baseball when it's appropriate to do so.

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

We are also updating a page with relevant information for sporting bodies, associations, clubs and members. Please click [HERE](#) to view our COVID-19 General Government Information Hub.

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

Thank you to everyone who has watched and subscribed to BV TV, our new YouTube channel. We're excited to continue sharing *At-Home Baseball Training: Drills and Exercises for the COVID-19 Break* videos to help you stay busy with baseball during this time.

Our latest videos include Ready Hit Front Toss, Open Side Toss and Closed Side Toss. In addition to these hitting drills, we will be releasing ball handling, throwing and fielding drills over the coming weeks. All of these drills are recommended by Baseball Victoria Talent Development Manager Damian Shanahan.

We look forward to sharing more content with you on BV TV! 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.

Kevin and Anthony Hemmerijckx Enjoy Season with Newport Rams

Baseball is a beautiful family affair for father-son duo Kevin and Anthony Hemmerijckx.

The pair play at Newport Rams Baseball Club, where they've been welcomed with open arms since joining the sport not too long ago. Anthony has had an awesome time with the Rams, especially in the 2019/20 VSBL season as he won the U16 Metro West Grand Final with his teammates. It's safe to say he succeeded in his goals for the season, and he has his sights set on continuing this success in the years to come. "I want to break into the higher levels of the senior team," Anthony said. "I want to train hard, practice, get better at things and learn from other people."

Anthony had the chance to play alongside his father Kevin in the VSBL Division 1 Thirds this past season too. Kevin plays second base and outfield for Newport as he embraces an exciting activity he can share with Anthony.

While many kids join baseball to follow in their father's footsteps, the opposite is true for this pair. "I got involved because of my son," Kevin said. "He started playing baseball and I was there all the time. I thought I might as well do some exercise and learn a new sport, so I got into it that way."

Click [HERE](#) to read more about Kevin and Anthony's story.



Anthony Hemmerijckx and his father Kevin share a passion for baseball. Photo: Baseball Victoria

[Shae Lillywhite Reflects on Another Successful Season for Springvale Women's Program](#)

Springvale Lions Baseball Club celebrated a seventh Women's Division 1 premiership in eight years to wrap up the 2019/20 VSBL season on a high note.

The Lions won 9-7 over Doncaster on Women's Super Saturday, securing the club's 12th Women's Division 1 championship. Springvale's women's program continues to go from strength to strength, with a core group of leaders and supporters including head coach and Australian Emeralds player Shae Lillywhite.

Reflecting on this sweet victory, Shae couldn't be prouder of her team and their determination to promote women's baseball year in and year out. "It was a very special and proud moment for the club and the people that have been involved along the way," Shae said. "To see and be part of this team's continued success and growth with the program is very rewarding. A lot of time, effort and planning goes into a season every year for it to not only be successful, but sustainable."

Click [HERE](#) to read more on Springvale's success.

[Tom Brookes Achieves Season Goals with Moorabbin](#)

At the start of the 2019/20 VSBL season, 15-year-old Tom Brookes had his sights set on another strong summer with Moorabbin Panthers Baseball Club. The outfielder made that happen, as his hard work and dedication paid off with not one but two premiership flags. Tom was part of the winning U16 State and Division 2 Reserves teams, both of which finished atop their respective ladders before securing Grand Final glory.

In order to achieve such great results with his beloved teammates, Tom remembered some valuable baseball advice over the course of the season. "I think that what I've been taught in baseball is when you have a low, its real low but when you succeed its really good," Tom said. "I was taught to wait for success and when it comes you celebrate that."

There was certainly a lot of success to be celebrated at the end of this season, which Tom attributes to a great team spirit on and off the field.

Click [HERE](#) to read the rest of Tom's story.

Click [HERE](#) to read another Moorabbin story about standout import Zack Kamerman.

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 Aces Academy and Charter Academy athletes. Matt Hopkinson, Principal at Glenferrie Sports and Spinal Clinic, encourages baseball players to take up home programs during this extended break.

Matt has the following message for the Victorian baseball community:

It's certainly a challenging time for all of us. With home isolation and social distancing affecting all of us in some way or form, exercise is really important for everyone, not only for our physical health but our mental health as well.

Personally, I've set up my garage as a gym. The car no longer lives in there and it's been replaced with yoga mats, boxing equipment, an exercise bike and some weights. Everyone in the house has to spend at least an hour in the "gym" or go for a walk every day. It could be a while that we are spending in hibernation, so it's important to get into a routine. In time it will become something to look forward to for everyone. Put some music on and work out the current frustrations. You can problem solve your issues away whilst raising a sweat.

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

The BV Team

Kristie Middleton - CEO

Jeff Paull – General Manager of Baseball Operations

Kellie Thomas - Operations Coordinator

David Madigan – Competitions and Tournaments 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

