

INSIDE THE BV ZONE

TO: VSBL CLUB PRESIDENTS AND SECRETARIES, MEMBERS
DATE: 9 MAY 2020
FROM: BASEBALL VICTORIA
SUBJECT: COVID-19 UPDATE, NEW BV WEBSITE, BV TV, SYMMETRY
PHYSIOTHERAPY

COVID-19 Update

Baseball Victoria continues to closely monitor the COVID-19 situation while working with State and Federal Governments, Baseball Australia and our state and territory counterparts to create the safest strategy for getting back to baseball activity.

As the landscape continues to evolve across the states and territories, Baseball Victoria is working through the [National Principles for the Resumption of Sport and Recreation Activities](#). These principles will set the precedent for the eventual return to community sports, and in order to safely return to activity, we must adhere to these principles along with the [AIS Framework for Rebooting Sport in a COVID-19 Environment](#). Currently in a draft framework, these principles will be approved in part or full by the Federal Government and then enacted by the States and Territories with additional requirements.

For more information on Baseball Victoria's plans for a return to baseball activity, please read our latest update [HERE](#).

The COVIDSafe app is now available and will allow authorities to quickly track and control the spread of COVID-19. Please consider downloading the app to help save lives, protect the community and get baseball back as soon as possible. Click [HERE](#) to learn more.

For up-to-date information on keeping your family safe during the COVID-19 pandemic, please visit the Victorian Department of Health and Human Services website [HERE](#).

Baseball Victoria Launches New Website

We are pleased to share the launch of our new Baseball Victoria website. We hope you will find our new website modern and easy to navigate with all your Victorian baseball resources available in one place. We look forward to sharing more content from around the Victorian baseball community and adding additional resources on our new website in the coming weeks and months.

Here are the top five things you may want to check out on the new and improved baseballvictoria.com.au:

1. [BV TV At-Home Training Videos](#)
2. [All documents](#) in one place
3. [News feed](#) with recent news articles and historic archives
4. [Historical timeline](#) of Victorian baseball
5. [Improved search functionality](#) – search the entire site with the search bar in the top menu

Thank you for your patience as we made the transition to our new site. We hope you like it and please feel free to [contact us](#) if you have any questions or comments.

[BV TV: At-Home Baseball Training](#)

As we prepare for our eventual return to activity, we encourage players and coaches to check out our *At-Home Baseball Training: Drills and Exercises for the COVID-19 Break* video series on BV TV. We hope these hitting, throwing, ball handling and fielding drills will serve as valuable resources to keep our members healthy and fit while staying on top of fundamental baseball skills.

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.

We also invite you to follow us on Instagram and TikTok as we continue to share baseball content across our platforms. Click [HERE](#) to follow Baseball Victoria on Instagram and click [HERE](#) to follow Baseball Victoria on TikTok.



[A Message from Symmetry Physiotherapy](#)

[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 Academy athletes.

Throughout the COVID-19 pandemic, Symmetry Physiotherapy has been assisting athletes and their families with telehealth services as well as online resources to stay healthy and fit during this unique time. Click [HERE](#) to read their tips on managing nutrition during COVID-19.

In addition to eating right and staying active, Symmetry Physiotherapy also offers recommendations on avoiding and alleviating postural pain, which could be caused by long hours working and studying from home. Click [HERE](#) to learn more about postural pain and how you can stay comfortable while at home.

[The BV Team](#)

Kristie Middleton - CEO

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