

INSIDE THE BV ZONE

TO: BASEBALL VICTORIA MEMBERS
DATE: 24 JULY 2020
FROM: BASEBALL VICTORIA
SUBJECT: COVID-19 UPDATE, REGIONAL REGISTRATION, COVID-19 CLUB RESOURCES, LEWIS THORPE MLB, LIFEBLOOD TEAMS, BV TV YOUTUBE, A MESSAGE FROM SYMMETRY PHYSIOTHERAPY

Baseball Victoria COVID-19 Update

Baseball Victoria continues to closely monitor the evolving COVID-19 crisis, particularly Victorian Government restrictions and how they apply to baseball across the state.

All baseball activity, including training and in-person committee meetings, is shutdown in metropolitan Melbourne and Mitchell Shire in accordance with the stage three restrictions, which were initially [announced](#) as a six-week lockdown starting at 11:59 PM on Wednesday, 8 July 2020.

At this time, no new restrictions on outdoor sport have been announced for regional Victoria, meaning non-contact training for seniors and full training and competition for juniors may continue for Bendigo Baseball Association, Geelong Baseball Association, Latrobe Valley Baseball Association, North Eastern Baseball Association and Sunraysia Baseball League.

On Sunday, 19 July, Victorian Premier Daniel Andrews announced [updated restrictions](#) regarding the use of face masks in metropolitan Melbourne and Mitchell Shire, with the following restrictions now in effect:

- When leaving home for one of the four reasons (shopping for food and supplies, outdoor exercise and recreation, medical care or caregiving and study or work if you can't do it from home), people 12 years and older must wear a face covering, unless an exemption applies.

For people outside of metropolitan Melbourne and Mitchell Shire:

- You are encouraged to wear a face covering when leaving home and if you are not able to keep 1.5 metres from others. If you need to travel into metropolitan Melbourne or Mitchell Shire then you must wear a face covering.

All baseball activity has ceased in metropolitan Melbourne and Mitchell Shire for at least the duration of the stage three lockdown, therefore there is to be no coaching or training sessions. Coaches continuing activity in regional Victoria are not required to wear face masks, but it's now encouraged by the Victorian Government. Click [HERE](#) for more information from the Victorian government on wearing a face mask.

“We are closely following the evolving COVID-19 situation every day, so that we can keep our members up-to-date on current restrictions and the outlook on baseball activity throughout the state. The health and wellbeing of our Victorian baseball community remains our top priority,” Baseball Victoria CEO Kristie Middleton said. “Despite the challenges of this year, we remain committed to doing what’s best for our baseballers and making sure our community has the help and support they need. We are navigating these trying times together, and we look forward to moving ahead with more baseball activity in the future, once it is safe and possible to do so.”

Click [HERE](#) for all of our COVID-19 updates. Any further developments will be communicated accordingly.

As a reminder, 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.

2020 Return to Activity Registrations – Regional Victoria

We also wish to remind all regional members, including seniors returning to training and juniors returning to training and competition in regional Victoria, that the Return to Activity registration must be completed. All players, coaches and club personnel must register before attending training to ensure they and their clubs are covered by insurance.

Please click [HERE](#) to register.

COVID-19 Resources

We know the continued COVID-19 crisis is challenging in many ways. As we continue to navigate this changing landscape, it's important to check in with one another and ask Are You Okay? A simple conversation can make a big difference during these times. For more details on mental health resources and staying safe and healthy, please check out our COVID-19 resources page [HERE](#).

As a reminder, we also have more [club resources](#) on our website to assist with our continued activity and return to play in regional Victoria, as it includes Return to Activity Conditions, Club/Training Templates and Return to Activity Printable Signage, available below:

- [COVID-19 FAQ](#)
- [Return to Activity Conditions](#)
- [Club/Training Templates – Regional Victoria](#)
- [Return to Activity Printable Signage – Regional Victoria](#)

If you have any questions please contact Baseball Victoria, with full contact details available [HERE](#).

You can also access information on keeping your family safe during the COVID-19 pandemic from the Victorian Department of Health and Human Services website [HERE](#).

Victorian Lewis Thorpe Makes Twins 30-Man MLB Opening Day Roster

Victorian Lewis Thorpe has made the Minnesota Twins 30-man Opening Day roster as the shortened MLB season gets underway.

The Twins open the 60-game season on Friday, 24 July at the Chicago White Sox, the same stadium where Thorpe made his MLB debut on 30 June 2019, two days after being promoted to the Majors. He was solid in his first-ever outing, throwing five innings, giving up just two runs with seven strikeouts in an eventual 4-3 loss with a rain delay ending his time on the mound.

Thorpe, who was one of four Australians named to a 60-man MLB player pool ahead of the season, will start off as a long reliever, with a shot to transition into the starting rotation if an opening becomes available. Last year, the left-hander made 12 appearances with 27.2 innings pitched for a 3-2 win-loss record and an ERA of 6.18 with 31 strikeouts.

The former Victorian State Team representative, who grew up playing for Doncaster and Greenhills Montmorency Baseball Clubs, has made his hometown supporters very proud.

Click [HERE](#) to read more on Thorpe and his journey to MLB success.

Australian Red Cross Lifeblood's Teams Program

Last month, we shared that Baseball Victoria has signed up to [Australian Red Cross Lifeblood's Teams Program](#) to save lives through blood donation. Blood and plasma donations save thousands of lives every year and make a huge difference to those who desperately need it to survive.

We wish to remind our Victorian baseball community of this opportunity to make a difference.

Please join us in giving back by donating blood. Click [HERE](#) to sign up today and join the Baseball Victoria Lifeblood Team as we look to reach 100 donations this year.

Lifeblood is now taking bookings for upcoming visits to Eltham (3 – 7 August) and Pakenham (10-21 August). Don't forget to pre-book your spot at donateblood.com.au, on the Lifeblood app or on 13 14 95.

Please click [HERE](#) to learn more about Lifeblood's extra safety measures to ensure the health and wellbeing of donors.

[BV TV YouTube Channel](#)

While regional Victoria may continue with training activities, we wish to remind our members of all the training videos available on our [BV TV YouTube channel](#). In addition to our [At-Home Baseball Training: Drills and Exercises for the COVID-19 Break](#) from earlier this year, we also have our [Ramp Up to Play: Drills and Exercises](#) with a gradual build-up of volume and intensity. This includes videos featuring Dynamic Warm Up, Resistance Bands, Recovery and Wall Drills.

For more baseball content, follow Baseball Victoria on TikTok [HERE](#) and Instagram [HERE](#).

[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.

During 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 they have advice for athletes on exercising at home. Click [HERE](#) to read more. They also have resources for managing nutrition and maintaining a healthy diet, available [HERE](#).

[The BV Team](#)

Kristie Middleton - CEO

Tania Newcombe - Financial Controller

Damian Shanahan – Talent Development Manager

Kellie Thomas - Operations Coordinator

Rachael Bouley - Communications and Digital Media Coordinator

Stewart Howe - Umpires Coordinator

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