

INSIDE THE BV ZONE

TO: BASEBALL VICTORIA MEMBERS

DATE: 14 AUGUST 2020 FROM: BASEBALL VICTORIA

SUBJECT: COVID-19 UPDATE, CLUB RESOURCES, BV TV YOUTUBE,

AUS X MLB

Baseball Victoria COVID-19 Update

Following the recent move to stage four restrictions in Melbourne and stage three restrictions in regional Victoria, Baseball Victoria continues to work with the Victorian Government and all of our stakeholders to discuss the plans for moving forward. We remain committed to supporting our Victorian baseball community during this time and we encourage our members to stay in touch with us and one another as we work through these challenges together.

Please view the Baseball Victoria COVID-19 Frequently Asked Questions <u>HERE</u> for details on the shutdown of baseball activity as well as COVID-19 health questions, face masks and much more.

Click HERE for all of our COVID-19 updates. Any further developments will be communicated accordingly.

If you have any questions, please contact us.

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 <u>HERE</u> to learn more.

COVID-19 Resources

As we stay home and stay safe, we wish to remind our members to check in with one another. The simple question "are you okay?" can make a difference to those struggling in these uncertain times. We encourage our baseball community to access physical and mental health resources on our website, in addition to information on funding opportunities and state and federal sporting updates.

There may be further help and resources available for our baseball community, as last week the Australian Government announced additional funding for mental health organisations including Headspace, Kids Helpline, Lifeline and Beyond Blue. For more details on mental health resources and staying safe and healthy during these unique times, please check out our COVID-19 resources page 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 <u>HERE</u>.

BV TV YouTube Channel

Although we must stay home and stay safe for at least the next month, we can still train at home with all the training videos available on our <u>BV TV YouTube channel</u>. Our <u>At-Home Baseball Training: Drills and Exercises for the COVID-19 Break</u> series covers hitting, throwing, fielding and ball handling, with over 50 drills you can try during lockdown. Click <u>HERE</u> to check out all our videos.

For more baseball content, follow Baseball Victoria on TikTok HERE and Instagram HERE.

AUS x MLB: 14 August Update

The first three weeks of the 2020 MLB season have been full of action for our Aussie representatives, with Victorian Lewis Thorpe continuing his pitching career with the Minnesota Twins and WA's Liam Hendriks collecting five saves and a win as a standout closer for the Oakland Athletics.

Click HERE to read our full AUS x MLB update for the week with Aussie player stats so far this season.

Don't forget you can get your MLB fix on <u>Kayo</u>, with the Australian sports streaming service bringing you some of the biggest games streamed live each week. In addition to MLB Strikezone showings, Kayo has the following lineup for games this next week:

- Cleveland Indians v Detroit Tigers Monday, 17 August, 3:00 AM
- New York Yankees v Boston Red Sox Monday, 17 August, 9:00 AM
- New York Yankees v Boston Red Sox Tuesday, 18 August, 9:00 AM
- Los Angeles Angels of Anaheim v San Francisco Giants Wednesday, 19 August, 6:00 AM
- Chicago White Sox v Detroit Tigers Friday, 21 August, 4:00 AM

Click **HERE** to check out Kayo and follow along with the MLB action live.

New to Kayo? Sign up for a free 14-day trial HERE.



Victorian Lewis Thorpe is pitching for the Minnesota Twins in the 2020 MLB season.

The BV Team

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