

# INSIDE THE BV ZONE

TO: BASEBALL VICTORIA MEMBERS  
DATE: 13 NOVEMBER 2020  
FROM: BASEBALL VICTORIA  
SUBJECT: COVID-19 UPDATE, RAMP UP TO PLAY, MENTAL HEALTH RESOURCES, ANDREW JONES – BLACKBURN, MITCHELL MAJORS, BV MEDIA, LIFEBLOOD

## Baseball Victoria COVID-19 Update

Following announcements made by Victorian Premier Daniel Andrews this past weekend on the easing of restrictions, Baseball Victoria confirmed the removal of the 25km rule and 'ring of steel' between metropolitan Melbourne and regional Victoria.

For VSBL clubs that have returned to training with council approval and confirmed registration of all attendees, this means they can now have members from across metropolitan Melbourne and regional Victoria participate in training. All players and coaches must register to return to training [HERE](#).

Our [At-Home Baseball Training: Drills and Exercises for the COVID-19 Break](#) and [Ramp Up to Play](#) series feature training exercises for those who wish to continue their solo training for now. Click [HERE](#) to check out these training videos.

Clubs can have groups of 20 people (including players and coaches) at training, with two groups on a single diamond separated by 20 metres. At this stage, all training for seniors is non-contact where physical distancing must be maintained, while juniors are able to conduct full training. Access to club canteens/bars will be subject to council approval. More information is available within the hospitality guidelines for the opening of canteens and bars [HERE](#).

Baseball Victoria has updated our Return to Activity/Return to Play Plan with the most recent details, so clubs can continue preparing for the 2020/21 VSBL season based on these confirmed dates, along with the review and penalty process around COVID breaches.

We will continue to provide updates accordingly and wish to remind all members to register if they haven't already so we can have a safe and successful return to activity.

Click [HERE](#) for more Victorian Government COVID-19 resources.

Click [HERE](#) to register with your club and view registration resources for new and returning members [HERE](#).

Click [HERE](#) to view our frequently asked questions, which are regularly updated.

We encourage our members to stay in touch with one another and prioritise their mental health. Click [HERE](#) for mental health resources.

Click [HERE](#) to view our updated Return to Activity and Return to Play Plan.

To view the outline on the easing of restrictions provided by the Victorian Government, click [HERE](#).

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.

## **Ramp Up to Play**

Now is the perfect time to pick up on your baseball skills with our training exercises on the [BV TV YouTube channel](#), including the [At-Home Baseball Training: Drills and Exercises for the COVID-19 Break](#) and [Ramp Up to Play](#) series featuring hitting, fielding, throwing and ball handling exercises. Click [HERE](#) to check out these training videos.

We also have many other playlists on BV TV, including [Victorian Baseball History](#), [Australian Women's Baseball](#) and the [2020 Baseball Victoria Awards](#) highlights featuring an interview with [MLB pitcher Lewis Thorpe](#) and words from our [Division One](#) MVP Andrew Russell (Waverley Baseball Club) and [Women's Division One](#) MVP Abbey Kelly (Essendon Baseball Club).

For more baseball content and to stay connected with us, please follow Baseball Victoria on TikTok [HERE](#) and Instagram [HERE](#).

## **Mental Health Resources**

As we get back to baseball, we hope all our baseballers are excited to hit the field and looking forward to the season. Please remember we have mental health resources available on our website, including information from [Beyond Blue](#), [Headspace](#), [Kids Helpline](#), [Lifeline](#) and [R U OK?](#) For more on mental health and being there for your friends and family, visit 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 [HERE](#).

## **Andrew Jones Looks Ahead to Another Awesome Season With Blackburn**

Andrew Jones is proud to be part of Blackburn Baseball Club, as he appreciates the sense of comradery that allowed the club's Division One Firsts to take home back to back VSBL premierships.

Jones' stellar pitching in the championship played a big role, earning him the Harry Wonnacott Medal as the Grand Final MVP in addition to the Harry Douglas Memorial Trophy for the Division One Pitching Award thanks to his 0.54 ERA in the 2019/20 season.

Jones wasn't the only winner from Blackburn announced during last month's Baseball Victoria Awards. Teammate Jacob Evans took out the home run and batting awards while Matthew Tayler won the Coach of the Year Award and Brooke Tierney received the Volunteer of the Year Award. Jones says winning the award felt pretty good, but it wouldn't be possible without the support of his fellow baseballers.

"I would owe a large majority of that success to my teammates," Jones said. "It makes life easy when you have some of the best offence and defence behind you."

Click [HERE](#) to read his story.

## **Mitchell Majors Support Baseball in Regional Victoria**

Mitchell Majors Baseball Club is back on the field and the club community couldn't be happier about the return to training in regional Victoria.

Now several weeks into training, club coach and player Matt Whyte is glad to see fellow baseballers taking advantage of the time to catch up and focus on their baseball skills. He hopes to see juniors and seniors taking part in the sport and introduce new players to the game after a challenging year.

"With training being able to resume in regional Victoria, we began training, not just to prepare for the summer season but also as an opportunity to help people with the stress and mental effects the pandemic has had on us," Whyte said.

Click [HERE](#) to read more about Mitchell Majors Baseball Club.

## Baseball Victoria Media and Story Requests

As a reminder, please feel free to submit story ideas and nominate players, coaches, volunteers and officials for profile pieces, so we can highlight all the awesome baseball stories from across the state. Please share your story ideas [HERE](#) and connect with us on all of our platforms from our media page [HERE](#).

## Australian Red Cross Lifeblood Teams Program

Baseball Victoria is proud to be part of the [Australian Red Cross Lifeblood Teams Program](#), which saves thousands of lives nationwide through blood and plasma donations every year.

Lifeblood has teamed up with six Australian artists to offer a series of limited-edition bandages for donors, and the [True Colours](#) campaign will run through the end of this month. This is a great opportunity to make a difference by donating blood, which has continued throughout this year with proper safety guidelines in place.

Please join us in giving back through blood donation. Click [HERE](#) to sign up today and join the Baseball Victoria Lifeblood Team as we look to reach 100 donations this year – we are up to 93 lives saved so far thanks to your support. You can find pop-up clinics in your area or book your blood bank appointment at [donateblood.com.au](https://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.



**Wear your heart  
on your sleeve  
for Lifeblood**

Join our Lifeblood Team and  
flex your True Colours today.

Australian Red Cross  
**Lifeblood**

#LifebloodAU

Limited-edition bandage art by © Chris Nixon 2020

 give blood

## The BV Team

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**Kellie Thomas** - Operations Coordinator

**Rachael Bouley** - Communications and Digital Media Coordinator

**Stewart Howe** - Umpires Coordinator

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