

# INSIDE THE BV ZONE

TO: BASEBALL VICTORIA MEMBERS  
DATE: 6 NOVEMBER 2020  
FROM: BASEBALL VICTORIA  
SUBJECT: COVID-19 UPDATE, NATIONAL SHOWCASE SERIES – VICTORIA,  
MENTAL HEALTH RESOURCES, RAMP UP TO PLAY, BV MEDIA,  
MICHAEL NAKAI – MONASH UNI, LIFEBLOOD

## Baseball Victoria COVID-19 Update

The recent easing of restrictions across Victoria has allowed for our long-awaited return to activity. VSBL clubs are now able to return to training, so long as they have council approval and are able to confirm the registration of all attendees. All players and coaches must register to return to training [HERE](#).

We anticipate further announcements this weekend from Victorian Premier Daniel Andrews, including the possible removal of the 25km rule and the 'ring of steel' between metropolitan Melbourne and regional Victoria. Until changes are confirmed, Baseball Victoria members who reside more than 25kms from their club or any baseball club will not be able to attend training at their registered location, however they may arrange training with another club or maintain their solo training regime.

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 must 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 for the return to training 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.

### **Coaching Applications for National Showcase Series – Victoria**

Last week Baseball Victoria confirmed plans for the 2021 National Showcase Series – Victoria early next year. Local events in each state will replace the [2021 Australian Youth Championship](#) which was cancelled due to the ongoing COVID-19 pandemic.

The National Showcase Series – Victoria will be held at Melbourne Ballpark from Tuesday, 5 January – Wednesday, 13 January 2021. Similarly to the traditional AYC tournament, the Victorian event will take place during the January school holidays and include the Under 16 and Under 18 age brackets with a combination of showcasing and a series of games to give athletes extensive high performance and development opportunities.

Applications are now open for coaching/EO staff for the showcase – applications close on Wednesday, 11 November. Click [HERE](#) to view details and submit your application if you wish to be part of the showcase staff.

Click [HERE](#) to read all the details on the National Showcase Series – Victoria.

### **Mental Health Resources**

We hope our baseballers are excited to get back on the field after lockdown and reconnect with their teammates and clubs. As restrictions continue to ease, we wish to remind everyone to stay in touch and be open about mental health with their friends and family. This pandemic has been challenging and it's okay to talk about the mental effects and seek support. After all, mental health and emotional wellbeing are just as important as physical health.

Please check out the 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, 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](#).

### **Ramp Up to Play**

Don't forget to try out our training exercises on the [BV TV YouTube channel](#), including our [At-Home Baseball Training: Drills and Exercises for the COVID-19 Break](#) and [Ramp Up to Play](#) series. Click [HERE](#) to check out these training videos.

We also have many other playlists on BV TV, including [Victorian Baseball History](#) 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](#).

### **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](#).

Please connect with us on all of our platforms – learn more on our media page [HERE](#). As a reminder, we also have a dedicated [page](#) for club advertisements on our website. This includes coaching and playing ads. View more information [HERE](#).

## Michael Nakai Reflects on Time with Monash Uni

Monash University Farmers Baseball Club feels like home for Michael Nakai, who was announced as the 2019/20 VSBL Division 4 South MVP last month.

Receiving the award after a great season with his teammates came as a welcome surprise for Nakai. "Winning the Div 4 South MVP was a bolt from the blue for me, since I wasn't aware that I'd even be in the running for it," Nakai said. "But I can't lie, it feels great!"

Click [HERE](#) to read his full story and learn more about Monash Uni.

## 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 November. 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 at 90 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](http://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.

#LifebloodAU 🇺🇸

Limited-edition bandage art by © Chris Nixon 2020

 give blood

## The BV Team

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