

INSIDE THE BV ZONE

TO: BASEBALL VICTORIA MEMBERS
DATE: 6 AUGUST 2021
FROM: BASEBALL VICTORIA
SUBJECT: COVID-19, MENTAL HEALTH, BASEBALL TRAINING ON BV TV,
STATE WINTER CHAMPIONSHIPS, CLUB ADS, LIFEBLOOD

Baseball Victoria COVID-19 Update

All baseball activity statewide is currently cancelled to comply with the seven-day snap circuit breaker lockdown, currently in place until 11:59pm on Thursday 12 August 2021.

Due to these new restrictions, Baseball Victoria confirmed the cancellation of the Under 18 State Winter Championships, scheduled for 7-8 August 2021 in Werribee. The Baseball Victoria Aces Academy has shifted to online sessions for the duration of lockdown.

Baseball Victoria will provide further details as they are made available from the Victorian Government throughout this evolving COVID situation.

The current restrictions in Victoria are:

- Only five reasons to leave home:
 - shopping for necessary goods and services (within 5km radius of home unless not available within)
 - two hours of exercise (within 5km radius of home unless not available within)
 - caregiving/compassionate/medical reasons
 - authorised work or permitted education
 - getting the coronavirus vaccine
- No public or private gatherings
- No community sport
- Masks must be worn both indoors and outdoors unless an exemption applies

“We know it is tough to go back into lockdown, and we hope all our baseballers stay safe and healthy during this time,” Baseball Victoria CEO Kristie Middleton said. “We will get through these challenging times together just as we’ve done in the past. Baseball Victoria remains in regular communication with clubs and stakeholders to provide updates on the remainder of the winter season and our Return to Play COVIDSafe Plan.”

Click [HERE](#) for all the details including information on getting tested and vaccinated.

For the Baseball Victoria Return to Play COVIDSafe Plan and more resources, click [HERE](#).

Mental Health Resources

We wish to remind our baseballers to stay connected and check in with family, friends, and teammates during these challenging times. There are many mental health resources available, including [R U OK?](#), [Headspace](#), [Kids Helpline](#), [Lifeline](#), and [Beyond Blue](#).

View a comprehensive list of mental health resources from the Department of Health and Human Services and Victorian State Government [HERE](#).

Baseball Training on BV TV

As we're back in lockdown for the time being, remember you can watch [BV TV](#) for our [At-Home Baseball Training](#) videos. There's a wide variety of hitting, fielding, throwing, and ball handling drills, plus game replays, interviews, and much more. Stay up-to-date with the latest baseball news [HERE](#) and follow us on [TikTok](#) and [Instagram](#) for more baseball content.

Geelong Wins Under 16 State Winter Championships

Congratulations to Geelong on winning the Under 16 State Winter Championships in Sale last weekend. Click [HERE](#) to read about their 5-0 tournament and MVP Tanner Stack. It was also an exciting weekend for Bendigo with half of the U16 team playing in their first-ever baseball tournament, including three juniors from new club Malmsbury. Catch up on the full story [HERE](#).

Club Advertisements

There are several coaching opportunities available at local clubs, including Footscray, Fitzroy, and Werribee. Click [HERE](#) to learn more about these coaching roles and what each club is looking for.

Australian Red Cross Lifeblood Teams Program

Baseball Victoria is pleased to share we have saved over 126 lives in 2021 as part of the [Australian Red Cross Lifeblood Teams Program](#), which delivers life-saving blood and plasma donations to thousands of Australians every year. We look forward to saving more in the coming months, as Australia needs 31,000 blood donations every week.

Lifeblood, which remains open as an essential service during lockdown, is currently running a Local Sporting Clubs Blood Challenge through 30 September 2021 and local baseball clubs are encouraged to join. Click [HERE](#) to learn more about the challenge and how you can get involved. Read about Lifeblood safety measures [HERE](#) and sign up to join the Baseball Victoria Lifeblood Team [HERE](#).



The BV Team

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