



The Pitch

This Month

2021 National
Championships

Jason Pospishil Joins
Sydney Blue Sox

NSW Community
Official of the Year

School Holiday
Camps



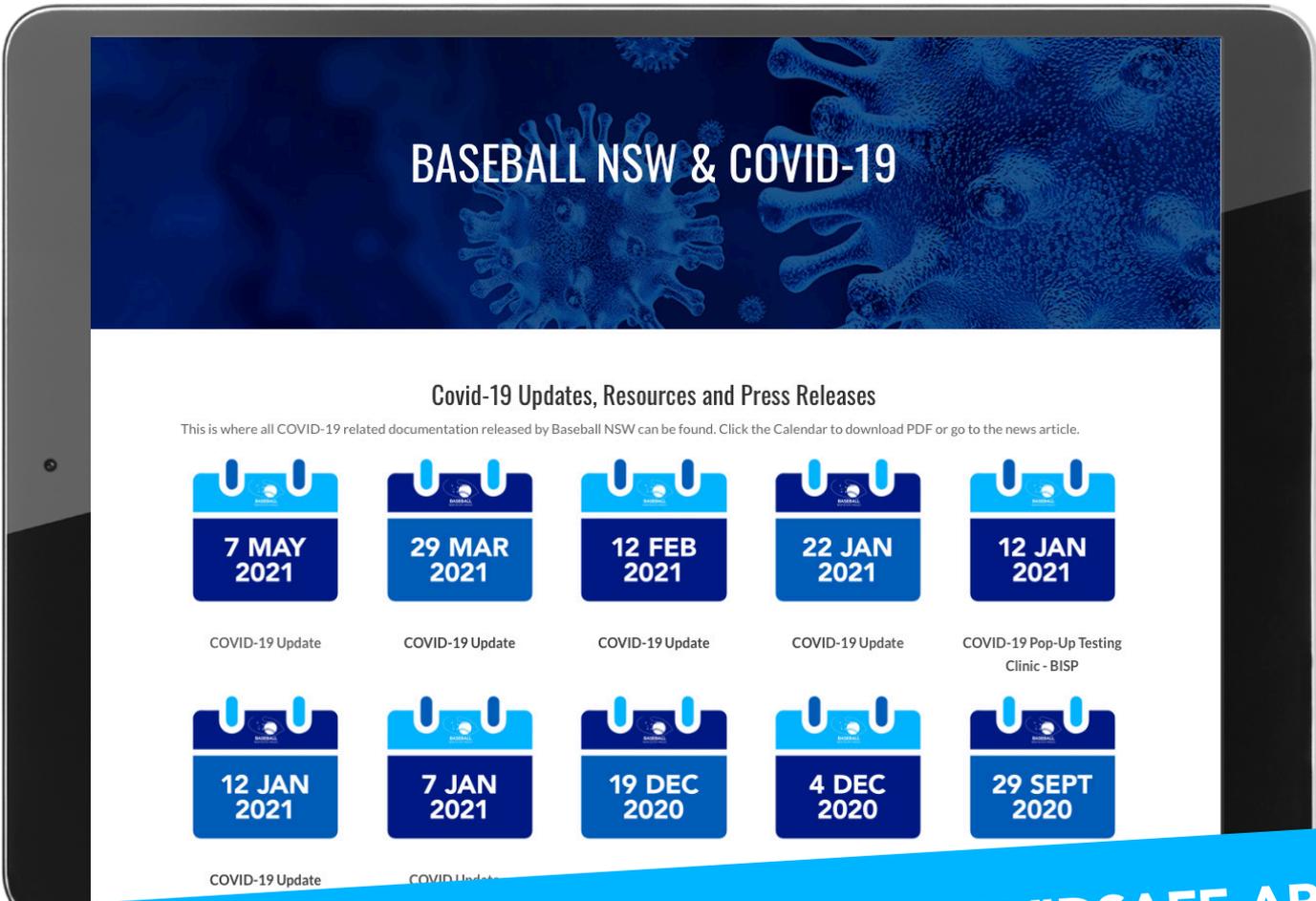
Photo by Iveta Slapeta

BNSW COVID-19 Announcement & Resource page

Don't forget that Baseball NSW have put all the latest COVID-19 announcements and resources into one easy to locate place.

It can be found on the Baseball NSW website and is updated whenever there is new news and update.

[CLICK HERE TO READ MORE](#)



[CLICK HERE TO DOWNLOAD THE COVIDSAFE APP](#)

Recognising Hard Work

BNSW Monthly Award Nominees



Scorers:

Tina and Alan Chou - Ryde Hawks

Tina and Alan did all the scoring for our team throughout a long campaign. Tireless, thankless, flawless. Always on top of things and cheerful.

Jane Heap - Ryde Hawks

Clubs are always looking for scorers but at the Hawks, we have a fret team of scorers who never let the Club and team down and Jane Heap is one of them. Jane was the scorer for the Ryde Junior League National Championship winning team, keeping up with all the changes, doing book and never missing a beat – thank you for your dedication to the team.

Coaches:

Adrian 'Ace' Carter - Ryde Hawks

Ace is a knowledgeable and relentlessly encouraging coach whom all the boys look up to and respect. Caring and enthusiastic, Ace is a proper role model.

Matt O'Neill - Ryde Hawks

Nomination for Coach Matt for helping us with Coach Nix, Coach Habiibbi and Ker Ker win the Junior League Nationals.

Volunteers:

Melinda Goodrich - Ryde Hawks

Melinda's tireless efforts to sometimes singlehandedly keep Ryde going are criminally underappreciated.

Claudine Te-Ahuru Kostic - Penrith Baseball Club

Claudine devotes countless hours to Penrith Baseball, organising the senior teams on a Saturday, maintaining and marking fields throughout the week, as well as running the canteen over the weekend.

Zac Sheens - Plumpton Braves Baseball Club

Young Zac was one of our Junior League Players. He was more than that though. He was always the first to volunteer to prepare Alroy Park 'Home of the Braves' even when he was injured. A true Braves.

BNSW Game Day Pics 2021 June entries

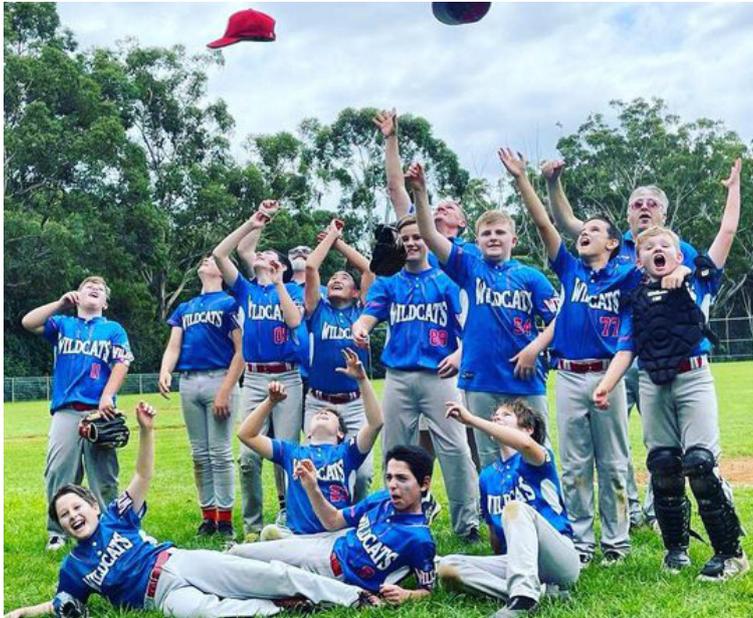


Photo by Maree Luker – 'Grand Final Winners'



Photo by Mat Turnbull – 'Love the friendship that our kids build... with each other and with their coaches'



Photo by Sean McNally – 'Diamond 1 lays in wait at Blue Sox Stadium'



Photo by Maree Luker – 'The look of determination'



Photo by Sean McNally – 'A Braves works is never done'



Photo by Maree Luker – 'That home run hitting face'

Congratulations to the BNSW Monthly award winners!

A huge thank you to our nominees and all your hard work. We value all our members and it is for that reason we want to see more of YOU being acknowledged for all your hard work, all year round! Keep the comments and nominations coming in!

To vote for someone who deserves recognition [CLICK HERE](#)

Scorer: Jane Heap
(Cronulla Sharks)

Coach: Adrian Carter
(Ryde Hawks)

Volunteer: Claudine Te-Ahuru Kostic
(Penrith Baseball Club)

Monthly Game Day Photo Winner

Congratulations to our #NSWGameDayPic winner this month. 'Love the friendship that our kids build with each other and with their coaches' which was Photo #2 by Mat Turnbull.

Entries are now open for next month's #BNSWGameDayPics.

Send in your favourite photo through Facebook Inbox to be in with a chance to win!



Freedom Baseball Try Baseball Day 2021



In a Northern Beaches first, Forest Baseball Club will be running an obligation free inclusive Try Baseball Day for people with disabilities.

The club has run several one-off clinics for a well-known disabilities service and know how much enjoyment their participants get through baseball.

Come for a look or stay and play the whole time, get a feel for this inclusive sport. Forest Baseball Club hopes that you will love it and will want to attend a longer programme later in the year, all ages are welcome.

Saturday 10th July 2021

10.00am - 11.30am

Aquatic Reserve Frenchs Forest

Mixed ages and ability level

[Click here](#) for Freedom Baseball Flyer and details on how to register.





TIME TO WALK THE PLANK!

QUAKERS HILL PIRATES BASEBALL CLUB IS CALLING FOR EXPRESSIONS OF INTEREST FROM CLUBS NEAR AND FAR FOR OUR WALK THE PLANK ZOOKA AND T-BALL TOURNAMENT TO BE HELD ON SUNDAY 12TH SEPTEMBER 2021 AT CORBIN RESERVE QUAKERS HILL. THE ZOOKA TOURNAMENT IS FOR ALL 9U TEAMS AND THE T-BALL TOURNAMENT IS FOR 7U AND 8U TEAMS. THIS WILL STRICTLY BE A CLUB TEAM EVENT, (NO REP TEAMS).

**PLEASE EXPRESS YOUR INTEREST VIA EMAIL TO,
tournaments@qhpirates.com.au**

WE HOPE TO HEAR FROM YOU SOON!



Jason Pospishil Joins Sydney Blue Sox



Baseball NSW is proud to announce that High-Performance Manager, and Head of Baseball Operations, Jason Pospishil, will be taking on the role of Director of Baseball Operations with the Sydney Blue Sox.



While this means Jason will be leaving Baseball NSW at the end of the month, we are excited to see Jason pursue his ambitions with the Australian Baseball League and go on to achieve great things in his next role.

Jason has been an integral part of baseball in NSW for over 20 years, having played and coached at all levels while being employed with our state body for nearly six years. Fortunately for us, Jason will continue his involvement with our State development programs which have seen many young talented players progress through the State and National ranks under his tutorage. Furthermore, the addition of Jason to the Blue Sox management team will provide greater

collaboration and partnership between the two organizations, which will most certainly benefit our respective members.

Additionally, Baseball NSW is excited to announce that we are not left without capable staffing. Grahame Cassel (Baseball Australia Hall of Fame Member & 20+ year ABL/Claxton Shield veteran) will take over the High-Performance role within Baseball NSW for the interim period. Grahame has been in a supporting role to Jason throughout his entire tenure and is more than capable of taking over our programs.

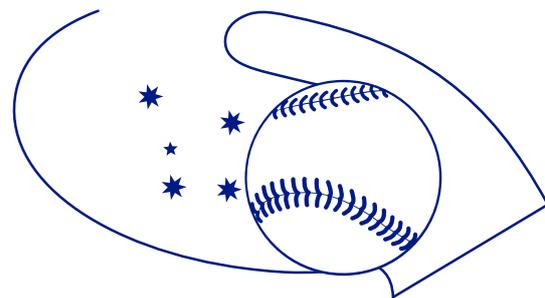
So while we will certainly miss having Jason's expertise at Baseball NSW, we want to wish him the best for this new chapter in his professional career and want to thank him for his enormous contribution to Baseball NSW.

National Junior and Intermediate League 2021 Championships

Congratulations to the Junior League Ryde Hawks who continued their dominance from the State Championships to go undefeated in West Beach, claiming the National Championship in what was a thrilling final.

The Hawks held their nerve and saw off a late surge from the Twins in the bottom of the last. The elation edged on the players' faces and the celebrations that followed were spectacular - the Hawks were thoroughly deserving of their victory. We also need to recognize the Macarthur Junior League team who competed bravely throughout the tournament, doing themselves and NSW proud.

Unfortunately, due to a COVID outbreak in Melbourne, the Intermediate League



BASEBALL
NEW SOUTH WALES

Championships were cancelled on the final day of pool play, with both Ryde and Hills in contention to make the semi-finals. Although a difficult decision, and disappointing for those involved, the health and safety of all communities came first and foremost.

National Junior League 2021 Championships Pics



Photos by Iveta Slapeta – Ryde Hawks, National Junior League Champions 2021

National Little League 2021 Championships

NSW have capped off an immensely successful representative campaign by securing both the Little League and Little League Div II National Championships, respectively.

Lismore played host to the joint event which saw our NSW representatives dominate from start to finish.

Hills went undefeated in securing the Div II Championship in dramatic style having clawed back a 6-run deficit in the final two innings and capturing victory in the bottom of the last – a remarkable effort by the Hills team.

A shoutout goes to the Manly team who narrowly missed out on the final but managed to put the disappointment aside to claim a commendable third place, walking away with the bronze medal – congratulations Manly.

The Gold Medal game of the Little League Championships was an all-NSW affair, a repeat of the State Championship final with Ryde taking on State Champions, Cronulla.



Both teams entered the final undefeated in the tournament and were full of confidence. In a turn of fortune, it was the Hawks that got the better of Cronulla which saw them crowned Little League National Champions.

A special mention goes to the Central Coast Little League team who fought valiantly in every game and did NSW and Country Baseball in NSW proud.

Congratulations to all the players, coaches, and officials that represented NSW throughout the respective National Championship tournaments.

National Little League 2021 Championships Pics



Top: 'Hills, National Little League Division II Champions 2021,'
Bottom: Photo by Pieta Carroll – 'Ryde, National Little League Champions 2021'

NSW Community Official of the Year 2021 Finalists

Baseball NSW is proud to announce that Matt Carter, NSW Director of Umpiring, has been shortlisted by Sport NSW as the NSW Community Official of the Year.

The NSW Community Sports Awards are focused on community and grassroots sport, recognising the contributions largely carried out by a volunteer workforce.

These awards provide State Sporting Organisations and State Sporting Organisations with a Disability an opportunity to recognise the efforts and achievements their dedicated volunteers deliver across NSW every day.

These highly-regarded volunteers will be hosted and the winners of the awards announced at a special ceremony at the Bankwest Stadium, Parramatta, on Thursday 17 June 2021.

Congratulations Matt, your ongoing contribution to baseball across NSW is admirable and you are thoroughly deserving of the recognition.



Sport NSW
*NSW Community
Sports Awards*



[Click here](#) for 2021 Award Finalists

[Click here](#) for 2021 Distinguished Long Service Award Recipients

EAST HILLS BASEBALL CLUB

presents
FOR OUR 5 YEARS & UNDER



This highly successful program runs for 8 weeks and through fun activities & games teaches the basics of T-Ball.

- **FRIDAY 8th OCTOBER** for 8 weeks from 6 to 7 pm.
- **"Lil Sluggers"** is great fun for boys & girls, who are 5 & under who are too young to play competition
- Qualified coaches supervise fun baseball activities
- No equipment needed - everything supplied
- Played at Kelso North Baseball Park, Panania



Need more information?

- Website: www.easthills.baseball.com.au
- Email: ehbcpresident@gmail.com
- Phone: 0487 515 619 / 0418 668 919

Baseball NSW & Sports Camps Australia Baseball and T-Ball Camps

Baseball NSW will be running advanced and standard Baseball & T-Ball Camps during the June/July school holidays.

The camps are run in conjunction with Sports Camps Australia and Under Armour across the greater Sydney basin, including Newcastle, the Northern Beaches, and the Shire.

Don't miss an opportunity to work with our professional baseball coaches to refine your baseball skills covering hitting, fielding, throwing, base running, gameplay and much more! No matter your experience, learn more in a fun and encouraging environment.

Camp details are as follows:

Taren Point – 28 & 29 June

Rooty Hill – 30 June -2 July
(Specialized Development Program)

Castle Hill – 5 & 6 July

Warriewood – 5 & 6 July

Wallsend – 8 & 9 July

For more information visit [Sports Camp Website](#) or phone **1800 753 127**.

To register for the Baseball camps [click here](#)

To register for the T-Ball camps [click here](#)





The Physio Room with Dean Lawler

Rotational Power in Baseball

We all know the saying “you cannot go wrong by being strong.” But not all strengthening and conditioning programs are created equally.

Traditional performance training in baseball has long focused on exercises like deadlifts and squats or exercises that move on the sagittal plane (front and back). While these exercises are essential, baseball players must also perform exercises that move on the frontal (side to side) and transverse (rotational) planes of motion.

Baseball is a dynamic rotational sport; many of the primary activities in baseball consist of a large amount of rotation in a powerful manner. Strengthen and conditioning programs should incorporate and closely mimic both the unique rotational movements and energy systems demands utilised during the game. There is a direct correlation between velocity and how much rotational force an athlete can create.

A lack of rotational power can severely limit throwing velocity potential and swinging power.

Therefore, a program for baseball that does not include rotational movements and “controlled rotation” is ineffective and incomplete. Simply, being able to rotate, and create powerful rotation is an absolute must for baseball performance and reducing the risk of injury.

Target Areas

The Hips, Core and Thoracic Spine are crucial. Programs must incorporate a variety of controlled rotational exercises and conditioning drills focusing on maximising not only hip and core strength, but also coordination.

Training the core is fundamentally important just as training to increase/maintain mobility of the thoracic spine as both areas prepare the athlete to efficiently transfer rotational energy from the lower body through the upper body.

5 Top Rotational Exercises

A medicine ball is great to use to exercise for baseball by allowing you to work on balance, coordination, and core strength.

The Physio Room

with Dean Lawler

Continued...

By not having the coordination and strength to control rotational movement during both controlled and ballistic exercise, you run the risk of injury! These five exercises, integrate rotational movement using the musculature of the legs, hips, and core.

My 5 Top Rotational Exercises for Rotational Athletes!

1. Rotational Med Ball Throw
2. Rotational Med Ball Shotput
3. Rotational Med Ball Stomp
4. Ballistic Landmine Clean To Press
5. Half kneeling Rotational Overhead Toss

Got any specific questions you would like answered? Shoot me an email at: thebaseballphysioroom@gmail.com

References

Earp, J. E., & Kraemer, W. J. (2010). Medicine Ball Training Implications for Rotational Power Sports. *Strength and Conditioning Journal*, 32(4), 20-25. doi:10.1519/ssc.0b013e3181e92911

Mcgill, S. (2010). Core Training: Evidence Translating to Better Performance and Injury Prevention. *Strength and Conditioning Journal*, 32(3), 33-46. doi:10.1519/ssc.0b013e3181df4521

Stodden DF, et. al. Comparison of trunk kinematics in trunk training exercises and throwing. *J Strength Cond Res*, 22(1):112-118, 2008.

Talukdar K, et. al. The role of rotational mobility and power on throwing velocity. *J Strength Cond Res*. 29(4):905-911, 2015.

NSW Club Infrastructure Grants



Red Tape Busters

Making Government work for you!

The NSW Government offers grants to communities across NSW to support the building, renovation and fit-out of infrastructure.

Funding is available for sport and recreation and arts and cultural infrastructure as well as projects that assist communities with essential infrastructure and disaster readiness.

What's new?

This year, due to demand the community infrastructure category has been changed to stand alone. It includes multi-use community facilities including halls and meeting spaces, community transport options, improvements to disability or community welfare infrastructure, infrastructure that supports youth, mental health, homelessness, and domestic violence services. In addition, community facilities that support the community impacted by drought and bushfire are also eligible.

Priority

When making funding decisions, consideration is also given to applications that provide benefit to:

- Aboriginal and Torres Strait Islander communities
- regional and remote communities

- people with disability
- culturally and linguistically diverse communities
- communities experiencing the adverse effects of drought
- areas likely to have higher rates and impacts of gambling harm.

Eligibility includes infrastructure that is accessible and available to the general public the majority of the time.

Baseball NSW has partnered with Red Tape Busters and is offering the clubs a free resource to assist with their grant funding applications. Fairfield Phoenix Baseball Club has already reaped the reward with Red Tape Buster successfully obtaining a \$15,000 Local Grant.

For more information on Red Tape Busters or assistance with submitting a Local Grant application, please contact Andrew Hamilton at andrewhamilton@redtapebusters.com.au

Infrastructure Grant applications open on **Monday, 5 July and close at midnight on Monday, 26 July 2021.**

To download the Infrastructure Grants Program Guide, [click here](#)

To view the NSW Government article, [click here](#)

To download the Fairfield Phoenix Baseball Club's Local Grant Approval, [click here](#)

School Baseball Trials for Year 7 2022

The School baseball program trials for students going into Year 7 (2022) are now open.

For more information and trial dates, please contact the schools directly. Contact information may be found on our [website](#).

[Click here](#) to download flyer information.



BASEBALL
NEW SOUTH WALES



westfields-h.schools.nsw.gov.au



hillssport-h.schools.nsw.gov.au



endeavoursportshighschool.com



narrabeensportshighschool.nsw.edu.au



hunterspt-h.schools.nsw.gov.au

Compliance Rules for Organisations Check the Check

At the Office of the Children's Guardian, their goal is to create safe places for children and young people, and we recognise that most organisations share this goal.

To help child-related organisations create safer places, the Office of the Children's Guardian will be following an escalation model of compliance and enforcement with a focus on capability building in organisations.

They have a new [Compliance and Enforcement policy](#) that makes it clear what is expected of organisations that work with children. This year their focus is on ensuring child-related employers are:

- registered as employers in the Working with Children Check system
- verifying child-related workers' Working with Children Checks

If your organisation works with children and you are not complying with these laws, fines apply – but you do have some time to get your records in order.



Office of the
Children's Guardian

They are offering a one-off amnesty for employers to verify their workers by **30 June 2021**. This amnesty applies to employers who engage workers in child-related work that:

1. are registered or should be registered as an employer for the Working with Children Check; and
2. have not previously verified any of their workers.

After this date, enforcement action will be taken against employers who have not complied with this obligation.

There will be no amnesty period for employers that engage people in child-related work who are barred or interim barred from working with children as it places children and young persons at serious risk of harm.

[Click here](#) to download announcement

[Click here](#) for Office of the Children's Guardian website

CLAIM TWO \$100 ACTIVE KIDS VOUCHERS



All NSW school-enrolled children are eligible for **two \$100 Active Kids vouchers** each year. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. **Voucher one is valid January to December** and **voucher two is valid July to December**. After 1 July 2020, the second voucher can be claimed immediately after the first voucher.

HOW TO CLAIM YOUR VOUCHERS



Active Kids

Mary Sm|



- 1** Visit service.nsw.gov.au and login to your MyServiceNSW Account
- 2** Click on the Active Kids icon found in your SERVICE tab
- 3** Fill out the requested information (you will need your current Medicare card)
- 4** Print a copy of each voucher or email it to yourself

Visit sport.nsw.gov.au/activekids for terms & conditions and FAQs

HOW TO USE YOUR VOUCHERS

- 1** Find a provider by visiting our website: sport.nsw.gov.au/activekids
- 2** Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number



*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab

Sporting Schools is a \$100 million Australian Government initiative designed to help schools increase children's participation in sport and to connect children with community sport. The Australian Sports Commission (ASC) has partnered with more than 30 national sporting organisations (NSOs) to extend the delivery of the program across Australia via their networks of aligned organisations and coaches, ensuring a consistent and quality experience for all.

Does this sound like something you would like to be involved in?

If yes, then get your school to complete the following steps.

1



REGISTER

Your school needs to first [register](#) with Sporting Schools to be [eligible](#) to apply for funding. Find out how to [get started](#) on the Sporting Schools website or for information on registration visit our [help centre](#)

2



APPLY FOR FUNDING

If your school meets the [eligibility](#) criteria, you can apply for funding each term to deliver Sporting Schools activity (sport packages) before, during or after school hours using one of our NSO partners. For more information about [funding](#) visit our [help centre](#)

3



BOOK A PROGRAM

Once your school has had their funding application approved you can view, search and apply for sport packages that meet your needs via the online booking system. The booking system will allow your school to administer and manage booking requests including cancellations.

NOTE: Schools without approved funding will only be able to view and search for sport packages. For more information about the booking system visit our [help centre](#)

4



REPORT PROGRAM ACTIVITIES

Sporting Schools values your feedback and your school is encouraged to participate in research and evaluation so that we can evolve the program to meet your needs.

In addition it's vital that your school provides information regarding its activities, so Sporting Schools can measure the impact it's having on children's sport participation across Australia. For more information visit our [terms and conditions](#)

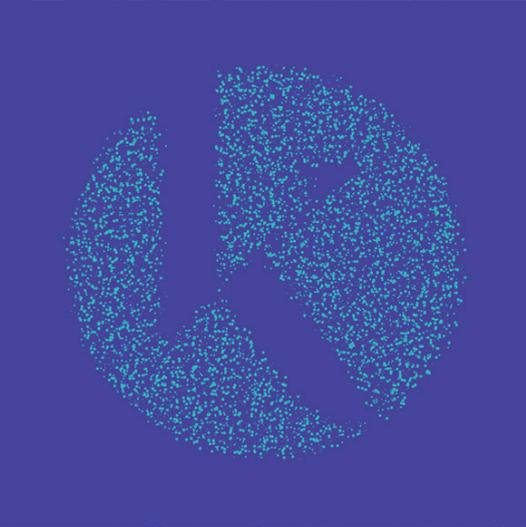
5



SUBMIT YOUR ACQUITTAL

It's important that your school completes the ASC acquittal process. Acquitting is the ASC's assurance that your school has used the funds according to the [program parameters](#) and [terms and conditions](#). For more information about [funding acquittals](#) visit our help centre.

[Watch the video here.](#)



Derringer is a compact creative agency with big ideas and extensive experience. We're responsive, resourceful and adapt quickly to change and opportunity. Our team of award-winning designers, strategists and creative thinkers are experts in building relevant and transformative brands that help businesses evolve and prosper.

Derringer is the proud design agency of Baseball NSW.

Need some expert help? We'd love to hear from you!
 Visit derringer.com.au or email matt@derringer.com.au

- | | |
|--------------------------|---------------|
| We can help with: | Websites |
| Branding | Art direction |
| Visual identity | Campaigns |
| Brand strategy | Social media |
| Print collateral | Retail |
| Publication design | Video |
| Packaging design | Photography |
| Signage & environments | |
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