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Aussie Baseballers are riding the wave

They might be professional baseball players for a majority of the year, but in the offseason many of the Australian Baseball League's best players have found another way to stay active, have fun and experience Australia's beautiful oceans, waves and beaches. And it's through the sport of surfing!

Earlier this month Surfrider Foundation Australia joined with the Australian Baseball League (ABL) in order to discuss the benefits that surfing can provide to pro baseball players when they are not in season. In doing so, they have helped us advocate for the benefits of not only the surfing lifestyle but also the need for ensuring that our coastlines stay protected and clean.

The ABL interviewed several renowned players such as Melbourne Aces General Manager and former Major Leaguer Justin Huber. When asked about the sport Huber stated, "the surfing lifestyle taught me to maintain constant environmental awareness. It also taught me to generally have an attitude of leaving the place better than I found it, the obvious by-products of this awesome pastime."

Having surfing as a pastime activity has been beneficial because it has helped to improve their balance, coordination, and cardiovascular endurance, in addition to strengthening their upper body for when they are on the baseball field. But along with an increase in both agility and tenacity in their professional sports careers, the players have also been able to relax and find peace of mind when they are out on the ocean.

"[Surfing] was like traveling into another universe, the ocean, the coastal environment, being immersed in the salty medium, and not to mention the fitness needed, it felt like I was doing something I wasn't supposed to," said Huber.

For the past 25 years Surfrider has dedicated our time to ensuring that our beaches and waves are healthy, accessible, and protected, so that everyone- including our own baseball teams- can enjoy the sport of surfing and similar activities. We are proud to be supported by an organization who is passionate not only about the sport that makes their career possible, but the one that helps to conserve the ocean's that we all love and enjoy.

"I don't talk about my baseball career that much, but I love joking with everyone who'll listen about how great I am at surfing," said Huber. "Hopefully this means that I am subconsciously advocating for living a healthy lifestyle, engaging with nature, and keeping the ocean clean."

To learn more about our recent partnership with the Australian Baseball League, visit:

http://www.theabl.com.au/news/article.jsp?ymd=20160703&content_id=187814260&fext=.jsp&vkey=news_I595&sid=I595.