



**STATE OF FLORIDA  
Jr. League Softball**

**ALLSTAR TOURNAMENT**

**JULY 6<sup>th</sup> - 8<sup>th</sup>, 2018**

**HOSTED BY:**

**District 11 and  
St. Augustine Little League**

<http://www.eteamz.com/FLDistrict11>

PLEASE CHECK THE STATE WEBSITE ROUTINELY FOR POSSIBLE UPDATES TO THE  
PACKET AND SCHEDULES! [http://www.floridallb.org/tournament\\_state.php](http://www.floridallb.org/tournament_state.php)

# Contacts

St. Augustine Little League  
1470 Osceola School House Road  
St. Augustine, FL 32084

Tournament Director:

Marty Martin, DA                      904-669-1363  
sportjag@aol.com

League President:

Tim Durand                                      904-814-0748

Umpire-In-Chief:

Bob Veleta                                      904-235-9769

Umpire-In-Chief Softball:

Roger Linville                                      904-334-7931

## District Staff

Richard Waler, Jr.  
Dawn Wise  
Roger Linville  
Prissy Nixon  
Bob Veleta  
Ed Sherer

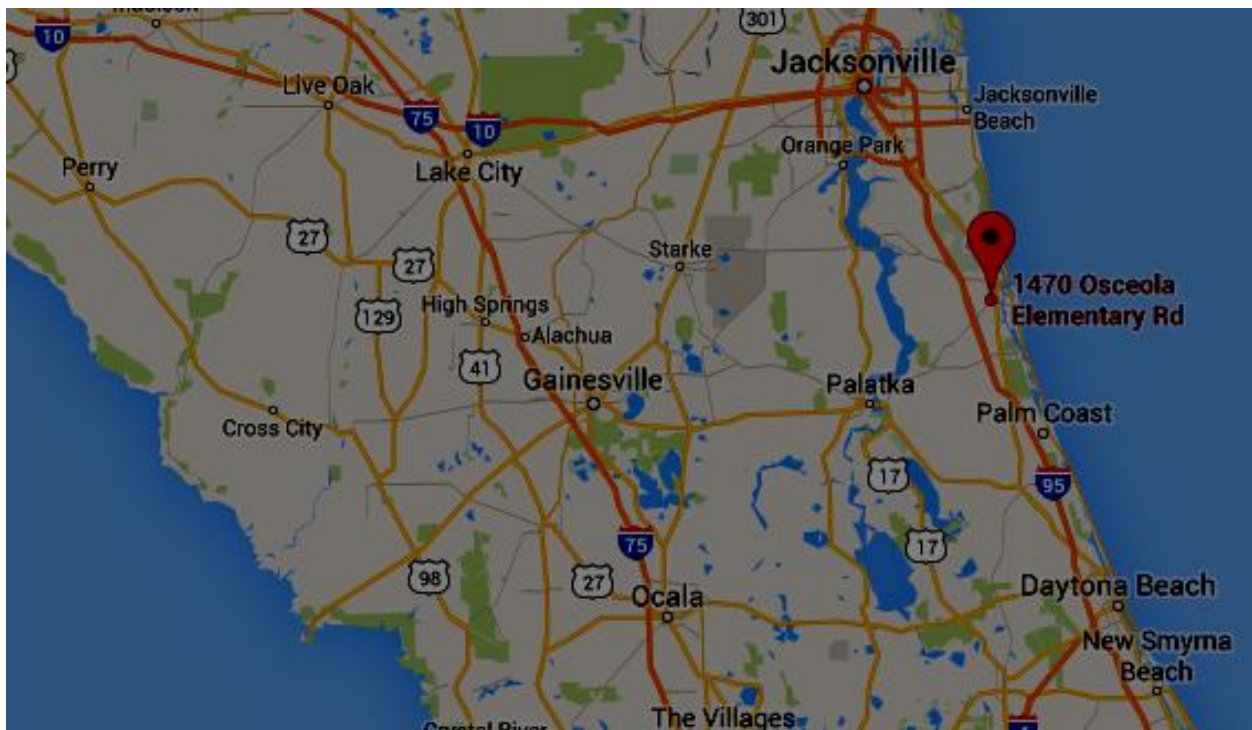
# St. Augustine Little League Complex



## Directions and Map

### **Directions to Field/Park: St. Augustine Little League**

Traveling on I95 north or south exit 311 onto SR 207 to St. Augustine/Palatka. Merge onto SR 207 to St. Augustine and proceed east for 4 miles. Osceola Elementary School Rd. will be on the left 0.2 miles past State Highway 312.



## Hotels and Medical Information

**We are currently trying to get specific information for possible discounts  
with the local hotels attractions in St. Augustine.  
Check local website for information.**

### **HOTELS/MOTELS:**

Name: Comfort Inn & Suites  
Street Address: 2367 SR 16  
Town/City: St. Augustine, FL 32084 ,  
Phone: 904-824-0355

Name: Fairfield Inn & Suites by Marriott  
Street Address: 305 Outlet Mall Blvd.  
Town/City: St. Augustine, FL 32084  
Phone: 904-810-9892

Name: Howard Johnson Inn Historic St. Augustine  
Street Address: 137 San Marco Ave  
Town/City: St. Augustine, FL 32084  
Phone: 904-824-6181

### **HOSPITALS:**

Name: Flagler Hospital  
Street Address: 400 Health Park Blvd.  
Town/City: St. Augustine, FL 32086  
Phone: 904-819-5155

# Places to Eat

## Chain restaurants:

Carabbas	Jimmy Johns	Ruby Tuesday
Chili's	Arby's	Longhorns
McDonald's	Sonic	Applebees
Taco Bell	Panera	Dairy Queen
Red Lobster	Papa John's	Sonny's BBQ
Pizza Hut	Dunkin' Donuts	Buffalo Wild Wings
Outbacks	Wendy's	Burger King
Little Ceasar's	KFC	Hungry Howie's
Metro Diner	Village Inn	Domino's Pizza

## Local restaurants:

Neds	Barnicle Bills	O'Steens
Gypsy Cab	123 Burger House	The Blue Hen Cafe
Schooners	Ice Plant	Sunset Grille
Maple Street Biscuit	Pizza Time of St. Aug.	Pizzalleys
Crave Food Truck	Mano Mango's	Ichiban Buffet
Mojo BBQ	Caps on the water	Creekside

## General Information / Helpful Hints

1. WELCOME AND CONGRATULATIONS ON YOUR ADVANCEMENT TO THE STATE TOURNAMENT! We are excited to share our Ancient City with you.
2. There will be **MANDATORY** Team Manager Meeting on Friday, July 6<sup>th</sup>, at 2pm, at the St. Augustine Little League Fields in meeting room above concession 2<sup>nd</sup> floor.

3. We will post all results on the local District 11 website. Once the tournament has begun we will use group text to get information out to managers and coaches in a timely manner, as appropriate.
4. At the manager meeting the tournament format, schedule, and rules will be discussed. A copy of local ground rules will also be given out at this meeting. If you have any questions about this tournament get them asked and answered at this meeting. Inspect the fields prior to the games. Do not start a game and then question the field condition, unless it happens to change during the game.
5. The following will be reviewed at the above meeting or before your first game
  - Team Affidavits and supporting paperwork
  - Medical Release Forms
6. Games will be played in accordance with Little League 2018 Tournament Rules. **KNOW THE RULES AND PROCEDURES**, especially for protests.
7. Umpires will check all equipment prior to each game – faulty equipment will be removed and held by District/League until tournament ends or team eliminated.
8. **Obscene language or harassment by anyone will not be tolerated.** Offenders **WILL BE REMOVED** from the park. Noise makers, air horns, boom boxes, will not be permitted. SALL PA system will provide entertainment for all!
9. Teams should arrive at least one (1) hour prior to the scheduled game start time. If a game ends early, we will try to start the next game as soon as possible, allowing for rest/cool down for players and umpires.
10. With the exception of the first game of the day, all start times are approximate. There is no time limit on tournament games.
11. Team Warm-Up areas are provided. Use them. If the game ahead of you is running late, find a safe location and start warming up (an empty field or batting cage). No hitting balls against the fences.
12. Teams must pick up trash in dugout before vacating.
13. **NO COOLERS** are allowed inside the park (with the exception that the team may have a cooler in the dugout with drinks, wet towels, etc). If there are medical needs or baby needs, please advise the District staff. Otherwise, support of the hosting league is expected. We all know there is a lot of expense to all parties involved in a tournament.
14. The use of tobacco and alcohol are strictly prohibited. Smoking is allowed only in the parking lot areas – No Exceptions.

- 15. DO NOT BRING PETS TO THE PARK.** The county park prohibits all but service animals.
- 16.** It is your responsibility as manager and/or coach to education your parents and fans on the rules, procedures and expectations. Please explain to them the above rules that pertain to them (especially the NO personal coolers), and explain to them the schedule format and tournament rules and procedures.

### **TRANSPORTATION:**

- A. Participating teams will bear from their own treasuries all costs incurred by their team's travel to our site.
- B. Participating teams will bear from their own treasuries all costs incurred by their team's travel, at the conclusion of our tournament, to either the next level of tournament play or the return home.
- C. Participating teams will be responsible for providing their own transportation during our tournament.
- D. Participating teams are reminded that after their elimination from further tournament play, you are required to submit to the Little League Headquarters through your District Administrator a mileage report. Depending upon funds available in the tournament escrow fund you may be entitled to a reimbursement at a per mile rate.

### **HOUSING:**

- A. Housing will not be provided to participating teams.

### **MEALS:**

- A. No provisions for meals will be made for the teams. A full service concession will be open during the games. No coolers will be allowed in the ballpark.

## **AWARDS:**

- A. All participating players, managers, and coaches will be presented a Little League tournament medallion and pin indicating their position and participation in the respective tournament play level.
- B. The tournament champion will receive the appropriate championship pennant.
- C. Plaques in the sectional approved format will be awarded to the champion. (Reference State minutes 2/25/06).

## Manager Contact Sheet

Please complete this sheet and give it to the Tournament Director. We need the following information so that we will be able to reach you during the Tournament with any changes.

You may also email this information ahead of time to [sportjag@aol.com](mailto:sportjag@aol.com). Just click the link if you are viewing this in electronic format. In subject, add Manager Contact Sheet/State.

Section #: \_\_\_\_\_ District #: \_\_\_\_\_

Local League Name: \_\_\_\_\_

Division: \_\_\_\_\_

Manager: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

Coaches Name: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

Coaches Name: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

We ask for cell phone numbers because you're away from home and in case of rain delays, we can contact someone on the team.

# Heat illness can be prevented!

## Protecting Players from the Effects of Heat

At times, players may be required to play in hot environments for long periods. When the human body's unable to maintain a normal temperature, heat-related illnesses can occur and may result in death. The following article provides information on the how to prevent players illnesses and death caused by heat stress.

## Factors that May Cause Heat-related Illness

- High temperature and humidity
- Low fluid consumption
- Direct sun exposure (with no shade) or extreme heat
- Limited air movement (no breeze or wind)
- Physical exertion
- Use of bulky protective clothing and equipment
- Poor physical condition or ongoing health problems
- Some medications
- Pregnancy
- Lack of previous exposure to hot workplaces
- Previous heat-related illness



## Health Problems Caused by Hot Environments

**Heat Stroke** is the most serious heat-related health problem. Heat stroke occurs when the body's temperature regulating system fails and body temperature rises to critical levels (greater than 104°F). ***This is a medical emergency that may result in death!*** The signs of heat stroke are confusion, loss of consciousness and seizures. Players experiencing heat stroke have a very high body temperature and may stop sweating. If a player shows signs of possible heat stroke, ***get medical help immediately***, and call 911. Until medical help arrives, move the player to a shady, cool area and remove as much clothing as possible. Wet the player with cool water and circulate the air to speed cooling. Place cold wet cloths, wet towels or ice all over the body or soak the player's clothing with cold water.

**Heat Exhaustion** is the next most serious heat-related health problem. The signs and symptoms of heat exhaustion are headache, nausea, dizziness, weakness, irritability, confusion, thirst, heavy sweating and a body temperature greater than 100.4°F. Players with heat exhaustion should be removed from the hot area and given liquids to drink. Remove unnecessary clothing including shoes and socks. Cool the player with cold compresses to the head, neck, and face or have the player wash his or her head, face and neck with cold water. Encourage frequent sips of cool water. Players with signs or symptoms of heat exhaustion should be taken to a clinic or emergency room for medical evaluation and treatment. Make sure that someone stays with the player until help arrives. If symptoms worsen, call 911 and get help immediately.

**Heat Cramps** are muscle pains usually caused by physical exertion in a hot play environment. Heat cramps are caused by the loss of body salts and fluid during sweating. Players with heat cramps should replace fluid loss by drinking water and/or carbohydrate-electrolyte replacement liquids (e.g., sports drinks) every 15 to 20 minutes.

