

ASAP news



Continuing the Little League tradition of making it "safer for the kids."

Get Ready for 2005

Make improvements to safety plan a pre-season tradition

Safety officers across the country have improved conditions in their leagues over the past 10 years, helping to reduce injuries and raise safety awareness at all levels. The time to make changes and improvements to help make your league more safe is now, prior to starting the new season.

And the new 2005 Safety Officer Manual on CD will soon be delivered to help you get started. With the materials included, safety officers can again implement safety plans to improve all aspects of their Little League program.

As you develop your safety program, look at all three areas of your league:

- **Activities** — practices, games and tournaments, as well as events like opening day activities, training and field work days;
- **Equipment** — helmets, bats, and catchers equipment, as well as maintenance and concession equipment;
- **Facilities** — anything and everything; from fields to batting cages and parking lots.

By focusing on these three main areas, you can discover issues that need to be addressed in your plan before an avoidable accident or injury occurs.

And don't forget safety off the field for your spectators, as they often comprise a larger group than the players and coaches. Areas around the field are often over-looked because of the focus on the game. Foul balls, errant throws and spectator behavior are just a few of the concerns to address in your safety plan.

New in 2005

For 2005, the only changes to the 13 basic requirements in the ASAP program are to raise the training needs for coaches and managers. With coaches and managers being the most critical volunteers in the program — from their presence at games and practices to their authority at those events — having well educated coaches and managers is vital to the health and safety of everyone involved.

In the past, the requirements for training were for the league to simply provide first aid and fundamentals training to their volunteers. Now, in keeping with the importance of coaches and managers to safe playing conditions, one coach or manager from each team will be required to attend the first-aid training and the fundamentals training. In addition, all leagues submitting a qualified safety plan must require every active coach or manager to attend these trainings at least once every three years to be eligible as a coach or manager.

The first-aid training is so important because what a person does or does not do can mean all the difference in the first minutes after an injury. And trying to remember in a crisis first-aid training

from five or 10 years prior is not a good situation. Even what you do before the ambulance arrives is crucial.

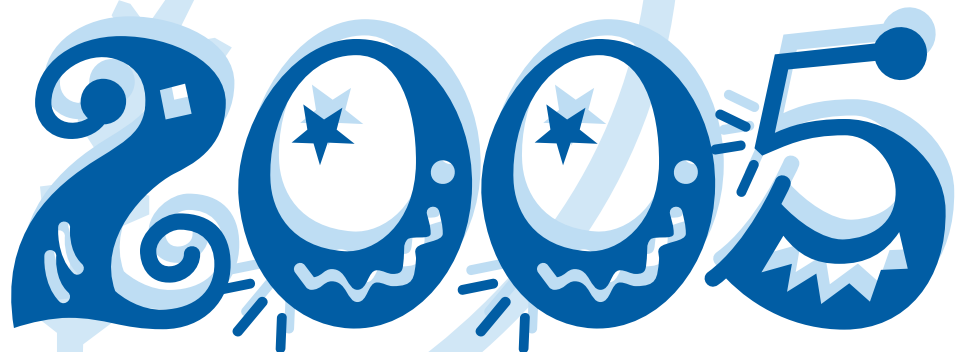
The fundamentals training is similarly important, but in avoiding injuries, not treating them. From proper sliding to throwing, catching and hitting, all baseball and softball skills must be taught properly or injuries can occur.

Importance of safety

In the 10 years since ASAP began, injuries have been reduced 76%, but it takes everyone's involvement. Last year we had 58% of all leagues submit a safety plan. We're committed to raising that number of participating leagues to increase safety awareness and so help reduce injuries throughout Little League.

But we can't make your league safer for you. We need everyone to get involved to make our program the safest and best possible.

The 2005 Safety Officer Manual on CD is in the mail. If you haven't received your CD packet, you can get started by visiting Little League's website at www.littleleague.org to download the 2005 information.



'Little League Road

Make Your League

Attend a 'Little League Road Show' training session this winter/spring to learn how to improve your league. Furthering its commitment to help each chartered program become the best it can be, Little League Baseball and Softball will be teaming with local volunteer administrators to bring the education and support of the 'Little League Road Show' to a community near you.

"The Little League Road Show will allow volunteers to have direct access to the resources that can help make their leagues better," said Joe Losch, vice president of operations for Little League International. "Before, if volunteers wanted to attend a Little League clinic, or speak to a Little League staff member, they'd have to go to the regional centers or call. Little League Road Show enables us to take the program to the volunteers, and they can gather information from the clinics that can be of benefit to their home leagues."

In past years, Little League has occasionally offered instructional programs to district administrators, local league officers, umpires, managers and coaches at clinics and seminars, in several U.S. states. Included in previous clinics has been the presentation of "A Year in the Life of Hometown Little League," in which the workings of a fictional league are followed throughout an entire year.

"Hometown" will be the focal point of the Road Show in most cities in 2005. It will provide local league administrators an opportunity to review the latest information on Little League rules, equipment, and programs, while creating a forum to speak directly to Little League staff members.

For more information on dates and locations for the Little League Road Show, refer to the information below. We will add more Road Shows soon, so check online often. Additional clinic dates and locations can be found at: www.littleleague.org/clinics/.

January 8, 2005 *Williamsport, Pa.*

On Jan. 8, 2005, from 8 a.m. to 4 p.m., in Williamsport, Pa., Pennsylvania District 12 will host a Little League Road Show at Little League International, 539 U.S. Route 15 Highway. The clinic fee is \$35.

For additional information, or to register, contact Scott Leinbach, Pennsylvania District 12 Administrator, at: sal0313@aol.com.

To download a copy of the brochure for this Road Show, go to: <http://www.littleleague.org/media/roadshow/PADistrict12.pdf>.

January 8, 2005 *Odessa, Texas*

On Jan. 8, 2005, from 8 a.m. to 5 p.m., in Odessa, Texas, District 3 will host a Little League Road Show at the Fairfield Inn, Parkway Boulevard. The clinic fee is \$15.00. For additional information, or to register, contact Larry Brown, Texas District 3 Administrator, at: lbrown@victaulic.com.

To download a copy of the brochure for this Road Show, go to <http://www.littleleague.org/media/roadshow/TexasDistrict3.pdf>.

January 21-22, 2005 *Kalamazoo, Mich.*

On Jan. 21-22, 2005, from 8 p.m. to 10 p.m. on Friday, and from 8 a.m. to 7 p.m. on Saturday, in Kalamazoo, Mich., District 2 will host a Little League Road Show at the Clarion Hotel, 3600 East Cork St. The clinic fee is \$30. For additional information, or to register, contact Bud Vanderberg, Michigan District 2 Administrator, at: www.eteamz.com/midistrict2 or bvanderberg@chartermi.net.

January 21-23, 2005 *Bristol, Va.*

On Jan. 21-23, 2005, from noon to 8 p.m. on Friday, from 9 a.m. to 5 p.m. on Saturday; and from 9 a.m. to noon on Sunday, in Bristol, Va., District 1 will host a Little League Road Show at the Holiday Inn Convention Center, 3005 Linden Drive. The clinic fee is \$40 (before Jan. 15) and \$45 (after Jan. 15).

Show' Training Sessions

the Best it Can Be.

To attend the banquet on Saturday evening, the fee is \$25. For additional information, or to register, contact Bill Hill, Virginia District 1 Administrator, at: bjhill@chartertn.net.

January 22, 2005 *Albuquerque, N.M.*

On Jan., 22, 2005, from 9 a.m. to 4 p.m., in Albuquerque, N.M., District 5 will host a Little League Road Show at the Grant Middle School, 1111 Easterday Dr. NE. The clinic fee is \$15. For additional information, or to register, contact Camilla Serrano, New Mexico District 5 Administrator, at: camillaserrano@hotmail.com.

To download a copy of the brochure for this Road Show, go to <http://www.littleleague.org/media/roadshow/NMDistrict5.pdf>.

January 28-30, 2005 *Fayetteville, N.C.*

On Jan. 28-30, 2005, from 5 p.m. to 8 p.m. on Friday, from 9 a.m. to 5 p.m. on Saturday, and from 9 a.m. to noon on Sunday, in Fayetteville, N.C., District 6 will host a Little League Road Show at the Clarion Hotel Fayetteville, 1965 Cedar Creek Road. The clinic fee is \$35. For additional information, or to register, contact Joseph Zema, North Carolina District 6 Administrator, at: jzema@nc.rr.com.

March 19, 2005 *Copper Mountain, Colo.*

On March 19, 2005, from 8 a.m. to 5 p.m., in Copper Mountain, Colo., District 3 will host a Little League Road Show at the Copper Mountain Resort, 509 Copper Road. The clinic fee is \$15. For additional information, or to register, contact Lisa Burke, Colorado District 3 Administrator, at: Burke@my.amigo.net.

April 2, 2005 *Tallmadge, Ohio*

On April 2, 2005, from 8 a.m. to 5 p.m., in Tallmadge, Ohio, District 3 will host a Little League Road Show, as well as a manager-coach clinic by Al Herback and Al Price ("Al & Al"), and an umpire clinic, at the Tallmadge Middle School, 76 North Avenue. For additional information, or to register, contact Charlie Umbaugh, Ohio District 8 Administrator, at: cumbaugh@neo.rr.com.

Regional Clinics Offered **January 7-9, 2005**

Western Region

On January 7-9, a League Officials' Clinic will be held at the Western Regional Headquarters, 6707 Little League Drive, San Bernardino, Calif. For more information or to register, call 909-887-6444 or email westregion@littleleague.org. Or visit <http://eteamz.active.com/llbwest> to see all the regional leadership clinics being offered in the Western Region.

January 14-16, 2005 *Southwestern Region*

On January 14-16, a League Officials' Clinic will be held at the Southwest Regional Headquarters, 3700 South University Parks Drive, Waco, Texas. For more information or to register, call 254-756-1816 or email southwestregion@littleleague.org. Or visit <http://eteamz.active.com/llbsouthwestern> to see all the regional leadership clinics being offered in the Southwestern Region.

January 28-30, 2005 *Eastern Region*

On January 28-30, a League Officials' Clinic will be held at the Eastern Regional Headquarters, 335 Mix Street, Bristol, Conn. For more information or

to register, call 860-585-4730 or email eastregion@littleleague.org. Or visit <http://eteamz.active.com/llbeast/> to see all the regional leadership clinics being offered in the Eastern Region.

February 11-13, 2005 *Central Region*

On February 11-13, a League Officials' Clinic will be held at the Central Region headquarters, 9802 East Little League Drive, Indianapolis, Ind. For more information or to register, call 317-897-6127 or email centralregion@littleleague.org. Or visit <http://eteamz.active.com/llbeast/> to see all the regional leadership clinics being offered in the Central Region.

E-NEWS: Keeping in Touch

Don't miss out on any of the latest Little League news and information! The ASAP News is available several weeks earlier online than in print, and if you are signed up for E-News, you'll be notified within hours of its being posted at www.littleleague.org.

Whether it's rules changes or breaking Little League news, everyone can use E-News (www.littleleague.org/enews) to stay on top of all important updates:

- Little League News
- ASAP Safety Newsletters
- ActiveSports.com Updates
- Little League Merchandise Updates
- 2005 Little League Summer
- Camp Information
- Changes and updates to Little
- League Rules and Regulations
- Submitted Via Email

Softball Skills and Drills

Olympic gold medalist Michele Smith to pass on softball skills and drills

Little League Baseball and Softball will team up with USA Softball Olympic gold medalist Michele Smith for a series of clinics in the coming year, to be sponsored by Musco Sports Lighting, the official sports lighting system of Little League.

Each of Little League's five regional centers in the United States will host these one-day events that are open to all Little League managers, coaches, and league officials. Ms. Smith's program will offer training tips, skills and drills, and insight on how to improve a local league's softball program.

A heralded pitcher for the U.S. Olympic Softball Team, Ms. Smith helped Team USA to back-to-back gold medals in the 1996 Olympic Games in Atlanta and the 2000 Olympics in Sydney, Australia. She also was a member of the 2002 U.S. national team that won gold at the U.S., and Canada Cups, and the International Softball Federation (ISF) world championships.

"Michele Smith is an admired ambassador for the sport of softball and a long-time supporter of Little League," said Stephen D. Keener, president and chief executive officer for Little League Baseball and Softball. "Ms. Smith's success on the field and willingness to share her experiences through Little League's clinics is a rich resource for managers and coaches who strive to provide the best direction possible to their players and league.

We also want to thank our partners at Musco Sports Lighting for helping to support these worthwhile clinics."

The clinics will be conducted at the Regional Headquarters on:

- Central Region - Indianapolis, Ind., March 5
- Eastern Region - Bristol, Conn., January 8
- Southern Region - St. Petersburg, Fla., January 22
- Southwest Region - Waco, Texas, January 29
- Western Region - San Bernardino, Calif., February 19

Each clinic will be held from 9 a.m. to 4 p.m., with an admission fee of \$25. More information can be found at: www.littleleague.org/clinics/index.asp.

Brochures for each of the clinic sessions can be downloaded (in Adobe Acrobat format) at Little League's website at: <http://www.littleleague.org/media/smithclinics2005.asp>



Coach & Manager Training

*The Little League
Training for
Coaches and
Managers comes
back to our
Little League
Regional Centers
again in 2005.*

Al and Al, authors and instructors of the Little League Official Education Program for Managers and Coaches will be providing hands-on training at Little League regional centers across the US. Al and Al have presented the education program live to over 50,000 Coaches and Managers and to date over 1 million coaches and managers, players and their parents have utilized the Little League Official Education Program training materials in their local leagues.

To register for a clinic please contact a Little League Regional Center near you. (See the 2004-2005 schedules and contact information below)

2005 Little League Regional Center
Coach and Manager Clinics

West Region Center

*Saturday & Sunday, January 29th
and 30th, 2005*

Jim Gerstenslager
Manager/Coach & Coaching
Coordinator Clinic
6707 Little League Drive
San Bernardino, CA. 92407
(909) 887-6444

Central Region Center

*Saturday & Sunday, February 26th
and 27th, 2005*

Steve Sorenson
Manager/Coach & Coaching
Coordinator Clinic
9802 East Little League Drive
Indianapolis, IN. 46235
(317) 897-6127

Southeast Region Center

*Saturday & Sunday March 12th
and 13th, 2005*

Mike Witherwax
Manager/Coach & Coaching
Coordinator Clinic
3700 S. University Parks Drive
Waco, TX. 76706
(254) 756-1816

Eastern Region Center

*Saturday & Sunday, March 5th
and 6th, 2005*

Don Soucy
Manager/Coach & Coaching
Coordinator Clinic
335 Mix Street
Bristol, CT. 06010
(860) 585-4730



To learn more about Al and Al our instructors and program authors and the complete library of Little League Official Education Program training resources available to you please go to www.alandalbaseball.com.

For further information on the Little League Official Education Program for Managers and Coaches, e-mail: ncaringi@littleleague.org.

Significant Changes

There are a few significant changes in the 2005 rules regarding bats and helmets. The changes are below, with comments:

Rule 1.10 (baseball only)

NOTE 3: Beginning with the 2007 season, non-wood bats used in divisions of play Little League (Majors) and below must be printed with a BPF (bat performance factor) rating of 1.15 or less.

What does this mean?

Bat manufacturers agreed several years ago that the BPF (bat performance factor) of bats they are now manufacturing will not exceed a 1.15. The BPF is a formula that measures how fast a baseball comes off the bat. Starting on Jan. 1, 2007, however, all bats used in the Little League (Majors) Division and below must be designated (printed) with a BPF of 1.15 or less.

NOTE 4: Non-wood bats may develop dents from time to time. Bats that cannot pass through the approved Little League bat ring must be removed from play. The 2-1/4 inch bat ring must be used for bats in all softball divisions, and in the Tee Ball, Minor League and Little League Baseball divisions of baseball. The 2-3/4 inch bat ring must be used for bats in the Junior League, Senior League and Big League divisions of baseball.

What does this mean?

For a non-wood bat to become dented over time is normal. But some umpires have been disallowing bats that are slightly dented. As a result, Little League will be providing a number of Little League approved bat rings at no charge to every league for use in all divisions of play. Umpires who are active in the Little League Umpire Registry (details on joining the registry can be found online at: <http://www.littleleague.org/umpires/index.asp>) also will receive one bat ring at no charge. Additional bat rings may be purchased from Little League International or the Regional Center. The ring has holes for both sizes and is made of sturdy plastic. If the bat passes through the proper ring, it is "legal." (Obviously, however, if a bat has visible cracks in it, it should not be permitted in a game.) You can see an example of the ring at: www.littleleague.org/media/images/LL_Bat_Rings.jpg

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Rule 1.16 and 1.17 (All levels of baseball and softball)

WARNING! Manufacturers have advised that altering helmets in any way can be dangerous. Altering the helmet in any form, including painting or adding decals (by anyone other than the manufacturer or authorized dealer) may void the helmet warranty. Helmets may not be re-painted and may not contain tape or re-applied decals unless approved in writing by the helmet manufacturer or authorized dealer.

What does this mean?

It means if an umpire or other league official notices paint or a decal on a helmet, and if a umpire/league official has reason to believe that the manufacturer or authorized dealer did not grant approval (in writing) for the paint or decal to be applied, that helmet should not be used in a game or practice.

'Why Are You a Safety Officer?'

Memory of Accident Motivates Safety Officer

"I am just a concerned parent that wants to make our league a safe place to learn and play ball (as we are softball and baseball).

"Years ago, when I was in Little League, I was at a friend's game and watching from the stands. My friend's team was at bat with the bases loaded. The on-deck batter was warming up in the designated circle, when my friend's little brother appeared from who knows where, and entered the circle in the middle of a practice swing. Well, needless to say it wasn't a pretty picture. The young boy was struck in the head and knocked out cold. Luckily for him he was OK after several weeks of headaches and dizziness.

"When we asked why he went into the circle, his response was: 'He (the on-deck hitter) didn't have a helmet on.' In those days we only were issued four helmets per team, and no one had their own. With the bases loaded and a batter at the plate, well you get my meaning.

"I will never forget the sound a wood bat makes on the human skull. It is a sound I hope I never hear again.

"So that is the story, and I could go on and on about what could have been done to keep that from ever happening (parents watching their young ones, coaches paying attention to their players, etc.), but the bottom line is we are there for the kids and it is our responsibility to keep them safe."

Randy Stiles

Safety Officer, Parkrose Little League
Portland, Oreg.

Not 'Safety Nazi' but Safety Conscious

"I started out as a league Safety Officer in 1992, shortly after I became certified as an Emergency Medical Technician with a local volunteer Fire Dept., and in my oldest son's second year in LLB. At that time, I was already somewhat

involved with juvenile safety. I was and am now a Boy Scout 1st Aid Merit Badge Counselor with two local Boy Scout Troops, as well as an interventionist with the local Juvenile Firesetter Intervention Program.

"But when I started in LLB, everyone in the league looked at me and thought, 'This guy is going to take all the fun out of baseball.' I have even been referred to as a 'Safety Nazi'. Well, after 12 years as the league Safety Officer, the league now is very safety conscious. It took about eight years, and three league Presidents to get the backing from the Board that is needed to effectively run a Safety Program. To this day, there are still some Board members, and coaching staff, that like to be difficult. I am now the District Safety Officer for District 8 in Connecticut, and look forward to the challenge of getting almost 3/4 of the District on board with a Safety Program. So far, I seem to have received a pretty fair response from most of the leagues in my trying to assist them in getting a program started.

"Bottom line on why I became a Safety Officer is because I enjoy working with the kids, I enjoy watching LLB, and I have always been one that enjoys a challenge. And in my eye...it can't get much more challenging than this."

Yours in Safety,

Ken Maltese

District Safety Officer, District 8, Conn.

Infant's Injury Shows Need for Safety

"I am the safety officer for my Little League. While I do not take this position lightly, I found out this weekend how vital it is to everyone. Our Little League is constantly trying to improve safety for all at the complex — it costs money and takes time and commitment from our parents.

"This weekend I was at a field in a bordering district for the sectional games for my daughter. I could not believe the condition of the fields and

the total lack of safety precautions (they have a fire hose nailed to the field to indicate the foul line and all transformers for the lights are in the middle of the complex almost like a playground — nothing to keep children away from them, just DANGER — HIGH VOLTAGE stickers on the boxes to name just two unsafe things).

"Yesterday the unthinkable happened. An infant was hit in the head by a foul ball at a field on the complex. The child had to be flown to a local hospital and we are all praying for her — it is not good. I couldn't help but think how this may have been avoided had the league taken safety seriously and put up netting to try to contain the foul balls or had people remain 3 feet off the fence, etc.

"By the way, I checked and the league does not file a safety plan.

"Thank you so much for your program. I just wish this program was mandatory for a league to keep its charter. Yes, it may cost the parents a little more registration money but then again, we have found that the money we save as a league in the insurance rebate usually is enough to make our changes each year and keep everyone safe.

"The infant was released from the hospital and they think she will be fine. She is 3 months old, and had a brain fracture along with internal bleeding. Thank God the parents received a miracle!"

Cheryl Lyman

Safety Officer, Horsham, Pa.

Have a question or tip to share?

Call the ASAP Hotline:

800-811-7443

or email: asap@musco.com

or write to us at:

ASAP

**100 1st Ave. West
Oskaloosa, IA 52577**

What's Inside

'Why Are You a Safety Officer?'

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Training sessions to improve your league.

4 Softball Skills & Drills

Little League teams up with Michele Smith for clinics.

5 Coach/Mngr. Training

Al and Al will provide hands-on training sessions.

6 Significant Changes

2005 rules regarding bats and helmets.

"I decided to be a safety officer when I went to the board of directors with safety issues that I noticed on and off the field, including the kitchen of our concession stand and they seemed to not care or did not understand the importance of safety. I own a pest control company and there are a lot of safety factors that come into play when servicing the public as well as the employees. When it seemed that the board did not care about these issues, for example a deep fryer and grill right outside the concession area for cooking that was left unattended several times when there were kids playing all around this area before and after games, I decided it was time somebody took charge and cared! Since then I have been the safety officer at our field for three years.... Looking forward to many more years as the safety officer."

Jeff Bender
Safety Officer, Cape Coral, Fla.
Florida District 9

"I am the NEBALL safety officer because I not only care for my four league-age boys but also the other 200-plus boys and girls in our league. Our safety officer resigned without a moment's notice and I volunteered. I work in the medical records department in our local hospital and I see a lot of Emergency Room reports. I just couldn't live with myself if I had not volunteered and one of our Little Leaguers had to go to the E.R. for something that could have been prevented."

Sheila E. Hakes
Safety Officer, Northeast Bradford
(County) Area Little League
Bradford County, Pa.

Call the ASAP Hotline at 800-811-7443 to tell us why you are a safety officer and have a chance to win an ASAP 'Safe' cap!

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