

# ASAP news



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

## A Positive Partnership

### Positive Coaching Alliance Partner to Enhance Educational Offerings to Volunteers



*"We are thrilled and excited to partner with an icon of the youth sports world, and one that I have a long relationship with," Mr. Thompson, Executive Director of Positive Coaching Alliance.*

Making better Little League coaches and administrators through enhanced education is the driving force behind Little League International's partnership with Positive Coaching Alliance®.

For more than six decades, Little League Baseball and Softball has been a program dedicated to helping children become good and decent citizens by melding healthful athletic activity with the discipline of teamwork.

Positive Coaching Alliance (PCA), established in 1998 by founder and Executive Director Jim Thompson, was created to transform the culture of youth sports to give all young athletes the opportunity for a positive, character-building experience, while enlightening and educating adult volunteers on what it means to 'Honor the Game.' It is based at Stanford University's Department of Athletics in Palo Alto, Calif.

"This special partnership gives our program's volunteers the tools to teach Little Leaguers much more than just the skills of hitting, throwing and catching a ball," Stephen D. Keener, president and chief executive officer of Little League Baseball and Softball, said. "Positive Coaching Alliance's Double-Goal Coach™ method affords Little League International the opportunity to enhance its educational material for our adult volunteers, so they can present the most well-rounded, healthy and positive experience regardless of skill level."

Mirroring the basic values of Little League, the goals of PCA seek to replace the 'win-at-all-cost' model of coaching with the Double-Goal Coach model,

where goal No. 1 is striving to win and (the more important goal) No. 2 is teaching athletes positive and enduring life lessons.

PCA is designing an on-line Double-Goal Coaching Course specifically for Little League Baseball and Softball managers and coaches (<http://www.positivecoach.org/littleleague>). The intent of the course is to help Little League administrators and coaches create healthier leagues and the kind of league culture where children look forward to practices and games as times when they will have fun, and where the joy they find in playing will last a lifetime.

"We are thrilled and excited to partner with an icon of the youth sports world, and one that I have a long relationship with," Mr. Thompson, a Little League graduate from San Diego, Calif., said. "I got my start as an athlete in Little League, and have coached my son's Little League teams. The sheer breadth of Little League in the United States and abroad affords us an unrivaled opportunity to advance the Positive Coaching movement, while at the same time furthering Little League's mission."

Another component of this national partnership will be the creation and delivery of varied PCA educational content, along with news articles and related feature stories for the Little League's monthly "Little Leaguer" and "The Coach's Box" electronic newsletters.

For more information on Positive Coaching Alliance, visit its website, at [www.positivecoach.org](http://www.positivecoach.org). Little League's website is: [www.littleleague.org](http://www.littleleague.org).

# Safety Plans Prepare League

*Even though we're past the filing deadline for this year, NOW is the time to start planning for a better, safer season next year. And if you have never started a safety program in your league, why wait?*

One of the best measures you can consider and prepare ahead of time is your league's emergency plan. When an emergency occurs, you and your volunteers may not have time to think about everything you will need to know. So prepare ahead of time for the worst, and your league will be able to handle it no matter what happens.

ASAP has created examples of some basic information every league should customize for itself. These examples, on Little League's website, at <http://www.littleleague.org/programs/asap/requirements.asp>, provide you some of the best practices for the third requirement of a qualified safety program. The third requirement only says you must publish or post key emergency numbers such as those of key league officials.

However, these extended ideas come from some of the best safety programs around the country, and using the ideas as guides will enhance the safety of your players and volunteers. At a minimum the list of numbers on the Emergency Phone List should be placed in your coaches' and managers' safety manual and posted near league phones.

But if you take all three pages of ideas and implement them in your league, you will be better prepared for any emergency. In the coming months, we will publish all the elements that make up a quality and qualified safety plan, using examples from the safety plans which have won awards.

## 1 List Emergency Numbers

One of the most important pieces of your safety plan, an emergency phone numbers list must be placed where anyone can find it in an emergency. Make sure you include local numbers for the fire department, hospital and/or ambulance service, police and even poison control.

If you have utilities such as electrical, gas or water services, include the local and emergency numbers to call if you were to discover a problem with any of these, as well. Describe or illustrate where the main disconnects for these services are located also, so trained personnel can shut off the utility in question as quickly as possible.

Provide a copy of this list to each manager and coach in their Safety Manual. Keep a copy by every indoor phone as well (concession stand, press box, etc.) and laminate copies for exterior structures like the equipment storage shed or batting cages, where emergency help might be sought quickly.

## 2 Give Emergency Procedures

When someone is upset and desperate for assistance, they need all the help they can get.

If you develop a list of procedures to follow when an accident or injury occurs, you give the person summoning aid a big helping hand. Just reading over the list during a training session will help them calm down and give good information if the time ever comes when they have to make a call for emergency aid.

And consider what other kinds of emergencies might happen at your facility, so you can include procedures for what you want volunteers to know and do. What happens if a water line breaks? What if your barbecue grill causes something nearby to catch fire? What if a power line is severed or the pole carrying it falls down?

Who should they call and what should they do? Thinking these issues through and figuring out what will need to be done will make the emergency situation much easier to handle. Especially if you write it down and make sure everyone has copies.

# Keys for ANY Emergency

## 3 Finish With a Site Map

When an emergency occurs, a site map can locate all the important places for anyone needing to know something in a hurry. Make this available at all phones and submit it to your local 9-1-1 Center in case of an emergency, so the caller can quickly locate the field name, access points (gates or openings in the fences) and closest roads.

Include in your site map:

- Fields — correctly named and placed with nearest roads, access gates, and any unique features (ex: large first aid station, score booth, equipment shed/box, fire extinguishers, water hoses, etc.);
- First aid stations — whether part of a larger area or a stand-alone facility;
- Restrooms — mark handicap access, as well as water shut-off valves;
- Concession stands — with shut-off valves for gas, propane, water, electric main, etc. clearly marked and labeled;
- Telephone locations;
- Parking — label no-parking areas;
- Walkways — for pedestrian crossing of roads, parking areas, etc.
- Warm-up and practice sites — including bullpens, batting cages, and practice fields.

For emergencies such as a concession stand fire, gas leak, or earthquake, locate a place at your facility where teams and spectators should gather away from structures, like in the middle of an outfield or in a parking lot.


For weather emergencies such as lightning or tornadoes, designate a safe indoor structure to evacuate to, or have an outdoor procedure, such as evacuating the field(s) to wait in parents' cars until the umpire declares the game postponed or allows the game to resume.

**Emergency Phone List**  
For Hometown Little League


EMERGENCY	
Hometown Police/Fire/EMT	911
Hometown Hospital Ambulance	555-3333
AKCC Police Control Center	(800) 232-2322
Non-Emergency Contact Numbers	
Hometown Police - Non-Emergency	555-0000
Hometown Fire Dept. - Non-Emergency	555-1111
Our County Sheriff - Non-Emergency	555-2222
UTILITIES - EMERGENCY	
Ti County Gas Dept.	(800) 555-0801
Metco Area Electric Co.	(800) 555-0802
Hometown Water Dept.	(800) 555-0803
UTS/UTS - Heat/Emergency	555-0011
Ti County Gas Dept.	555-0011
Metco Area Electric Co.	555-0022
Hometown Water Dept.	555-0033
Hometown Waste/Sewer	555-0044
Area Hospitals (see attached driving directions)	
Our County General Hospital	555-5333
100 100th Avenue	555-5000
Hometown, State, ZIP	555-1000
Hometown Sport Clinic	555-4444
200 200th Street	555-5000
Hometown, State, ZIP	555-5000
Hometown Medical Center	555-5555
300 300th Road	555-5000
Hometown, State, ZIP	555-5000
Little League Support Numbers	
Regional Office	(555) 123-4567
LL Regional Office	(555) 123-4567
214 E. Little League Drive	(555) 123-4567
Hometown, State, ZIP	555-1234
Hometown Little League	555-4201
123 Main Street	555-4201
Hometown, State, ZIP	555-4201
Main Little League Complex Office	555-1234
100 Little League Drive	555-4201
Hometown, State, ZIP	555-4201
Snack Bar Phone	555-6789
Radio-Club Automated Message	555-9876
Safety Committee	
Safety Officer: John Doe	555-0001
Co-Safety Officer: Annie Brown	555-0002
Facilities Chair: Ed Fields	555-0003
Equipment Chair: Sue Bats	555-0004
Activities Chair: Jeff Games	555-0005
Training Chair: Pam Clinic	555-0006
Hometown L.L. Board of Directors Officers	
President	555-0007
Vice President	555-0008
Player Agent	555-0009
Treasurer	555-1000
Secretary	555-2000
Chief Umpire	555-3000
Information Officer	555-4000
District Staff	
District Administrator	(555) 123-4567
1234 Maple Drive	555-5000
Hometown, State, ZIP	555-5000
District Safety Officer	(555) 123-9876

1


**Emergency Contact Procedures**  
For Hometown Little League




Police



Fire



Hospital



Star of Life

The most important help you can provide to a victim who is seriously injured is to call for professional medical help. Make the call quickly, preferably from a cell phone near the injured person. If this is not possible, send someone else to make the call from a nearby telephone. Be sure that you or another caller follows these steps.

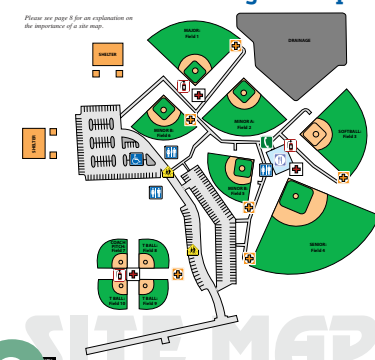
- 1) First dial 9-1-1.
- 2) Give the dispatcher the necessary information. Answer any questions that he or she might ask. Most dispatchers will ask:
  - The exact location or address of the emergency? Include the name of the city or town, nearby intersections, landmarks, etc. as well as the field name and location of the facility, if applicable.
  - Our address is: \_\_\_\_\_
  - Cross-streets are: \_\_\_\_\_
  - The telephone number from which the call is being made?
  - The caller's name?
  - What happened — i.e., a baseball-related accident, bicycle accident, fire, fall, etc.?
  - How many people are involved?
  - The condition of the injured person — i.e., unconscious, chest pains, or severe bleeding?
  - What help is being given (first aid, CPR, etc.)?
- 3) Hang up until the dispatcher hangs up. The dispatcher may be able to tell you how to best care for the victim.
- 4) Stay with the victim until professional help arrives.
- 5) Appoint someone to go to the street and look for the ambulance or fire engine and flag them down if necessary. This saves valuable time. Remember, every minute counts.


(From the 2002 United County Little League, Erwin, Tenn. Safety Plan)

2


**Hometown Little League Complex**

Please see page 8 for an explanation on the importance of a site map.







Restroom




First Aid



Handicap Access



Emergency Exit



Water

3

## NATA Supports Emergency Planning

Take a tip from people who know: Playing sports can cause injuries; just because it hasn't happened to you, doesn't mean it won't.

The National Athletic Trainers Association, the national organization working to enhance the quality of health care provided by certified athletic trainers and to advance the athletic training profession, strongly supports having an emergency plan in place.

In the *Journal of Athletic Training*, March 2002, they state: "The National Athletic Trainers Association recommends that each organization or institution that sponsors athletic activities or events develop and implement a written emergency plan. Emergency plans should be developed by organizational or institutional personnel in consultation with the local emergency medical services."

### How to Implement:

- Identify the people involved (coach, board member, other volunteers);
- Specify equipment needed to respond to emergency (first aid kit, fire extinguisher);
- Establish a communication system to summon emergency care (cell phone, permanent phone, walkie-talkie, etc.);
- Identify the emergency transportation mode needed (ambulance, personal car, etc.);
- Specify the venue location (field name, park name, school name and location);
- Incorporate emergency service personnel into development, implementation process.

The NATA recommends you review and rehearse your emergency plans every year, and document in writing changes you make.

Finally, they suggest people involved with these plans be trained on automatic external defibrillation (AEDs), cardio-pulmonary resuscitation (CPR), first aid, and prevention of disease transmission.

These ideas mirror many of the points beyond the minimum requirements in the ASAP Safety Officer Manual. One basic all safety officers should do is to review and update your safety plan annually and make changes as needed.

# Dr. Glenn Fleisig

## On Pitchers' Arm Health

*Not taking part in the Optional Pitch Count Regulation? Read what the experts are saying about pitch counts and arm health.*

**G**lenn Fleisig, Ph.D., has more than 80 publications and 200 presentations, in topics ranging from the biomechanics of baseball, tennis, softball, football, running & cutting, and rehabilitation exercises to clinical outcomes of orthopedic surgery. His work has also reached the general public directly, through dozens of newspapers, magazines, books, television shows, radio shows, and websites — everything from ESPN television to Wired magazine. (For more information, go to [www.asmi.org](http://www.asmi.org).)



*Glenn Fleisig, Ph.D., Research Director American Sports Medicine Institute (ASMI)*

games, and the risk of elbow or shoulder pain. There has also been a study comparing pitching biomechanics among youth, high school, college and pro pitchers (Fleisig, et al, Journal of Biomechanics, 1999). This study showed that good pitchers at all levels use similar mechanics. Not surprisingly, the elbow and shoulder forces and torques increased dramatically as the levels progressed.

### **Scott, a local Little League information officer from San Jose, California, asks:**

Are there any repetitive stress injury (RSI) prevention studies (scientific or clinical) published that provide data giving evidence of upper extremity injuries to youth under the age of 13.

#### **Dr. Fleisig:**

Good question Scott. I assume when you mention upper extremities, you're talking about pitchers in particular. There have been some studies looking at this. A study published by ASMI in the American Journal of Sports Medicine in 2002 (S. Lyman, G.S. Fleisig, et al) looked at about 500 baseball pitchers ages 9–14 in one spring season. This study showed a significant correlation between the number of pitches thrown during the season and during individual

### **Pete, a local Little League volunteer in Fort Deposit, Atlanta, asks:**

I have a 5 year old son who shows a lot of promise as a pitcher. I want him to start throwing curves, splitters and any other similar pitches, so he can be dominant as he gets older. What is the maximum number of those pitches can he throw per day and not injure himself?

#### **Dr. Fleisig:**

Pete, the objectives of fostering a young child's development are general physical skills, knowledge about the game, and a love or enjoyment of the game. I personally know dozens or perhaps hundreds of professional baseball



players, and the story that I hear from them about how they got there is the same. The common theme is, as kids, they played a wide range of athletic activities (baseball, football, basketball, etc.), and surprisingly, did not specialize in baseball pitching until typically the teenage years. In the current generation of teenagers we are seeing an alarming trend. For example, from 1995 to 1999, Dr. Jim Andrews performed “Tommy John surgery” for 21 high school baseball pitchers. However, in contrast, from 2000 to 2004, he operated on 124 high school pitcher’s elbows. We are very concerned about this increase in serious injuries at such a young age, and conducted a research study comparing our surgery group to healthy teenage pitchers. (In press at the American Journal of Sports Medicine.) The results were staggering. Pitchers who pitched more than eight months per year were 500 percent more likely to have elbow injury. Pitchers who regularly pitched when their arm was fatigued were 36 times more likely to end up with surgery as an adolescent. Your son is only 5 years old, but I don’t want to see him at our center having surgery 10 years from now. We also don’t want to see him burned out and disinterested in baseball before his 10th birthday. There’s no benefit for a 5-year-old to learn breaking pitches. Learn general physical skills (running, throwing, hitting, and other fundamentals) and a love for the game. Pitchers before the age of puberty should master a fastball, with good mechanics, followed by a change-up. Any young pitcher with a good fastball, a good off-speed change-up, and good control, will thrive

### **Jim, a local Little League treasurer in Freeport, Maine, asks:**

Most of what I read (e.g. Mike Marshall) calls for fewer pitches than the Little League guidelines. Is this growth plate issue overblown?

### **Dr. Fleisig:**

Growth plate and pitch counts are just some of the issues involved in risk of

injury. It is good not to get completely obsessed with any one or two issues. To minimize the risk of injury and maximize performance of youth baseball pitchers, there are several factors that all need to be considered: 1. Number of pitches thrown; 2. Types of pitches thrown; 3. Quality of mechanics; 4. Physical conditioning and preparation; 5. Nutrition, hydration, supplements, and vitamins; 6. Genetic makeup. For example, a pitcher with good mechanics

can safely throw a higher number of pitches than a pitcher with worse mechanics. I strongly encourage all pitchers, parents and coaches to maximize all of the issues above. (Obviously, genetic makeup is the one issue that can’t be worked on.) We may be talking more about mechanics during this session. Furthermore, I will recommend that a strength and conditioning specialist is a future guest on Ask Little League.

## Pitching Biomechanics



*The American Sports Medicine Institute (ASMI) is a not-for-profit organization dedicated to improving the understanding, prevention, and treatment of sports-related injuries through research, technology-based education, and information dissemination. For two decades, ASMI has been studying the biomechanics of baseball pitching. The initial focus of these studies was to understand injury mechanisms and provide knowledge to the medical community for improving injury treatment. During the last few years, our purpose has been broadened to include injury prevention. More than 1,000 baseball pitchers from all levels have been tested at ASMI. The wealth of data has led to numerous scientific publications for physicians and others. Biomechanical pitching evaluations are available to baseball pitchers from any level, from youth to professional. (<http://www.asmi.org/asmiweb/evaluation.htm>).*



# Beat the Heat with Water

*Sweating may well be part of baseball and softball, and coaches are ready for the heat, so you can*

***Hot summer sun mixed with high humidity can reduce anyone's ability to dissipate internal body heat.***

In fact, children's bodies have to work harder than adults' to shed that heat, because their body surface makes up a greater percent of their weight than an adult's.

High school, college and professional athletes have died of heat illness in the last several years during practices in hot, humid weather. Cory Stringer of the Minnesota Vikings NFL team is the most famous case, but the combination of high heat and humidity can create an atmosphere where athletes' bodies cannot properly dissipate the heat generated in even normal activities.

Most coaches understand they need to take breaks between innings of games when the temperatures soar, giving their players a chance to rehydrate and cool off. Practice can be dangerous for heat illnesses, too. And don't forget your umpires and adult volunteers. Without water and breaks, they can be in danger of heat illnesses, too.

Take breaks every 20 minutes for water and rest in the shade or with cool, wet clothes to drape over necks and promote evaporation to help the skin cool the body's interior. Provide sunscreen and encourage its use; sunburned skin holds heat rather than cooling. A cooler with ice and water should be standard for teams in hot weather, to provide players not only liquid, but a quick internal cool-off during practices and games.

In severely hot areas, like southern California, Arizona and New Mexico, some leagues have set up misters in the dugouts to spray a light water mist over the players to help cool them each inning. Shade, whether from trees or tarps or dugout tops, is also a simple way to keep everyone cooler when not on the field.

Catchers and umpires need special attention, since they wear extra protection that can keep their body's heat from being evaporated through sweat. But unlike catchers, the plate umpire doesn't take off the equipment every half-inning. So make sure umpires drink plenty of water and take breaks for 10-15 minutes every couple of innings on especially hot days. A game's playing time is less important than a

person's health, and one case of heat injury can cause prolonged susceptibility to heat.

As the temperature and humidity rise, so do the risks of heat illness. June, July and August are the worst months for heat illness for athletes. Heat stress is the first stage of heat illness, with warning signs of thirst, fatigue, and feeling over-hot. If these signs are ignored, heat illness may develop.

### Types of Heat Illness

Heat cramps usually occur after strenuous exercise or an outdoor activity. Heat cramps may be felt in the legs or abdomen, while heat exhaustion may include dizziness, nausea, headaches and rapid heartbeat. This condition requires immediate medical attention, but is usually not life-threatening.

Heat exhaustion happens when one is exposed to heat for a prolonged period of time. The body may become

rapid heartbeat, and disorientation.

Heat stroke, unlike heat exhaustion, strikes suddenly and with little warning. When the body's cooling system fails, the body's temperature rises quickly. Heat stroke can be life threatening and requires immediate medical attention! For athletes, the onset of heat stroke may be so swift that the person is still sweating.

Symptoms of heat stroke include very high body temperature; hot, dry skin; lack of sweating; fast pulse; confusion; and possible loss of consciousness.

NOTE: For athletes, often the skin never stops sweating, even when entering heat stroke. It is necessary to evaluate the person's mental state for signs of confusion, disorientation or coma. If any of these are present, immediately contact medical help and begin cooling through cold water immersion or application, or by cold wet clothes application. The young and old are especially susceptible to

## Safety Tips

- Know that once you are thirsty you are already dehydrated. Drink continuously, even before you are thirsty.
- Drink plenty of liquids such as water or sports drink every 15 minutes (drink 16-20 oz/hour).
- Do not drink beverages with caffeine before or during exercise because they increase the rate of dehydration.
- Do not exercise vigorously during the hottest time of day. Try to practice or play closer to sunrise or sunset.
- Wear light-weight, light colored, loose clothing, such as cotton, so sweat can evaporate.
- Use a sunscreen to prevent sunburn, which can hinder the skin's ability to cool itself.
  - Wear a hat that provides shade and allows ventilation.
- If you feel your abilities start to diminish, stop activity and try to cool off. Sit in shade, air conditioned car or use ice bags or cold water to lower body's temperature.
- Remember, it is easier to prevent heat illness than to treat it once symptoms develop.

# Water, Shade and Rest

*...ball, but make sure your players  
...enjoy the whole season.*

overwhelmed by heat when the sweat mechanism, which keeps the body cool, breaks down.

Symptoms of heat exhaustion include nausea, dizziness, weakness, headache, pale and moist skin, weak pulse or

heat illness. People who work or exercise strenuously outside for long periods during the day are also at increased risk for heat-related illness. This combination for young athletes demands coaches be vigilant.



Looking for a good resource? The National Athletic Trainers' Association (NATA) offers a parents' and coaches' guide at <http://www.nata.org/public-information/parent.htm>. This guide includes a heat-index chart and recommends when outdoor practice and games should be cancelled due to heat.



*If there is a foul ball hit, to avoid injuries of the players, the ball can be returned without being thrown back onto the field.*

# Foul Ball Returns



*“I’m looking for a foul ball return. If there is a foul ball hit, that plastic or PVC piece to put in the fence so the ball can be returned without being just thrown back onto the field. We had a couple of injuries last year where people just threw the ball back onto the field and the Little Leaguers were hurt. I saw that in one of the ASAP Newsletters. Where can I purchase a few of those?”*

**John Hosman, safety officer  
Peabody Western Little League**

The foul ball return is another great idea volunteers have submitted to ASAP. It isn’t a product, but PVC pipe pieces glued together to form a sideways T or a Y. It allows a foul ball to be put into the pipe from the spectator’s side of the fence, and an umpire to remove it during a break in the action from the game side.

## How to make it

Use 4-inch interior-diameter PVC:

- 1) one clean-out pipe,
- 2) one threaded-end-to-slip-end connection and,
- 3) one threaded end cap.

Slip the connection piece on the end of the Y junction, like it’s going on the bottom of a lower case “r”. The end cap is threaded onto the connector, sealing the end. Use PVC solvent to clean the ends being joined and PVC cement (glue) to permanently attach the pieces.

After assembling the ball return, drill holes in the bottom of the end cap, to allow rainwater to drain. Paint the foul ball return a high visibility color, like red or orange. Some sanding of the pipe’s exterior may help the paint adhere.

Mount the foul ball return by cutting a round hole — just slightly smaller than the pipe end — in the fence behind and to a side of home plate. Bend the wire ends back on itself to reduce the chance of someone being cut and make the hole the right size for the PVC pipe. The wire around the hole may need to be reinforced depending on it’s strength. Then use strong plastic ties or rubber coated wire to hold the ball return to the fence, making sure all the ends are well away from the game side of the fence. Place the ball return with the open end upright on the spectator side, and the sloped opening through the fence hole into the game side.

**Total cost: Under \$20**

**Time: About 30 minutes**

## Recommendation:

Don’t use a PVC elbow pipe as a ball return (a 90-degree turn) without any other pieces. The ball will have no catch basin and when put in the top on one side will fall onto the playing field on the other side. This could lead to an injury from someone on the field unknowingly stepping on it.



# FOUL BALL RETURN



*Cut out or copy and place by ball return.*

# ASAP **Safety** Chatter



“Could you please email me the 2006 Little League National Facility Survey? Baseball & Softball.”

**Beve Rouse**

*TSSC III Alaskan Region*

The 2006 Little League National Facility Survey, which is good for either baseball or softball, is available online in either an Excel spreadsheet or PDF printable format. It and all other ASAP forms are on Little League’s website at: <http://www.littleleague.org/programs/asap/index.asp>

“How can we get copies of the ASAP News newsletter to make available to parents or league volunteers?”

**Greg Carpente**

*Safety Officer; Brooklyn Little League*

Printed copies are mailed to the safety officer, district administrator and district safety officer, but additional newsletters may be printed from electronic files available from the Little League website. In addition, you can direct your volunteers and parents to the Little League website

where the current month’s newsletter is prominently displayed for download, as well as archived issues at:

<http://www.littleleague.org/programs/asap/newsletters.asp> for all issues in the past nine years. Interested people may sign up for notification of the latest posting of the ASAP News newsletters by signing up for ENews, at: <http://www.littleleague.org/common/enews/index.asp>

“I am trying to find out if I can email our league safety plan to you. I cannot find an email address online. Our safety plan is completed for 2006. How do I distribute the plan to Little League headquarters?”

**Stanley (Lee) Daniels**

*Princess Anne Little League*

# Questions and Answers

Your league's safety program should be sent in printed form to Little League International, so staff can see what you are actually giving coaches, managers, concession workers, field maintenance people, etc., as procedures and references. And just to be clear, the people you need distribute your plan to are the volunteers (the groups mentioned above) and parents of players (as well as players if you have a player section), not to Little League International. Not that people would "mock up" a report without distributing it, but we do get good ideas that we pass on to other leagues from how people package their safety manuals.

*"I am part of the Freeway Little League in Gardena, CA. I would like to know where I can find the safety guidelines for this particular league, i.e., should players wear cups (boys baseball). I am mostly concerned with guidelines for safety."*

**Annette Castillo**  
- via email

The information you seek is available from your local league's safety officer or board members. Individual leagues have discretion over what requirements for optional equipment they enforce for their players. However, individual players are certainly welcome to wear any allowed optional equipment, including protective cups, batting helmet faceguards, heart guards, batting elbow protectors or shin guards, to name a few. But your league officials would be the resource for what is required in safety equipment.

*"I was wondering what the safety plans say about different balls for the younger*

*kids, say the second and third grades. I know for the Kindergarten, and first grade we use the softer Incredi-Balls, but I was wondering Little League's position for the kids in the second grade (7-8 year olds) and the third grade (8-9 year olds)."*

**Frank Lattarulo**  
Safety Officer; Armonk Little League

ASAP recommends you use increasingly hard balls as you move up in age, until the Little League (Majors) are playing with the standard hard ball. Start with the level (RIF) 1 or Incredi-Ball® at the Tee Ball age, and then in low Minors (some call it Farm League, some call it Rookies) with 7-8 year olds use the level (RIF) 5 rated ball, and work up to the level (RIF) 10 ball by competitive Minors (9-10's). The standard ball is often used for the Majors, although some leagues choose the RIF 10 ball here, too. In all these cases, it's up to the league to choose what makes the most sense for their players.

But overall, consistency is the rule to follow. You need to have all of one kind of ball for a specific age or division. The players will get used to whatever ball they use the most, and nothing can cause an injury faster than someone thinking they're catching a RIF 1 ball and have it actually be a hard ball. Not that they would try to be hit by either, but the kids are actually protected in some cases by their fear of a standard ball, and if they don't think they're in position to catch it, they won't try. But take that same situation when they think it's a softer ball and they'll treat it that way, possibly increasing their risk of injury if they misjudge the play. You can see some of this covered in the July, 2005, ASAP News.

*"Does a league have to have their safety plan submitted in order to be able to participate in post-season tournaments? My understanding is that the league can participate, but the league cannot host the tournament without the submission of the safety plan."*

**Bill Howerton**  
- via email

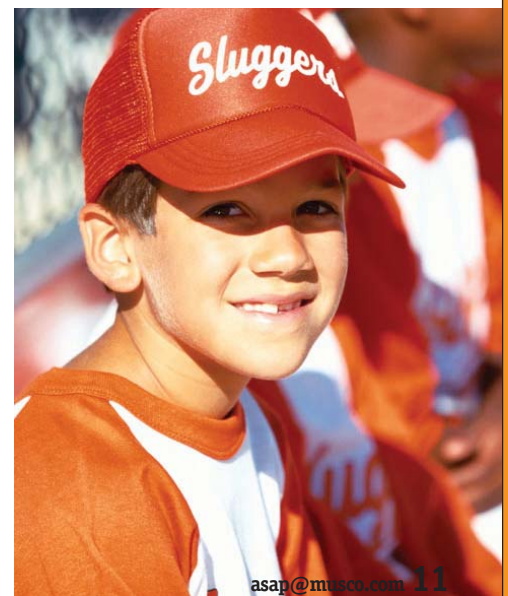
That question should be asked of your District Administrator. Your DA has the authority to determine what local leagues must do to be eligible for participating in special games at the end of the regular season, which may include having a qualified safety plan, either to host or play. But the local authority on these decisions is your District Administrator and district staff.

**Have a question or tip to share?**

Call the ASAP Hotline:

**800-811-7443**

or email: [asap@musco.com](mailto:asap@musco.com)



**Safety Plans**

Preparing leagues for any emergency.

**Dr. Glen Fleisig**

Expert’s words on pitch count and arm health.

**Heat Illness**

Beat the heat with water, shade and rest.

**Foul Ball Return**

Returning the ball to field without having to throw it.

**Pro Grip to end bat slips?**

Little League has teamed up with Coop’s Pro Grip to offer a no mess product to assist players to improve their grip on the bat.

This means no more messy pine tar stains on uniforms or equipment. Coop’s Pro Grip formula enhances gripping power in an effort to reduce slippage during batting. One-step application makes it easy to apply. The product is user friendly — there are no plastic containers to deal with and it won’t ruin equipment when thrown into a bat bag.

Coop’s Pro Grip is available by the case containing 24 blocks of five ounces each. At a special rate for all chartered Little Leagues, they can be provided to players at no cost or sold to generate additional revenue.

For more information about this product, contact Kel Cooper at [kcooper@suscom.net](mailto:kcooper@suscom.net)

**Tips from the Leagues**

**Greater West Melbourne Little League, Florida**

**W**atch children to make sure they are not getting overheated

**A**lways make sure there is water available at all practices and games

**T**ell parents and players to bring their own water or sports drinks

**E**nsure players drink every 30 minutes or between innings

**R**emember, children get hotter than adults during physical activity

**Bridgeport Little League, West Virginia**

- The sun’s rays are strongest between 10 a.m. and 4 p.m. When possible, limit sun exposure then.
- “Watch your shadow — No shadow, Seek Shade!”

PO Box 3485 / 539 US Rt. 15 Hwy  
 Williamsport, PA 17701  
**ASAP News**  
 ASAP News is a service of  
 Little League Baseball®  
 and Softball  
 facilitated and published by  
 Musco Lighting  
 P.O. Box 808  
 Oskaloosa, Iowa 52577  
 © April/May 2006,  
 Little League®  
 and Musco Lighting  
**24 Hour Hotline:**  
**800/811-7443**  
 Fax: 641/672-1996  
 E-mail: [asap@musco.com](mailto:asap@musco.com)  
 All materials in the ASAP  
 News may be reprinted by  
 chartered Little Leagues  
 without prior permission.



Non-Profit Org.  
 U.S. Postage  
**PAID**  
 Williamsport, PA  
 Permit No. 90