



2025 Senior League Baseball
Southeast Region Tournament

July 17th – July 22rd

Hosted by



940 7th St. S. @ Donovan Drive
Safety Harbor, FL 34695
Safety Harbor City Park

SLBSOUTHEAST.ORG

TOURNAMENT OFFICIALS

Tournament Director Eric Pearson Cell: (941) 757-9164
Email: meagator@gmail.com

Tournament Coordinator Dottie Mazzucco Cell: (727) 741-2459
Email: Dotmazz@gmail.com

Website / Live Stream Mike and Sam Bramblett Cell: (305) 510-1724
Email: mike@bramblett.co
Email: sam@bramblett.co

Umpire Coordinator E.J. Kelter Cell: (727) 789-4367
Email: nncsfan@msn.com

District Administrator Eric Pearson Cell: (941) 757-9164
Email: meagator@gmail.com

Tournament Web Site: <http://slbsoutheast.org>

**All tournament information will be posted on this website.
Family and friends of the team may download this packet on this site.**

**THIS PACKET IS SUBJECT TO CHANGE AND CORRECTIONS.
PLEASE DOWNLOAD THE LATEST PACKET OFTEN FROM SLBSOUTHEAST.ORG**

TEAM LIAISONS

Host	Kristen Thomas president@countrysidell.com (727) 385-3538
Florida	Shane Bozeat s.bozeat1@gmail.com (727) 452-1054
Georgia	Susan Semitecolos specladi@gmail.com (727) 423-9576
North Carolina	Eric Pearson meagator@gmail.com (941) 727-9164
South Carolina	Jennifer Lich Shutterbsu@gmail.com 727-647-1548
Tennessee	Dottie Mazzucco dotmazz@gmail.com (727) 741-2459
Virginia	Samantha Bramblett sam@bramblett.co (305) 510-1724
West Virginia	Lisa Kaiser lkaiser14@yahoo.com (727) 804-5868

2025 Senior League Baseball Southeast Region Tournament Fan Information Packet

June 23, 2025

Managers,

Florida District 12 and Safety Harbor Little League are honored to host the 2025 Senior League Baseball Southeast Region Tournament in Safety Harbor, FL. I take this opportunity to congratulate you on winning your State Tournament and look forward to seeing you in Safety Harbor.

Following is information concerning the tournament. Dottie Mazzucco is our Tournament Coordinator. She may be reached via cell phone at (727) 741-2459 or by e-mail at dotmazz@gmail.com. Please contact her with your travel plans as soon as possible. You may also use the district's web page to find useful links for amenities in Safety Harbor.

We will provide teams with a daily per diem while participating in the Region Tournament.

No transportation will be provided during your stay in Safety Harbor.

You and your team will be expected to attend all scheduled functions in conjunction with the Tournament.

Have a safe trip to Safety Harbor and good luck to your team on their last stop before the World Series in Easley, South Carolina.

Yours in Little League,
Eric Pearson, DA FL 12 - Tournament Director



2025 Senior League Baseball Southeast Region Tournament Fan Information Packet



I would like to take this opportunity to congratulate the players, managers, and coaches on winning your berth in the Southeast Region Senior Baseball Tournament.

You are invited to attend the "Opening Ceremonies" Tournament Dinner at 6:00 PM on Thursday, July 17th at Safety Harbor Park, 940 7th Street S, Safety Harbor, 34695, as this will be a fun night for the players, coaches, and family members.

Players and Coaches have free admission. Family and friends attending dinner are an additional fee -- \$12.00 for adults and \$10.00 for children under 10. We will serve pulled pork, chicken, mac 'n cheese, baked beans, and a drink. Please call me at (727) 741-2459 with the number of additional attendees for this dinner from your team. (Dress will be casual with a team jersey and shorts and shoes appropriate.)

Following the dinner, the Opening Ceremony will take place on field 1 at approximately 7:15 PM.

You will find that our fields are in great shape and worthy of the **all-star** status of your team. We can't wait for the Umpire to say, "Play ball!" and crown our Southeastern Region Champion.

Good luck and good playing,

Dottie Mazzucco

2025 Senior League Baseball Southeast Region Tournament Fan Information Packet



City of Safety Harbor Florida

HOME OF ESPIRITU SANTO MINERAL SPRINGS

750 Main Street † Safety Harbor, Florida 34695

(727) 724-1555 † Fax (727) 724-1566

www.cityofsafetyharbor.com

Welcome Baseball Fans-

As mayor of the great City of Safety Harbor, it is my pleasure to welcome you to the 2025 Little League Southeast Region Finals baseball tournament. I hope you have an enjoyable time as you join together in America's pastime while visiting our quaint piece of paradise in Florida. I speak for our residents and the various shops & restaurants in town in letting you know that we are excited you are here!

Baseball truly reflects the spirit of our nation and its people. It emphasizes hard work, honesty, pulling together as a team, sportsmanship and a sense of fair play. These values are at the very heart of our existence as a great nation. I can think of nothing more appropriate than participating in a program such as this, which instills these values in America's youth, our future and our hope for tomorrow.

This tournament also gives us a chance to remember the veterans of our military and to pay tribute to them. Their courage and sacrifice allows us to enjoy this wonderful game under such wonderful circumstances. We honor them today.

Once again, welcome to the 2025 Little League Southeast Region Finals Baseball Tournament. Have a great tournament & visit while in Safety Harbor.

Play ball!

Joe Ayoub

Mayor – City of Safety Harbor

WELCOME TO SAFETY HARBOR, LITTLE LEAGUE!

Safety Harbor



*Play for the day
or stay for a week!*



5 Pubs • 2 Breweries • 29 Restaurants • 19 Shops

There's so much to do and see in Safety Harbor!

Be sure to stop by the Visitor Center inside the Chamber of Commerce at
200 Main Street to pick up a downtown map and Safety Harbor souvenirs!

Don't miss our monthly 3rd Friday Street Celebration on Friday, July 18!

Nine blocks of our waterfront-adjacent Main Street come together to showcase the restaurants, bars, shops and nonprofits in our vibrant community. You'll be treated to more than 150 food and merchandise vendors, along with 5 stages of live music.

Join us for a fun evening on Main Street!

Animal Visits
at Folly Farm -
book an
animal
encounter
Thursday -
Sunday 11 - 4



Check out
the Safety
Harbor
Museum
Thursday -
Sunday 11 - 4

www.discoversafetyharbor.com

TOURNAMENT ACTIVITIES TIMELINE

- ASAP: **Make Hotel reservations.**
- By July 10: **Submit your roster**
- By July 12: **Place T-Shirt Order**
- By July 14 **Phone Dinner Reservations to Dottie Mazzucco (727) 741-2459**
- July 17th: **2:30 P.M. Managers Meeting**
Clarion Hotel – Edgewater Room
- 6:00 P.M. Dinner at Safety Harbor Park**
7:15 P.M. (approx.) Opening Ceremonies at the field
- July 18: **9:00 A.M. PLAY BALL!!!**

Managers Meeting

Thursday, July 17, 2025
2:30 P.M.
Clarion Hotel – Edgewater Room

Bring:

Team Affidavits
Little League Baseball Rule Book

Team Affidavits

The Affidavits will be checked during the Managers' Meeting and the Tournament Banquet. You may be asked to meet with the Tournament Director concerning your Affidavit. **Please make sure all documentation is correct and in order before you leave home.** If further documentation is needed, you will be asked to provide it before the player can play.

PRACTICE FIELD AVAILABILITY

- Point of Contact: Eric Pearson (Practice Scheduling)
Phone: (941) 757-9164
- Field use rules:
1. Must coordinate through the above contact.
 2. Must follow all Little League rules while practicing.
 3. Please keep all fields clean and pick up after your team.
 4. No hitting balls against the fences.
- Practice Fields Available:
- 1 Safety Harbor (Tournament site)
 - 3 Batting cages
 - 2 fields (1 skinned infield)
- Emergency Response: Dial 911**
Morton Plant 3231 N. McMullen Booth Road
Clearwater, FL 33761 727-725-6233

Before You Arrive

- ✓ Check your Eligibility Affidavit to make sure it is complete and accurate for the Regional Tournament and that you have all the supporting documentation required by the Affidavit (map, Regulation II(d) or IV(h) forms, Combined League Play Form, Proof of Residency forms, etc.)
- ✓ Fill out your Tournament Player Team Roster/Pronunciation Sheet for the announcers (form attached).
- ✓ Fill out and submit a model release form for all Managers, Coaches, & Players.
- ✓ Check all your equipment for cracks, dents, and other safety issues and replace all equipment that is unsafe or out of tolerance so it will not be removed by the umpires during the tournament. Remember – Pine Tar is not allowed, tournament rules state when pine tar is discovered, it results in in-game penalties but also suspends the manager for the remainder of the International Tournament.

2025 Senior League Baseball Southeast Region Tournament Fan Information Packet



Safety Harbor Complex is a tobacco-free complex. No animals, coolers, food, or drink may be brought in by anyone. Team Managers will only be allowed to bring in 1 cooler for their team and this will be kept in the dugout at all times. Each team will be provided with a cooler, ice, and water in their dugout.

In the event of lightning, everyone is required to leave the field and go to their cars until notified that it is clear to come back to the field.

MORE INFORMATION IS AVAILABLE ONLINE AT SLBSOUTHEAST.ORG

2025 Senior League Baseball Southeast Region Tournament Fan Information Packet

Clarion Inn & Suites
[20967 US Hwy 19 N](#)
[Clearwater, FL 33765](#)

<https://www.choicehotels.com/reservations/groups/FG06D0>

Hi Little League Parents,

We Are the Clarion Inn & Suites, and we are glad to have you stay with us! We are honoring the following rates:

- \$84.00 for a king bed standard room.
- \$84.00 for a Two beds standard room
- \$89.00 for a two beds pool view
- \$124 for a Suite two beds Standard.

These rates are honored 3 days prior and 3 days after plus a \$2.50 daily hotel service fee. You can either call in to the front desk and mention the name “Little League group” or book it direct to the following link:

<https://www.choicehotels.com/reservations/groups/FG06D0>

Below is a list of our amenities. Feel free to contact me anytime ☺ , Enjoy your day.

- Complementary wireless internet throughout the property.
- Free Hot American breakfast buffet.
- Outdoor pool, Kiddy pool, Jacuzzi.
- Complimentary fitness center.
- On-site coin operated laundry.
- Complimentary business center. Available 24 hours.
- Restaurant and Barr serving dinner.
- Pet friendly hotel, add \$20.00 per night.
- On-site Catering available.
- 6,000 Square feet of Meeting space split into 6 separate rooms.

Standards rooms include:

- 1 king beds or 2 doubles
 - Spacious workstations.
 - Refrigerator & Microwave
 - Television/ coffee maker.
- * Iron & Ironing board.
 * Hair dryer/ Coffee maker.

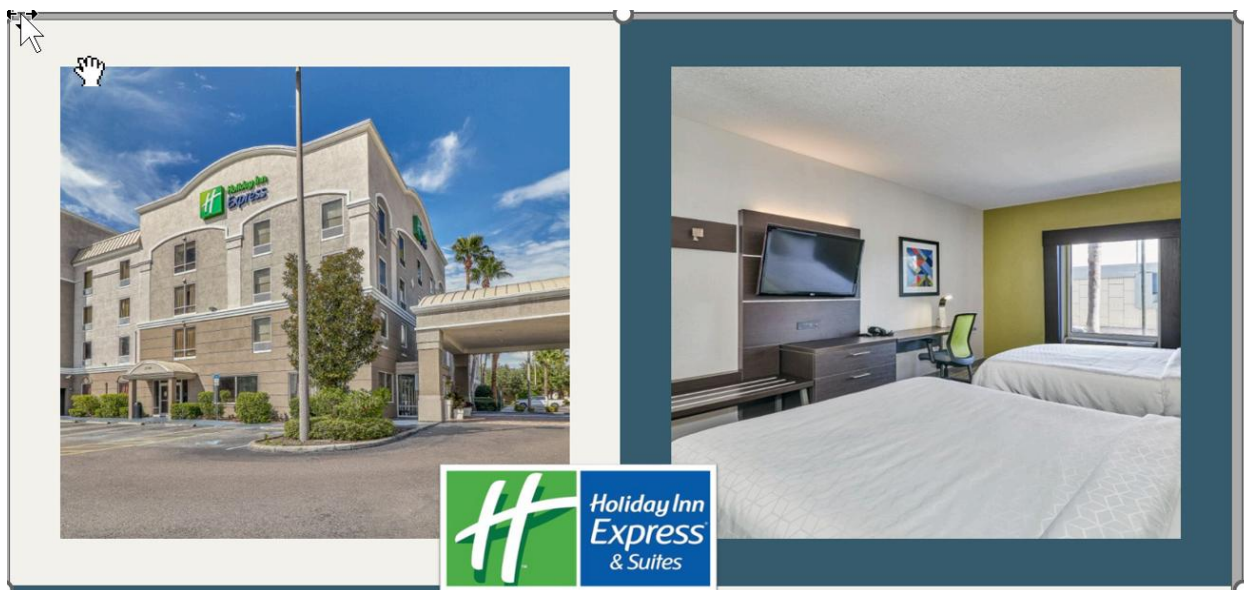
Thank you!

Nadia Bueno
 General Manager
 727.799.1181 x 308
Nadiabueno.clarion@gmail.com

Clarion Inn and Suites
[20967 US Hwy 19th North](#)
 Clearwater , FL 33765

2025 Senior League Baseball Southeast Region Tournament Fan Information Packet

Negotiated Rate Hotels in the Safety Harbor Area



Reservation Link—> [Select your room](#)

OR

For Call-in Reservations: **727-797-6300 ext. 1**

Block Name: **Southeast Region Sr. Baseball 2025**

Block Code: **SR2**

Last Day to Reserve / Cut-off: **Sunday, July 6, 2025**

(Can be extended if team booking is delayed due to game schedule)

MORE INFORMATION IS AVAILABLE ONLINE AT SLBSOUTHEAST.ORG

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2025 Senior League Baseball Southeast Region Tournament Fan Information Packet

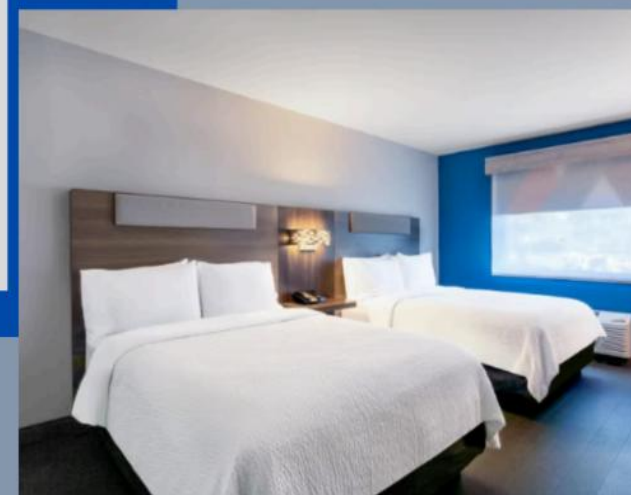
**HOLIDAY INN EXPRESS CLEARWATER
ICOT CENTER**

SOUTHEAST REGION SR. BASEBALL

July 17th - 22nd, 2025

**Rate: \$99.00/per night for
teams with 10 rooms or more**

- Complimentary Parking
- Complimentary Breakfast
- No Resort Fee
- Microwave & Fridges in ALL GUEST ROOMS
- Outdoor Pool
- IHG One Rewards

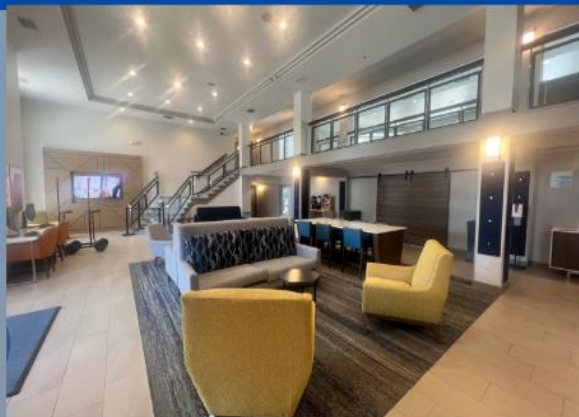


For Bookings Contact:

Lola Iglesias - Dual Director of Sales

Lola.Iglesias@NatsonHotels.com

ALL BOOKINGS MUST BE MADE DIRECTLY WITH LOLA IGLESIAS



727-536-7275



13625 ICOT BLVD. Clearwater, FL 33760

2025 Senior League Baseball Southeast Region Tournament Fan Information Packet

Safety Harbor Motel

Good afternoon. It was good talking with you this afternoon regarding the 11-unit boutique motel on Main Street located just a few blocks away from City Park in Safety Harbor where the Southeast Regional baseball tournament for 16U will be held.

We recently updated all of the rooms and currently have a variety of rooms available the week of July 17-22. We have King and Queen Studio rooms each equipped with kitchenettes featuring cooktops, sinks, frig, microwave and coffee makers. We also offer one bedroom and 2-bedroom cottages each equipped with full kitchens.

Here is the link to our website which shows pictures of each room and rooms can be booked directly on the website. <https://www.safetyharbormotel.com/>

We would like to make the out-of-town teams and their friends/families aware of our motel as we are located 0.6 miles from City Park and would love to welcome and host these guests to Safety Harbor.

Please pass this information along to the appropriate party. Thank you in advance.

Respectfully,

Ben Krelloff
1106 Main Street
Safety Harbor, FL 34695
727-726-1563
infosafetyharbormotel@gmail.com

PARENT CHECKLIST ITEMS

- Credit Cards will be accepted for admission, shirt sales, and the opening ceremony dinner
- Complete and Sign the Concussion Information Sheet, **PLAYER CANNOT PLAY WITHOUT FORM.**
- Make Hotel Reservations – see information and fliers in the packet
- Contact your team liaison
- Order Tickets for the opening BBQ
- Order Tournament T-Shirts – Consolidate orders into one form per team
- Daily gate admission – 18 and over - \$10.00
- Tournament Pass - \$35.00 (Includes lanyard and Pin)



- Tournament souvenirs will be available on-site
- Parking is limited to about 250 parking spaces at the ballpark, so teams are encouraged to utilize carpools from their hotels to Safety Harbor. The park complies with the American Disabilities Act.

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GENERAL INFORMATION

- There will be a MANDATORY Team Manager Meeting on Thursday, July 17th, at the Clarion Hotel, starting at 2:30 P.M. The Coaching Staff, League Presidents, and District Administrators are invited. Topics include the tournament format, schedule, and rules. If you have any questions about this tournament, get them asked and answered at this meeting.
- The following will be collected at the above meeting and reviewed before the first game.
Make sure all of the following is in your Tournament Packet:

- **Team Affidavits and supporting paperwork (residence, and proper II(d) forms)**
- **Medical Release Forms for all players**
- **Model Release Forms for all Managers, Coaches, & Players**
- **Proper approvals for Combined Teams**
- **League map signed by your League President and District Administrator showing the residence of players**

- Games will be played in accordance with Little League Tournament Rules.
- Pitching Affidavits will be filled out completely following each game in the Field Press Box. The Manager is responsible for ensuring that the Affidavits are accurate after each game. Affidavits will be in the possession of the Tournament Director for the duration of your tournament play.
- Teams should arrive 1 hour prior to the start of your scheduled game time.
- Warm-up fields and batting cages are provided. No hitting the ball against the fences.
- Equipment deemed unsuitable for play in a game will become the property of the Tournament until the conclusion of your last game.
- Teams must pick up trash in the dugout before vacating.
- No coolers are allowed inside the park (with the exception of a team cooler, brought in by the Team Manager that remains in the dugout). Please support the host league concession stand.
- Smoking and vaping are not allowed within the park.
- Obscene language or harassment by anyone will not be tolerated. Offenders will be ejected from the park. Please instruct your cheering section on this request. All have now been warned.
- Please pick up your Tournament Packets in the Field Press Box at the conclusion of your last played game. If they are left behind, they will be disposed of.

2025 Senior League Baseball Southeast Region Tournament Fan Information Packet

CONCUSSION Information Sheet



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - › Work with their coach to teach ways to lower the chances of getting a concussion.
 - › Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - › Ensure that they follow their coach's rules for safety and the rules of the sport.
 - › Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can't recall events prior to or after a hit or fall.

Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*

To learn more, go to www.cdc.gov/HEADSUP



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

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Concussions affect each child and teen differently. While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

▶ Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

Revised 5/2015

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.



To learn more, go to
www.cdc.gov/HEADSUP

You can also download the CDC **HEADS UP** app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

Discuss the risks of concussion and other serious brain injury with your child or teen and have each person sign below.

Detach the section below and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injury.

☐ I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete Name Printed: _____ Date: _____

Athlete Signature: _____

☐ I have read this fact sheet for parents on concussion with my child or teen and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian Name Printed: _____ Date: _____

Parent or Legal Guardian Signature: _____

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SE Senior Region Baseball Tournament T-Shirts

- Shirts have sold out EVERY year
- Discount pricing for pre-order (-\$2.00)
- Shirts will have SER Senior Tournament logo on the front
- State Championship Team with team roster (name and number) on back
- All Rosters must be received by July 10th
- Team Roster includes players (name and number), Manager and Coach
- T-shirts are Dri-Fit and are available from Youth Small to Adult 4XL*
- Full payment must be submitted on Thursday, July 17th
- Please include League Name and State Name on the order form
- Order form must be for the complete team
- All checks should be made payable to Florida District 12 Little League
- Credit Cards accepted
- Email orders to meagator@gmail.com
- **Team Shirt Orders must be paid by one form of payment**
- Additional shirts on the day of can be paid for individually
- Tank Tops Available – Racer Back

Pre-Order Prices		Tournament Prices
\$17.00	Youth	\$19.00
\$20.00	Adult	\$22.00
\$22.00	3XL & 4XL*	\$24.00

Any questions please contact Eric Pearson @ meagator@gmail.com

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T-Shirt Order Form

(Order Deadline is July 12th)

State _____

League Name _____

Youth Size \$17.00

Adult Sizes \$20.00

3XL & 4XL* \$22.00

E-mail the Completed Form to meagator@gmail.com

Please write the total number of Dri-Fit Unisex T-Shirts for your team:									
YS	YM	YL	AS	AM	AL	AXL	A2XL	A3XL	A4XL

Please write the total number of Ladies' Dri-Fit Racerback Tank Tops for your team:									
YS	YM	YL	AS	AM	AL	AXL	A2XL	A3XL	A4XL

For Tournament Host Use Only

Box Total	T-Shirt Total	Tank Top Total

YS	YM	YL	AS	AM	AL	AXL	A2XL	A3XL	A4XL
x \$17	x \$17	x \$17	x \$20	x \$20	x \$20	x \$20	x \$20	x \$22	x \$22

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Total Due to Tournament Host

Received by



Eight Tips for Good Hydration

Staying hydrated at all times is a good idea, but it is especially important this time of year when heat and humidity combine for a double dehydration punch when at practices or games.

Water makes up more than half of a person's body weight, helps maintain their temperature, removes wastes, and lubricates their joints. Every cell, tissue, and organ needs water to function properly.

When players or spectators are dehydrated it can lead to real trouble – heat illness. Those who are not well-hydrated may experience an increase in body temperature. When that happens they can suffer from:

- **Heat rash** – a skin inflammation caused by excessive sweating during hot and humid weather.
- **Heat cramps** – painful muscle spasms in the arms, legs, or abdomen
- **Heat syncope** – a sudden onset of dizziness or fainting
- **Heat exhaustion** – a warning that the body is getting too hot and symptoms include thirst, giddiness, weakness, lack of coordination, nausea, or

sweating profusely

- **Heat stroke** – a fever that rapidly rises to dangerous level within minutes and is often fatal. Symptoms include confusion, combativeness, bizarre behavior, feeling faint, staggering, strong rapid pulse, dry flushed skin, and a lack of sweating. Death, delirium or, coma can be the result from heat stroke. Seek medical attention immediately if anyone shows these symptoms.

As a coach, understand the symptoms of heat illness and be prepared to act quickly if one of your players starts to show any heat illness symptoms. You should:

- Get them out of the heat
- Rest in an air-conditioned building or shade if no building is available
- Have them drink plenty of water
- Apply cool water to the skin
- Contact the proper healthcare professional. If you suspect heat stroke contact 911 immediately and then follow the above recommendations while waiting for help to arrive.

Follow these eight tips to help you and your players

through the coming months:

1. Keep drinks cold, this will help decrease body temperature quicker.
2. Stay away from carbonated drinks – carbonation can cause stomach distress.
3. Avoid caffeinated drinks. Caffeine is a diuretic and causes a loss of fluids from the body rather than replacing what was lost.
4. Drink either water or a sports drink that provide carbohydrates and electrolytes to help sustain your athlete's performance.
5. Drink 15 to 20 fluid ounces about 2-3 hours prior to a game or practice.
6. Drink 8-10 fluid ounces 10-20 minutes prior to a game or practice
7. During a game, drink 8-10 fluid ounces of cold fluids every 15 to 30 minutes.
8. During practice consume at least 24 ounces throughout a 2-hour time period

Other things you can do to help prevent heat illness in your athletes is to make sure you take frequent breaks when heat and humidity are high, wear light weight, light-colored, and loose-fitting clothing; use sunscreen; take breaks in the shade, and stay away from hot food, heavy foods, and fried foods.

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TEAM ROSTER CARD

State		League Name		Hometown	
Jersey Number	Player Name (First & Last)	League Age	Pronunciation		
Manager					
Coach					
Coach					

2025 Senior League Baseball Southeast Region Tournament Fan Information Packet

A Fillable Form PDF is available at [LittleLeague.org/Forms](https://www.littleleague.org/forms)

TRANSPORTATION TO WORLD SERIES FOR THE SOUTHEAST REGION CHAMPION:

The winning team will leave directly from the SER Tournament to the World Series. Your flight to the World Series will be on Thursday or Wednesday, July 23, 2025

NOTE: Some airlines charge a baggage fee. These fees are the responsibility of the team. However, Little League has a “travel incidental reimbursement” of \$250.00.

The winner of the Region Tournament will travel by plane directly from the Region Tournament to the World Series in Easley, SC. Travel will be arranged by Little League International by plane and Little League International will cover the plane tickets. The team will travel together and will include all players plus the manager and coach(es). Parents, league officials or others will have to arrange for their own travel. A full travel roster, with full (legal) name, date of birth, and other information will have to be collected, which may also include a copy of a photo ID for the coaching staff members. Additionally, each team and its members will have to complete forms on Little League's Parent/Tournament portal following the victory and before the start of the World Series. Information about the World Series will be on the portal and access will be granted following collection of information from the team after winning the tournament. Once at the World Series site, teams will be housed by the tournament.