



*Florida State University  
Visiting Team Guide*

*The Seminole Softball team welcomes you to our campus!*

*This booklet contains information that will assist you with your stay in the Tallahassee area.*

*We have included a visiting team information sheet. Please complete and email the form to Antonio Santiago, Director of Softball Operations at [alsantiago@fsu.edu](mailto:alsantiago@fsu.edu) or fax to his attention to (850) 645-3201.*

*For more information please visit [www.seminoles.com](http://www.seminoles.com) and click "visitors guide" at the bottom of the page under "sports links".*

**SOFTBALL OFFICE MAILING ADDRESS**

*Coach Alana Alameda*

*1119 Spirit Way*

*P.O. Box 3062343*

*Tallahassee, Florida 32306-2343*

## **Athletic Department Contact Information**

### **Director of Athletics**

Randy Spetman (w)850-644-1079 [rspetman@fsu.edu](mailto:rspetman@fsu.edu)

### **Senior Associate AD**

Monk Bonasorte (w)850-644-2648 [mbonasorte@fsu.edu](mailto:mbonasorte@fsu.edu)

### **Associate AD (Softball Oversight)**

Bernie Waxman (w) 850-644-9940 (c)850-544-1755 [bwaxman@fsu.edu](mailto:bwaxman@fsu.edu)

### **Head Softball Coach**

Lonni Alameda (w)850-644-2386 (c)850-274-3042 [alameda@fsu.edu](mailto:alameda@fsu.edu)

### **Assistant Softball Coaches**

Travis Wilson (w)850-644-6425 (c)850-491-3062 [tdwilson@fsu.edu](mailto:tdwilson@fsu.edu)

Craig Snider (w)850-644-6646 (c)936-652-3171 [wsnider@fsu.edu](mailto:wsnider@fsu.edu)

Carly Wynn (c)770-856-8391 [cmw06n@my.fsu.edu](mailto:cmw06n@my.fsu.edu)

### **Softball Operations/Sports Information/Marketing**

Antonio Santiago (w)850-644-9594 (c)850-570-6659 [alsantiago@fsu.edu](mailto:alsantiago@fsu.edu)

Stephen Stone (w)850-644-4836 (c)850-363-0990 [sstone@fsu.edu](mailto:sstone@fsu.edu)

Lindsay Sparling (c)561-313-3439 [lsparling@fsu.edu](mailto:lsparling@fsu.edu)

### **Administrative Assistant**

Tanesia Thomas (w)850-644-9594 [tnthomas2@admin.fsu.edu](mailto:tnthomas2@admin.fsu.edu)

### **Game Day Operations and Events Manager**

Alex Thomas (c)518-332-2553 [awthomas@fsu.edu](mailto:awthomas@fsu.edu)

### **Athletic Trainer**

Eunice Hernandez (w)850-644-5948 (c)850-694-2086 [ehernandez@fsu.edu](mailto:ehernandez@fsu.edu)

### **Equipment Manager**

Amber Cornell (c)904-614-5737 [acornell@admin.fsu.edu](mailto:acornell@admin.fsu.edu)

### **MAILING, SHIPPING, FAXING, & WEBSITE:**

MAILING ADDRESS:  
FSU Athletics Department  
Softball Office  
PO Box 3062343  
Tallahassee, FL 32316

SHIPPING ADDRESS:  
FSU Athletics Department  
Softball Complex  
1119 Spirit Way  
Tallahassee, FL 32306

SOFTBALL OFFICE FAX:  
850-645-3201

WEBSITE:  
[www.seminoles.com](http://www.seminoles.com)

**SEMINOLE SOFTBALL**  
**VISITING TEAM INFORMATION SHEET**

**VISITING TEAM:**

Head Coach: \_\_\_\_\_ (Cell #) \_\_\_\_\_

Asst. Coach: \_\_\_\_\_ (Cell #) \_\_\_\_\_

Asst. Coach: \_\_\_\_\_ (Cell #) \_\_\_\_\_

**ARRIVAL INFO:**

Date/Time of Arrival: \_\_\_\_\_

Travel Method: \_\_\_\_\_

If applicable, flight information: \_\_\_\_\_

Hotel: \_\_\_\_\_

**PRACTICE REQUESTS:**

Day/Date: \_\_\_\_\_ Time: \_\_\_\_\_

**LOCKER ROOM AND SHOWERS REQUEST:**

Indicate YES/NO: \_\_\_\_\_

# of Towels: \_\_\_\_\_

**TRAINING ROOM REQUESTS:**

Indicate YES/NO:

Pre – Game Needs:            Ice: \_\_\_\_\_            Training Room: \_\_\_\_\_

Post- Game Needs:            Ice: \_\_\_\_\_            Training Room: \_\_\_\_\_

**LAUNDRY:**

Indicate YES/NO: \_\_\_\_\_

**WILL YOUR TEAM BE TRAVELING WITH A VIDEO PERSON?**

Indicate YES/NO: \_\_\_\_\_

**ANY ADDITIONAL NEEDS:**

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Please complete and email or fax back to Antonio Santiago [alsantiago@fsu.edu](mailto:alsantiago@fsu.edu) or FAX (850)645-3201

## **Directions to Florida State Softball Complex**

**\*\*\*Google maps available with each set of directions at <http://www.seminoles.com/facilities/softballdriving.html>. If you have trouble accessing the internet site above, go to [www.seminoles.com](http://www.seminoles.com) and click on Fan Zone and then on Visitor's Center. You will see the link for "FSU Athletic Facility Driving Directions."**

### **FROM: Interstate 10 - Westbound - Exit 209A**

- Head **southeast** on **Exit 209A** toward **Mahan Dr/SR-10 W/US-90 W**
- Merge onto **Mahan Dr/SR-10 W/US-90 W**, Continue to follow **SR-10 W/US-90 W**
- Continue to follow **SR-10 W/US-90 W**
- Turn **left** at **Bryan St**
- Continue on **Stadium Dr W**
- Turn **left** at **Spirit Way**

### **FROM: Interstate 10 - Eastbound - Exit 196**

- Head **east** on **Exit 196**
- Keep **right** at the fork, follow signs for **Regional Airport/SR-263 S** and merge onto **Capital Circle NW/SR-263 S**
- Turn **left** at **SR-10 E/W Tennessee St/US-90 E**
- Turn **right** at **Bryan St**
- Continue on **Stadium Dr W**
- Turn **left** at **Spirit Way**

### **FROM: HWY 90 West (QUINCY)**

- Head **southeast** on **US-90/Veteran's Memorial Hwy** toward **S McArthur St**
- Continue to follow **US-90**
- Turn **right** at **Bryan St**
- Continue on **Stadium Dr W**
- Turn **left** at **Spirit Way**

### **FROM: Route 319 (Thomasville Rd.)**

- Head **southwest** on **SR-61 S/Thomasville Rd/US-319 S** toward **Rhea Rd**
- Continue to follow **SR-61 S**
- Turn **right** at **SR-10 / E Tennessee St / US-90**
- Turn **left** at **Bryan St**
- Continue on **Stadium Dr W**
- Turn **left** at **Spirit Way**

### **FROM: Airport**

- Head **west** on **Capital Circle SW/SR-263** toward **General Aviation**
- Turn **right** at **Blountstown HWY /W Pensacola St / SR-20 E / SR-366E**
- Slight **right** at **W Pensacola St / SR-366 E**
- Turn **left** at **Stadium Dr W**
- Turn **right** at **Spirit Way**

## Hotel Information



Hilton Garden Inn *Appalachee Parkway*  
1330 *Blairstone Road*  
Tallahassee, Florida 32301

**Contact: Tony Stagni**

Phone: (850)893-8300, Ext. 801

Email: [tony.stagni@hilton.com](mailto:tony.stagni@hilton.com)



Hilton Garden Inn *I10*  
3333 *Thomasville Road*  
Tallahassee, Florida 32301

**Contact: Cheryl Horne**

Phone: (850)329-9024

Email: [Cheryl.horne@hilton.com](mailto:Cheryl.horne@hilton.com)



*Courtyard by Marriott Tallahassee Capital*  
1018 *Apalachee Parkway*  
Tallahassee, Florida 32301

**Marriot Contact: Lynette Parkhill-Wuebben**

Phone: (904)673-4730

Email: [Lynette.parkhill@marriott.com](mailto:Lynette.parkhill@marriott.com)

Website: [www.marriott.com](http://www.marriott.com)



*Hampton Inn & Suites*  
3388 *Londbladh Road*  
Tallahassee, Florida 32308

**Contact: Michelle Wilson**

Phone: (850) 320-9913

Email: [sales@hamptoninnandsuitestallahassee.com](mailto:sales@hamptoninnandsuitestallahassee.com)

Website: [www.hamptoninnandsuitestallahassee.com](http://www.hamptoninnandsuitestallahassee.com)



*Fairfield Inn Marriott*  
2997 *Apalachee Parkway*  
Tallahassee, Florida 32301

**Marriot Contact: Lynette Parkhill-Wuebben**

Phone: (904)673-4730

Email: [Lynette.parkhill@marriott.com](mailto:Lynette.parkhill@marriott.com)

Website: [www.marriott.com](http://www.marriott.com)



*Springhill Suites Marriott*  
1300 *Executive Center Drive*  
Tallahassee, Florida 32301

**Contact: Tony McClure**

Phone: (850) 329-9735

Email: [tamc2172@aol.com](mailto:tamc2172@aol.com)

Website: [www.marriott.com](http://www.marriott.com)



*Holiday Inn  
& Suites*

*Holiday Inn & Suites*  
2725 *Graves Road*  
Tallahassee, Florida 32303

Phone: (850)536-2000

Email: [tlhfs.gm@murphcofl.com](mailto:tlhfs.gm@murphcofl.com)

Website: [www.holidayinn.com](http://www.holidayinn.com)



*Holiday Inn*

*Holiday Inn*  
1355 *Apalachee Parkway*  
Tallahassee, Florida 32301

Phone: (850) 877-3171

Email: [hitallahassee-sales@baystarhotels.com](mailto:hitallahassee-sales@baystarhotels.com)

Website: [www.holidayinn.com](http://www.holidayinn.com)

## Restaurants (Catering Available)



Rummy's Pizza  
2887 - 1 Kerry Forest Parkway  
Tallahassee, Florida 32309  
**Contact: Ray Edmondson**  
Phone: (850) 878-8669  
Email: [rummyspizza@hotmail.com](mailto:rummyspizza@hotmail.com)  
Website: [www.rummysgrill.com](http://www.rummysgrill.com)



Red Elephant Pizza and Grill  
1872 Thomasville Road, Suite A  
Tallahassee, Florida 32303  
**Contact: Brian Gibson**  
Phone: (813)732-1018 or (850) 222-7492  
Email: [briangibson71@gmail.com](mailto:briangibson71@gmail.com)  
Website: [www.redelephantpizza.com](http://www.redelephantpizza.com)



Bagel Bagel Café  
2401 West Pensacola Street  
Tallahassee, Florida 32304  
**Contact: John Stout**  
Phone: (850)508-3403  
Email: [jstout@bagelbagelcafe.com](mailto:jstout@bagelbagelcafe.com)  
Website: [www.bagel-bagel.com](http://www.bagel-bagel.com)



Panera Bread  
800 Ocala Road  
Tallahassee, Florida, 32304  
**Contact: Danielle Gianfilippo**  
Phone: (727) 251-5096 Fax (727) 499-7998  
Email: [Danielle.gianfilippo@panerabread.com](mailto:Danielle.gianfilippo@panerabread.com)  
Website: [www.paneracatering.com](http://www.paneracatering.com)



The Pita Pit  
1935 West Tennessee Street  
Tallahassee, Florida 32304  
**Contact: Justin**  
Phone: (850)224-7800  
Email: [www.pitapittally@yahoo.com](mailto:www.pitapittally@yahoo.com)  
Website: [www.pitapittallahassee.com](http://www.pitapittallahassee.com)



Subway (Pensacola Street)  
1730 West Pensacola Street, Apt 11  
Tallahassee, Florida 32304  
Phone: (850) 575-7827  
Website: [www.subway.com](http://www.subway.com)



Jersey Mike's Subs  
1801 West Tennessee Street #4 (Store# 13043)  
Tallahassee, Florida 32304  
**Contact: Kimberly Crowell**  
Phone: (850) 765-0712 or Cell (704) 501-7576  
Email: [kcrowell@kalorestaurantgroup.com](mailto:kcrowell@kalorestaurantgroup.com)  
Website: [www.jerseymikes.com](http://www.jerseymikes.com)



Chili's  
719 Apalachee Parkway  
Tallahassee, Florida 32301  
Phone: (850) 877-2148  
Website: [www.chilis.com](http://www.chilis.com)



# FLORIDA STATE UNIVERSITY

## DEPARTMENT OF ATHLETICS

October 3, 2011

### MEMORANDUM

**FROM:** Randy Spetman  
**FOR:** FSU Athletics Staff  
**SUBJECT:** Lightning Safety

*FSU Athletics is responsible for implementing policies and procedures to protect athletes, coaches, support staff and spectators during practice and during home athletic competitions. Personal safety should not be compromised under any circumstances and staff will always err on the side of caution when making decisions regarding safety during severe weather.*

*The Athletic Department's primary lightning information source is AccuWeather Enterprise Solutions (1-316-265-9127) and is supplemented by Telvent DTN MxVision \Weather Sentry Online ([www.weather.dtn.com](http://www.weather.dtn.com)). Additional sources are the National Weather Service (942-8833), local television stations (ABC: 893-1313, CBS: 893-6666), the Weather Channels 17 and 24, as well as multiple internet weather sites.*

*It is imperative that all FSU Athletic Department personnel become familiar with the attached NCAA Guideline for Lightning Safety (Enclosure 1) that addresses competitive safeguards and medical aspects of sports pertaining to lightning safety. To assist you in this important task, the following standard operating instructions are provided for FSU Athletics Department staff, in particular sport medicine and event management staff, on those occasions when lightning weather hazards exist.*

- Practice: During practice the Sports Medicine athletic trainer is responsible for making decision pertaining to lightning weather hazards as specified in Enclosure2.*
- Home Events: When there is a threat of hazardous weather on an event day, the event manager will maintain continuous contact with weather detection and prediction sources to obtain as much information as possible. This information will be shared with the head official, umpire-in-chief, referee, and/or meet director upon their arrival. The event manager will also ensure that there is a clear understanding of the evacuation procedure during a Weather Warning. Information will also be shared with the sport oversight (if present) and with the sport head coach.*

- *Until such time as the head official, umpire-in-chief, referee and/or meet director assumes on-site responsibility as prescribed in NCAA rules, the home event manager is responsible for making the determination if it is safe to begin on-field practice for competition. Information will continue to be shared with the sport oversight (if present) and with the sport head coach.*
- *The head official, umpire-in-chief, referee or meet director will have responsibility for lightning hazard safety from the time they assume on-site responsibility until such time as they leave the site of competition as prescribed in NCAA rules. He or she has discretionary power to suspend the game whenever such action is deemed necessary due to hazardous weather. The home event manager will continue to monitor all weather sources and will regularly share this information with the officials and the sport oversight (if present) to ensure both players and spectators remain in a safe environment. Coaches will be kept informed but will not be a part of the decision process to suspend or terminate competition.*
- *Specific Athletic Department procedures for suspending and resuming competition during adverse weather conditions are provided in Enclosure 2.*

*FSU Athletics also has an obligation to warn spectators of hazardous weather conditions. The home event manager, in conjunction with Sports Information, will ensure that spectators are kept informed of suspensions using the stadium's public address system. Spectators will be directed to evacuate the stands and to seek shelter in a safe location when severe weather conditions exist.*

*Again, personal safety must remain paramount and staffs will always error on the side of caution when making lightning hazard decision.*



# GUIDELINE 1d

## Lightning Safety

July 1997 • Revised June 2001

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*The NCAA Committee on Competitive Safeguards and Medical Aspects of Sports acknowledges the significant input of Brian L. Bennett, ATC, College of William and Mary and Ronald L. Holle and Raul Lopez of the National Severe Storms Laboratory in the development of this guideline.*

Lightning is the most consistent and significant weather hazard that may affect intercollegiate athletics. Within the United States, the National Severe Storms Laboratory (NSSL) estimates that 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. While the probability of being struck by lightning is extremely low, the odds are significantly greater when a storm is in the area and the proper safety precautions are not followed.

Prevention and education are the keys to lightning safety. Education begins with background information on lightning. The references associated with this guideline are an appropriate resource. Prevention should begin long before any intercollegiate athletics event or practice. The following steps are recommended by the NCAA and NSSL to mitigate the lightning hazard:

1. Designate a chain of command as to who monitors threat-

ening weather and who makes the decision to remove a team or individuals from an athletics site or event. An emergency plan should include planned instructions for participants as well as spectators.

2. Obtain a weather report each day before a practice or event. Be aware of potential thunderstorms that may form during scheduled intercollegiate athletics events or practices.

3. Be aware of National Weather Service-issued (NWS) thunderstorm “watches” and “warnings” as well as the signs of thunderstorms developing nearby. A “watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been reported in an area and for everyone to take proper precautions.

4. Know where the closest “safe structure or location” is to the field or playing area, and know how long it takes to get to that safe structure or location.

Safe structure or location is defined as:

a. Any building normally occupied or frequently used by people, i.e., a building with plumbing and/or electrical

wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm.

b. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle a safe shelter, but the hard metal roof which dissipates the lightning strike around the vehicle. **DO NOT TOUCH THE SIDES OF THE VEHICLE!**

5. Be aware of how close lightning is occurring. The flash-to-bang method is the easiest and most convenient way to estimate how far away lightning is occurring. Thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer. To use the flash-to-bang method, count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide this number by five to obtain how far away (in miles) the lightning is occurring. For exam-

ple, if an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five equals three; therefore, the lightning flash is approximately three miles away.

Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away. This activity must be treated as a wake-up call to intercollegiate athletics personnel. The most important aspect to monitor is how far away the lightning is occurring, and how fast the storm is approaching, relative to the distance of a safe shelter.

Specific lightning-safety guidelines have been developed with the assistance of the National Severe Storms Laboratory (NSSL).

1. As a minimum, NSSL staff strongly recommend that by the time the monitor obtains a flash-to-bang count of **30** seconds, all individuals should have left the athletics site and reached a safe structure or location. Athletics events may need to be terminated.
2. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike.

3. If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters a victim through the ground rather than by a direct overhead strike. **MINIMIZE YOUR BODY'S SURFACE AREA, AND MINIMIZE CONTACT WITH THE GROUND! DO NOT LIE FLAT!** If unable to reach safe shelter, stay away from the tallest trees or objects (such as light poles or flag poles), metal objects (such as fences or bleachers), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.

4. A person who feels his or her hair stand on end, or skin tingle, should immediately crouch, as described in item 3.

5. Avoid using the telephone, except in emergency situations. People have been struck by lightning while using a land-line telephone. A cellular phone or a portable remote phone is a safe alternative to land-line phones, if the person and the antenna are

located within a safe structure or location, and if all other precautions are followed.

6. When considering resumption of an athletics activity, NSSL staff recommends that everyone should ideally wait at least 30 minutes after the last flash of lightning or sound of thunder before returning to the field or activity.

7. People who have been struck by lightning **do not** carry an electrical charge. Therefore, cardiopulmonary resuscitation (CPR) is safe for the responder. If possible, an injured person should be moved to a safer location before starting CPR. Lightning-strike victims who show signs of cardiac or respiratory arrest need emergency help quickly. Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes.

Note: Flash-to-bang count, weather watchers, real-time weather forecasts and commercial weather warning devices are all tools that can be used to aid in decision-making regarding stoppage of play, evacuation and return to play.

## **Athletic Department Severe Weather Procedures**

*AccuWeather Enterprise Solutions (AccuWeather) is the Athletic Department's primary severe weather prediction and warning system. Athletic trainers and event managers will have in their possession the AccuWeather pager or cell phone whenever they are at practice or at a home event. When possible, athletic trainers and event managers will use the computer based Telvent DTN MxVision WeatherSentry Online software to supplement AccuWeather.*

- *Weather Advisory.* *A Weather advisory will be issued by AccuWeather when the existing conditions reflect that a lightning strike could occur or has occurred within 15 miles of the event site.*
- *Practice.* *The athletic trainer will immediately inform the senior coach present that an advisory is in effect and that practice is subject to suspension if a warning is subsequently issued. Preliminary steps will be initiated to prepare for a suspension and evacuation.*
- *Competition.* *The event manager will immediately inform the head official, umpire-in-chief, and referee or meet director that an advisory is in effect and that the event is subject to suspension if a warning is subsequently issued. Additionally, both head coaches and the sport oversight (if present) will be notified. Preliminary steps will be initiated to prepare for a suspension and evacuation. Public address announcements will be made and updated after the head official; umpire-in-chief, referee or meet director and head coaches have been notified.*
  
- *Weather Warning.* *A weather warning will be issued by AccuWeather when the existing conditions reflect that a lightning strike could occur or has occurred within 8 miles of the event site.*
- *Practice.* *The athletic trainer will immediately inform the senior coach present that a warning is in effect and that practice is to be immediately suspended and all personnel are to seek protection. Practice will remain suspended until such time as the warning has been canceled or until 30 minutes after the last strike has occurred within the 8 mile circle as shown on Telvent DTN MxVision WeatherSentry Online.*
- *Competition.* *The event manager will immediately inform the head Official, umpire-in-chief, referee or meet director that a warning is in effect and that the event is to be immediately suspended and all personnel are to seek protection. The event will remain suspended until such time as the warning has been canceled or until 30 minutes after the last strike has occurred within the 8 mile circle as shown on Telvent DTN MxVision WeatherSentry Online. Additionally, both head coaches and the sport oversight (if present) will be notified and kept informed of the weather posture as it develops. Public address announcements will be made and updated after the head Official, umpire-in-chief, referee or meet director and head coaches have been notified.*
- *Venue Protection.* *Athletic Department personnel are permitted to take venue protection actions, i.e., installing a tarp at baseball or softball, as long as the personnel have completed their actions and are in a place of safety by the time lightning is expected to occur or has occurred within 6 miles of the athletics venue. If lightning strikes within 6 miles all actions will cease and personnel will immediately seek shelter.*

- Dugouts. As stated in the NCAA Guideline for Lightning Safety, dugouts are usually not properly grounded from the effects of lightning and side flashes to people. They are usually very unsafe and may actually increase the risk of lightning injury. Accordingly, whenever a Weather Warning has been announced all personnel will evacuate dugouts and seek shelter inside the closest building that is frequently used by people (i.e., a building with plumbing and/or electrical wiring that acts to electrically ground the structure). Personnel will remain in this location until such time as the Weather Warning has been canceled or until 30 minutes after the last strike has occurred within the 8 mile circle as shown on Telvent DTN MxVision WeatherSentry Online.
- Indoor Hitting Cages. The indoor hitting cages provide an ideal inclement weather location for batting practice during rainy conditions and when the infield is being otherwise used. Players, coaches and staff movement to and from the hitting cages poses an unacceptable risk as these personnel are fully exposed to possible lightning strikes. Accordingly, during a Weather Warning all personnel in the baseball and softball hitting cages are to remain in the hitting cages, and personnel not in the hitting cages will not attempt to enter the hitting cages, until such time as the warning has been canceled or until 30 minutes after the last strike has occurred within the 8 mile circle as shown on Telvent DTN MxVision WeatherSentry Online.

Enclosure 2

*To: Softball Athletic Trainer*

*From: Eunice I. Hernández, ATC, LAT  
Assistant Athletic Trainer*

*Re: Florida State University Athletic Training Services*

*Date: October 21<sup>st</sup>, 2011*

*In anticipation of the 2012 softball season, I welcome you to The Florida State University and the Lady Seminole Soccer/Softball Complex. As unforeseen circumstances accompany travel, FSU's medical staff is committed to assist you should a situation arise. Please do not hesitate to inform me about how we can best support your medical needs.*

*The softball athletic training room is located on the first floor of the complex directly behind the softball field and will be open 2 hours before and 1 hour after competition. The following will be available during your stay:*

- ❖ Electrical stimulation modalities, ultrasound machines, hydrocollator packs, and whirlpools.*
- ❖ 10-gal cooler of water, cups, injury ice, ice bags and flexi-wrap, towels, and biohazardous waste kits will be placed in your dugout*
- ❖ All emergency equipment (crutches, spine board, splint bag, AED) will be in the first base dugout restroom.*
- ❖ An FSU team physician will be on call during the game.*

*If your team is traveling without a Certified Athletic Trainer, please call ahead to inform me of such and supply a written request signed by an ATC detailing what treatments are to be administered to the respective athletes.*

*I wish you the best with your season and the safest of travels! See you in Tallahassee!*

*Contact Information:*

*Eunice Hernández      c: 850 694-2086  
Softball Office        850 644-9594  
Athletics Hotline     850 645-GAME (4263)  
Campus Information   850 644-3246*

**To Tallahassee Memorial Hospital**



**Tallahassee Memorial**  
HealthCare

***Tallahassee Memorial HealthCare***  
***1207 TMH Court***  
***Tallahassee, FL 32308***

***(850) 431-1155 (main)***  
***(850) 431-0911 (ER)***  
***(850) 431-6824 (Urgent Care Center)***

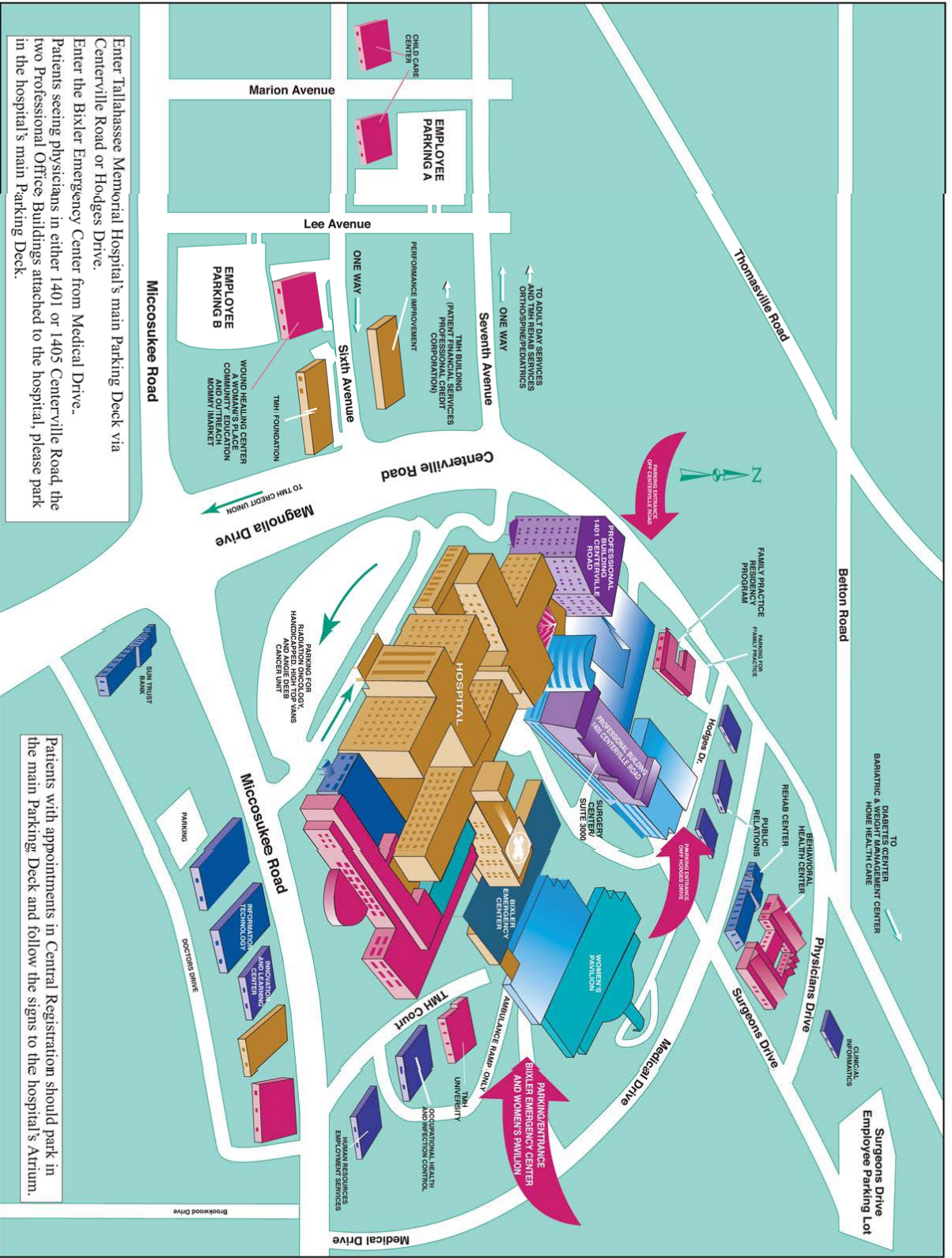
*Take Stadium Drive / Bryant Street north to Tennessee Street.*

*Turn **RIGHT** onto Tennessee St. / Mahan Drive and go 2.7 miles.*

*Take a **LEFT** at the light onto Magnolia Drive and go 0.5 mile.*

*Take a **RIGHT** at light onto Miccosukee Road.*

*Turn **LEFT** onto TMH Court*



Enter Tallahassee Memorial Hospital's main Parking Deck via Centerville Road or Hodges Drive.  
 Enter the Bixler Emergency Center from Medical Drive.  
 Patients seeing physicians in either 1401 or 1405 Centerville Road, the two Professional Office Buildings attached to the hospital, please park in the hospital's main Parking Deck.

Patients with appointments in Central Registration should park in the main Parking Deck and follow the signs to the hospital's Atrium.