



Aloha State Cup Representatives, Coaches & Team Managers-

The 2018 US Youth Soccer Far West Regional Hawaii Organizing Committee is providing this document to help your teams prepare for their participation in this year's Regional Championships. Please feel free to copy and pass on to your Champion and Wild Card teams. We will also post this information on the Region Website:

(http://championships.usyouthsoccer.org/regionIV/region_iv_championships_team_information/)

On behalf of the entire organizing committee, and the Board of Directors of the Hawaii Youth Soccer Association, we wish you safe travels, and an enjoyable visit to Hawaii.

Mahalo!

Scott Keopuhiwa
President & Executive Director- Hawaii Youth Soccer Association
Chair - 2018 Hawaii Organizing Committee

Team Info/Advisories

2018 US Youth Soccer Far West Regional Championships
Honolulu, Hawaii

CREDENTIALS: State Cup Representatives will bring their State's credentials to the Ala Moana Hotel – Ilima Room (2nd floor) on June 17th, 2018, at 12:00pm. State Cup Reps will make arrangements with their teams to return paperwork before the games begin. Please contact your State Rep as to where and when to pick up your player passes and sideline badges.

GOODY BAGS, ETC. Please pick up your player goody bags at the Ala Moana Hotel (host hotel) – Ilima Room (2nd floor) on June 17th, 2018 from 12:00pm until 2:00 PM.

COACHES MEETING: THERE WILL BE NO COACHES MEETING!

TENTS/POP-UPS ON FIELD: The team area along the sidelines will include a US Youth Soccer pop-up tent for each team. No other tents/pop-ups will be allowed on the team side of the field. Only players and coaches with passes for the current game will be allowed on the team side of the field. Spectators shall occupy the other side of the field.

Each team will be provided with water during the game, available near the 4th official on the team side of the field.

If spectators choose to set up tents, we ask that common sense and courtesy be the rule. Field Marshals or Committee members may ask you to relocate your tent if they deem it will interfere with the games; spectators' enjoyment of the matches or tournament operations. (The best place is on the hill adjacent to the field.)

With permission from the Host Organizing Committee, State Associations may set up a tent or EZ-Up that is intended to be a gathering place for state administrators, etc. The Chair of the Host Committee will approve the location of the tent or EZ-Up which must be set up each day and taken down each evening. A new location may be approved for the semi-final and final matches.

We also ask that you be extremely careful with the tents. Waipio Peninsula Soccer Complex has underground sprinkler systems. Please watch out for sprinkler heads and proximity to underground piping when staking down tents.

FIELD CLEAN UP: Trash cans will be available at each field. If each team and their parents do their part the teams and parents of following matches will have a clean area for their games. Please do not leave bottle caps or tape (from ankles, shoes, socks, etc.) on the ground. These things have damaged the mowers in the past and can be quite costly.

ANIMALS: Please leave your dogs (and for that matter, all pets at home). It's a City & County Regulation...SORRY!

PARKING:

There will be NO CHARGE for parking! You will not need a parking pass.

Some parking lots (the lots on the right side of the road as you drive in, will be restricted for Staff, Volunteers, College Coaches, Referees, Tournament Admin & Handicap Parking. Other Parking Lots (the lots on the left) are unrestricted parking for all teams.

Please park only in MARKED STALLS and observe all directional signs and instructions. Cars double parked, or not parked in marked stalls are subject to towing at the owners/renters expense.

Food & Merchandise Vendors:

Please plan on stopping by the first parking lot on the right side. This Parking Lot will be restricted to "foot traffic" and will be tournament central

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- Tournament Merchandise (i.e. T-Shirts, Polo Shirts, hats, and much more)

- Food Vendors (tentative commitments):
 - Aloha Brew Coffee
 - Big City Diner
 - Cholo's Mexican Food
 - Papa John's Pizza
 - Jamba Juice
 - Kona Shave Ice
 - Leonard's Malasada
 - WCF Lemonade

PRACTICE FIELDS: Some teams have inquired about practice fields. Kapiolani Park (located at the east end of Waikiki) is the closest Park to Waikiki.

Another option would be Ala Moana Beach Park. There are no soccer fields there but there is open space available on a first-come, first serve basis.

NO PRACTICES ARE ALLOWED AT THE WAIPIO PENINSULA SOCCER COMPLEX

Traffic Advisory: Although we live in paradise, we are not without the problems of other cities. Honolulu has nearly a million people and was recently ranked 2nd in the Nation (behind Los Angeles) in terms of “worst traffic” in the country. Getting to the Waipio Peninsula Soccer Complex is not difficult and will normally take about 35-40 minutes from the hotels in Waikiki. Generally, you will be going in the opposite direction of the rush hour traffic, **HOWEVER** traffic can build up and change pretty quickly. During the early morning commute, especially for the 8am games, we recommend you use an alternate route to the complex by taking the Waikele exit (see map).

Primary Route:

From Waikiki – Take H1 Freeway West. Use Exit 8B (Waipahu). Turn left at the first traffic light on to Waipio Point Access Rd.

Alternate Route:

From Waikiki – Take H1 Freeway West. Use Exit 7 (Waikele) Take a left on to Paiwa St. Go under the freeway and left on Farrington Highway, then right on Waipio Point Access Road.



Medical/Trainer Services

Provided by Queen's Medical Center – Sports Medicine

Player safety is definitely a concern of the tournament organizing committee. First Aid services are being provided by certified high school and college athletic trainers. There will be at least six Certified Athletic Trainers in the “medical tent” (near field 15) for the care of the athletes and referees.

The medical tent will open prior to the start of the first game of the day, and will remain open until the last game finishes. Athletes needing care should come to the tent at least one half hour before their warm-up is scheduled to begin. Failure to do so may cause the athlete to be rushed or even late for his/her warm-up or game.

Services that will be available are:

- Emergency first aid and injury evaluation, playing recommendations.
- Pre-game taping/padding, etc.
- Initial management of acute injuries; ice, compression.
- Physician referral when necessary. Maps/Directions will be available from the Athletic trainers.

Contact your Field Marshal if your injured athlete needs immediate care (emergency). Be selective when calling the medical personnel to the field. They need to be available for serious injuries. If you need ice/band-aids, advice, or other non-urgent care, please go to the tent.

The following are the steps the coach should take if an athletic injury occurs which needs immediate assessment or first aid:

1. Locate your Field Marshal (wearing bright green shirt; a tournament identification and carrying a radio).
2. Ask them to inform the Trainer or Medical Tent of the team jersey color, type of injury (knee, head etc.), and whether they are on the field of play or have been removed to the sideline.
3. If in doubt, do not move the athlete.
4. If they are not breathing, call 911 and then inform the Field Marshal.

Athletes with injuries **not** of an urgent nature should locate the medical tent after the game to be evaluated and treated.

Get Ready for Hawaii!

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Here are some suggestions and advice that may help prepare your athletes for the Regionals in HAWAII.

The weather is typically “hot” and “humid”. Temperatures can be in the mid 80’s to low 90’s during June/July. Plan on Pre-hydrating, hydrating during the games, and Re-hydrating after the games. Have your athletes drink more water than their thirst indicates! It’s very hard to catch up once dehydrated.

Bring ice and wet towels to the field with you. Allowing the players to wipe off and put a cold towel around their neck when they come off the field and at half time rejuvenates and keeps their core body temperature down.

At half time, serve lots of water, Gatorade or orange slices for a little “pick-me-up”.

Keep the athletes out of the sun when not playing. Find shade. Be careful about how long your athletes are in the sun watching games. Just sitting in the sun drains energy and dehydrates.

You are playing at sea level and near the water. The sun is VERY strong. Encourage your players to drink LOTS OF WATER, USE SUNSCREEN & LIP BALM. Our trade winds sometimes give a false sense of coolness.

ICE WATER will be provided at each field: Cups will also be available (as long as supplies last) Although there will be ice and water available for teams on site, players should bring their own water bottles which they can fill from the water jugs available at the fields. Ice and water will be replenished throughout the day as needed.

Trash cans will be provided at or near each of the fields. Please encourage your teams to pick up all the cups, water bottles, used tape, etc. from the area before leaving.

Unlike some of the previous venues that the Far West Regionals has visited, you don’t need to worry about snakes or scorpions at the field, but watch out for the red ants, they bite!

Medical Facilities

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Queen's Medical Center 1301 Punchbowl St. Honolulu	808-538-9011
Queen's Medical Center – West Oahu 91-2141 Fort Weaver Rd., Ewa Beach	808-691-3000
Adventist Health Castle 640 Ulukahiki St. Kailua	808-263-5500
Kaiser Permanente Honolulu 1010 Pensacola St. Moanalua Hospital 3288 Moanalua Rd	808-432-0000 808-432-0000
Kapiolani Medical Center for Women & Children 1319 Punahou St. Honolulu	808-983-6000
Kuakini Medical Center 347 N. Kuakini St. Honolulu	808-547-9540
Pali Momi Medical Center 98-1079 Moanalua Rd. Aiea	808-486-6000
Pearl City Urgent Care 1245 Kuala St. Pearl City	808-456-2273
Straub Clinic & Hospital 888 S. King St. Honolulu	808-522-4000
Urgent Care Clinic of Waikiki 2155 Kalakaua Ave	808-432-2700
Waikiki Health Services 277 Ohua Ave. Waikiki	808-922-4787
Tripler Army Medical Center Jarrett White Rd. Honolulu (big pink bldg...can't miss it)	808-433-6629

Notes:

1- This list is purely for informational purposes and the facilities listed are neither recommended nor endorsed by HYSA or the Far West Regional Organizing Committee.

2- Some of these facilities may not have Emergency Rooms, please call ahead.

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