**PR O V ID E N CE SP O R T S & LE A D E R S H IP INC.**

P. O. B O X 2040 P R O V I D E N C E, RI 02905

“D E V E L O P I N G A T H L E T E S A N D L E A D E R S”

[WWW. P S L I N C. O R G](http://www.pslinc.org/)

***Welcome to the 6th Annual Providence Slugfest hosted by Providence Sports and Leadership.***

This packet will provide you with all of the necessary tournament information and help you find your way around the city while you are here.

In case of Illness or Medical Emergency, here are the names and addresses of the local hospitals and pharmacies:

 **Hospitals**

|  |  |  |
| --- | --- | --- |
| **PROVIDENCE** |  |  |
| Hasbro Children’s Hospital593 Eddy StreetProvidence, RI 02903 401-444-4000 | Rhode Island Hospital2 Dudley StreetProvidence, RI 02903401-444-7700 | Women and Infant’s Hospital101 Dudley StreetProvidence, RI 02905401-274-1100 |

|  |  |  |
| --- | --- | --- |
| **NEWPORT** |  |  |
| Newport Hospital20 Powel AvenueNewport, RI 02840 401-846-6400 |  |  |

 **Walk-In Medical Centers**

|  |  |  |
| --- | --- | --- |
| East Side Urgent Care and Primary Care1195 North Main StreetProvidence, RI 02903401-861-3782Urgent Care Hours **Mon - Fri:** 9am to 8pm  **Saturday:** 9am to 4pm  **Sunday:** 9am to 4pm | CVS Minute Clinic799 Hope StreetProvidence, RI 02906Minute Clinic Hours**Mon - Fri:** 8am to 7pm **Saturday:** 9am to 5:30pm **Sunday:** 10am to 5:30pm | South County Urgent Care3461 South County TrailEast Greenwich, RI 02818401-471-6740Urgent Care Hours**Mon. - Fri:** 8am to 6pm**Saturday:** 8am to 4pm **Sunday:** 8am to 2pm |

**Please call 911 for any immediate medical emergencies**

 **Pharmacy**

|  |  |  |
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| **PROVIDENCE** |  |  |
| CVS481 Angell StreetProvidence, RI 02906401-521-4340Store Hours**Mon - Fri:** 7:00 AM - 10:00 PM **Saturday:** 7:00 AM - 10:00 PM  **Sunday:** 7:00 AM - 10:00 PM | CVS100 Francis StreetProvidence, RI 02903401-270-4440Store Hours**Mon - Fri:** 8:00 AM - 11:00 PM **Saturday:** 8:00 AM - 11:00 PM **Sunday:** 8:00 AM - 11:00 PM | CVS799 Hope StreetProvidence, RI 02906401-331-5240Store Hours **Mon - Fri:** 8:00 AM - 10:00 PM **Saturday:** 8:00 AM - 10:00 PM **Sunday:** 8:00 AM - 10:00 PM |

|  |  |  |
| --- | --- | --- |
| **NEWPORT** |  |  |
| Walmart199 JT Connell HighwayNewport, RI 02840401-848-5861Pharmacy Hours**Mon - Fri:** 9:00 AM - 7:00 PM **Saturday:** 9:00 AM - 7:00 PM  **Sunday:** 10:00 AM - 6:00 PM | CVS289 BroadwayNewport, RI 02840401-847-6762Store Hours**Mon - Fri:** 8:00 AM - 9:00 PM **Saturday:** 9:00 AM - 6:00 PM **Sunday:** 9:00 AM - 6:00 PM | CVS181 Bellevue AvenueNewport, RI 02840401-846-7800Store Hours **Mon - Fri:** 8:00 AM - 9:00 PM **Saturday:** 8:00 AM - 8:00 PM **Sunday:** 8:00 AM - 8:00 PM |

 **Tournament** **Contacts**:

Bill Flaherty - Tournament Director

Email: bill@pldinc.org

Phone 401-413-9775

 **Places to Eat:**

**PROVIDENCE**

There is a very large shopping structure in the middle of the city known as the [Providence Place Mall](http://providenceplace.com/). You can find almost anything here, including food. Here is a list of just a few restaurants located there.

Providence Place Mall:

|  |  |  |
| --- | --- | --- |
| Cheesecake Factory | UNO Chicago Grill | Panera Bread |
| Dave & Buster’s | Johnny Rockets | PF Chang’s |
| Fire & Ice | The Melting Pot |  |

Providence is famous for its selection of outstanding cuisine, specifically Italian. The best restaurants can be found in the city’s Federal Hill, Downtown and East Side Neighborhoods Here are a couple of websites that can break down the offerings.

East Side Restaurants:

<http://www.goprovidence.com/restaurants/east-side/>

Downtown Restaurants:

<http://www.goprovidence.com/restaurants/downtown/>

Federal Hill Restaurants:

<http://www.goprovidence.com/restaurants/federal-hill/>

**NEWPORT**

Newport has a great food scene, and the seafood that can be found here is some of the best around. Here are a few places that are popular all year round:

|  |  |  |
| --- | --- | --- |
| The Red Parrot | The Hungry Monkey | Salvation Café Restaurant |

For a complete list of dining in the area, visit the Newport Restaurants website:

Newport Restaurants:

https://www.discovernewport.org/restaurants/

 **Things to do:**

There are a few events happening in the area this weekend. If you have the time to get out and explore the city, here are some suggestions for things you can check out:

**PROVIDENCE**

[The Roger Williams Park Zoo](http://rwpzoo.org/)

1000 Elmwood Avenue

Providence, RI 02907

Phone: 401-785-3510

[Providence River Boat Company](http://www.providenceriverboat.com/)

10AM to Sunset

575 South Water Street

Providence, RI 02903

Phone: 401-580-BOAT

[Waterfire](http://waterfire.org/)

Saturday August 5th

Fires start at Sunset

Located on the three rivers of downtown Providence

You can also visit Go Providence for a full listing of things to do in the area:

<http://www.goprovidence.com/things-to-do/attractions/>

**NEWPORT**

Cliff Walk

Daily Sunrise to Sunset

Walk along the 3.5 mile length of this elevated path to see the many mansions that define Newport as well as outstanding views of the harbor. The walk takes you through the historic district, and along the way you can easily access Bellevue Avenue to hop aboard a city trolley if you get weary of walking. The walk begins at First Beach and finishes at Bailey's Beach.

[Fort Adams](http://www.fortadams.org/)

Daily 10AM – 4PM

Harrison Ave
Newport, RI 02840

[Newport Mansions](http://www.newportmansions.org/)

Bellevue Ave

Newport, RI 02840

Phone: 401-847-1000

You can also visit these websites for more information on activities and events in the area:

Discover Newport:

<https://www.discovernewport.org/>

Newport Visitors Guide:

<http://www.newportri.com/>

 **Sporting Goods:**

In case there are any last minute sporting goods you need or something you forgot, feel free to visit our sponsor

**Elmwood Sports** located at:

1553 Elmwood Avenue

Cranston, RI 02910

Phone: 401-785-4138

They carry all your baseball needs up to high end bats, apparel and gloves. Ask for Jimmy or Steve, and tell them Bill from Providence Sports & Leadership sent you.

**We sincerely thank everyone for participating and we hope you enjoy your stay.**