Softball Stat Tracker Updates

* Add help section
* Add backup option to SD card
* Fix bug with games list not refreshing when deleting a game

Version 1.1 Updates

* Added confirmation when deleting Leagues, Tournaments and Games
* Fixed bug when saving a game that would save the date incorrectly and cause a system exception when trying to change the date at a later point
* Fixed bug regarding multiple teams being created when possibly hitting back button
* Added options to delete team, league or tournament