

Springfield College Athletics



Visiting Team Guide



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Visiting Team Information

Contest Management:

Craig Poisson - (413) 748-3332

NO ANIMALS:

Springfield College provides welcoming and exceptional athletic facilities and fields for the use of our faculty, students, staff, alumni, and guests. However, please be advised that no animals shall be brought onto or permitted on any athletic field or playing surface and its immediate surroundings. Seeing eye and assist dog(s) may be permitted on athletic grounds with their owner(s).

Directions:

Directions to venues can be found on the next page.

Locker Room:

Visiting team locker room is located in the lower level of Blake Arena. Enter the PE Complex at entrance adjacent to the tennis courts and walk down the ramp to your assigned locker room.

Parking:

Team buses unload in the P.E. Complex Parking Lot (see map - pg. 8). Busses can park in the MCDI parking lot located behind right field on Potter Field (softball) (see map p.9).

Media:

All media requests should be made through the Office of Sports Communications:
Steve Raczynski - (413) 748-3342

Medical:

See Athletic Training (pg. 8)

Visiting Team Tailgating:

Please contact Craig at 413 748 3332



Directions to Springfield College/Parking Lot

From the East or West - [View the map](#)

Take the Massachusetts Turnpike, Interstate 90, to Exit 6. After toll area, turn left at traffic light onto Interstate 291 West. Proceed one mile to Exit 5, East Springfield/Indian Orchard. Turn right at the end of the exit ramp onto route 20A, then immediately move into the left lane. Turn left at the first light onto Roosevelt Avenue. Proceed three miles to Alden Street and turn right. Turn right into the PE Complex, follow this road to the back of the complex

From the North - [View the map](#)

Take Interstate 91 South to Interstate 291. Proceed four miles to Exit 5B, East Springfield/Indian Orchard. At the end of the ramp you will merge onto Route 20A, then immediately move into the left lane. Turn left at the first light onto Roosevelt Avenue. Proceed three miles to Alden Street and turn right. Turn right into the PE complex; follow this road to the back of the complex.

From the South - [View the map](#)

Take Interstate 91 North to Exit 2, Route 83. Proceed on Route 83 to the second traffic light and turn right onto Sumner Avenue. After two miles, turn left onto Roosevelt Avenue. Continue through two traffic lights, then bear left at the stop sign. Half a mile after the stop sign, cross a bridge and turn left onto Alden Street. Turn right into the PE complex, follow this road to the back of the complex.

Springfield Athletic Facilities

To Blake PE Complex (Administrative Offices, Basketball, Gymnastics, Volleyball, Wrestling; Locker Rooms) : Follow the directions above. Blake Arena is located up the ramp after walking through the turnstiles. Locker rooms are located down the ramp and signs will be displayed for each competing team.



To Appleton Tennis Courts (Tennis): Follow the directions above. Tennis courts are to the left of the PE complex.

To Art Linkletter Natatorium (Swimming & Diving): Follow the directions above until you get to Alden Street. Turn right into Lot 15 after the passing the speed limit tracker, turn left and travel to the end of the parking lot towards the natatorium. Locker rooms are located in the swimming area.

To Baseball, Softball, Soccer, and Track & Field Fields: Follow the directions above. From the parking lot behind the PE complex, walk through the gate on the right as you're leaving the parking lot and walk along the cement path. **Irv Schmid Sports Complex (Soccer, Intramurals)** is on the right. Follow the cement path and Blake **Track & Field (Track & Field)** is on the left; walk on the cement path and bare left to gain access to the track. **Berry-Allen Field (Baseball)** is to the right of the track. **Potter Field (Softball)** is to the left of the soccer field; walk to the end of the soccer field and take a right and the softball field is straight ahead.

To Stagg Field (Football, Field Hockey, & Lacrosse): Follow the directions above. Make first right after passing the speed limit tracker into Lot 15. Turn left and drive to the end of the parking lot. Field is on the right.

To Field House (Indoor Track & Field): Follow the directions above. *PE Complex Entrance:* After going through the turnstiles bare left, go through the double doors, and turn right after the vending machines. Walk straight; go through the double doors on your left. Continue down the hall through two sets of double doors. The indoor track is on the left.

Wellness Center Entrance: The Wellness Center is located to the right of the PE Complex. After going through the turnstiles, go up the stairs. Turn left and walk all the way down the hall way until you get to the double doors (straight head). Turn right to find the stairs. Walk down one flight to level 1 and the track is on the right.

To Athletic Training Room (Treatment for Athletes): Follow the directions above. *PE Complex Entrance:* After going through the turnstiles bare left, go through the double doors, and



turn right after the vending machines. Walk straight; go through the double doors on your left. Continue down the hall and the second door on the left is the training room. *Wellness Center Entrance:* The Wellness Center is located to the right of the PE Complex. After going through the turnstiles, go up the stairs. Turn left and walk all the way down the hall way until you get to the double doors (straight head). Turn right to find the stairs. Walk down one flight to level 1. Walk through two sets of double doors, turn right after the shelves.

Locker Rooms: Are available for basketball and wrestling competitions and other sports upon request and availability.

Laundry Services: Available upon request for tournaments.

Tailgating Parking: For home football contests, tailgating is also located in Lot 10. Fans who take part in tailgating can purchase a tailgating pass for Lot 10 either prior to the even by calling the athletics office (preferred) or buy them on site when pulling into the lot, provided there is space available. There is no charge to park in other campus lots (see map p.9).



Map Index

- | | | |
|--|--------------------------------------|-----------------------------------|
| 1. Admissions | 14. Irv Schmid Sports Complex | 29. Fuller Arts Center |
| 2. Allied Health Sciences Center | 15. Potter Softball Field | 30. Warehouse |
| 3. Graduate Village | 16. Athletic Annex | 31. International Hall |
| 4. Senior Suites | 17. Towne Student Health Center | 32. Reed Hall |
| 5. Townhouses | Berry-Allen Baseball Field | 33. Massasoit Hall Power Plant |
| 6. Stagg Field | 18. Weiser Hall | 34. Alumni Hall |
| 7. Art Linkletter Natatorium | 19. Babson Library | 35. Marsh Memorial |
| 8. Wellness Center | 20. Blake Hall | 36. Administrative Building |
| 9. Field house | 21. Living Center | 37. Richard B. Flynn Campus Union |
| 10. Athletic Training/Exercise Science Facilities | 22. Locklin Hall | 38. Abby-Appleton Hall |
| 11. Physical Education Complex/Blake Arena/James Naismith Court | 23. Kakley Graduate Annex | 39. Lakeside Hall |
| 12. Appleton Tennis Courts | 24. Facilities & Campus Services | 40. Gulick Hall |
| 13. Blake Track | 25. Judd Gymnasia | 41. President's Residence |
| | 26. Cheney Hall | |
| | 27. Schoo-Bemis Science Center | |
| | 28. Hickory Hall | |



Springfield College Athletic Training Services

Visiting Teams

The following information is being provided to assist you in the care and treatment of all visiting teams and student-athletes. Please contact the head athletic trainer if you have any questions or concerns. Thank you and best of luck to all.

Barclay Dugger, MEd, ATC, LAT
Coordinator of Athletic Training Services

rdugger@spfldcol.edu
(413) 748-3650 office
(413) 478-8107 cell

SERVICES AVAILABLE:

Event Coverage:

Staff Coverage: A certified athletic trainer will be on site at all contests traditional season or nontraditional season or within the athletic facility for matches and meets involving Springfield College athletic teams.

Athletic Training Room:

Located in the Physical Education (PE) Complex. Pre-event taping and wrapping will be performed provided visiting team provides all necessary supplies. The athletic training room will be open one hour before practice and two hours before competition. There is no food or drinks allowed in the athletic training room. All student-athletes must dress in dry clean clothes and shoes must be removed before entering the athletic training room. After completing treatment each student-athlete is responsible for wiping clean his/her treatment table with a sanitary wipe.

Treatments:

Ice and ice cups are available. Modalities such as, Hydrocollator packs, Whirlpools, Ultrasound and Electric Stimulation may be utilized by the visiting certified athletic trainer traveling with a team.

Please understand the following statement: IF A CERTIFIED ATHLETIC TRAINER IS NOT TRAVELING WITH THE TEAM SPRINGFIELD COLLEGE REQUIRES THE FOLLOWING, A WRITTEN NOTE FROM THE ATHLETIC TRAINER OR A PRESCRIPTION FROM A PHYSICIAN WILL BE NEEDED FOR THE SPRINGFIELD COLLEGE ATHLETIC TRAINING STAFF TO APPLY HEAT MODALITIES ON VISITING STUDENT-ATHLETES. SPRINGFIELD COLLEGE ATHLETIC TRAINING STAFF WILL NOT TREAT ANY VISITING STUDENT-ATHLETES WITH ELECTRIC MODALITIES.



LOCAL HOSPITALS:

Mercy Medical Center
271 Carew Street
Springfield MA 01104
(413) 748 – 9000

Bay State Medical Center
759 Chestnut Street
Springfield MA 01199
(413) 794 - 0000

EMS: An ambulance is available as needed, and is in attendance at all Varsity and Junior Varsity Football games. For contests the host ATC will assist you to activate EMS. Activate by calling campus police at (413) 748-5555.

Important EMS Contact Information:

Campus Police: (413) 748-5555
Activate EMS: (413) 748-5555
Athletic Training Room: (413) 748-3406

Contest Set-up and Supplies

Equipment: Ice, plastic bags, coolers and splint kits are standard set-up supplies. Crutches, knee immobilizers, slings, spinal immobilization equipment are on hand for emergencies. Immediate care supplies may be loaned to visiting injured athletes when necessary.

Water: Water is a standard set-up at all events. Outdoor events have water pipe and/or fountain, at locations where these are not available coolers of water will be set up, along with water bottles as needed. Indoor events will have water coolers set up and cups or water bottles will be available as needed.



Area Hotels

<p>Hampton Inn of West Springfield 1011 Riverdale St W Springfield, MA 01089 (413) 732-1300</p>	<p>HAMPTON INN of West Springfield and the Holiday Inn Enfield-Springfield are THE Host Hotels for Springfield College Athletics</p>	<p>Holiday Inn Enfield-Springfield 1 Bright Meadow Blvd Enfield, CT 06082 (860) 741-2211</p>
<p>Hilton Garden Inn 800 W. Columbus Ave Springfield, MA 01105 (413) 886-8000</p>	<p>Holiday Inn & Conference Center 245 Whiting Farms Rd Holyoke, MA 01040 (413) 534-3311</p>	<p>Regency Inn & Suites 21 Baldwin St W. Springfield, MA 01089 (413) 781-2300</p>
<p>Residence Inn by Marriott 64 Border Way W. Springfield, MA 01089 (413) 732-9543</p>	<p>Sheraton Monarch Place Hotel One Monarch Place Springfield, MA 01144 (413) 781-1010</p>	<p>Super 8 Motel 1500 Riverdale St W. Springfield, MA 01089 (413) 736-8080</p>

For a complete list of hotels visit the Greater Springfield Convention and Visitors Bureau online at www.valleyvisitor.com



Area Transportation

Airports		
Bradley Int'l Airport Windsor Locks, CT www.bradleyairport.com 19.63 Miles	Logan Int'l Airport Boston, MA www.massport.com/logan 92.08 Miles	Albany Int'l Airport Albany, NY www.albanyairport.com 98.63 Miles
Railroad		
Amtrak 66 Lyman St/Union Station Springfield, MA 01103 (800) USA-RAIL		
Car Rental		
Enterprise Rent-A-Car 765 E. Columbus Ave Springfield, MA 01105 (413) 739-2344	Avis 1500 Main St Springfield, MA 01104 (413) 733-3092	Budget 1500 State St Springfield, MA 01109 (413) 732-5192
Thrifty 80 Baldwin St W. Springfield, MA 01089 (413) 734-7368	Alamo Bradley Int'l Airport (800) GO-ALAMO	AVIS Bradley Int'l Airport (800) 331-1212
Budget Bradley Int'l Airport (800) 527-0700	Hertz Bradley Int'l Airport (800) 654-3131	National Bradley Int'l Airport (800) CAR-RENT
Bus		
King Ward Trailways 70 Justin Dr Chicopee, MA 01022 (413) 539-9981	Peter Pan Bus Lines, Inc. 1776 Main St Springfield, MA 01102 (413) 781-2900	
Public Transportation		
Pioneer Valley Transit Authority (PVTA) 2808 Main St Springfield, MA 01107 www.pvta.com		



Area Dining

Delivery		
Domino's Pizza 624 Boston Rd Springfield, MA 01119 (413) 782-8601	Springfield College Dining Service Aramark (413) 748-3205	Frankie & Johnnies's Pizza 35 Island Pond Rd Springfield, MA 01118 (413) 734-6773
Casual Dining		
Hot Table 1500 Main St Springfield, MA 01105 (413) 731-1200	Friendly's 1094 Riverdale St W. Springfield, MA 01089 (413) 733-9062	Red Rose Pizzeria 1060 Main St Springfield, MA 01103 (413) 739-8510
Uno Chicago Grill 820 W. Columbus Ave Springfield, MA 01105 (413) 733-1300	Applebee's 1349 Boston Rd Springfield, MA 01119 (413) 796-8183	Chili's 1175 Riverdale St W. Springfield, MA 01089 (413) 746-8827
Famous Dave's 1750 Boston Rd Springfield, MA 01119 (413) 382-7100	Ninety Nine Restaurant 1053 Riverdale St W. Springfield, MA 01089 (413) 858-1995	Olive Garden 1380 Boston Rd Springfield, MA 01119 (413) 783-9003
On the Border 1228 Riverdale St W. Springfield, MA 01089 (413) 788-5150	Outback Steakhouse 1537 Riverdale St W. Springfield, MA 01089 (413) 746-5700	Panera Bread 935 Riverdale St W. Springfield, MA 01089 (413) 214-6333
Fine Dining		
Cal's Wood-Fired Grill 1068 Riverdale St W. Springfield, MA 01089 (413) 827-9353	Currents Restaurant Boland Way/Columbus Ave Springfield, MA 01115 (413) 750-3010	Max's 1000 W. Columbus Ave Springfield, MA 01105 (413) 746-6299
Onyx Fusion Restaurant 1150 W. Columbus Ave Springfield, MA 01105 (413) 730-ONYX		
Fast Food		
Dunkin Donuts Springfield College - Richard B. Flynn Campus Union	Subway Springfield College - Richard B. Flynn Campus Union	Grill Springfield College – Richard B. Flynn Campus Union



Area Shopping

Malls/Specialty Shops		
Holyoke Mall at Ingleside 50 Holyoke St Holyoke, MA 01040 (413) 536-1441	Eastfield Mall 1655 Boston Road, Springfield, MA 01129, (413) 543-8000	Yankee Candle Village Routes 5 & 10 S. Deerfield, MA 01373 (413) 665-8306

Area Attractions/Entertainment

Movie Theaters		
Showcase Cinemas 655 Boston Rd Springfield, MA 01119 (413) 543-6000	Showcase Cinemas 864 Riverdale St W. Springfield, MA 01089 (413) 733-5131	
Museums		
Naismith Memorial Basketball Hall of Fame 1000 W. Columbus Ave Springfield, MA 01105	Springfield Museums and the Dr. Seuss National Memorial Edwards St Springfield, MA 01103 (413) 263-6800	Volleyball Hall of Fame 444 Dwight St Holyoke, MA 01040 (413) 536-0926
Seasonal		
The Big E 1305 Memorial Ave W. Springfield, MA 01089 (413) 737-2443	The Zoo in Forest Park Sumner Ave, Route 183 Springfield, MA 01138 (413) 733-2251	Six Flags New England 1623 Main St Agawam, MA 01101 (413) 786-9300
Springfield Armor (basketball) 1 Monarch Place Springfield, MA 01144 (413) 746-3263	Springfield Falcons (hockey) 45 Falcons Way Springfield, MA 01103 (413) 739-3344	