

**BLUE HEN  
STATE OF MIND**

**2014-2015  
Guide for  
Visiting Teams**

Game Day Operations  
& Athletic  
Training Services



# BLUE HEN STATE OF MIND

## UD Game Day Contacts

<p><b>Danny Neeson</b>, Operations Assistant <b>Contact for Visiting Team practice and Locker room assignments.</b> (302) 831-2258 Email: <a href="mailto:dneeson@udel.edu">dneeson@udel.edu</a></p>	<p><b>Scott Selheimer</b>, Assistant Director of Athletics, Media Relations <b>Contact for visiting SID needs/Press box setup.</b> (302) 831-2186 Email: <a href="mailto:selheime@udel.edu">selheime@udel.edu</a></p>
<p><b>Jason Cichowicz</b>, Director, Athletic Ticketing <b>Contact for Tickets, Will Call and Player tickets.</b> (302) 831-0606 Email: <a href="mailto:jason.cichowicz@gmail.com">jason.cichowicz@gmail.com</a></p>	<p><b>Kristy Fletcher</b>, Assistant Director of Athletics Marketing <b>Contact for Marketing questions.</b> 302-831-1519 Email: <a href="mailto:kfletch@udel.edu">kfletch@udel.edu</a></p>
<p>Link to all Staff and Coaches <a href="http://www.bluehens.com/sportsinfo/staff-coaches.html">http://www.bluehens.com/sportsinfo/staff-coaches.html</a></p>	

## Practice/Walk-Thru Information:

If you are in need of practice or walk-thru times, please contact Athletics Operations at (302) 831-2258.

## General UD Gameday Information:

### 1. Admission:

UD charges **admission** for the following sports: M/W Basketball, Football, M/W Lacrosse, and Volleyball.

Per a Colonial Athletic Association policy, **Complimentary Tickets are not offered** for the following sports: M/W Lacrosse, or Volleyball.

If a non-conference opponent wishes to have a pass list available for an event other than Football or M/W Basketball UD will honor their request if it is submitted in writing at least 48 hours prior to the event and tickets are available. Complimentary tickets will NOT be provided and an invoice will be sent back to the institution upon completion of event.

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## 2. **Tailgating:**

UD is not responsible for scheduling or making any arrangements for Tailgating. Tailgating is not permitted inside any of UD Athletics facilities. Alcohol is prohibited at any tailgating activity (except football games). Tailgaters are subject to the Newark City Open Container Law. Permission to have alcohol at a tailgate must have prior approval from the Director of Athletics.

3. Animals, Smoking, Bottles, and Alcoholic beverages are not permitted inside UD Athletics facilities.

4. **For the sport of Field Hockey, UD does not water the field for visiting team practices.** For teams competing at **Rullo Stadium**, teams stay on or near field during half-time. Designated "team areas" are available beneath stands if desired.

## 5. **Parking:**

Team vehicle/bus parking will be directed by event staff. For home events other than Football spectator parking is free and available in the lots surrounding the facilities.

## 6. **Locker Facilities:**

Locker Room assignments will be sent to head and assistant coaches via email up to a week in advance of the event. All facilities and locker rooms will be open two hours prior to the event. The locker room will be available before and after the event; towels and soap will be provided.

## 7. **General Timeline for Field Hockey, Men's and Women's Soccer, Men's and Women's Lacrosse, Baseball, Softball and Volleyball:**

Music starts 1 hour before scheduled game time.

Starting line-ups will be announced 5 to 10 (Women's Lacrosse) minutes before scheduled game time.

National Anthem following introductions.

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## UD Hotel Team



Courtyard Marriott at the University of Delaware  
400 David Hollowell Drive  
Newark, DE 19716  
(302)-737-0900  
<http://www.udel.edu/hotel>



Comfort Suites  
1570 Elkton Road  
Elkton, MD 21921  
(443) 350-9154  
<http://www.comfortsuites.com/hotel/md215>



Embassy Suites Newark – Wilmington South  
654 S. College Ave.  
Newark, DE  
(302) 368-8000  
[www.newark.embassysuites.com](http://www.newark.embassysuites.com)



Hilton Wilmington/Christiana  
100 Continental Drive  
Newark, DE 19713  
(302) 454-1500  
<http://www.hiltonchristiana.com/>

Lums Pond State Park  
3355 Red Lion Road  
Bear, DE  
(302) 368-6989  
<http://www.destateparks.com/camping/lums-pond/index.asp>



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## Local Transportation



**Delaware Express**  
2825 Ogletown Road  
Newark, DE 19713  
(302) 454-7800  
[www.delexpress.com](http://www.delexpress.com)

**Amtrak**  
Newark, DE  
Wilmington, DE  
1-800-USA-RAIL  
[www.amtrak.com](http://www.amtrak.com)

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# UD Restaurant Team

## **Buffalo Wild Wings**

100 Elkton Road, Newark, DE  
(302) 731-3145

## **McDonald's (2 Locations)**

815 S. College Avenue, Newark, DE  
(302) 738-7857  
374 E Main Street Newark, DE  
(302) 737-0502

## **Claymont Steak Shop**

57 S. Main Street, Ste 102  
Newark, DE  
(302) 453-9500

## **Caffé Gelato**

90 E. Main St.  
Newark, DE  
302-738-5811

## **Hooters**

136 Astro Shopping Court, Newark, DE  
302-455-8464

## **Capriotti's Sandwich Shop**

614 Newark Shopping Center, Newark, DE  
302-454-1592

## **Chick-fil-a**

1101 Quintilio Drive  
Bear, DE 19701  
(302)834-4816

## **Grotto's Pizza**

45 East Main Street, Newark, DE  
(302) 369-0600

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## **Directions to the David M. Nelson Athletics Complex:**

(Football, Baseball, Softball, Field Hockey, M/W Lacrosse, Tennis, M/W Basketball, M/W Soccer, W Track & Field and Volleyball)

From the North: Take I-95 South to Delaware Exit 1-B (Route 896 North). Continue straight on Rt. 896 North for approximately 2 miles. The David M. Nelson Athletic complex is on the right.

From the South: Take I-95 North to Delaware Exit 1 (Route 896 North). Continue straight on Rt. 896 North for approximately 2 miles. The David M. Nelson Athletic complex is on the right.

**Bob Carpenter Center (BCC)**, 631 South College Avenue, University of Delaware, Newark, DE 19716  
/ Fax: (302) 831-8653

**Delaware Field House (DFH)**, 621 South College Avenue, University of Delaware, Newark, DE 19716  
/ Fax: (302) 831-4058

University of Delaware Campus map click here: <http://primus.nss.udel.edu/buildings/main.action>

## **Directions to the Carpenter Sports Building:**

(Men's/Women's Swimming & Diving)

From the North: Take I-95 South to Delaware Exit 1-B (Route 896 North). Continue straight on Rt. 896 North through town. Rt. 896 North turns into College Avenue. Continue on College Avenue to Main Street. Make a Left on Main Street then an immediate Right onto North College Avenue. Make your first Right; the Carpenter Sports Center is located in the back of the parking lot.

From the South: Take I-95 North to Delaware Exit 1 (Route 896 North). Continue straight on Rt. 896 North through town. Rt. 896 turns into College Avenue. Continue on College Avenue to Main Street. Make a Left on Main Street then an immediate Right onto North College Avenue. Make your first Right; the Carpenter Sports Center is located in the back of the parking lot.

**Carpenter Sports Building (CSB)**, 24 North College Avenue, University of Delaware, Newark, DE 19716 / Phone: (302) 831-1238 Fax: (302) 831-0855

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## Athletic Training Services Delaware Field House, Bob Carpenter Center & Carpenter Sports Building

### Athletic Training Supplies

#### **On game day** (at event site):

- Water, cups & ice
- Crutches & vacuum splints
- Blood-borne pathogen container
- AED
- Spine board at or nearby the site.

#### **In the Delaware Field House, Bob Carpenter Center and Carpenter Sports Building Athletic Training Rooms** (available for certified athletic trainers):

- Taping/Treatment tables
- E-stim, ultrasound & Whirlpools
- Hydocollector/heat packs
- Ice & towels
- AED & spine board

#### **Coverage:**

- A certified athletic trainer will cover all home contests
- Team physician will either be on site or available by phone for all home contests

Please notify the Athletic Training room staff as soon as possible if your team is traveling without a certified athletic trainer. Athletes traveling without an ATC must present a letter from a physician or ATC before receiving treatment. If you know before hand of anything else you will need prior to game day, call us and we will get it ready for you.

### Facilities

The Delaware Field House athletic training room is located in the north end of the Field House (Room 111). The Bob Carpenter Center athletic training room is located on the north side of the building closest to the Delaware Football Stadium. The BCC and DFH athletic training rooms are equipped with therapeutic modalities that you are more than welcome to use. Training services are provided on game day only, other services other than taping or ice must be arranged to take place at either the BCC or DFH Training Rooms.

**Delaware Field House Training Room Telephone Number: (302) 831-2255 or (302) 831-8857**

**Bob Carpenter Center Training Room Telephone Number: 302-831-2196, 302-831-7228, and 302-831-0565**



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<p><b>Dan Watson</b>, ATC, Assoc. Athletic Trainer Sport: <b>Football, Rowing</b> Office: (302) 831-7228 Cell: (302) 229-8520 Email: <a href="mailto:dwatson@udel.edu">dwatson@udel.edu</a></p>	<p><b>Joan Couch</b>, ATC, Assoc. Athletic Trainer &amp; DFH Training Room Supervisor Sport: <b>Men's Lacrosse</b> Office: (302) 831-2255 Cell: (302) 229-8528 Email: <a href="mailto:jmcouch@udel.edu">jmcouch@udel.edu</a></p>
<p><b>Brandon DeSantis</b>, ATC, Assist. Athletic Trainer Sport: <b>Football</b> Office: (302) 831-8556 Cell: (424) 273-3066 Email: <a href="mailto:brandon.desantis55@gmail.com">brandon.desantis55@gmail.com</a></p>	<p><b>Nikki Lounsberry</b>, ATC, Assist. Athletic Trainer Sport: <b>Volleyball, Women's Lacrosse</b> Office: (302) 831-0565 Cell: (904) 463-0307 Email: <a href="mailto:nlouns@udel.edu">nlouns@udel.edu</a></p>
<p><b>Kelly Stafford</b>, ATC, Assist. Athletic Trainer Sport: <b>Women's Basketball</b> Office: (302) 831-8857 Cell: (302) 547-0085 Email: <a href="mailto:kelsta@udel.edu">kelsta@udel.edu</a></p>	<p><b>Paul Lowry</b>, ATC, Assist. Athletic Trainer Sport: <b>Men's Basketball</b> Office: (302) 831-0565 Cell: (610) 223-1411 Email: <a href="mailto:lowry@udel.edu">lowry@udel.edu</a></p>
<p><b>Lindsey Lamond</b>, ATC, Grad. Assistant Sport: <b>Women's Soccer</b> Office: 302-831-2255 Cell: (860) 462-6570 Email: <a href="mailto:llamond@udel.edu">llamond@udel.edu</a></p>	<p><b>Emily Henderson</b>, ATC, Grad. Assistant Sport: <b>Men's Soccer</b> Office: 302-831-2255 Cell: 484-880-6703 Email: <a href="mailto:emilyhen@udel.edu">emilyhen@udel.edu</a></p>
<p><b>Lauren Kriebel</b>, ATC, Grad. Assistant Sport: <b>Field Hockey</b> Office: 302-831-2255 Cell: (610) 468-5773 Email: <a href="mailto:lkriebel@udel.edu">lkriebel@udel.edu</a></p>	<p><b>Team Physician</b> <b>Dr. Geoffrey Gustavsen</b> Office: (302) 831-2482 Email: <a href="mailto:geofgus@udel.edu">geofgus@udel.edu</a></p>
<p><b>Team Physician</b> <b>Dr. Andrew Reisman</b> Office: (302) 831-2482 Email: <a href="mailto:areisman@udel.edu">areisman@udel.edu</a></p>	<p><b>Sports Medicine Nurse</b> <b>Mary Zager, RNC</b> Office: (302) 831-2482 Email: <a href="mailto:mzagar@udel.edu">mzagar@udel.edu</a></p> <p><b>Lisa Sinclair, SMC Nurse</b> Office: (302) 831-2482 Email: <a href="mailto:lsinc@udel.edu">lsinc@udel.edu</a></p>

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## **Athletic Training Room Use**

Occasionally visiting teams are provided locker room space in a different building. If you will need the use of the athletic training room, please contact the Athletic Training Room staff in advance so arrangements, if needed, can be made.

## **Local Medical Phone Numbers**

**UD Student Health Services** (on campus): (302) 831-2226

### **Christiana Hospital**

**4755 Ogletown - Stanton Rd**

**Newark, DE 19718**

Emergency: (302) 733-1601

Information: (302) 733-1000

### **St. Francis Healthcare**

**701 North Clayton Street**

**Wilmington, DE 19805**

Information: (302) 421-4100

**Newark Emergency Center** (on Main St.): (302) 738-4300

**Walgreens Pharmacy** (on Main St.): (302) 738-6333