University of Mary Washington
Intercollegiate Athletics
Goolrick Gymnasium
1301 College Avenue
Fredericksburg, VA 22401
Phone: 540-654-1039
Dear Visitors,

Welcome to the University of Mary Washington in Fredericksburg, Virginia! It is our pleasure to have you visit our campus and the surrounding community.

This guide for our opponents, alumni, parents and friends should help inform you about UMW and the various services that we have available on and around our campus. We hope to provide your teams and fans with a positive experience during their visit.

We are providing you with information about the local businesses that support us, and hope in return you will help in supporting them. As many of you know, it would be difficult to run successful events without the help of the businesses in the community.

Please contact me if you have any questions or concerns. We hope you enjoy your visit.

Sincerely,
Dana Hall
Senior Associate Athletics Director
O – 540-654-1890
C – 540-903-7483
dhall@umw.edu
ADMISSION FEES/TICKETS
The University of Mary Washington charges an admission fee only for men’s and women’s basketball games. UMW accepts Capital Athletic Conference passes for regular season games. Post-season events (CAC or NCAA) are subject to an admission fee pursuant to conference/NCAA guidelines.

LOCKER ROOMS
All locker rooms are located in the Anderson Center/Goolrick Hall. Locker rooms in Anderson Center use punch code locks, facilitating team access without a key. Towels are NOT provided for visitor locker rooms; please plan accordingly. General locker room access is available for all teams playing at the Battleground Athletic Complex prior to and after competition. Buses may drop off teams at Goolrick Gymnasium, but in-game parking is at Facility Services building at Battleground. Enter through Anderson Center to Goolrick Gymnasium locker rooms. Men’s and women’s general locker rooms are located one floor down on Ground Floor, and are to be used by visiting outdoor teams.

OUTSIDE FOOD AND DRINKS IN ANDERSON CENTER/GOOLRICK HALL/BATTLEGROUND
No outside food or drink is allowed in Anderson Center, Goolrick Hall, or the Battleground Athletic Complex. Contact Director of Athletic Facilities for possible rental locations and prices or numbers for corporate partners who can help with food and/or space for team needs.

SPORTS INFORMATION
UMW’s Sports Information Office is located at the Battleground Athletic Complex. All home events are staffed by either full-time or student-assistant staff from the Sports Info Office. Results are posted on the athletics website (umweagles.com) and e-mailed back to the visiting team’s sports information office.

PHOTO POLICY
Due to insurance policies, only licensed, bonded members of the media or school representatives are permitted photo credentials to shoot within the contest competition areas. All photographers must gain a credential from the sports information office prior to the contest.

Contacts:
Clint Often, Assistant Athletic Director, Marketing, Communications, and Promotions
Office: 540-654-1743
E-mail: coften@umw.edu
On behalf of the Athletic Training Staff we would like to welcome you to The University of Mary Washington. As you make your travel arrangements, we would like to inform you of our availability. Our main athletic training facility is located in Goolrick Hall room 102 adjacent to the William M. Anderson Center off College Avenue. Our auxiliary athletic training room is located at the Battleground Athletic Complex. Included in this letter are the contact names and numbers of the UMW athletic training staff.

A certified athletic trainer will be able to assist you with your needs. Should a certified athletic trainer not be accompanying your team, please email prior to travel or send written instructions with your team(s) regarding all necessary care and treatment of your athletes. You are required to provide all supplies. We will attempt our best to meet all of your medical needs.

During your visit to our school we will provide you with the following at each competition:

- Water
- Cups
- Ice & Ice bags
- Hydrocollator packs
- Biohazard Bags
- Crutches
- Splints
- AED
- Electric Stimulation and ultrasound will only be available if the student athlete is accompanied by a prescription

Important Contact Information:
Ian Rogol, M.Ed., VATL, ATC  Head Athletic Trainer  Office: (540) 654-1872
irogol@umw.edu  Cell: (434) 242-2318

Ashley Drier, MS, VATL, ATC  Assistant Athletic Trainer  Office: (540) 654-1874
adrier@umw.edu  Cell: (845) 389-2461

Beth Druvenga, M.Ed., VATL, ATC  Assistant Athletic Trainer  Office: (540) 654-2106
bdruvenga@umw.edu  Cell: (712) 260-0671

Mark S. Ford, PA-C  Team Physician Assistant  (540) 361-1830
Orthopedic Specialty Clinic Ltd.

Mary Washington Hospital  1001 Sam Perry Boulevard  (540) 710-1100
Fredericksburg, VA 22401

Ambulance/Emergency Services  X4444 on campus

Physical Plant Auxiliary Athletic Training Room  (540) 654-2106

Please do not hesitate to contact our department with any questions or concerns you may have. Feel free to browse our website at www.umweagles.com for more information on our athletic training department. We look forward to your visit and wish you the best in your athletic season!
Main Campus
1301 College Avenue, Fredericksburg, VA 22401
The University of Mary Washington is located in Fredericksburg, Va., 50 miles south of Washington, D.C., and 50 miles north of Richmond, Va.

Directions from I-95:
To reach the campus from Interstate 95, take Exit 130-A. Follow Route 3 East business to the traffic light for William Street. Make a left at the light. Follow William Street to the next traffic light and make a left onto College Avenue.
The UMW Fredericksburg Campus main gate is on the right at first light. Pass the UMW gate; turn right on U.S. 1. Turn right on Alvey Drive; follow signs to parking deck.

Directions from U.S. 1:
To reach the Fredericksburg campus from U.S. 1 North, turn right at the intersection with College Avenue. To reach the parking deck, go through the intersection of U.S. 1 and College Avenue; turn right on Alvey Drive and follow the signs to the parking deck.
To reach the Fredericksburg campus from U.S. 1 South, turn left at the intersection with College Avenue. To reach the parking deck, turn left on Alvey Drive — the intersection is just prior to the intersection of U.S. 1 and College Avenue. Follow the signs to the parking deck.

Directions from downtown Historic Fredericksburg or the train station:
From Caroline Street, turn left on Amelia Street. In seven blocks you will reach Washington Avenue. When you reach the end, turn left, go one block, then turn right on William Street (U.S. 3). Continue on William Street for several blocks until you reach College Avenue. Turn right onto College Avenue. The UMW Fredericksburg Campus main gate is on the right at first light. Pass the UMW gate; turn right on U.S. 1. Turn right on Alvey Drive; follow signs to parking deck.

* There also is limited visitor parking during the day, and ample visitor parking in the evenings, near George Washington Hall, the site of Dodd Auditorium.

BATTLEGROUND POLICIES
Prohibited:
- Food of Every Type
- Drinks except water
- Motorized, pedal- or foot-powered vehicles
- Pets, except service animals
- Golf
- Tobacco products
DIRECTIONS TO ANDERSON CENTER/GOOLRICK GYM
(Basketball and volleyball)

From Interstate 95
Take Exit 130A (Route 3 East), and follow through five stoplights. At the sixth light, turn LEFT onto Business Route 3 (William Street), remaining in the LEFT lane. At the first light, turn LEFT onto College Avenue, and the campus will be on your right. Once on College Avenue, go straight through the first stoplight, and turn RIGHT at the second light (Route 1), Drive under the UMW Walkway and make an immediate RIGHT onto Alvey Drive. Visitor parking is located in the parking deck adjacent to the gyms.

From Route 1 North
Follow Route 1 to Fredericksburg and UMW campus. After driving under the UMW walkway across Route 1, make the next RIGHT onto Alvey Drive. Visitor parking is located in the parking deck adjacent to the gyms.

From Route 1 South
Follow Route 1 to Fredericksburg and UMW campus. Prior to driving under the UMW walkway across Route 1, make a LEFT onto Alvey Drive. Visitor parking is located in the parking deck adjacent to the gyms.

WALKING DIRECTIONS FROM PARKING DECK TO ANDERSON CENTER ENTRANCE
There are two exit ramps leading from the visitor parking deck to campus. Facing the gyms, take the RIGHT entrance up the stairs around the right of the buildings and around Goolrick Natatorium to the floor level entrance of Anderson Center. Once inside, proceed up the stairway and across the lobby to the ticket booth.

HANDICAPPED PARKING
Handicap parking is available to Anderson Center off of College Avenue to the south of the arena. Turn at the light off of Route 1 onto College Avenue and make an immediate LEFT into the handicap parking area at Anderson Center.

DIRECTIONS TO THE BATTLEGROUNDDR (all outdoor sports and tennis)
From Interstate 95, take Exit 130A (Route 3 East), and follow through five stoplights. At the sixth light, turn LEFT onto Business Route 3 (William Street). At the top of the hill, the road splits. Stay RIGHT, onto Hanover Street. The Battleground Athletic Complex is on the RIGHT. NOTE:Limited parking is available. Follow posted rules for parking in the vicinity of the Complex. Additional parking needs for all fields may use lot at soccer field.

DIRECTIONS TO HAZELWILD FARM (riding)
From Interstate 95, take Exit 130A (Route 3 East), and follow through five stoplights. Turn RIGHT onto Route 1 South. Proceed several miles, and turn RIGHT onto Harrison Road. Follow Harrison over Interstate 95, and turn RIGHT into the Elizabeth A. Morrison equestrian center.
HOTELS

Hyatt Place Fredericksburg (corporate partner)
1241 Jefferson Davis Highway
Fredericksburg, VA 22401
(540) 654-3333

Hampton Inn Southpointe
4800 Market Street
Fredericksburg, Va., 22408
(540) 898-5000

Hampton Inn Central Park
1080 Hospitality Lane
Fredericksburg, Va., 22401
(540) 786-5530

Hilton Garden Inn
1060 Hospitality Lane
Fredericksburg, Va., 22401
(540) 548-8822

Courtyard by Marriott
620 Caroline Street
Fredericksburg, Va. 22401 USA
(540) 373-8300

RECREATION

Fredericksburg Tourism
www.visitfred.com

Augustine Golf Club (corporate partner)
76 Monument Drive
Stafford, Va. 22554
(540) 720-7374

RESTAURANTS

Vocelli Pizza (corporate partner)
on UMW Campus
540-654-1808

Home Team Grille (corporate partner)
(across bridge from Anderson Center)
1109 Jefferson Davis Hwy
Fredericksburg, VA 22401
(540) 479-1011

Friendly’s
2068 Plank Road
Fredericksburg, Va. 22401
(540) 371-3136

Shoney’s
2203 Plank Road
Fredericksburg, Va. 22401
(540) 371-5400

Ryan’s
1780 Carl D Silver Parkway
Fredericksburg, Va. 22401
(540) 548-0051

McDonalds
1212 Jefferson Davis Highway
Fredericksburg, Va. 22401
(540) 371-4525

Papa Johns
433 Jefferson Davis Highway
Fredericksburg, Va. 22401
(540) 371-7272
## Restaurants In & Around Fredericksburg

### Within Walking Distance of the Anderson Center

**Home Team Grill**  
"Our Corporate Sponsor"

- **Quiznos**  
  Sandwich Shop  
  1131 Jefferson Davis Hwy,

- **Pancho Villa**  
  Mexican Grill  
  1117 Jefferson Davis Hwy

- **Greens & Grains**  
  Salad Bar with Soup & Sandwiches  
  1133 Jefferson Davis Hwy

- **Sweet Frog**  
  Frozen Yogurt

**Home Team Grill**  
American Bar and Grill  
1109 Jefferson Davis Hwy

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### Old Towne Fredericksburg

<table>
<thead>
<tr>
<th>Caroline Street</th>
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<tr>
<td><strong>Princess Anne Street</strong></td>
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</table>
| 2400 Diner  
  Local American Diner  
  2400 Princess Anne St

| **Here & Abroad Bakery** |
|  
  American Bistro  
  1004 Princess Anne St

| **Mason –Dixon Café &Baking Co** |
|  
  American Style Café  
  2100 Princess Anne St

| **Sophia Street** |
|  
  Brocks Riverside Grill  
  American Grill  
  503 Sophia St

| **The Happy Clam** |
|  
  Seafood Restaurant

<table>
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<tr>
<th><strong>William Street</strong></th>
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<tr>
<td><strong>Castiglias</strong></td>
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</table>
  Italian Restaurant  
  324 William St

| **Primavera Pizzeria & Grill** |
|  
  Italian Eatery  
  600 William St

| **The Virginia Deli** |
|  
  Sandwiches, Salads, Soups  
  101 William St

| **Vivify Burger & Lounge** |
|  
  American style food  
  314 William St

- **Old Towne Steak & Seafood**  
  1612 Caroline St

- **Sammy T’s**  
  American Bar & Grill  
  801 Caroline St

- **Soup and Taco**  
  Mexican, Southwestern Eatery
### Athletic Department Administration

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Phone (540)</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patrick Catullo</td>
<td>W Tennis/Interim Athletic Director</td>
<td>654-2489</td>
<td><a href="mailto:pcatullo@umw.edu">pcatullo@umw.edu</a></td>
</tr>
<tr>
<td>Jack Anderson</td>
<td>Strength &amp; Conditioning</td>
<td>654-1575</td>
<td><a href="mailto:jander@umw.edu">jander@umw.edu</a></td>
</tr>
<tr>
<td>Betsy Southern</td>
<td>Office Manager</td>
<td>654-1039</td>
<td><a href="mailto:esouth42@umw.edu">esouth42@umw.edu</a></td>
</tr>
<tr>
<td>Dana Hall</td>
<td>Senior Assoc. Athletic Director</td>
<td>654-1890</td>
<td><a href="mailto:dhall@umw.edu">dhall@umw.edu</a></td>
</tr>
<tr>
<td>Jason Kilby</td>
<td>M Soccer/Asst. Athletic Director</td>
<td>654-1875</td>
<td><a href="mailto:jkilby@umw.edu">jkilby@umw.edu</a></td>
</tr>
<tr>
<td>Clint Often</td>
<td>Sports Information Director</td>
<td>654-1743</td>
<td><a href="mailto:cofen@umw.edu">cofen@umw.edu</a></td>
</tr>
<tr>
<td>Philip Pierce</td>
<td>Dir. of Development</td>
<td>654-1153</td>
<td><a href="mailto:ppieree@umw.edu">ppieree@umw.edu</a></td>
</tr>
<tr>
<td>Ian Rogol</td>
<td>Head Athletic Trainer</td>
<td>654-1872</td>
<td><a href="mailto:irogol@umw.edu">irogol@umw.edu</a></td>
</tr>
<tr>
<td>Ashley Drier</td>
<td>Asst. Athletic Trainer</td>
<td>654-1874</td>
<td><a href="mailto:adrier@umw.edu">adrier@umw.edu</a></td>
</tr>
<tr>
<td>Beth Druvenga</td>
<td>Asst. Athletic Trainer</td>
<td>654-2106</td>
<td><a href="mailto:bdruvenga@umw.edu">bdruvenga@umw.edu</a></td>
</tr>
<tr>
<td>Rod Wood</td>
<td>Director of Facilities</td>
<td>654-2170</td>
<td><a href="mailto:rwood@umw.edu">rwood@umw.edu</a></td>
</tr>
</tbody>
</table>

### Coaching Directory

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Phone (540)</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deena Applebury</td>
<td>W Basketball</td>
<td>654-1888</td>
<td><a href="mailto:dapplebu@umw.edu">dapplebu@umw.edu</a></td>
</tr>
<tr>
<td>Lindsey Barbacow</td>
<td>W Field Hockey</td>
<td>654-2166</td>
<td><a href="mailto:lelliott2@umw.edu">lelliott2@umw.edu</a></td>
</tr>
<tr>
<td>Abby Brethauer</td>
<td>M &amp; W Swimming</td>
<td>654-1889</td>
<td><a href="mailto:abrethau@umw.edu">abrethau@umw.edu</a></td>
</tr>
<tr>
<td>Patrick Catullo</td>
<td>W Tennis</td>
<td>654-2489</td>
<td><a href="mailto:pcatullo@umw.edu">pcatullo@umw.edu</a></td>
</tr>
<tr>
<td>Dee Conway</td>
<td>W Softball</td>
<td>654-1885</td>
<td><a href="mailto:dconway@umw.edu">dconway@umw.edu</a></td>
</tr>
<tr>
<td>Drew Delaney</td>
<td>M Lacrosse</td>
<td>654-1883</td>
<td><a href="mailto:adelancy@umw.edu">adelancy@umw.edu</a></td>
</tr>
<tr>
<td>Todd Helbling</td>
<td>M Tennis</td>
<td>654-2486</td>
<td><a href="mailto:theblin@umw.edu">theblin@umw.edu</a></td>
</tr>
<tr>
<td>Corey Hewson</td>
<td>W Soccer</td>
<td>654-1871</td>
<td><a href="mailto:chewson@umw.edu">chewson@umw.edu</a></td>
</tr>
<tr>
<td>Marcus Kahn</td>
<td>M Basketball</td>
<td>654-1887</td>
<td><a href="mailto:mkahn@umw.edu">mkahn@umw.edu</a></td>
</tr>
<tr>
<td>Jason Kilby</td>
<td>M Soccer</td>
<td>654-1875</td>
<td><a href="mailto:jkilby@umw.edu">jkilby@umw.edu</a></td>
</tr>
<tr>
<td>Caitlin Moore</td>
<td>W Lacrosse</td>
<td>654-1320</td>
<td><a href="mailto:cernike@umw.edu">cernike@umw.edu</a></td>
</tr>
<tr>
<td>Wayne Riser</td>
<td>M Baseball</td>
<td>654-1882</td>
<td><a href="mailto:wriser@umw.edu">wriser@umw.edu</a></td>
</tr>
<tr>
<td>Teresa Seay</td>
<td>M &amp; W Riding</td>
<td>891-7101</td>
<td><a href="mailto:tbett5lb@umw.edu">tbett5lb@umw.edu</a></td>
</tr>
<tr>
<td>Kunle Lawson</td>
<td>M &amp; W Cross Country, Track &amp;Field</td>
<td>654-1886</td>
<td><a href="mailto:alawson@umw.edu">alawson@umw.edu</a></td>
</tr>
<tr>
<td>Matt Troy</td>
<td>Volleyball</td>
<td>654-2168</td>
<td><a href="mailto:mtroy@umw.edu">mtroy@umw.edu</a></td>
</tr>
<tr>
<td>Sam Oglesby</td>
<td>M/W Golf</td>
<td>703-727-0234</td>
<td><a href="mailto:sogle5fm@umw.edu">sogle5fm@umw.edu</a></td>
</tr>
</tbody>
</table>