



**University of Alberta
Golden Bears & Pandas
Visiting Team Guide
2017-18**

Golden Bears & Pandas Athletics
Faculty of Physical Education and Recreation
2-420 Van Vliet Complex
Edmonton, Alberta T6G 2H9
(780) 492-3365

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COMPETITION VENUES

Van Vliet Complex (Clare Drake Arena, Universiade Pavilion, West Pool & Main Gym)

Ice Hockey, Swimming, Track & Field, Wrestling

87th Ave & 114th Street, Edmonton

Phone: 780-492-2327 (Customer Service Centre) or 780-492-3276 (Facility Services)

Saville Community Sports Centre

Basketball, Curling, Tennis & Volleyball

11610 65 Avenue NW, Edmonton

Phone: 780-492-1000

Foote Field

Football & Soccer

11601 68 Avenue, Edmonton

Phone: 780-492-6868

VEHICLE RENTALS

The following companies are available through the Edmonton International Airport:

- **Enterprise** is our preferred transportation company with an office located on site at the Edmonton International Airport: (780) 980-2338

Other vehicle rental companies if needed:

- Avis - 1.800.879.2847
- Budget - 1.800.661.7027
- Hertz - 1.800.263.0600
- Thrifty - 1.800.847.4389
- National - 1.800.227.7368

All car rental companies are located in the Parkade, Level P1.

PARKING

North (Main) Campus

Visiting team vehicles may park in any car park on campus at the regular daily and evening rates. For any questions or concerns regarding parking you can contact the Director of Parking Services at (780) 492-7275.

Rates: Monday-Friday 6:00am-4:30pm is \$15.00, 4:30pm-6:00am is \$5.00

Saturday-Sunday is \$5.0

South Campus

Parking on south campus is limited. Visiting Team vehicles may park in the lots on South Campus. For questions regarding parking at South Campus, please contact Customer Service at (780) 492-1000 or refer to the map on the next page.

LRT Fare Rates: \$3.25 cash per single trip or \$9.25 day pass

Buses: May park in the gravel parking lot on the left side as you enter the Saville Community Sport Centre parking area. Buses are unable to park overnight.



Visiting Media should contact the University of Alberta Sports Information Office at (780) 492-7214.

VISITING TEAM TICKETS

Tickets can be pre-purchased in advance by calling the Customer Service Sales Office (780) 492-2231 or purchased online at www.bears.ualberta.ca. These tickets will be left at the Sales Office under Will Call located at 1-213 Van Vliet Complex on game day or at the Ticket Booth in Saville Community Sport Centre under Will Call an hour prior to game start.

Conference game ticket prices:

Football, Basketball, Volleyball & Men's Hockey Conference games:

Adults \$16, Students \$10, Family (2 adults & 3 children) \$40

Women's Ice Hockey Conference and Playoff games:

Adults \$10, Students \$5, Family (2 adults & 3 children) \$25

Football, Basketball, Volleyball & Men's Hockey Playoff games:

Adults \$18, Students \$12, Family (2 adults & 3 children) \$45

A 30% off regular price is available for organized adult groups of 30 or more (only available in the Customer Service Centre – 1-213 Van Vliet Complex).

Medical Services Information 2017-18: UNIVERSITY OF ALBERTA

TO: University Head Therapists - Canada West Conference

The following information will clarify the medical and therapy services available during your stay at The University of Alberta. Should you have any questions, please contact me by phone or E-mail. We look forward to hosting you and your team on the University of Alberta campus.

Field Services Provided	<ul style="list-style-type: none"> ➤ A UA Hosting Therapist (may be student-kinesiologist or Varsity Health Staff) will discuss the appropriate emergency action plan and protocol with the visiting medical staff prior to competition time. ➤ At scheduled CW conference competitions, host Medical and Therapy staff will act as a First Responder, to assist visiting athletes and visiting medical staff. There will be no host medical staff or services during visiting team practices – Facility staff will assist in EAP management in event of emergency. ➤ A physician will be on site for all CW competitions for men’s ice hockey, men’s football, women’s rugby and wrestling. UA Varsity-therapist or student-therapist will be on site for CW conference competitions. ➤ If you do not have a dedicated medical representative or team therapist travelling with your team, notify us prior to your arrival as we would then be acting as team medical representative as well as assist in pre-game prep & post-game management. Fees assessed for providing any of the above listed coverage for any team or any conference (based on Canada West Policy) will be forwarded to your institution regardless of whether medical services are utilized or not. ➤ All supplies must be provided by the visiting team or a charge back of supplies used will apply. Any supply requests to On-site therapist. ➤ Should emergency transport to the Hospital be required, the EAP will outline the protocol via ambulance transport. UA will not be responsible for any charges associated with emergency transportation of visiting athletes, team staff or spectators. ➤ For Non-emergency transportation, the EAP will outline services (taxi) to assist the transport of a visiting athlete – these transportation costs will be the responsibility of the visitor requesting (visiting athlete or team member) payable at time of service provided. UA medical hosting students or staff will not personally transport anyone who is ill or injured.
Emergency Equipment	<ul style="list-style-type: none"> ➤ Emergency equipment will be provided at each venue site; the host therapist will review the list and location of supplies prior to competition. Generally, equipment list will include: Crutches; Quick & Speed splints (small); Blanket; Oxygen; AED; Scoop stretcher, Spine board & accessories; Wound care supplies. ➤ Emergency telephone access at facility desk at all sites; Cell phones on site. ➤ Ice & ice bags onsite at competition venues ➤ Water will be supplied to visiting teams (no cups or water bottles supplied). ➤ Any costs associated with destruction of any equipment due to vandalism or misuse will be billed to the visiting team Athletics Program.

Recovery Facilities and/or Training Rooms	<ul style="list-style-type: none"> ➤ Visiting therapists may have access to Site training rooms or to a prep/therapy space (Main Campus in VanVliet Complex, Foote Field for fall sports, Saville Centre for court sports). Contact the Varsity Health Staff (location & email listed below) for updates upon arrival. In the event that there may be space conflicts, availability to the training rooms may change, but an alternative location or space will be set up for visiting groups. ➤ Each training room has limited supplies and equipment, including taping tables. ➤ Team Towels to be signed out at facility services desk with personal I.D. ➤ No access to cold (hydrotherapy) tubs; Limited access to hot packs and modalities.
Clinical Services:	<ul style="list-style-type: none"> ➤ Access to Physician and Physiotherapy staff may be available for visiting athletes requiring services, by appointment only. Contact the host Varsity therapy staff for advice and direction. ➤ The <i>Glen Sather Sports Medicine Clinic</i> is a private clinic, that visiting athletes may access during regular operation hours. Located in the Kaye Edmonton Clinic building, 11400 University Avenue, Level 2, hours are Monday to Friday, 0800-1700 hours. Direct access is restricted for physicians, so contact U of A Host Varsity Therapy staff. All athletes must present their Provincial Health Care Insurance number when registering and will be responsible for regular fees. ➤ Visiting athletes who request therapy assessment or treatment when at UA require prior written notification from their Head Therapist. Costs incurred will be the responsibility of the visiting athlete.
Physician Services :on-site, or near-by	<ul style="list-style-type: none"> ➤ Physician On-site at CW Competitions: Football, Men’s Ice Hockey, Wrestling, Rugby. All visiting athletes must present Provincial Health care numbers and complete the CW Injury Form. Residents with Quebec Health care will be asked to pay for Physician services in this province. Quebec residents will be required to submit to Quebec Health individually. ➤ If Physician is unavailable, Medi-centre Walk-in clinics can be accessed. ➤ For assistance, speak directly with on-site physician or UA therapy staff.
Injury Communication	<ul style="list-style-type: none"> ➤ CW Injury Report Form will be used for any injured athlete reviewed at competition site. Copy given to injured athlete upon request.
Hospital near-by Medi-centres / Clinics	<ul style="list-style-type: none"> ➤ University of Alberta Hospital (114 Street & 87 Avenue) emergency department for medical or dental emergency. Note: There are other emergency hospitals or after-hours emergent care centres in the city that athletes may be transported to. ➤ For Non-emergency transportation, the EAP will outline services to assist your athlete – these transportation costs will be the responsibility of the visiting athlete/team. ➤ A copy of the nearest Medi-centre (Clinics – Medicentres) is available from host therapist (www.medicentres.com) <p><i>After-hours Emergent Care Centres:</i> Northeast Community Health Centre (Open 24 hours): 14007-50 street, Edmonton Strathcona Community Hospital: 9000 Emerald Dr, Sherwood Park, AB T8H 0J3</p>

Pharmacy near-by	<ul style="list-style-type: none"> ➤ Shoppers Drug Mart Open 24 hours, Whyte Av & 109 St. 8210-109 Street, Edmonton AB, phone: 780-433-2424 				
Important Phone Numbers	<ul style="list-style-type: none"> ➤ Medical Emergency: 911 (dial 9 for outside service: 9-911) ➤ Health Advice: Call Health Link by dialing 811 for quick and easy advice from a registered nurse 24/7 ➤ Campus Security: 780-492-5050 ➤ University of Alberta Hospital 24 Hour Emergencies: 8440-112 Street, Edmonton. Phone: 780-407-6662 ➤ Athletic Director Ian Reade: Email_Ian.Reade@ualberta.ca; Phone_7804928273 ➤ U of A Varsity Health Staff (per location) <table border="1" data-bbox="456 716 1523 1121" style="width: 100%; border-collapse: collapse;"> <tr> <td data-bbox="456 716 1019 898"> Head Therapist: Joan MatthewsWhite Location: FOOTE FIELD Email: joan.matthewswhite@ualberta.ca Office Phone: 780-492-3466 </td> <td data-bbox="1019 716 1523 898"> Assistant AT: TJ Mussbacher Location: VAN VLIET COMPLEX Email: tjm4@ualberta.ca Office phone: 780-492-4880 </td> </tr> <tr> <td data-bbox="456 898 1019 1121"> Assistant AT: Brennan Mahon Location: SAVILLE CENTRE Email: bmahon@ualberta.ca Office Phone: 780-492-6794 </td> <td data-bbox="1019 898 1523 1121"> Assistant PT: Alex Yaworski Location: GLEN SATHER SPORTS MEDICINE CLINIC Email: a.yaworski@ualberta.ca Office Phone: 780-407-5174 </td> </tr> </table>	Head Therapist: Joan MatthewsWhite Location: FOOTE FIELD Email: joan.matthewswhite@ualberta.ca Office Phone: 780-492-3466	Assistant AT: TJ Mussbacher Location: VAN VLIET COMPLEX Email: tjm4@ualberta.ca Office phone: 780-492-4880	Assistant AT: Brennan Mahon Location: SAVILLE CENTRE Email: bmahon@ualberta.ca Office Phone: 780-492-6794	Assistant PT: Alex Yaworski Location: GLEN SATHER SPORTS MEDICINE CLINIC Email: a.yaworski@ualberta.ca Office Phone: 780-407-5174
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Edmonton Taxi Services:	Co-Op Taxi 780-425-2525 Yellow Cab 780-462-3456 Capital Taxi 780-423-2425				

PRACTICE TIMES (Court Sports)

Volleyball

Practice times for **Friday** Games (Saville Community Sports Centre – Competition Gym)

Pandas 10:00 am - 11:00 am

Golden Bears 11:00 am - 12:00 noon

Visiting Women 12:00 noon - 1:00 pm

Visiting Men 1:00 pm - 2:00 pm

Practice times for **Saturday** Games (Saville Community Sports Centre – Competition Gym)

Visiting Men 9:00 am -10:00 am

Golden Bears 10:00 am – 11:00 am

Pandas 11:00 am -12:00 noon

Visiting Women 12:00 noon -1:00 pm

Basketball

Practice times for **Friday** Games (Saville Community Sports Centre – Competition Gym)

Visiting Women 10:00 am – 11:00 am

Pandas 11:00 am – 12:00 noon

Visiting Men 12:00 noon – 1:00 pm

Golden Bears 1:00 pm – 2:00 pm

Practice times for **Saturday** Games (Saville Community Sports Centre – Competition Gym)

Visitors Women 9:00 am – 10:00 am

Pandas 10:00 am – 11:00 am

Visiting Men 11:00 am – 12:00 noon

Golden Bears 12:00 noon – 1:00 pm

LOCKER ROOMS

***Although team rooms are dedicated and secure, break-ins have occurred in our team rooms. Teams are advised NOT to leave any valuables in the team locker room during your games as theft may occur. It is recommended that valuable items are brought to the bench area during your game.

North (Main) Campus - Visiting team rooms are available. The assigned locker room number and a key or code can be obtained from the Facility Services desk (1-241 Van Viet Complex) if your event is being held in the main gym.

South Campus (Saville Community Sport Centre) - Visiting team rooms are available and will be assigned to each team for the duration of the weekend. The team rooms do have full lockers but locks are not provided on site. When a team arrives on site, the assigned locker room and respective access code will be available at the Customer Service Desk located in the main foyer of the Saville Community Sport Centre.

For Universiade Pavilion or Main Gym events, please contact (780) 492-6820.

For Saville Community Sport Centre events, please contact (780) 492-1000.

For events held at the Clare Drake Ice Arena, please contact (780) 492-5801.

For Foote Field events, please contact (780) 492-6835.

Please note, visiting teams will be charged for any towels that are borrowed and not returned to University of Alberta facilities.

GAME/MATCH SCORECLOCK COUNTDOWNS

MEN'S HOCKEY COUNTDOWN

Opening Face Off @ 7:07 PM FRIDAYS
Opening Face Off @ 5:07 PM SATURDAYS

CLOCK COUNTDOWN

99:59 mins – Countdown start @ 5pm or 3pm
20 mins - Warm-up
0 mins – Teams leave ice
20 mins – Flood
0 mins - National Anthem & Intros @ 7pm or 5pm
(7 mins after hour is Opening Face Off)

First Period Intermission (16 mins)

Second Period Intermission (16 min)

*If promotional activities are planned, intermissions could be 18 minutes. You will be notified prior to game start.

BASKETBALL COUNTDOWN

Tip off 6:07 & 8:00 PM FRIDAYS
Tip off 5:07 & 7:00 PM SATURDAYS

Pandas – CLOCK COUNTDOWN

60 mins - Countdown starts @ 5pm or 4pm
20 mins - Warm-up
2 mins - 2 minute warning
0 mins - Warm-up ends @ 6pm or 5pm
0 mins - National Anthem
6:07 pm or 5:07 pm Tip Off

12 minute Half-time break

2 minute warning

Golden Bears

End of Pandas game Countdown starts

20 mins - Warm up
2 mins - 2 minute warning
0 mins - Warm-up ends
0 mins - National Anthem
Tip off

12 minute Half-time break

2 minute warning

WOMEN'S HOCKEY COUNTDOWN

Opening Face Off @ 7:07 PM FRIDAYS
Opening Face Off @ 5:07 PM SATURDAYS

CLOCK COUNTDOWN

60 mins – Countdown starts @ 6pm or 4pm
35 mins – Warm up
20 mins – Teams leave ice
20 mins – Flood
0 mins – National Anthem/Intros @ 7pm/5pm
(7 mins after hour is Opening Face Off)

VOLLEYBALL COUNTDOWN

Match start 6:07 & ~ 7:30 PM FRIDAYS
Match start 5:07 & ~ 6:30 PM SATURDAYS

WOMEN'S

First Match – CLOCK COUNTDOWN

60 mins - Facility available - warm up (5pm)
10 mins – Five and Five
0 mins – Team leaves floor (6pm)

0 mins – National Anthem & Intros

If 2nd match – CLOCK COUNTDOWN

20 mins – Warm up begins
10 mins – Five and Five
0 mins – Team leaves floor
0 mins – National Anthem & Intros

MEN'S

First Match – CLOCK COUNTDOWN

60 mins – Facility available warm up (4:05pm)
15 mins – Five and Five
5 mins – Teams leave floor (5pm)

3 mins – National Anthem

If 2nd match – CLOCK COUNTDOWN

20 mins – Warm up begins
15 mins – Five and Five
5 mins – Teams leave floor
3 mins – National Anthem & Intros

FOOTBALL COUNTDOWN

(Kickoff will be at 7 minutes after the hour)
97 mins - Warm-up starts on clock
21 mins - Teams Clear field for 10 minutes
6 mins - Team introductions Kick Off
4 mins - Introduction officials / Coin Toss
2 mins - National Anthem
Kick Off @ 7 mins after the hour

NOTE: Visiting team coaches will be advised of any ceremonial or promotional game-day events or changes to the above protocol by University of Alberta Events Staff prior to competition. Event Staff will ensure promotional events will not interfere with game play or warm up.

*Countdown subject to change if game is televised – information will be circulated to these teams in advance.

SOCCER COUNTDOWN

20 mins – Warm up
at 00 mins – Coin Toss
Team Introductions
National Anthem
Kick Off

VISITING TEAM HOTEL INFORMATION

Coast Edmonton Plaza Hotel

10155 105 Street
Edmonton, AB T5J 1E2
(10 minute drive to the U of A)

PHONE: (780) 423-4811 Fax: (780) 423-3204

For reservations, please contact:

Alex Deschenes
(780) 423.7532
a.deschenes@coasthotels.com

*Ask for University of Alberta Athletics Group Rate



Campus Tower Suite Hotel

11145 87 Avenue
Edmonton, AB T6G 0Y1
(Located on U of A campus)

PHONE: (780) 439-6060 Toll Free: 1-800-709-1824 Fax: (780) 433-4410

For reservations, please contact:

Laura Ternan
(780) 431-4554
l.ternan@coasthotels.com



ATHLETICS STAFF CONTACT INFORMATION

Director of Athletics	Ian Reade	(780) 492-3365
Associate Director	Vang Ioannides	(780) 492-5603
Associate Director	Katie Spriggs	(780) 492-7995
Associate Director	Tawana McLeod	(780) 492-3534
Events Manager / Marketing	Jon Krywulak	(780) 492-6933
Sports Information	Connor Hood	(780) 492-7214
Administrative Assistant	Stacey Wickman	(780) 492-3365
Travel Coordinator	Sharon Kaminecki	(780) 492-5529
Finance Manager	Marina Leyderman	(780) 492-3048
Head Athletic Therapist	Joan Matthews-White	(780) 492-3466
Glen Sather University of Alberta Sports Medicine Clinic		(780) 407-5160
Facility Services Van Vliet Complex		(780) 492-3276
Customer Service Sales Office	(780) 492-BEAR (2327) / (780) 492-2231	
Saville Community Sports Centre	(780) 492-1000	
Clare Drake Arena	(780) 492-3569	
Foote Field	(780) 492-6868	
Pool Office	(780) 492-3570	



ATHLETICS COACHING STAFF CONTACT INFORMATION

Basketball (P)	Scott Edwards	scott.edwards@ualberta.ca	(780) 492-1034
Basketball (GB)	Barnaby Craddock	barnaby.craddock@ualberta.ca	(780) 492-1036
Curling (GB & P)	Rob Krepps	rob.krepps@ualberta.ca	(780) 492-2222
Cross Country (GB&P)	Sean Baynton	sean.baynton@ualberta.ca	(780) 492-4125
Football (GB)	Chris Morris	chris.morris@ualberta.ca	(780) 492-7113
Golf (GB & P)	Robin Stewart	robin.stewart@ualberta.ca	(780) 492-2060
Hockey (P)	Howie Draper	howie.draper@ualberta.ca	(780) 492-7234
Hockey (GB)	Serge Lajoie	serge.lajoie@ualberta.ca	(780) 492-1038
Rugby (P)	Matt Parrish	mparrish@ualberta.ca	(780) 417-3815
Soccer (P)	Liz Jepsen	liz.jepsen@ualberta.ca	(780) 492-1014
Soccer (GB)	Len Vickery	len.vickery@ualberta.ca	(780) 492-1013
Swimming (GB & P)	Dusan Toth-Szabo	tothsab@ualberta.ca	(780) 492-9977
Tennis (GB & P)	Russ Sluchinski	russ.sluchinski@ualberta.ca	(780) 492-1045
Track & Field	Wes Moerman	wes.moerman@ualberta.ca	(780) 492-5097
Volleyball (P)	Laurie Eisler	laurie.eisler@ualberta.ca	(780) 492-2828
Volleyball (GB)	Terry Danyluk	terry.danyluk@ualberta.ca	(780) 492-1015
Wrestling (GB & P)	Owen Dawkins	owen.dawkins@ualberta.ca	(780) 492-1507

