

# University of California, Santa Cruz Banana Slugs

Visiting Team Guide



Intercollegiate Athletics  
East Field House  
Santa Cruz, CA 95064  
(831) 459-2531  
[www.goslugs.com](http://www.goslugs.com)

# University Quick Facts

## University of California, Santa Cruz

### (UCSC)

Location.....1156 High Street, Santa Cruz, CA 95064  
 Founded.....1965  
 Enrollment.....16,000  
 Interim Chancellor.....Dr. George Blumenthal  
 National Affiliation.....NCAA Division III (Independent)  
 Nickname/Mascot.....Banana Slugs  
 Colors.....Navy Blue, and Gold  
 Athletic Facilities.....East Field House, West Field House  
 Athletics General Number.....(831) 459-2531  
 Athletics Fax Number.....(831) 459-4070  
 Athletics Web Page Address.....www.goslugs.com

#### Athletics Department Phone Numbers: Area Code 831

##### Administration:

Athletic Director           Linda Spradley–spradley@ucsc.edu.....459-4524  
 Athletic Trainer           Primrose Pisares – primrose@ucsc.edu.....459-4793  
 Facilities                   Rachel Neuman – rneuman@ucsc.edu.....459-4370  
 Facilities                   Rachel Torres – rtorres@ucsc.edu.....459-4159  
 SID                         Julie Roth – jcroth@ucsc.edu.....459-4962

##### Coaches:

Basketball, Men           Gordon Johnson – gdjohnso@ucsc.edu.....459-4532  
 Basketball, Women       Todd Kent – tlkent@ucsc.edu.....459-1355  
 Cross Country, M/W      Aaron Jacobsen - aamjacob@ucsc.edu.....459-5574  
 Diving, M/W             Joan Newby – jpegoda@aol.com .....459-3372  
 Golf, Women             Paulette Pera - cruzgolf@earthlink.net.....459-2531  
 Soccer, Men             Michael Runeare - wmsoccer@ucsc.edu.....459-3211  
 Soccer, Women          Josh Schelhorse - wmsoccer@ucsc.edu.....459-3362  
 Swimming, M/W          Kim Musch - kmusch@ucsc.edu.....459-3372

Tennis, Men	Bryce Parmelly - bparnell@ucsc.edu.....	459-4694
Tennis, Women	Erin Ness - eness@ucsc.edu.....	459-4537
Volleyball, M/W	Todd Hollenback - thollenb@ucsc.edu.....	459-5982

# Athletic Training

Welcome to UC Santa Cruz, our athletic training staff will be available to your team 1 ½ to 2 hours prior to game time.

## STAFF

Primrose Pisares, M.S., ATC Head Athletic Trainer (831) 459-4793	Danielle Techner, M.S., ATC Assistant Athletic Trainer (831) 459-4793	Charles Sales, ATC GA Athletic Trainer (831) 459-4793
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## ATHLETIC TRAINING ROOM LOCATIONS

The East Athletic Training Room (Soccer, Swimming/Diving, and Tennis) is located within the East Field House Complex, across from the East tennis courts and next to the East gym.

The West Athletic Training Room (Basketball, Tennis, and Volleyball) is located on the second floor of the West Field House at College 8.

## EQUIPMENT AVAILABLE

East Athletic Training Room  
Hydrocollator, ice machine,  
electrical stimulation, ultrasound,  
hot /cold whirlpool

West Athletic Training Room  
Hydrocollator, ice machine,  
electrical stimulation, ultrasound

The following will be available at your bench depending on your sport: water, towels, ice, ice bags, water bottles, and cups. Emergency equipment (crutches, AED, vacuum splints) will be onsite with the ATC.

If you are not travelling with an Athletic Trainer, please make sure that our staff is contacted in advance detailing the treatments for your team. Also, please make sure your kit is stocked with all the supplies that you will need for your duration at UC Santa Cruz.

## MEDICAL FACILITIES

Dominican Hospital  
1555 Soquel Dr.  
Santa Cruz, CA 95065-1705  
(831) 462-7700 General Info  
(831) 462- 7710 ER  
6 miles

Watsonville Community Hospital  
75 Neilson St.  
Watsonville, CA 95076-2468  
(831) 724-4741 General Info  
18 miles

Kaiser Permanente  
Santa Teresa Medical Center  
250 Hospital Prkwy  
San Jose, CA 95119  
(408) 972-3000 General Info  
35 miles

Urgent Care Westside Office  
Santa Cruz Medical Clinic  
1203 Mission St.  
Santa Cruz, CA 95060  
(831) 458-6310

Urgent Care Main Office  
Santa Cruz Medical Clinic  
2025 Soquel Ave.  
Santa Cruz, CA 95062  
(831) 458-3377

Doctors on Duty  
615 Ocean St.  
Santa Cruz, CA 95060  
(831) 425-7991

# Hotel & Motel Listings

**\*\*The Agreement Code must be used at the time Reservations are made.**

## **Hilton Santa Cruz/Scotts Valley – 831-430-3223**

6001 La Madrona Drive, Santa Cruz, CA 95060

69 Double Queen Rooms

83 King Rooms

19 Suites

Year-round heated pool, fitness room, free wireless internet access, refrigerator and micro wave in every room, free on-site convenient bus parking, easy on and off highway access.

September – May

Rates from \$95 including a buffet breakfast.

Contact:

Chuck Ryder

831-430-3223

chuck.ryder@hilton.com

## **Mission Inn: 831 425-5455**

2250 Mission Street, Santa Cruz, CA 9506018 Double/Double Rooms

35 Single Rooms

Free Continental Breakfast

June – September Double/Double \$90 plus tax Single \$80 plus tax

October – May Double/Double \$70 plus tax Single \$80 plus tax

*\*\*Reservation Code: UCSC/FET-121307*

## **Coastview Inn: 831 426-0420**

310 Beach Street, Santa Cruz, CA 95060

12 Double/Double Rooms

3 Beach View Double/Double Rooms

17 Single Rooms

Free Continental Breakfast

Pool

September – March Double/Double \$85 plus tax Single \$75 plus tax

*\*\*Reservation Code: UCSC/FET-011108*

**Continental Inn: 831 429-1221**

414 Ocean Street, Santa Cruz, CA 95060

14 Double/Double Rooms

35 Single Rooms

Free Continental Breakfast

Saturday's \$140 per room

September – May (Not Saturdays) Double/Double \$85 plus tax    Single \$75 plus tax

*\*\*Reservation Code: UCSC/FET-012408*

**Hampton Inn: 831 457-8000**

1505 Ocean Street, Santa Cruz, CA 95060

24 Double/Double Rooms

22 Single Rooms

Free Full Breakfast, Microwave, Refrigerators, DVD Players, Wireless Internet and Indoor corridor for security

September – October (Sun-Thur) Double/Double \$89 plus tax

September – October (Fri-Sat) Double/Double \$99 plus tax

November – February (Sun-Thur) Double/Double \$85 plus tax

November – February (Fri- Sat) Double/Double \$89 plus tax

March – May (Sun-Thur) Double/Double \$89 plus tax

March – May (Fri-Sat) Double/Double \$99 plus tax

*\*\*Reservation Code: UCSC Visiting Team*

# Car Rental

Enterprise-contact-Hayden Watkins    831-426-7799    E655FP@ehi.com

# Restaurant & Dining Listings

<b><i>On Campus Dining</i></b>	<b><i>Phone (831)</i></b>	<b><i>Address</i></b>	<b><i>Food Type</i></b>
Banana Joe's	459-4135	Crown	Various

College 8 Cafe	459-4567	College 8	Various
Cowell Cafe	459-2710	Cowell College	Various
Hungry Slug	427-2608	Porter College	Various
Joe's Pizza & Subs	459-3066	Quarry Plaza	Various
Kresge Cafe & Coffee House	429-6606	Kresge College	Various
Oaks Cafe	459-2640	Oaks College	Various
Tacqueria Hernandez	459-5078	Merrill College	Various

<b><i>Off-Campus Dining</i></b>	<b><i>Phone (831)</i></b>	<b><i>Address</i></b>	<b><i>Food Type</i></b>
Bagelry	423-4403	525 Water St.	Breakfast
Burger King	425-8822	2015 Mission St.	Fast Food
Chiles Restaurant	462-1813	1855 41st Ave.	American
China Station Restaurant	458-9097	2301 Mission St.	Chinese
Denny's Restaurant	426-4628	1515 Ocean St.	American
El Palomar Restaurant	425 -7575	Pacific Garden Mall	Mexican
Erik's Deli Cafe	425-5353	712 Front St.	American
Jack in the Box	524-8964	640 Ocean St.	Fast Food
L8 Buffet	426-8168	431 Front St.	Chinese
Kiantes	469-4400	1100 Pacific Ave.	Italian
<b>Woodstocks Pizza</b>	<b>427-4444</b>	<b>710 Front St.</b>	<b>Pizza</b>
Zoccoli's	423-1711	1534 Pacific Ave	Sandwiches

## ***Driving Directions to UC Santa Cruz***

Santa Cruz is located at the top of the Monterey Bay on the Central California coast, just south of San Francisco. Getting here is easy since several major highways run to Santa Cruz and the San Francisco, San Jose, and Monterey International Airport are all nearby.

To Santa Cruz:

- From Southern and Central California:

Take Route 101 north to Route 156 west to Route 1 north. Then follow Route 1 north to Santa Cruz.

- From Northern California:

Take Route 5 south to Route 80 west to Route 680 south to Route 280 north. Then take Highway 17 south to Route 1 north to Santa Cruz.

- From San Francisco Airport:

Take Route 101 south to Route 85 south to Highway 17 south to Route 1

north to Santa Cruz.

- From San Jose Airport:

Take Route 880 south to Highway 17 south to Route 1 north to Santa Cruz.

- From Monterey Airport:

Take Route 1 north to Santa Cruz

To Campus:

Once you are in Santa Cruz on Route 1 north, follow the highway as it becomes Mission Street through town. Then turn right onto Bay Street and follow it to the campus entrance.

Soccer, Tennis, Swimming, and Water Polo:

Once you enter the main entrance of campus turn left on Hagar Drive.

Follow that until you see the East Field House on your right.

Basketball and Volleyball:

Once you take Bay Street up towards campus, you will make a left onto High Street. Follow that down until you see the West Entrance of campus on your right. Make a right onto Heller Drive. Make a right at the first stop sign onto Koshland. Park in the parking lot on your left. Walk up the flight of stairs that run up the middle of College 8 (Greyish buildings). The West Field House is located just on the other side of the College 8 dorms.

## *Parking at UC Santa Cruz*

For visiting teams and officials, parking passes will have either been sent to you by the team coach or they will have them waiting for you at the event. All visiting teams and officials must have a parking permit. All others must pay for parking Monday through Friday. If you park in either the West or East Remote lots, you will need a parking permit between the hours of 7:30am-5pm. If you park in the Upper West or East parking lots, you will need a permit from 7:30am-8:30pm. If you need to purchase a permit, you may visit the Information Kiosk located near the entrance of campus.

For events at the West Field House at College Eight (our main venue for basketball and volleyball), you have two options for parking your vehicle(s).

1) The LOWER College 8/Oaks parking lot. This lot is located just off of Heller Drive on your right going up to College 8. From there, it is a short walk up to College 8 and the West Field House. Follow the stairs that split the dorms of the college. Ticketing hours are between 8am-8pm.

2) The West Remote parking lot. It is located just before the lower College 8 lot going up Heller Drive. Campus signs will direct you. Campus shuttles routinely make stops at the West Remote, and will take you to College Eight along its regular route. Ticketing hours are between 8am-5pm.

For events taking place on the East Side of campus (our main venue for tennis, soccer, swimming), please park at our East Remote lot. Shuttles do make regular stops there, although it is only a short walk up to the east athletics facilities, including the East Field House, soccer fields, east tennis courts, and swimming pool.

Please contact us if you have any questions.

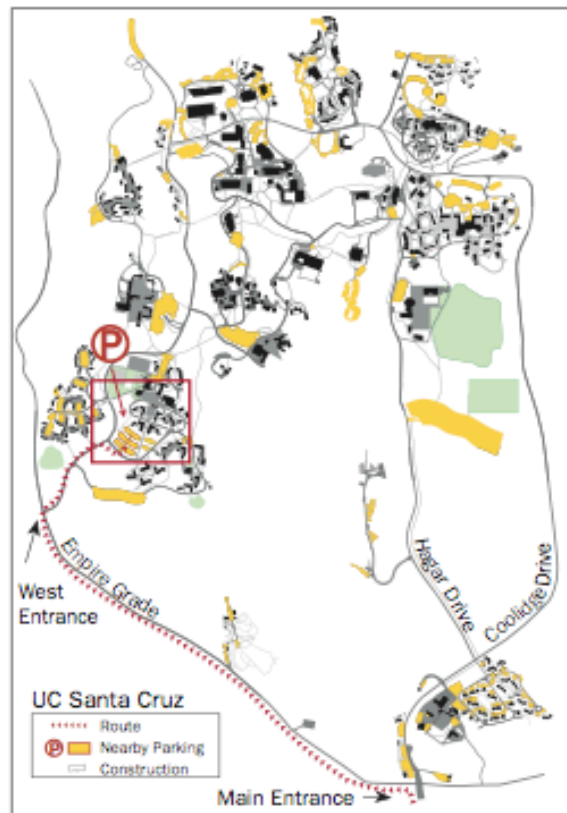
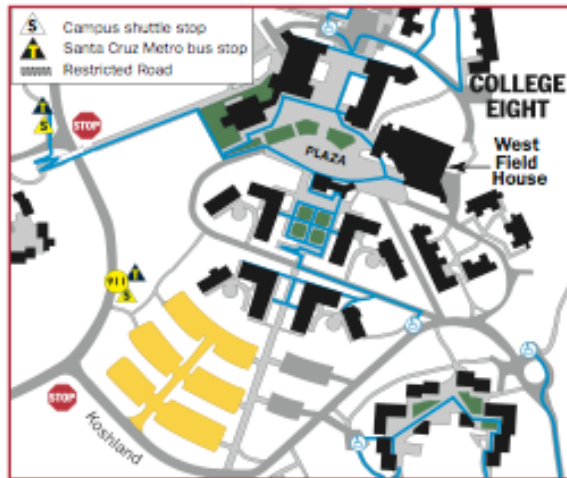
Thank you.



## WEST FIELD HOUSE

The West Field House is located east of Heller Drive. It is best accessed from the West Entrance of the campus. At the Main Entrance, proceed west on Empire Grade, then turn right on Heller (the West Entrance). Turn right at the first stop sign (Koshland Way) and park in the large lot on the left. Climb the large set of steps to the College Eight Plaza. The West Field House is on the right-hand side.

Parking permits are required in most lots on weekdays between 7:00 a.m. and 8:30 p.m. Lot designations are subject to change; it is advisable to check the permit requirements posted at parking lot entrances when parking on campus. One-day visitor permits may be purchased at the main entrance kiosk or at the TAPS Sales Office (located in the H Barn at the base of campus). Parking meters are posted regarding hours of enforcement.



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# EAST FIELD

The East Field is located on the east side of the campus, just off of Hagar Drive. There is a Metro bus/campus shuttle stop located just south of the East Field House parking lot.

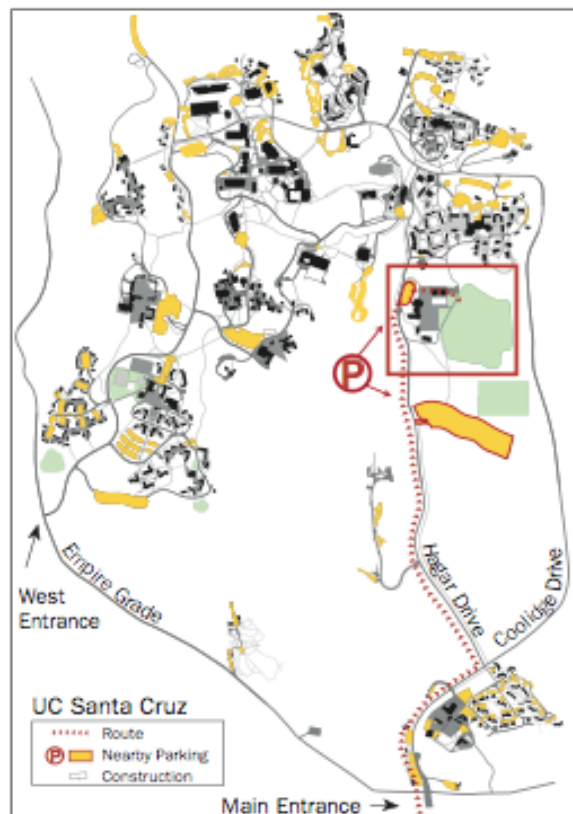
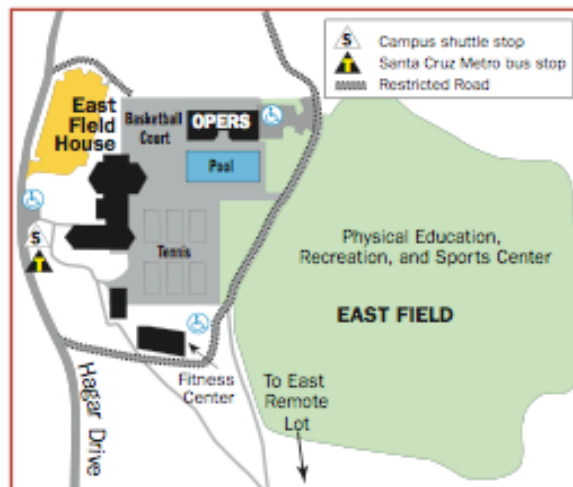
Those attending graduation ceremonies will be directed to park in the East Remote parking lot, just south of the East Field.

Those attending sporting events in the OPERS complex can park in the East Field House parking lot or the East Remote lot.

The East Field House lot has 36 metered parking spaces; other spaces require an "A" or "B" permit. The East Remote parking lot requires "A," "B," "C," or "R" permits; however, permits are not required in the East Remote lot on weekends, or after 5:00 p.m. on weekdays.

People with mobility impairments can either park in the East Field House parking lot (which is typically reserved for only those with DMV placards on graduation day), or be dropped off in that lot for close access to the field.

Parking permits are required in most lots on weekdays between 7:00 a.m. and 8:30 p.m. Lot designations are subject to change; it is advisable to check the permit requirements posted at parking lot entrances when parking on campus. One-day visitor permits may be purchased at the main entrance kiosk or at the TAPS Sales Office (located in the H Barn at the base of campus). Parking meters are posted regarding hours of enforcement.



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