Westfield State University
Department of Athletics
Visiting Team Guide

The Woodward Center & Athletic Fields
395 Western Avenue
Westfield, MA 01086
www.westfieldstateowls.com
413-572-5405
Fax: 413-572-5477
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# Administration

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Richard Lenfest</td>
<td>Director of Athletics</td>
<td>413-572-8229</td>
</tr>
<tr>
<td>Nancy Bals</td>
<td>Associate Director of Athletics/Senior Women’s Administrator</td>
<td>413-572-5515</td>
</tr>
<tr>
<td>Dave Caspole</td>
<td>Associate Athletic Director/External Affairs &amp; Media Relations</td>
<td>413-572-5433</td>
</tr>
<tr>
<td>Rich Sutter</td>
<td>Assistant Athletics Director/Head Men’s Basketball Coach</td>
<td>413-572-5509</td>
</tr>
<tr>
<td>Andrea Bertini</td>
<td>Assistant Athletic Director/Compliance Director/Head Women’s Basketball Coach</td>
<td>413-572-8105</td>
</tr>
<tr>
<td>Nate Bashaw</td>
<td>Assistant Sports Information Director/Head Baseball Coach</td>
<td>413-572-8155</td>
</tr>
<tr>
<td>Bob Miele</td>
<td>Facilities Manager/Head Men’s Ice Hockey Coach</td>
<td>413-572-8221</td>
</tr>
<tr>
<td>Mike Young</td>
<td>Evening/Weekend Facilities Manager/Associate Head Ice Hockey Coach</td>
<td>413-572-8252</td>
</tr>
<tr>
<td>Todd Ditmar</td>
<td>Club Sports Director/Head Women’s Soccer Coach</td>
<td>413-572-8828</td>
</tr>
<tr>
<td>Lou Ann Simchak</td>
<td>Intramurals Director</td>
<td>413-572-5417</td>
</tr>
<tr>
<td>Kathy Saltis</td>
<td>Equipment Room Manager</td>
<td>413-572-5419</td>
</tr>
<tr>
<td>Cheryl Lee</td>
<td>Head Athletic Trainer</td>
<td>413-572-5418</td>
</tr>
<tr>
<td>Katie Sylvain</td>
<td>Assistant Athletic Trainer</td>
<td>413-572-8270</td>
</tr>
<tr>
<td>Lauren Jimison</td>
<td>Assistant Athletic Trainer</td>
<td>413-572-8220</td>
</tr>
<tr>
<td>Michelle Storozuk</td>
<td>Administrative Assistant I</td>
<td>413-572-5405</td>
</tr>
<tr>
<td>Terry Hamel</td>
<td>Accountant II</td>
<td>413-572-5512</td>
</tr>
<tr>
<td>Marlee Berg</td>
<td>Assistant to the Athletic Director</td>
<td>978-337-8133</td>
</tr>
<tr>
<td>Renae Hatcher</td>
<td>Graduate Assistant</td>
<td></td>
</tr>
<tr>
<td>Ashley Finnigan</td>
<td>Graduate Assistant</td>
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<tr>
<td>AJ Efsteafields</td>
<td>Graduate Assistant</td>
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</tr>
<tr>
<td>Wayne McGillicuddy</td>
<td>Graduate Assistant</td>
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</tbody>
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# Coaching Staff

<table>
<thead>
<tr>
<th>Sport</th>
<th>Coach</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Nate Bashaw</td>
<td>413-572-8155</td>
</tr>
<tr>
<td>Basketball (M)</td>
<td>Rich Sutter</td>
<td>413-572-5509</td>
</tr>
<tr>
<td>Basketball (W)</td>
<td>Andrea Bertini</td>
<td>413-572-8105</td>
</tr>
<tr>
<td>Cheerleading</td>
<td>Danielle Oldread</td>
<td>413-572-5405</td>
</tr>
<tr>
<td>Cross-Country (M &amp; W)</td>
<td>Bill Devine</td>
<td>413-572-5306</td>
</tr>
<tr>
<td>Football</td>
<td>Pete Kowalski</td>
<td>413-572-5420</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Jessica Bergen</td>
<td>413-572-5454</td>
</tr>
<tr>
<td>Golf (M)</td>
<td>Rich Sutter</td>
<td>413-572-5509</td>
</tr>
<tr>
<td>Golf (W)</td>
<td>Jim Blascak</td>
<td>413-572-5567</td>
</tr>
<tr>
<td>Ice Hockey (M)</td>
<td>Bob Miele</td>
<td>413-572-8221</td>
</tr>
<tr>
<td>Lacrosse (W)</td>
<td>Jeff Pechulis</td>
<td>413-572-5405</td>
</tr>
<tr>
<td>Soccer (M)</td>
<td>John Evans</td>
<td>413-572-5405</td>
</tr>
<tr>
<td>Soccer (W)</td>
<td>Todd Ditmar</td>
<td>413-572-8828</td>
</tr>
<tr>
<td>Softball</td>
<td>Colleen Bannister</td>
<td>413-522-3463</td>
</tr>
<tr>
<td>Swimming &amp; Diving (W)</td>
<td>Dave Laing</td>
<td>413-572-5395</td>
</tr>
<tr>
<td>Track &amp; Field (M &amp; W)</td>
<td>Sean O’Brien</td>
<td>413-572-5510</td>
</tr>
<tr>
<td>Volleyball (W)</td>
<td>Fred Glanville</td>
<td>413-572-1227</td>
</tr>
</tbody>
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Directions and Parking Information

Directions to Westfield State University Woodward Center Fieldhouse and Athletic Complex:

From the North:

- Take Interstate 91 South.
- Get off I-91 at Exit 14, which is I-90/Mass. Pike
- Take Mass. Pike West five miles to Exit 3 (Westfield).
- Turn right onto Routes 10/202 South, travel for about two miles through town to the Westfield Public Library (on your right).
- Turn right onto Court Street/Western Ave. and travel for 2.1 miles.
- The Westfield State University athletics facilities are on your right.

From the South:

- Take Interstate 91 North.
- Get off I-91 at Exit 14, which is I-90/Mass. Pike
- Take Mass. Pike West five miles to Exit 3 (Westfield).
- Turn right onto Routes 10/202 South, travel for about two miles through town to the Westfield Public Library (on your right).
- Turn right onto Court Street/Western Ave. and travel for 2.1 miles.
- The Westfield State University athletics facilities are on your right.

From the East and West:

- Travel to I-90/Mass. Pike until you reach Exit 3.
- Turn right onto Routes 10/202 South, travel for about two miles through town to the Westfield Public Library (on your right).
- Turn right onto Court Street/Western Ave. and travel for 2.1 miles.
- The Westfield State University athletics facilities are on your right.

Parking Information:

Due to limited space for bus parking, buses should drop off athletes at the rear of the Woodward Center then park in the roadway behind the football press box. Vans can park in the Woodward Center lot on any day of the week. If parking spaces are unavailable then vans can park in the roadway behind the football press box.
Directions to Amelia Park (Venue for Westfield State Ice Hockey):

- Take Mass Pike Rt.90 East or West to Exit 3.
- After toll booth you will come to a traffic light.
- Turn right onto Route 10 South/202 South.
- Follow for approximately 2 miles into Westfield Center.
- Just past common make a slight left turn onto Broad Street (Rt 202 s/Rt 10 will go to the right).
- Follow Broad Street for about 1/2 mile to a traffic light. You will see a Big Y Supermarket ahead on the left.
- Go through light onto South Broad Street. Amelia Park is on the right across from the Big Y Supermarket.
Facility Information

Woodward Center:

The 35,000 square foot field house includes a four-lane track (six lanes on the straightaway), and areas inside the track for jumping, pole vaulting and throwing events and is an excellent facility for practice. The field house also has three full-length basketball courts, with the main performance court providing seating for 1,100, and a rock climbing area.

The first floor of the Woodward Center features first-class athletic training facility, fitness center, and equipment room areas. Locker room space is available for varsity teams, both home and away. Located on the second floor area are a student lounge, aerobics/dance studio, four classrooms as well as exercise physiology, biomechanics, and motor learning laboratories, a multimedia computer lab, conference rooms. The Woodward Center is home to the Westfield State's Athletics and Movement Science departments.

The Woodward Center is located next to the Alumni Field and Jerry Gravel Track, which is the sight for the university’s intercollegiate football, field hockey, lacrosse, soccer, track and field and other outdoor events. The artificial surface playing field has lights and is encircled by an eight-lane running track. Baseball, softball and grass practice fields surround Alumni Field. Stanley Park, located across the street, is often used by students and faculty for many recreational activities. The Westfield State men's and women's cross country team host their home meets at Stanley Park.
Alumni Field Turf Rules

Authorized Use Only

Alumni Field and surrounding athletic fields are for use by groups only with permission
The fields are closed Monday - Friday, 3PM - 9PM

Please respect the following rules of the field:

1. No food of any kind on the turf field.
2. Only water is allowed on the turf field. All other beverages including Gatorade and other sports drinks are prohibited.
3. Gum is not allowed on the turf.
4. The use of alcohol or any tobacco products is prohibited.
5. Pets are not permitted inside the athletic fields.
6. Metal spikes are not permitted on Alumni Fields.
7. Bicycles, skateboards, roller blades and other recreational equipment are prohibited inside Alumni Field.
8. Stay off pole vault and high jump pads. Do not use long or triple jump pits.
9. Please use appropriate litter receptacles.
10. Failure to comply with these rules can result in loss of scheduled time on turf field.

Community Use of Outdoor Track

If no scheduled event is occurring, Westfield State University is pleased to allow the use of their track by individuals during the hours posted at the entrance (weather permitting):

Monday - Friday, 7AM – 3 PM

In addition to the Alumni Field turf rules, the following apply to the track:

1. No wheeled objects are allowed on the track except wheelchairs and strollers.
2. No use of inside lanes 1, 2, or 3.
3. No dogs or other pets.
4. No loud music, alcohol, inappropriate or illegal activities.
5. No children under 14 years of age unless accompanied by an adult.
6. Use this facility at your own risk.
7. Violators of the above rules will be asked to leave by a University official.

Baseball and Softball Fields Rules

These facilities and surrounding athletic fields are for use by groups only with permission

Please respect the following rules:

1. Do not hit balls against the fence.
2. The use of alcohol or of any tobacco products is prohibited.
3. Pets are prohibited.
4. Please use appropriate litter receptacles.
Athletic Training Room/Services

The Athletic training room will be under the supervision of a certified athletic trainer from the Westfield State University staff/faculty at all times. Cleated shoes are prohibited in the Athletic training room. All patients will remove his/her footwear before occupying a treatment table. No athletic equipment or personal gear is allowed in the Athletic training room, unless the certified athletic trainer gives permission. Foul, abusive or suggestive language will not be tolerated. Food and beverages are not permitted in the facility.

The Westfield State University Athletic Training staff provides prevention, evaluation, management, treatment, and rehabilitation of athletic injuries sustained by our varsity athletes. The goal of our athletic training staff is to provide the highest quality Athletic Health Care to meet the needs of the NCAA Intercollegiate Athletics program and its student-athletes. The Staff Certified Athletic Trainers work diligently to provide these optimum services to athletes of Westfield State University.

Visiting Teams: Please call in advance if your team is traveling without an athletic trainer, especially if your team requires any special attention. We will be more than accommodating to your teams in providing pre-game taping. Visiting teams must supply their own tape and wraps. The use of moist heat by the athletes is available but must be pre-arranged by the visiting University/College.

Athletic Training Staff

Cheryl Lee  
Head Athletic Trainer  413-572-5418

Katie Sylvain  
Assistant Athletic Trainer  413-572-8270

Lauren Jimison  
Assistant Athletic Trainer  413-572-8220

NCAA® Division III
Ticket Information

Regular Season:

Football Games:
$6 Adults
$3 Students & Senior Citizens
Westfield State Students FREE with ID
Westfield State Staff/Faculty FREE with Athletic Pass
Children 12 years old or younger FREE ADMISSION

Men’s & Women’s Basketball Games:
$6 Adults
$3 Students & Senior Citizens
Westfield State students FREE with ID
Westfield State Faculty/Staff FREE with Athletic Pass
Children 12 years old or younger FREE ADMISSION

Men’s Ice Hockey Games:
$5 Adults
$3 Students & Senior Citizens
$1 Westfield State students with ID
Westfield State Staff & Faculty FREE with Athletic Pass
Children 12 years old or younger FREE ADMISSION

ALL other Regular Season Sporting Events are FREE ADMISSION for spectators.

If NCAA’s, MASCAC or other championships are hosted at Westfield State University, the admission charges are subject to change.
Food

The Tavern Restaurant 2 Broad Street, Westfield, MA 413-562-0335
(function space/team meals)

Alessio’s (pizza &delivery) 280 Southampton Rd. Westfield, MA01085 413-562-4600

Five Guys 437 East Main Street/Rt. 20, Westfield, MA 413 642-5669

Westwood 94 N Elm St, Westfield, MA 01085 413 564-6963
(function space/team meals)

The Hangar 29 School Street, Westfield, MA 01085 413-562-9464
(wings/burgers delivery)

Papps 119 Airport Road, Westfield, MA 01085 413-642-3219

Lodging

Holiday Inn Express 39 Southampton Road, Westfield, MA 413-564-6900
*$99 special rate for Westfield State Athletic Events Contact Arlie Meade Extension 703

Homewood Suites By Hilton 375 Whitney Avenue, Holyoke, MA 01040 413-532-3100
Westfield State Athletic Events Rate - Contact Susan Concepcion

Local Hospitals

Doctor’s Express 18 Union Street (413) 781-0100
Walk In Urgent Care West Springfield, MA 01089

Baystate Medical Center 759 Chestnut Street 413-794-0000
Springfield, MA 01199

Noble Hospital 115 West Silver St. 413-568-2811
Westfield, MA 01086

Mercy Medical Center 274 Carew Street 413-748-9000
Springfield, MA 01104

Cooley Dickinson Hospital 30 Locust St. (Route 9) (413) 582-2000
Northampton, Mass