# TABLE OF CONTENTS

All attempts have been made to provide the most accurate and up-to-date information possible. However, changes will occur after the publication of this guide. For questions pertaining to this Visitors Guide, please contact Dominican Athletics at 415-482-3500.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Quick Facts</td>
</tr>
<tr>
<td>3</td>
<td>Staff Directory</td>
</tr>
<tr>
<td>4</td>
<td>Area Map and Driving Directions</td>
</tr>
<tr>
<td>5</td>
<td>Campus Map and Facilities</td>
</tr>
<tr>
<td>6</td>
<td>Athletic Communications</td>
</tr>
<tr>
<td>7</td>
<td>Live Game Broadcasts and Social Media</td>
</tr>
<tr>
<td>8</td>
<td>Special “Penguin” Hotel Rate</td>
</tr>
<tr>
<td>9</td>
<td>Area Restaurants</td>
</tr>
<tr>
<td>11</td>
<td>Area Shopping and Attractions</td>
</tr>
<tr>
<td>12</td>
<td>Gameday Access for Visiting Teams</td>
</tr>
<tr>
<td>13</td>
<td>Sports Medicine</td>
</tr>
<tr>
<td>14</td>
<td>Emergency Services Information and Health Care Partners</td>
</tr>
<tr>
<td>15</td>
<td>Sample Game Protocols</td>
</tr>
</tbody>
</table>
QUICK FACTS

Founded .......................................... 1890
Heritage ......................................... Catholic
Enrollment ...................................... 2,200
Nickname ........................................ Penguins
Mascot ............................................ Chilly the Penguin
Colors ............................................. Black, White, and Gold
Affiliation ....................................... NCAA Division II, ncaa.org
Conference .................................... Pacific West Conference, thepacwest.com
NCAA Sponsored Sports ........................ Men’s and Women’s Basketball, Cross Country, Golf, Soccer;
                                            Women’s Softball, Tennis, and Volleyball
Home Court ..................................... Conlan Center (MBB, WBB, WVB)
Home Field ..................................... Kennelly Field (MSOC, WSOC)
                                      Penguin Field (SB)
Home Tennis Courts ........................... Castellucci Family Tennis Center (WT)
President ........................................ Dr. Mary B. Marcy
Director of Athletics .......................... Amy Henkelman
Associate AD for Compliance (SWA) .......... Cassandra Urroz
Associate AD for Internal Operations ........ Phil Billeci-Gard
Assistant Director of Athletics for Facilities .... Patrick Huser
Assistant AD for Communications & Game Operations .... Spencer Shamo
Faculty Athletic Representative ............. Dr. Christopher Leeds
Head Athletic Trainer ......................... Kassi Boedeker
Address .......................................... 50 Acacia Avenue
                                            San Rafael, CA 94901
Phone ............................................. 415-482-3500
FAX ............................................... 415-485-9746
Campus Security ............................... 415-269-6070
Athletics Website ............................... dominicanathletics.com
University Website ............................. dominican.edu
**ATHLETICS STAFF DIRECTORY**

To reach head coaches and members of the staff, please call the main Athletics phone line at 415-482-3500.

### ATHLETICS ADMINISTRATION

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>E-mail</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amy Henkelman</td>
<td>Director of Athletics</td>
<td><a href="mailto:amy.henkelman@dominican.edu">amy.henkelman@dominican.edu</a></td>
<td></td>
</tr>
<tr>
<td>Cassandra Urroz</td>
<td>Associate AD (Compliance, SWA)</td>
<td><a href="mailto:cassandra.urroz@dominican.edu">cassandra.urroz@dominican.edu</a></td>
<td>415-482-3503</td>
</tr>
<tr>
<td>Phil Billecci-Gard</td>
<td>Assistant AD, Internal Operations</td>
<td><a href="mailto:phillip.billeci-gard@dominican.edu">phillip.billeci-gard@dominican.edu</a></td>
<td>415-482-3591</td>
</tr>
<tr>
<td>Spencer Shamo</td>
<td>Assistant AD, Athletics Communications</td>
<td><a href="mailto:spencer.shamo@dominican.edu">spencer.shamo@dominican.edu</a></td>
<td>415-482-3526</td>
</tr>
<tr>
<td>Patrick Huser</td>
<td>Assistant AD, Facilities</td>
<td><a href="mailto:patrick.huser@dominican.edu">patrick.huser@dominican.edu</a></td>
<td>415-485-3219</td>
</tr>
<tr>
<td>Toriana Johnson</td>
<td>Facilities and Communications Manager</td>
<td><a href="mailto:toriana.johnson@dominican.edu">toriana.johnson@dominican.edu</a></td>
<td>415-482-3543</td>
</tr>
<tr>
<td>Dr. Christopher Leeds</td>
<td>Faculty Athletic Representative</td>
<td><a href="mailto:christopher.leeds@dominican.edu">christopher.leeds@dominican.edu</a></td>
<td></td>
</tr>
</tbody>
</table>

### HEAD COACHES

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>E-mail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kelly Coffey</td>
<td>Women’s Soccer</td>
<td><a href="mailto:kelly.coffey@dominican.edu">kelly.coffey@dominican.edu</a></td>
</tr>
<tr>
<td>Teressa DiPerna</td>
<td>Men’s and Women’s Cross Country</td>
<td><a href="mailto:teressa.diperna@dominican.edu">teressa.diperna@dominican.edu</a></td>
</tr>
<tr>
<td>Booker T. Harris</td>
<td>Men’s Basketball</td>
<td><a href="mailto:booker.harris@dominican.edu">booker.harris@dominican.edu</a></td>
</tr>
<tr>
<td>David Frank</td>
<td>Men’s Soccer</td>
<td><a href="mailto:david.frank@dominican.edu">david.frank@dominican.edu</a></td>
</tr>
<tr>
<td>Tim LaKose</td>
<td>Women’s Basketball</td>
<td><a href="mailto:tim.lakose@dominican.edu">tim.lakose@dominican.edu</a></td>
</tr>
<tr>
<td>Gary Nelson</td>
<td>Men’s and Women’s Golf</td>
<td><a href="mailto:gary.nelson@dominican.edu">gary.nelson@dominican.edu</a></td>
</tr>
<tr>
<td>Yami Nolan</td>
<td>Women’s Volleyball</td>
<td><a href="mailto:yamile.nolan@dominican.edu">yamile.nolan@dominican.edu</a></td>
</tr>
<tr>
<td>Juliana Santos</td>
<td>Women’s Softball</td>
<td><a href="mailto:juliana.santos@dominican.edu">juliana.santos@dominican.edu</a></td>
</tr>
<tr>
<td>Cristina Vlsico</td>
<td>Women’s Tennis</td>
<td><a href="mailto:cristina.visico@dominican.edu">cristina.visico@dominican.edu</a></td>
</tr>
</tbody>
</table>

### MEDICAL AND TRAINING STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>E-mail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kassi Boedeker</td>
<td>Athletic Trainer</td>
<td><a href="mailto:kassi.boedeker@dominican.edu">kassi.boedeker@dominican.edu</a></td>
</tr>
<tr>
<td>Carica “Mac” Macariola</td>
<td>Assistant Athletic Trainer</td>
<td><a href="mailto:carica.macariola@dominican.edu">carica.macariola@dominican.edu</a></td>
</tr>
<tr>
<td>Dr. David H. Goltz</td>
<td>Team Physician</td>
<td></td>
</tr>
</tbody>
</table>
AREA MAP AND DRIVING DIRECTIONS

MARIN COUNTY AND ADJACENT AREAS

SAN RAFAEL MAP

1475 GRAND AVENUE
SAN RAFAEL, CA 94901

FROM THE NORTH
Take Highway 101 (Redwood Highway) South to the Central San Rafael exit. Turn left on Mission Avenue. Turn left on Grand Avenue and turn left into the Conlan Center parking lot at 1475 Grand Avenue.

FROM THE SOUTH
Take Highway 101 (Redwood Highway) North across the Golden Gate Bridge to the Central San Rafael exit. Turn right on Mission Avenue. Turn left on Grand Avenue and turn left into the Conlan Center parking lot at 1475 Grand Avenue.

FROM THE EAST BAY
Take Interstate 580 to the Richmond-San Rafael Bridge. Take Interstate 580 to the Richmond-San Rafael Bridge (toll applies headed north). Follow signs to Highway 101 (Redwood Highway) North and take the Central San Rafael exit. Turn left on Grand Avenue and turn left into the Conlan Center parking lot at 1475 Grand Avenue.

PUBLIC TRANSPORTATION
from San Francisco Airport to San Rafael Transit Center
marinairporter.com
415-461-4222

from Oakland Airport
San Rafael Transit Center
airportexpressinc.com
707-837-8700

by Bus
goldengatetransit.org
415-455-2000

by Taxi
Belaire Cab 415-456-1313
Radio Cab 415-485-1234
The Conlan Center and the John F. Allen Athletics Complex, home to Kennelly Field the Castellucci Family Tennis Center, are all located on Dominican’s San Rafael campus. Free parking for Athletics events is available in the Conlan Center parking lot at Grand and Acacia Avenues while parking for the John F. Allen Athletics Complex is available at the parking lot at Grand and Belle Avenues.

The Conlan Center first opened its doors in the spring of 2000. This state-of-the-art center quickly gained the reputation as being one of the finest small recreation facilities in Northern California. The Conlan Center features a gymnasium with seating for over 1,000. It is equipped for collegiate basketball and volleyball. It also is home to the University’s weight and fitness room, which underwent a complete underhaul in July 2014. The weight room is equipped with free weights, weight machines, cardio machines, and other training equipment.

Adjacent to the Conlan Center is the Catherine Carlston Brisbois Memorial Swimming Pool, a seven lane pool that is open to the public on a seasonal basis (please visit dominicanathletics.com/conlancenter for operating hours).

Tucked behind the Conlan Center is the John F. Allen Athletics complex. Kennelly Field is home to Dominican’s soccer teams while the six tennis courts at Castellucci Family Tennis Center are home to women’s tennis.
ATHLETIC COMMUNICATIONS

All media requests must be directed to the Sports Information Director either by phone or e-mail. Please provide at least 48 hours advance notice for any special accommodations. Dominican Athletics does not provide visiting team pass lists or complimentary admission to Dominican home contests. No pass lists are available for Pacific West Conference teams in accordance with conference guidelines.

Spencer Shamo
Assistant Director of Athletics
for Communications and Game Operations
spencer.shamo@dominican.edu
415-482-3526

Tori Johnson
Facilities and Communications Manager
toriana.johnson@dominican.edu
415-482-3543

WORKING PRESS CREDENTIALS
Press and photographer media credentials will be issued to members of the working media only. Credentials for all Dominican home games can be obtained by contacting the Sports Information Director via e-mail (spencer.shamo@dominican.edu). Credentials will be left at the ticket window. Press pass requests should be made no later than 24 hours prior to a home contest to ensure space availability.

PRESS ROW
Only credentialed members of the media, coaches, league officials, and designated administrators and staff will be allowed to sit at specified areas of the scorer’s table. This applies to women’s volleyball, men’s and women’s basketball, men’s and women’s soccer, and men’s lacrosse.

PRESS ROW SERVICES
Team and individual statistics are available online at dominicanathletics.com for most sports. Halftime and postgame play-by-play and box scores will be made available to members of media in attendance upon request. Basketball box scores will be provided during media timeouts when applicable. Please inform the scorer’s table before the start of the game or match that you would like these materials provided. Live in-game statistics are available at dominicanathletics.com/live.

POSTGAME INTERVIEWS
Dominican University of California locker rooms are closed to all media. A 10-minute cooling off period will be strictly enforced, after which the Dominican head coach and requested players will be made available to the media. Postgame interviews will be conducted outside each team’s respective locker room. Requests for visiting coaches and players should be made through the opponent’s sports information contact.

RADIO
Radio stations planning to broadcast Dominican home contests must make arrangements with the Sports Information Director at least two weeks prior to the requested game. Telephone lines will be supplied by the University, provided the requested notice is given. Wireless internet is available. Wired internet access is limited in the Conlan Center and is not available in the John F. Allen Athletics Complex.
LIVE GAME BROADCASTS AND SOCIAL MEDIA

LIVE GAME AUDIO ON RADIO.DOMINICAN.EDU
Dominican University of California basketball and volleyball games, and select soccer, lacrosse, and softball games are broadcast live online by the University’s student-operated internet radio station, radio.dominican.edu. Fans may listen through the website and on mobile phones at radio.dominican.edu. Other programming includes sports talk shows and postgame shows, as well as the University’s lecture series.

LIVE GAME AND LIVE STATS THROUGH GAME CENTRAL FROM STRETCH INTERNET
Dominican Athletics has partnered with Stretch Internet to broadcast live stats and live video of home Athletics events. Live video broadcasts of basketball and volleyball contests at the Conlan Center are available. Live stats are available for most home basketball, lacrosse, soccer, softball, and volleyball contests. Video broadcasts include play-by-play provided by radio.dominican.edu Viewers may check live coverage at dominicanathletics/live. Video and live stats work with most current computers and mobile devices with an internet connection.

SOCIAL MEDIA
In addition to visiting dominicanathletics.com, friends, family, fans, and alumni can keep up-to-date with the latest Dominican Athletics news via social media.

TWITTER
Athletics: @dominicansports
Men’s Soccer: @dominican_ms
Women’s Soccer: @dominican_ws
Cross Country: @dominican_xc
Golf: @dominican_golf

Softball: @dominican_sb
Volleyball: @dominican_vb
Tennis: @dominican_wt
Men’s Basketball: @dominican_mbb
Women’s Basketball: @dominican_wbb

FACEBOOK
Athletics: facebook.com/dominicanathletics
Men’s Soccer: facebook.com/dominicansoccer
Women’s Soccer: facebook.com/dominicanwsoccer
Cross Country: facebook.com/dominicanxc
Men’s Basketball: facebook.com/dominicanmbb

Women’s Basketball: facebook.com/dominicanwbb
Golf: facebook.com/penguinlax
Softball: facebook.com/dominicansoftball
Tennis: facebook.com/dominicanwbb
Volleyball: facebook.com/dominicanvolleyball

INSTAGRAM
Athletics: @dominicansports
Men’s Soccer: @dominican_ms
Women’s Soccer: @dominican_ws
Cross Country: @dominican_xc

Golf: @dominican_golf
Softball: @dominican_sb
Women’s Tennis: @dut_wt

YOUTUBE
youtube.com/dominicanathletics
Dominican University Athletics has renewed a partnership with the Four Points Sheraton for the 2019-20 academic year to offer a special Penguin rate for all fans and visiting teams. The rate $159 rate from August 1st-April 31st (based on availability). Contact Ben Selcke for all group bookings including parents, visiting parents, alumni and anyone affiliated with Dominican Athletics or a visiting institution.

The Four Points has recently completed a full renovation and offers 235 modern guest rooms, outdoor pool/hot tub and courtyard, 6,000 square feet of meeting space, fitness center, restaurant and lounge, and complimentary parking, Wi-Fi, and shuttle service. You can see a showcase of the renovations at: https://spark.adobe.com/page/Mer7LuY4g-w6U/

CONTACT INFORMATION
San Rafael Four Points by Sheraton
1010 Northgate Dr
San Rafael, CA 94903
http://www.fourpointssanrafael.com
Reservations: 866-716-8133
Local: 415-479-8800
directorofsales@fourpointssanrafael.com
sales@fourpointssanrafael.com
## AREA RESTAURANTS

### AMERICAN

- **Barney’s Gourmet Hamburgers**  
  1020 Court Street, San Rafael  
  415-454-4594

- **Best Burger**  
  323 3rd Street, San Rafael  
  415-456-0202

- **Best Lil’ Porkhouse**  
  2042 4th St, San Rafael  
  415-457-7675

- **BJ’s Restaurant & Brewhouse**  
  5800 Northgate Mall, San Rafael  
  415-755-6250

- **Bogie’s Café**  
  48 North San Pedro Road, San Rafael  
  415-492-1530  
  **Cash Only**

- **Boudin Bakery**  
  1734 Redwood Hwy, Corte Madera  
  415-737-1849

- **California Pizza Kitchen**  
  347 Corte Madera Town Center, Corte Madera  
  415-945-0401

- **Café 4040**  
  4040 Civic Center Drive, San Rafael  
  415-479-7590  
  **Cash Only**

- **Cheesecake Factory**  
  1736 Redwood Hwy, Corte Madera  
  415-945-0777

- **The Counter**  
  201 Corte Madera Town Center, Corte Madera  
  415-924-7000

- **Crepevine Restaurant**  
  908 4th Street, San Rafael  
  415-257-8822

- **Depot Garden Café**  
  718 B Street, San Rafael  
  415-456-9151

- **Flatiron Bar & Grill**  
  724 B Street, San Rafael  
  415-717-8272

- **In-n-Out Burger**  
  798 Redwood Highway, Mill Valley

- **In-N-Out Burger**  
  216 Vintage Way, Novato

- **Jack In The Box**  
  1814 2nd St, San Rafael  
  415-453-8510

- **Marin Steak & Spirits**  
  1010 Northgate Drive, San Rafael  
  415-755-6161

- **Outback Steakhouse**  
  196 Donahue Street, Sausalito  
  415-331-6193

- **Panera Bread**  
  5800 Northgate Drive, San Rafael  
  415-444-0734

### FORREST FIRE BBQ

**San Rafael Caterer**  
415-847-4883 | [facebook.com/forrestfirebbq](http://facebook.com/forrestfirebbq)

### PHYLIS GIANT BURGERS

- **Phyllis Giant Burgers**  
  2202 4th Street, San Rafael  
  415-456-0866

### ROADSIDE BBQ

- **Roadside BBQ**  
  5000 Northgate Mall, San Rafael  
  415-479-7200

### TACO BELL/KFC

- **Taco Bell/KFC**  
  555 2nd Street, San Rafael  
  415-454-1482

### TERRAPIN CROSSING

- **Terrapin Crossing**  
  100 Yacht Club Drive, San Rafael  
  415-524-2773

### THERESA & JOHNNY’S COMFORT FOOD

- **Theresa & Johnny’s Comfort Food**  
  817 Fourth Street, San Rafael  
  415-259-0182  
  **Cash Only**

### WILDFOX RESTAURANT

- **WildFox Restaurant**  
  225 Alameda del Prado, Novato  
  415-883-9125
AREA RESTAURANTS

CHINESE
Panda Express
5800 Northgate Drive, San Rafael
415-479-2082

Yet Wah
1238 Fourth Street, San Rafael
415-460-9883

ITALIAN
Ristorante La Toscana
3751 Redwood Highway, San Rafael
415-492-9100

San Rafael Joe’s
931 Fourth Street, San Rafael
415-456-2425

Il Davide Restaurant
901 A Street, San Rafael
415-454-8080

MEDITERRANEAN
Kabbabq Cafe & Grill
555 Francisco Blvd E, San Rafael
415-256-9878

MEXICAN
Celia’s
1 Vivian Street, San Rafael
415-456-8190

Chipotle
345 3rd Street, San Rafael
415-300-3028

Chipotle
5800 Northgate Drive, San Rafael
415-507-0493

Green Chile Kitchen Marin
1335 4th St, San Rafael
415-521-5691

TAQUERIA SAN JOSE
615 4th St, San Rafael
415-455-0999

Puerto Rican
Sol Food
901 Lincoln Avenue, San Rafael
415-451-4765

SUSHI
Sushi to Dai For
816 4th Street, San Rafael
415-721-0392

Green Chile Kitchen Marin
1335 4th St, San Rafael
415-521-5691

SUSHI
Sushi to Dai For
816 4th Street, San Rafael
415-721-0392

Kamikaze Sushi Bar & Cuisine
223 3rd St, San Rafael
415-457-6776

GROCERY
Safeway
700 B Street, San Rafael
415-456-1453

Safeway
950 Las Gallinas Avenue, San Rafael;
415-479-6111

Trader Joe’s
337 3rd Street, San Rafael
415-454-9530

United Market
409 Fourth Street, San Rafael
415-454-3300

Whole Foods Market
430 Third Street, San Rafael
415-451-6333

SANDWICH SHOPS/DELIS
Famous Deli
1492 Lincoln Ave, San Rafael
415-457-0708

Michael’s Sourdough
3095 Kerner Blvd #L, San Rafael
415-485-0964

Mr. Pickles
1014 Court Street, San Rafael
415-306-7041

Perry’s Delicatessen
909 Lincoln Ave, San Rafael
415-456-4886

West End Cafe
1131 Fourth Street, San Rafael
415-454-1424

SUBWAY SANDWICHES
4050 Redwood Highway, San Rafael
415-499-0802

DOMINICAN UNIVERSITY OF CALIFORNIA DEPARTMENT OF ATHLETICS
VISITOR’S GUIDE
AREA SHOPPING AND ATTRACTIONS

MARIN COUNTY

MOVIE THEATERS
Century Northgate
7000 Northgate Drive, San Rafael
800-326-3264 (x933#)

Cinemark Regency 6
280 Smith Ranch Road, San Rafael
415-479-5050

Rafael Film Center
1118 4th Street
415-454-1222

ENTERTAINMENT AND ATTRACTIONS
China Camp State Park
North San Pedro Road, San Rafael
415-456-0766
parks.ca.gov/?page_id=466

Classic Billiards
1300 4th St, San Rafael
415-455-8511
classicbilliardspool.com

Marin Bocce Federation
550 B Street, San Rafael
415-485-5583
marinbocce.org

MALLS
Northgate Mall
5800 Northgate Drive, San Rafael
415-491-5097

Town Center at Corte Madera
100 Corte Madera Town Center,
Corte Madera
415-924-2961

The Village at Corte Madera
1618 Redwood Highway,
Corte Madera
415-924-8588

Marine Mammal Center
2000 Bunker Road, Sausalito
415-289-SEAL
marinemammalcenter.org

Mount Tamalpais State Park
801 Panoramic Highway, Mill Valley
415-388-2070
parks.ca.gov/?page_id=471

Muir Woods
Highway 101, Mill Valley
415-388-2595
nps.gov/muwo

Stinson Beach
nps.gov/goga/stbe.htm

SAN FRANCISCO

SHOPPING
Crocker Galleria
50 Post Street at Montgomery

Stonestown Galleria
3251 20th Avenue

Westfield San Francisco Centre
865 Market Street
westfield.com/sanfrancisco

ENTERTAINMENT AND ATTRACTIONS
Alcatraz
Buy tickets at Pier 39
nps.gov/alca

AT&T Park
24 Willie Mays Plaza

Cable Cars
Multiple locations
sfcablecar.com

California Academy of Sciences
55 Music Concourse Drive,
Golden Gate Park
415-379-8000
calacademy.org

Chinatown
Grant Street & Jackson

Coit Tower
1 Telegraph Hill

deYoung Museum
50 Hagiwara Tea Garden Drive,
Golden Gate Park
415-750-3600
deyoung.famsf.org

Exploratorium
151 Third Street
between Mission & Howard

Fisherman’s Wharf and the Embarcadero
• Ripley’s Believe It or Not
• Hyde Street Pier
• Maritime Museum
• Wax Museum

Golden Gate Park
Starts at Fell and Lincoln

Ghirardelli Square
900 North Point Street
ghirardellisq.com

Legion of Honor
100 34th Avenue
415-750-3600
legionofhonor.famsf.org

Lombard Street
At Lombard and Hyde Streets

Metalcon
135 4th Street
415-369-6000
shoppingmetreon.com

Pier 39: Pier 39 on the Embarcadero
• Aquarium of the Bay

San Francisco Ferry Building
1 Sausalito, San Francisco Ferry Building

San Francisco Zoo
1 Zoo Road
415-213-4781
sfzoo.org

Transamerica Pyramid
Montgomery Street between Clay and Washington

Union Square
At Stockton and Geary
LOCKER ROOM AVAILABILITY

Team locker rooms are available for gym sports (women’s volleyball, men’s and women’s basketball) and are guaranteed to be available two hours before the start of a contest. Locker rooms for visiting officials are provided for gym sports and softball, and are available for soccer upon request. Specific locker room designations will be assigned when you arrive at the Conlan Center. If your team plans to arrive earlier, please make a written request through the Athletics Communications Office (spencer.shamo@dominican.edu and toriana.johnson@dominican.edu). We will do the best to accommodate requests but cannot guarantee that facilities will be available earlier. Teams are allowed to store their belongings in locker rooms and locker rooms will be locked during play. However, Dominican University of California is not responsible for any unattended items left in designated locker rooms or changing areas.

SHOWERS AND TOWELS

Showers are available to visiting teams and officials after their contests. Towels are NOT provided for soccer. Towels are only provided to women’s volleyball and men’s and women’s basketball as per PacWest sports regulations. We ask that you make your requests to Kassi Boedeker (kassi.boedeker@dominican.edu) at least two full days prior to the day of your event to ensure that towels are laundered and ready ahead of the scheduled event. Please return any borrowed towels to the hamper/bag that they were provided in.

Volleyball
3.7.2 Provide the visiting team(s) with a minimum of 12 individual, single person use bench towels, and towels to use after the match if shower access has been requested, or is available in the locker room.

Basketball
3.9.2 Provide the visiting team(s) with 20 towels to use both on the bench and after the game if shower access has been requested, or is available in the locker room.

FILM EXCHANGE

Please refer to the appropriate game protocol on the following pages for sport-specific policies (if applicable).

ATHLETIC TRAINING

Please refer to the next page (13) for athletic training policies.
SPORTS MEDICINE

ATHLETIC TRAINING STAFF

Kassi Boedeker, MS, ATC
Assistant Athletic Trainer
1-415-482-1807
kassi.boedeker@dominican.edu

Carica "Mac" Cacariola, ATC
Assistant Athletic Trainer
1-415-482-1807
carica.macariola@dominican.edu

Gaylen McGinn, ATC
Assistant Athletic Trainer
1-415-482-1807
gaylen.mcginn@dominican.edu

ATHLETIC TRAINING ROOM ACCESS

- Dominican has two training rooms — one located in the Conlan Center (volleyball and basketball) and one at Kennelly Field (soccer, softball, tennis, lacrosse). Both athletic training rooms have ice, heat packs, modalities, treatment table(s), and taping tables for your use while visiting.

- The Athletic Training Room will be open two hours prior to game time.

- Teams traveling without an Athletic Trainer are required to provide 48 hours notice of any taping or treatments those teams will be needing.

- Teams traveling without an Athletic Trainer that require the use of modalities need to provide a written notice with modality parameters and area to be treated and in accordance with the 48 hour notification.

SERVICES PROVIDED

- Cooler of water
- Cups or water bottles
- Ice chest with bags and wrap
- Bench towels for indoor sports
- Crutches
- AED
- Portable treatment table (upon request)

If you are traveling without a certified athletic trainer, please notify us in advance and send your team with any materials they may need (tapes, wraps, etc.). Modalities will not be performed unless advance notice from a certified athletic trainer has been sent outlining all parameters to be used.
EMERGENCY SERVICES INFORMATION

**Kaiser Permanente**
99 Montecillo Road
San Rafael, CA 94903
General Information: 415-444-2000
Emergency Services (24 hours): 415-444-2400

**Marin General Hospital**
250 Bon Air Road
Greenbrae, CA 94904
General Information: 415-925-7000

**Golden Gate Urgent Care**
750 Redwood Hwy #1204
Mill Valley, CA 94941
(415) 384-4778
Clinic Hours: M-F: 8am - 8pm
Sat/Sun: 9am - 5pm

**Action Health Clinic**
Inside Safeway - next to the pharmacy
5720 Nave Dr.
Novato, CA 94949
(707) 273-1097
Clinic Hours: Every Day: 9am - 5pm

HEALTH CARE PARTNERS

**California Orthopedic and Spine**
Dr. David Goltz
caorthospine.com
SAMPLE GAME PROTOCOLS - SOC

SOCCER DOUBLEHEADER
Based on 12 and 2:30 p.m. start times

Real Time | Game Clock | Activity
--- | --- | ---
11:00 a.m. / 1:30 p.m. | 60:00 | Field available to both teams
11:30 a.m. / 2:00 p.m. | 30:00 – 15:00 | Official warmup begins
11:50 a.m. / 2:20 p.m. | 10:00 – 5:00 | Game rosters and starters exchanged and provided to scorer table. Please provide as early as possible to scorer table.
11:55 a.m. / 2:25 p.m. | 5:00 – 0:00 | Captains and officials meet and teams clear field
Team Introductions - refs walk out, players run out as announced
Officials
Visiting Team and Coaches
Home Team and Coaches
National Anthem
12 p.m. / 2:30 p.m. | reset to 45:00 | Kickoff

OVERTIME PROCEDURE

Real Time | Game Clock | Activity
--- | --- | ---
- | 5:00 | Intermission after regular time
- | 10:00 | First overtime period (sudden victory)
- | 2:00 | Intermission after first overtime
- | 10:00 | Second overtime period (sudden victory)

FILM EXCHANGE
Video files in MP4 format may be quickly transferred to SD cards provided by the opposing coaching staff or officials.
PacWest contests will also be available for download via Krossover as per conference guidelines.
SAMPLE GAME PROTOCOLS - VB

VOLLEYBALL MATCH
Based on 7 p.m. start time

<table>
<thead>
<tr>
<th>Real Time</th>
<th>Game Clock</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:40 p.m.</td>
<td>80:00 - 60:00</td>
<td>Home team practice</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>60:00 - 40:00</td>
<td>Visiting team practice</td>
</tr>
<tr>
<td>6:20 p.m.</td>
<td>40:00 - 19:00</td>
<td>Court available for shared warm-up</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>30:00</td>
<td>Coin toss</td>
</tr>
<tr>
<td>6:41 p.m.</td>
<td>19:00 - 15:00</td>
<td>Visiting team court</td>
</tr>
<tr>
<td>6:45 p.m.</td>
<td>15:00 - 11:00</td>
<td>Home team court</td>
</tr>
<tr>
<td>6:49 p.m.</td>
<td>11:00 - 06:00</td>
<td>Visiting team court</td>
</tr>
<tr>
<td>6:54 p.m.</td>
<td>06:00 - 01:00</td>
<td>Home team court</td>
</tr>
<tr>
<td>6:57 p.m.</td>
<td>03:00</td>
<td>Coaches must submit to the official scorer and referee their roster card with a starting lineup designated no later than 3 minutes prior to match time.</td>
</tr>
<tr>
<td>6:59 p.m.</td>
<td>01:00</td>
<td>Team huddle/announcements begin</td>
</tr>
<tr>
<td>7:00 p.m.</td>
<td>00:00</td>
<td>Introduction of officials</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Introduction of teams: non-starters, starters, and coaches</td>
</tr>
<tr>
<td></td>
<td></td>
<td>National Anthem</td>
</tr>
<tr>
<td>7:05 p.m.</td>
<td>00:00</td>
<td>First Serve</td>
</tr>
<tr>
<td>1:15</td>
<td></td>
<td>Timeouts</td>
</tr>
<tr>
<td>3:00</td>
<td></td>
<td>Break between sets 1 and 2</td>
</tr>
<tr>
<td>5:00</td>
<td></td>
<td>Break between sets 2 and 3</td>
</tr>
<tr>
<td>3:00</td>
<td></td>
<td>Break between sets 3 and (if necessary)</td>
</tr>
<tr>
<td>3:00</td>
<td></td>
<td>Break between sets 4 and 5 (if necessary)</td>
</tr>
</tbody>
</table>

FILM EXCHANGE
Video files in MP4 format may be quickly transferred to SD cards provided by the opposing coaching staff or officials. PacWest contests will also be available for download via Volley Metrics as per conference guidelines.
### SAMPLE GAME PROTOCOLS - WBB

**WOMEN’S BASKETBALL**  
Based on 5:30 p.m. start time

<table>
<thead>
<tr>
<th>REAL TIME</th>
<th>GAME CLOCK</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:25 p.m.</td>
<td>60:00</td>
<td>Countdown Clock Begins, Warm-Ups Begin</td>
</tr>
<tr>
<td>5:15 p.m.</td>
<td>10:00</td>
<td>Team captains meet with officials, deadline for starting lineups</td>
</tr>
<tr>
<td>5:24 p.m.</td>
<td>1:00</td>
<td>Warning horn</td>
</tr>
<tr>
<td>5:25 p.m.</td>
<td>00:00</td>
<td>Warm-ups end, teams leave court</td>
</tr>
<tr>
<td>5:26 p.m.</td>
<td>00:00</td>
<td>National Anthem, Introductions (Visitors followed by Home)</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>10:00</td>
<td>Tipoff</td>
</tr>
<tr>
<td>-</td>
<td>75-second intermission</td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>Second period begins</td>
<td></td>
</tr>
<tr>
<td>15:00</td>
<td>Halftime (see below for specific protocol)</td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>Third period begins</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>75-second intermission</td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>Fourth period begins</td>
<td></td>
</tr>
</tbody>
</table>

#### HALFTIME PROTOCOL

<table>
<thead>
<tr>
<th>GAME CLOCK</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>15:00</td>
<td>Teams clear court</td>
</tr>
<tr>
<td>14:00</td>
<td>Halftime activities begin</td>
</tr>
<tr>
<td>6:00</td>
<td>Floor cleared, court swept; Teams alerted</td>
</tr>
<tr>
<td>4:00</td>
<td>Floor available for warm up</td>
</tr>
<tr>
<td>0:00</td>
<td>Second half begins</td>
</tr>
</tbody>
</table>

#### OVERTIME (IF NECESSARY)

*Each team receives one 30-second timeout for each extra period, in addition to any unused second half timeouts.*

<table>
<thead>
<tr>
<th>GAME CLOCK</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00</td>
<td>Overtime period begins</td>
</tr>
</tbody>
</table>

#### TIMEOUTS (NEW FOR 2015-16 FOR WOMEN ONLY)

- Each team has three 30-second timeouts and one full 60-second timeout.

#### MEDIA TIMEOUTS (NEW FOR 2015-16 FOR WOMEN ONLY)

- There is one media timeout in each period that occurs at the first deadball at or below the 5-minute mark.
- When a team calls timeout before the media timeout mark for that period, or calls a timeout which creates the first stoppage in play at or below the mark, the timeout shall be charged to the team and it will become that period’s media timeout.
- The first team-called timeout of the second half or any overtime period will become a media timeout.

#### FILM EXCHANGE

Video files in MP4 format may be quickly transferred to SD cards provided by the opposing coaching staff or officials. PacWest contests will also be available for download via Synergy as per conference guidelines.
# Mens Basketball Game Protocols - MBB

Based on 7:30 p.m. start time

## Real Time

<table>
<thead>
<tr>
<th>REAL TIME</th>
<th>GAME CLOCK</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 p.m.</td>
<td>25:00</td>
<td>Countdown Clock Begins, Warm-Ups Begin (Game 2)</td>
</tr>
<tr>
<td>7:15 p.m.</td>
<td>10:00</td>
<td>Team captains meet with officials, deadline for starting lineups</td>
</tr>
<tr>
<td>7:24 p.m.</td>
<td>1:00</td>
<td>Warning horn</td>
</tr>
<tr>
<td>7:25 p.m.</td>
<td>00:00</td>
<td>Warm-ups end, teams leave court</td>
</tr>
<tr>
<td>7:30 p.m.</td>
<td>20:00</td>
<td>Tip-off</td>
</tr>
</tbody>
</table>

## Halftime Protocol

<table>
<thead>
<tr>
<th>GAME CLOCK</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>15:00</td>
<td>Teams clear court</td>
</tr>
<tr>
<td>14:00</td>
<td>Halftime activities begin</td>
</tr>
<tr>
<td>6:00</td>
<td>Floor cleared, court swept; Teams alerted</td>
</tr>
<tr>
<td>4:00</td>
<td>Floor available for warm up</td>
</tr>
<tr>
<td>0:00</td>
<td>Second half begins</td>
</tr>
</tbody>
</table>

## Overtime (if Necessary)

Each team receives one 30-second timeout for each extra period, in addition to any unused second half timeouts.

<table>
<thead>
<tr>
<th>GAME CLOCK</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00</td>
<td>Overtime period begins</td>
</tr>
</tbody>
</table>

## Media Timeouts

<table>
<thead>
<tr>
<th>First Half</th>
<th>Second Half</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breaks</td>
<td></td>
</tr>
<tr>
<td>Best Seat Promo</td>
<td>16</td>
</tr>
<tr>
<td>Cheer</td>
<td>12</td>
</tr>
<tr>
<td>Cheer</td>
<td>8</td>
</tr>
<tr>
<td>Promo</td>
<td>4</td>
</tr>
</tbody>
</table>

## Team Timeouts

Three 30-second timeouts and one 60-second timeout per team. Each team carries over any unused timeouts from the first half but cannot carry more than two 30-second timeouts each. The third is lost if it was not used in the first half.

Overtime: Any timeouts not used in regulation, second half or any previous extra period(s), plus one extra 30-second timeout per team per extra period.

## Film Exchange

Video files in MP4 format may be quickly transferred to SD cards provided by the opposing coaching staff or officials. PacWest contests will also be available for download via Synergy as per conference guidelines.
## SAMPLE GAME PROTOCOLS - SB

**SOFTBALL DOUBLEHEADER**  
Based on 12 and 2 p.m. start times

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
</tr>
</thead>
</table>
| 10:30 a.m.| Teams may begin warm-up  
Batting cage available to home team - *NO CLEATS IN BATTING CAGES*                                           |
| 11:00 a.m.| Batting cage available to visiting team - *NO CLEATS IN BATTING CAGES*                                           |
| 11:30 a.m.| Field is open for lines                                                                                         |
| 11:45 a.m.| Coaches Meeting/Game Rosters exchanged and submitted to Head Umpire and Scorer’s Table                       |
| 11:55 a.m.| Teams clear the field  
Team introductions  
Umpires  
Visiting Team (Non-starters, then starters) and Coaches  
Home Team (Non-starters, then starters) and Coaches  
National Anthem                                                                 |
| 12:00 p.m.| First Pitch  
20:00 - *Intermission in between games / Field must be available for warm-ups*                                         |