



ATHLETIC VISITING TEAM

GUIDE

OFF CAMPUS SITES



Salve Regina UNIVERSITY



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WELCOME!

Dear Coaches:

Greetings from Newport, R.I., and the Salve Regina University Athletic Department! Team travel can be hectic and confusing, so let us help. Enclosed you will find the Salve Regina Athletics Visiting Team Guide. Included for your convenience is directions, game site information, a list of local restaurants, important phone numbers, and much more. We want to ease the stress of your trip and make traveling to Salve Regina a more pleasurable experience. We are confident this guide will be a valuable tool for your staff.

Travel safely,
Salve Regina University Athletics

CONTACT INFORMATION

Athletics Office Coordinator	(401) 341-2269
Rodgers Recreation Center Front Desk	(401) 341-2922
Athletic Facilities Coordinator	(401) 341-2272
Sports Information Director	(401) 341-2271
Scheduling Coordinator	(401) 341-2257
Head Athletic Trainer	(401) 341-2391
Equipment Manager	(401) 341-2285
Director of Athletics	(401) 341-2268
Safety and Security	(401) 341-2325
Miley Dining Hall (Sodexo Food Service)	(401) 341-2350



DIRECTIONS TO SEAHAWK COMPETITION SITES

FOOTBALL

ROGERS HIGH SCHOOL (LOCKER ROOM ONLY)

FROM BOSTON AND POINTS NORTH: Take Route 24 South through Fall River, following signs for “Newport”. Route 24 ends and becomes Rt. 114 South in Portsmouth, RI. Continue for 6 miles. Turn left onto route 214 (Valley Road) at Modern Furniture store. Continue for 3 miles to Bellevue Avenue (you will pass Atlantic Beach Club and first beach on your left). At the traffic light at Bellevue take a left (Talbot’s on the corner). Follow through the traffic light at Narragansett Avenue. Proceed to Ruggles Avenue, and turn right. Travel down Ruggles Avenue. Go through one stop sign, and continue on Ruggles. Proceed through the second stop sign at the tennis courts, crossing over Carroll Avenue. Rogers High School is up on the right.

FROM CONNECTICUT AND POINTS WEST: From I-95 North (in Rhode Island), take exit for route 138 East over the Jamestown and Newport Bridges. Take the first exit off Newport Bridge for “Scenic - Downtown Newport” and turn right off ramp. At the second stop light, bear right onto Route 238 which is America’s Cup Avenue. Travel through town, and up the hill. Turn right on Bellevue Avenue (Talbot’s on the corner). Follow through the traffic light at Narragansett Avenue. Proceed to Ruggles Avenue, and turn right. Travel down Ruggles Avenue. Go through one stop sign, and continue on Ruggles. Proceed through the second stop sign at the tennis courts, crossing over Carroll Avenue. Rogers High School is up on the right.

ROGERS HIGH SCHOOL TO TOPPA FIELD (GAME SITE):

Travel back up Ruggles Avenue. Take a left onto Bellevue Avenue. Follow Bellevue to the light (CVS/Bank of America plaza on left, Talbot’s on the right). Turn right at the light. Take the next right onto Freebody St. (located between 7-11 and Sunoco). Toppa Field is located directly on your left behind the stone wall. The access gate will be on the left behind the Tennis Hall of Fame.

NOTES:

Parking – near one of the access gates to the field (do not block Emergency vehicles)

Tickets – there is a charge for admission

Locker room – at Rogers High School (before and after game)

Playing surface – grass

MEN'S ICE HOCKEY

PORTSMOUTH ABBEY – HOME SITE FOR MEN'S ICE HOCKEY FROM NEW YORK CITY:

1. Take Interstate 95 North through Connecticut to Rhode Island.
2. Rhode Island, Exit 3 to Route 138 East.
3. Follow signs to Jamestown and Newport (Pell) Bridge (\$2 toll).
4. Bear left at end of Newport Bridge to Admiral Kalbfus Road.
5. At end of exit ramp turn left at traffic light.
6. Turn left at second traffic light, the intersection of Route 114.
7. Travel approximately 9 miles north on Route 114.
8. Immediately after a green highway sign on right hand side of the road which reads "Portsmouth Abbey and School" turn left at traffic light onto Cory's Lane.
9. One-half mile down the lane on the right is the entrance to the School.

FROM BOSTON:

1. From any point in the Greater Boston area, take Route 128 to Route 24 South, heading toward Fall River and Newport.
2. Take Route 195 West for one half mile, then rejoin Route 24 South toward Newport.
3. Remain on Route 24 South until it merges with Route 114.
4. At the first traffic light after the merge, look for the green highway sign that reads "Portsmouth Abbey and School."
5. Turn right onto Cory's Lane at traffic light.
6. One-half mile down the lane on the right is the entrance to the School.

NOTES:

Parking – large lot available

Tickets – there is a charge for admission

Locker rooms – available onsite

WOMEN'S ICE HOCKEY

ST. GEORGE'S – HOME SITE FOR WOMEN'S ICE HOCKEY FROM NEW YORK CITY:

1. Route 95 through New London
2. 25 miles past New London, Exit 3 East in RI, right onto Route 138
3. After 15 miles, left on Route 1 (North) toward Newport Bridge
4. After about two miles, right on 138 East to Jamestown and Newport
5. You will go over two bridges as you proceed on Route 138
6. Take first exit off the second bridge (marked Scenic Downtown Newport)
7. Take right at foot of exit ramp, go through first light, turn right at second light onto America's Cup.
8. Follow America's Cup Avenue through Newport (waterfront).



9. With The Red Parrot Restaurant on your right, road will bear left up hill and become Memorial Blvd.
10. Follow Memorial Blvd. for two miles, passing beach on right.
11. Leave Route 138A at The Atlantic Beach Club and continue straight up the hill on Purgatory Road
12. You will see a number of entrances to the school on your left. The main entrance gate (the third gate) is just over the crest of the hill; there are tennis courts on both sides of the road.

FROM BOSTON:

1. Southeast Expressway (Route 3) South
2. Route 93/128 South
3. Leave 93 South at Exit 4 onto Route 24 South, toward Fall River
4. Route 195 West at Fall River (briefly, about _ mile)
5. Route 24 South again, across Sakonnet River Bridge in Tiverton
6. Leave Route 24 South at Turnpike Avenue exit for Route 138 South (Middletown and Newport Beaches)
7. Right on Turnpike Avenue to end
8. Right at light onto Route 138 South
9. Follow 138 about 6.7 miles into Middletown to Route 214 (Valley Road)
10. Take a left at traffic light between Wendy's and Shell gas station onto Valley Road
11. Follow Valley Road for 1.5 miles through two lights
12. At the third light, turn left in front of The Atlantic Beach Club
13. Proceed up hill; the main entrance gate to St. George's is on the left just over the crest of the hill; there are tennis courts on both sides of the road.

FROM PROVIDENCE AREA:

1. Route 95 South
2. Route 4 South
3. Route 1 South
4. Route 138 East
5. You will go over two bridges as you proceed on Route 138
6. Take first exit off the second bridge (marked Scenic Downtown Newport)
7. Take right at foot of exit ramp, go through first light, turn right at second light onto America's Cup Avenue.
8. Follow America's Cup Avenue through Newport (waterfront)
9. With The Red Parrot Restaurant on your right, road will bear left up hill and become Memorial Boulevard
10. Follow Memorial Boulevard for two miles, passing beach on right
11. Leave Route 138A at The Atlantic Beach Club and continue straight up the

hill on Purgatory Road.

12. You will see a number of entrances to the school on your left. The main entrance gate (the third gate) is just over the crest of the hill; there are tennis courts on both sides of the road.

NOTES:

Parking – large lot available

Tickets – there is a charge for admission

Locker rooms – available onsite

SOFTBALL

TOPPA FIELD

FROM NEW YORK:

Take I-95 North to Rhode Island Exit 3 (Route 138). Follow signs to Newport Bridge. From Hartford: Take I-84 East to Route 2 East. Follow signs to I-95 North. Take Rhode Island Exit 3 (Route 138). Follow signs to Newport Bridge.

FROM BOSTON:

Take I-93 South (128) to Route 24 South to Route 138. Follow signs to Newport.

FROM WESTERN MASSACHUSETTS AND NORTHERN NEW ENGLAND:

Take Mass. Pike to Exit 10. Take Route 146 South; stay on 146 to Providence where it joins I-95 South. Get into the left-hand lane so as to pick up Route 195 East (Newport/Fall River). On the far side of Fall River pick up Route 24 South. Stay on 24 to Aquidneck Island and Route 138. Ramada Inn will be on the right. Follow signs to Newport.

IN NEWPORT:

Coming over Newport Bridge, take first exit. At second light, bear right onto America's Cup Avenue. Follow America's Cup to Memorial Boulevard, crossing over Bellevue Avenue. Turn right onto Middleton Avenue. Toppa Field and the access gate will be on your right behind the stone wall. COMING SOUTH ON ROUTE 138 INTO MIDDLETOWN: Take Route 138A (Aquidneck Avenue)...at second set of lights, take a left. Go past the beach and up Memorial Boulevard. After the beach, look on the left for the Salvation Army. Get in the left lane, and take the next left for Middleton Avenue. Toppa Field and the access gate will be on your right behind the stone wall.

NOTES:

Parking – near one of the access gates to the field (do not block Emergency vehicles)

Tickets – there no charge for admission

Locker room – call our Head Coach prior to traveling to Newport to make arrangements



ATHLETIC TRAINING

Salve Regina's staff will make every effort to assist you during your visit. If your team will be traveling without an NATABOC Certified Athletic Trainer, we kindly ask the following:

- Please notify our staff 24 hours prior to your team's arrival at: (401) 341-2458 or (401) 341-2391.
- Please send any taping supplies that your team requires.
- Please send written prescription from your sports medicine staff for those athletes requiring electrical modalities.

The Salve Regina University Athletic Training Room can be found at Rodgers Recreation Center. A Certified Athletic Trainer will be available during all home contests.

The Athletic Training Room (ATR) will usually be open 1 1/2 hours prior to start and 30 minutes following the event. Moist heat packs and ice bags will be available to visiting teams.

Equipment and services available at varsity home events (some exceptions occur at off-campus sites):

Ice and ice bags • Electric stimulation • Vacuum splints • Water • Ultrasound • Crutches • Water bottles • Moist heat packs • Whirlpools

ORTHOPEDIC CONSULTANTS:

University Orthopedic

James O. Maher, III, MD

Timothy J. Thompson PA-C, ATC

19 Friendship Street, Suite 340, Newport, RI 02840

Office: (401) 849-6868

HOSPITAL:

Newport Hospital

11 Friendship Street, Newport, RI 02840-2209

ER: (401) 845-1200

General Info: (401) 846-6400

DIRECTIONS TO NEWPORT HOSPITAL:

Start out going North on Ochre Point Ave. toward Webster St. Turn Left onto Narragansett Ave. Turn Right onto Annandale Rd. Turn Right onto Memorial Blvd./RI-138A North. Turn Left onto Rhode Island Ave. Turn Right onto Hope St. Turn Left onto Friendship St. Total Est. Time 7 minutes. Total Est. Distance 1.96

Salve Regina University Office of Safety and Security, (401) 341-2325

AREA RESTAURANTS

A-1 Pizza & Pasta
306 Broadway Ave., Newport
(401) 849-2213

Aquidneck Pizza
27 Aquidneck Ave., Newport
(401) 849-3356

Applebee's
349 West Main Rd., Middletown
(401) 849-5676

Atlanta Bread
288 East Main Rd., Middletown
(401) 841-0654

Domino's
19 West Main Rd., Middletown
(401) 849-6940

Dunkin Donuts
7 Memorial Blvd., Newport
(401) 848-7612

Fatulli's
909 East Main Rd., Middletown
(401) 847-5166
Pick up on your way in or out of
town – www.fatullis.com

IHOP
159 West Main Road, Middletown
(401) 847-9818

Mama Leone's
150 Connell Highway, Newport
(401) 847-7272

Nikolas Pizza
38 Memorial Boulevard, Newport
(401) 849-6611

Panera Bread
49 Long Wharf, Newport
(401) 324-6800

Papa Gino's
West Main Rd., Middletown
Coming soon!

Subway
238 East Main Road, Middletown
(401) 847-7670

Via Via Pizza
372 Thames Street, Newport
(401) 846-4074

Wendy's
East Main Road, Middletown
(401) 846-1491



HOTEL Courtyard by Marriott



“Official Hotel of Salve Regina University Athletics”

Courtyard by Marriott Newport/Middletown
Middletown, Rhode Island
9 Commerce Drive
Middletown, RI 02842
(401) 849-8000
Fax: (401) 849-8313

Contact:
Sales Office
Email: cy.pvdmd.sales.mgr@marriott.com
Courtyard by Marriott/Newport Middletown
401/849-8129
401/849-8313 Fax
Website: www.marriott.com/PVDMD

Guest Room Amenities:

- 138 Guest Rooms (special team rates, please call hotel directly)
- Discounted rates for parents – please call 888/686-5067
- 10 Suites (upgrades for coaches at same team rate if available)
- Nonsmoking rooms available
- Handicapped accessible rooms available
- Friendly, Marriott-trained staff
- Indoor/Outdoor swimming pool-Whirlpool
- Mini-gym
- Coin operated laundry facilities
- Meeting facilities for up to 50 people (team meeting rooms free of charge)
- Courtyard café restaurant serves breakfast daily (discounted for teams)
- Free High Speed Internet
- All rooms non smoking as of 10/15/06



Official Hotel of
Salve Regina University Athletics



www.salve.edu