



ATHLETIC VISITING TEAM GUIDE



Salve Regina UNIVERSITY



CONTENTS

Welcome1
Contact Information 1
Directions to Campus 2-4
Important Information 5
Seahawk Competition Sites 5
Athletic Training6
Area Restaurants 7
Hotel 8

WELCOME!

Dear Coaches:

Greetings from Newport, RI, 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 CAMPUS

FROM NORTH OF NEWPORT, RI AND WESTERN MASSACHUSETTS:

1. Take the Mass Pike to Exit 10A.
2. Follow Route 146 South.
3. Stay on Route 146 South to Providence where it joins I-95 South.
4. Follow I-95 South. Keep left.
5. Take Exit 9 (left exit) for Route 4 South.
6. Follow Route 4 South to the junction of Route 1 South. (About 10 miles from Route 4 to Route 1.)
7. Shortly after the junction on Route 1, take the Exit for 138 East, (Newport) - this exit is not numbered and it comes quickly on the right - the sign is fairly small.
8. Follow sign for Jamestown/Newport Bridges.
9. Travel on 138 East over the Jamestown Bridge and continue to the Newport (Pell) Bridge (\$2 toll).
10. Coming over the Newport (Pell) Bridge, take the first exit (Scenic Newport).
11. Turn right at the bottom of the ramp onto Farewell Street.
12. Turn right at the second traffic light onto America's Cup Avenue. (America's Cup Avenue goes along the waterfront and turns into Memorial Blvd. at the Post Office on the left.) Stay in the left lane and travel up the hill (Memorial Blvd).
13. Turn right at the traffic light at the top of the hill onto Bellevue Avenue.
14. Turn left at the next traffic light onto Narragansett Avenue.
15. Travel down Narragansett Avenue and turn right onto Ochre Point Avenue. Take a right onto Leroy Avenue, and your first right into the Rodgers Recreation Center lot.

FROM SOUTH OF NEWPORT, RI:

1. Follow I-95 North to Rhode Island.
2. Take Exit 3 for Route 138 East.
Stay on Route 138 East through Richmond and Kingston (past University of Rhode Island).
3. Follow signs to Route 1.
4. Turn left at the traffic light where Route 138 East and Route 1 join.
5. Travel on Route 138 East/Route 1 North for several miles.

6. Bear right at exit for Route 138 East to Newport.
7. Follow sign for Jamestown/Newport Bridges.
8. Travel on 138 East over the Jamestown Bridge and continue to the Newport (Pell) Bridge (\$2 toll).
9. Coming over the Newport (Pell) Bridge, take the first exit (Scenic Newport).
10. Turn right at the bottom of the ramp onto Farewell Street.
11. Turn right at the second traffic light onto America's Cup Avenue. (America's Cup Avenue goes along the waterfront and turns into Memorial Blvd. at the Post Office on the left.) Stay in the left lane and travel up the hill (Memorial Blvd).
12. Turn right at the traffic light at the top of the hill onto Bellevue Avenue.
13. Turn left at the next traffic light onto Narragansett Avenue.
14. Travel down Narragansett Avenue and turn right onto Ochre Point Avenue. Take a right onto Leroy Avenue, and your first right into the Rodgers Recreation Center lot.

FROM ROUTE 195 WEST:

1. Follow Route 195 West to Fall River. Take Exit 8A for Newport - Route 24 South.
2. Follow Route 24 South over the Sakonnet River Bridge.
3. Take the third exit (Exit 1) which is marked Newport/Middletown Beaches-Route 138.
4. Turn right at the end of the exit ramp. At this point you are in the town of Portsmouth. Continue to follow Route 138.
5. Turn right at the first traffic light.
6. At the next traffic light you will see a Cumberland Farms on your right and a large church on your left. After two more traffic lights you will see the Rhode Island State Police Barracks on your right. After the next traffic light you will be entering the town of Middletown.
7. At the first traffic light in the town of Middletown there will be Chaves Gardens on your left and a large nursery on your right. Begin to get into the left lane. You will be coming upon two traffic lights very close together.
8. Turn left onto Route 138A (Aquidneck Avenue) in Middletown (Dunkin Donuts will be on your right).
9. Follow signs to Middletown and Newport Beaches (Route 138A South). At the second traffic light at the bottom of the hill, turn left. This is still Aquidneck Avenue.
10. Bear right at the next traffic light and travel past Easton's Beach on the left. Aquidneck Avenue becomes Memorial Blvd. in Newport.



11. Travel to the top of the hill. Turn left onto Bellevue Avenue at the traffic light at the top of the hill (Talbot's will be on the left).
12. Turn left onto Narragansett Avenue at the next light.
13. Travel down Narragansett Avenue and turn right onto Ochre Point Avenue. Take a right onto Leroy Avenue, and your first right into the Rodgers Recreation Center lot.

FROM BOSTON:

1. Take Route 128 to Route 24 South to Fall River. Follow signs to Newport.
2. Follow Route 24 South over the Sakonnet River Bridge
3. Take the third exit (Exit 1) which is marked Newport/Middletown Beaches-Route 138.
4. Turn right at the end of the exit ramp.
5. At this point you are in the town of Portsmouth. Continue to follow Route 138.
6. Turn right at the first traffic light.
7. At the next traffic light you will see a Cumberland Farms on your right and a large church on your left. After two more traffic lights you will see the Rhode Island State Police Barracks on your right. After the next traffic light you will be entering the town of Middletown.
8. At the first traffic light in the town of Middletown there will be Chaves Gardens on your left and a large nursery on your right. Begin to get into the left lane. You will be coming upon two traffic lights very close together.
9. Turn left onto Route 138A (Aquidneck Avenue) in Middletown (Dunkin Donuts will be on your right).
10. Follow signs to Middletown and Newport Beaches (Route 138A South). At the second traffic light at the bottom of the hill, turn left. This is still Aquidneck Avenue.
11. Bear right at the next traffic light and travel past Easton's Beach on the left. Aquidneck Avenue becomes Memorial Blvd. in Newport.
12. Travel to the top of the hill. Turn left onto Bellevue Avenue at the traffic light at the top of the hill (Talbots will be on the left).
13. Turn left onto Narragansett Avenue at the next light.
14. Travel down Narragansett Avenue and turn right onto Ochre Point Avenue. Take a right onto Leroy Avenue, and your first right into the Rodgers Recreation Center lot.

IMPORTANT INFORMATION

BUS PARKING:

There are three large spaces suited for buses in the Rodgers Recreation Center parking lot. No parking is allowed on any surrounding side streets. All buses must park in the bus parking area.

LOCKER ROOMS:

Locker rooms are available for visiting teams. Upon entering the building, the front desk monitor or Game Management Supervisor will escort the team to their assigned locker room.

TICKET INFORMATION:

There is no charge for regular season games.

FIELD SURFACES:

All field spaces are grass.

SEAHAWK COMPETITION SITES

TEAM	COMPETITION SITE
Baseball	Brother Reynolds Field
M/W Basketball	Rodgers Recreation Center
Field Hockey	Lawrence Avenue Field
Men's Lacrosse	Brother Reynolds Field
Women's Lacrosse	Lawrence Avenue Field
M/W Soccer	Brother Reynolds Field
M/W Tennis	Wetmore Tennis Courts
Women's Volleyball	Rodgers Recreation Center



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.

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
Newport, RI