



NOTRE DAME DE NAMUR

2006-07

ATHLETICS VISITORS GUIDE



NDNU
NOTRE DAME DE NAMUR UNIVERSITY
ARGONAUTS

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NDNU General Information

Founded by the Sisters of Notre Dame de Namur in 1851, NDNU is a private, independent, Catholic, co-educational institution. The 50-acre campus is located in the city of Belmont on the San Francisco Peninsula. Belmont is just 25 minutes from the beauty, culture, and excitement of the city of San Francisco and sits on the northern edge of Silicon Valley. Students take advantage of our proximity to San Francisco International Airport as well as Belmont Cal Train Station, which allows them access, recreational and cultural activities in the City and on the Peninsula, as well as, internships throughout the region. The University combines a residential and commuter undergraduate program with evening programs for working adults at both undergraduate and graduate levels. NDNU currently enrolls approximately 1,600 students from 27 states and 33 foreign countries.

The University is composed of four schools: the School of Arts and Humanities, the School of Business and Management, the School of Education and Leadership, and the School of Sciences. More than 90 percent of NDNU's distinguished faculty hold doctoral or terminal degrees in their fields. The student-faculty ratio is 10:1.

NDNU Athletic Information

NDNU currently sponsors 12 sports, 5 for men and 7 for women (Men's & Women's Soccer, Women's Volleyball, Men's and Women's Golf, Men's and Women's Cross Country, Men's and Women's Basketball, Softball, Men's Lacrosse and Women's Tennis).

Location	1500 Ralston Avenue / Belmont, CA 94002
Founded	1851
President	Dr. John B. Oblak
Director of Athletics	Josh Doody
Associate Director of Athletics	Jessica Mazeau
Athletic Trainers	Christina Puno & Aaron Gill
Nickname	Argonauts
Colors	Navy Blue / Vegas Gold / White
Affiliation	Division II
Conference	Pacific West
Athletics Fax	(650) 508-3691

NDNU Athletic Staff Directory

Director of Athletics	Joshua Doody	jdoody@ndnu.edu	(650) 508-3638
Assistant Athletic Director/ Senior Woman's Administrator	Jessica Mazeau	jmazeau@ndnu.edu	(650) 508-3686
Sports Information Director	Scott Kimmelman	skimmelman@ndnu.edu	(650) 508-3690
Athletic Trainer	Christine Puno	cpuno@ndnu.edu	(650) 508-3448
Athletic Trainer	Aaron Gill	agill@ndnu.edu	(650) 508-3448
Men's Basketball Head Coach	George Puou	gpuou@ndnu.edu	(650) 508-3655
Men's Basketball Assistant	Mike Rudder	mrudder@ndnu.edu	
Men's Basketball Assistant	Carlnel Wiley	carlnelw@yahoo.com	(650) 508-3689
Men's Basketball Assistant	Matt Fleming	mffleming@workinnovations.com	
Women's Basketball Head Coach	Jessica Mazeau	jmazeau@ndnu.edu	(650) 508-3686
Women's Basketball Assistant	Nalani Howard		
Cross-Country Head Coach	Jesse Torres	jtorres@ndnu.edu	(650) 508-3772
Cross-Country Assistant	Marina Li		
Men's & Women's Golf Director	George Puou	gpuou@ndnu.edu	(650) 508-3655
Men's & Women's Head Coach	Keith Larson	keith@keithlarsongolf.com	(650) 438-1432
Men's and Women's Assistant	Matt Coe	mattatbay@aol.com	(650) 588-9818
Men's Lacrosse Head Coach	Joe Romano	jromano@ndnu.edu	(650) 508-3589
Men's Lacrosse Assistant	Wes Green		
Men's Lacrosse Assistant	Eric Martin		
Men's Lacrosse Assistant	Tim Booth		
Director of Soccer			
Soccer Assistant			
Soccer Assistant			
Soccer Assistant	Paul McCallion		
Soccer Assistant	Victor Benavides		
Soccer Assistant	Charlie Hatfield		
Softball Head Coach	Amy Walter	awalter@ndnu.edu	(650) 508-3654
Softball Assistant	Gina Steenburgen		
Women's Volleyball Head Coach	Devin Grant	dgrant@ndnu.edu	(650) 508-3688
Volleyball Assistant	Randy Rowden		
Volleyball Assistant	Paul Chan		

Lodging



Summerfield Suites - Belmont/Redwood Shores
400 Concourse Drive
Belmont, California 94002, USA
Phone: 650-591-8600

Directions

SFO - San Francisco International Airport

Distance : 15 miles
Directions: Highway 101 South to Ralston Ave. exit.
Left onto Marine World Parkway.
Left on Island Parkway.
Hotel will be at end of Island Parkway.

SJC - San Jose International Airport

Distance : 24 miles
Directions: Highway 101 North. Exit Ralston Ave.
Go straight towards Island Parkway.
Hotel will be at the end of Island Parkway.

OAK - Oakland International Airport

Distance : 25 miles
Directions: Hwy 80 West to 101 South. Ralston Exit.
Left onto Marine World Parkway.
Left on Island Parkway.
Hotel will be at the end of Island Parkway.

The Summerfield Suites is the proud of sponsor of NDNU Athletics.

Features:

- **Complimentary Local Calls**
- **Complimentary Newspaper**
- **Complimentary Parking**
- **Complimentary Shuttle Service**
- **Full Complimentary Breakfast Buffet**
- **Fully Equipped Business Center**
- **Laundry**
- **Wake-Up Calls**

Contact: Joan Grant, sales manager to get the NDNU Athletic rate.

Restaurants

Applebee's - 1135 Veterans Blvd., Redwood City, CA, (650) 364-6849
Black Angus - 1299 Chess Dr., Foster City, CA 94404, (650) 345-9971
The Fish Market - 1855 S. Norfolk, San Mateo, CA 94403, (650) 349-3474
TGI Fridays - 3101 S. El Camino, San Mateo, CA 94403, (650) 570-4684
Hola Mexican Restaurant - 1015 Alameda De las Pulgas, Belmont, CA 94002, (650) 591-1735
Macaroni Grill - 31 W. Hillsdale Blvd, San Mateo, CA 94403, (650) 638-3580
Pasta Pomodoro - 1060 Park Pl, San Mateo, CA, (650) 574-2600
Red Robin - 2204 Bridgepointe Pkwy, Foster City, CA 94404, (650) 571-5500
Sneakers Bar and Grill - 1163 San Carlos Ave, San Carlos, CA, (650) 802-0177

Quick Food

Boston Market - 1000 Metro Center Blvd., Foster City, CA 94404, (650) 572-1700
Dominos Pizza - 1501 El Camino, Belmont, CA 94002, (650) 592-2712
Jamba Juice - 1000 Metro Center Blvd, Foster City, CA 94404, (650) 571-6200
McDonalds - 522 El Camino, Belmont, CA 94002
Mountain Mike's Pizza - 390 El Camino, Belmont, CA, (650) 508-9090
Quiznos - 1480 El Camino, Belmont, CA 94002, (650) 341-7457
Pete's Coffee & Tea - 1200A El Camino Real, Belmont, CA 94002, 650-593-3053
Round Table Pizza - 61 W. 43rd. Ave., Belmont, CA 94002, (650) 577-0303
Straw Hat Pizza - 999 Edgewater Blvd # G., San Mateo, CA, (650) 726-2758
Starbucks - 1050-A El Camino Real, Belmont CA, 94002
Subway - 969 Edgewater Blvd, Foster City, CA, (650) 349-6069
Taco Bell - 259 El Camino, San Carlos, CA 94070
Togos Sandwiches - 1200 El Camino, Belmont, CA 94002, (650) 591-8646
Wendy's - 698 Ralston Ave., Belmont, CA 94002

Local Attractions

Fisherman's Wharf / Alcatraz / Golden Gate Bridge

Contact: San Francisco Convention and Visitors Bureau at (415) 974-6900

Bay Meadows Racetrack
2600 South Delaware Street
San Mateo California 94403
(650) 574-RACE

Century 12 Movie Theatre
320 E. 2nd Ave.
San Mateo, CA 94401
(650) 558-0123

Hillsdale Shopping Center
60 31st Ave.
San Mateo, CA 94403
(650) 345-8222

Malibu Grand Prix / Castle
320-340 Blomquist St.
Redwood City, CA 94063
(650) 367-1906 or 366-6463

Stanford Shopping Center
180 El Camino
Palo Alto, CA 94301
(650) 617-8585

Golf Courses

Crystal Springs
6650 Golf Course Dr.
Burlingame, CA 94010
(650) 342-4632

Poplar Creek
1700 Coyote Pointe Dr.
San Mateo, CA
(650) 522-GOLF

Emergency Information

Notre Dame de Namur University Public Safety

Location: Wilkie A (ground floor of Wilkie Apartments, facing the Oaks/Pool)

Public Safety Office: (650) 508-3502

Public Safety Pager: (650) 570-9262

e-mail: security @ndnu.edu

University Switchboard: (650)508-3500

Chief of Public Safety: David Mefford, dmefford@ndnu.edu

Belmont Police

1215 Ralston Ave. Belmont, CA 94002

Emergency contact: 911

Non Emergency Contact: (650) 595-7400

Belmont Fire Department

Emergency Contact: 911

Non Emergency Telephone:(650) 802-4255

Local Hospitals

Sequoia Hospital (4.5 Miles)
170 Alameda de las Pulgas
Redwood City, CA 94062
(650) 369-5811

Directions from NDNU:
Left out of campus onto Ralston
Right onto El Camino (Heading south)
Right onto Brittan
Left onto Alameda de las Pulgas

Kaiser Permanente Hospital (4.7 Miles)
1150 Veterans Blvd
Redwood City, CA 94063
(650) 299-2000

Directions from NDNU:
Left out of campus onto Ralston
South on Hwy 101
Whipple Ave. exit
Continue 1 mile to Veterans Blvd

Campus Location



Directions:

From San Francisco (about 25 miles) southbound on Freeway 280, take the 92 East - San Mateo exit, then the Ralston Avenue exit and head east on Ralston. Entrance on left

From San Jose (about 25 miles) northbound on Freeway 280, take the 92-Half Moon Bay-West-San Mateo-East exit, then the Ralston Avenue exit and head east on Ralston. Entrance on left

From either San Francisco or San Jose: On Hwy 101, take the Belmont-Ralston Avenue exit and turn right. Entrance on right.

Campus Map



Parking

Walter Gleason Gym: Parking for teams and fans located in the parking lot adjacent to the gym or in the east parking lot, located near the entrance of NDNU

NDNU Lacrosse/ Soccer Field: Parking for team busses / vans and fans is located on Laxague Way adjacent to the foot-bridge down to the field area. Parking will be coned off for the teams on Laxague Way.

Softball Field: Parking for team busses / vans and fans is located on Laxague Way adjacent to the foot-bridge down to the field area. Street parking is **not advised** and parking behind the field in the Notre Dame High School lot is **not permitted**.

Facilities

Walter Gleason Center: Located on the upper campus. The center is a 19,950 square foot facility with a seating capacity of 900. Locker rooms for all visiting teams are located in the Walter Gleason Center.

Koret Field (Lacrosse/Soccer Field): Located on the lower part of campus, adjacent to the NDNU Theatre and Notre Dame High School. The playing field is turf

Softball Field: Located on the lower part of campus on the corner of Ralston Ave. and Notre Dame Ave.

Cross Country Course: Please Contact Coach Jesse Torres for information.

Golf Course: Please contact Director of Golf, George Puou for course information.

Admission Policies

Adults: \$5

Visiting Students: \$3

Senior Citizens: \$2

Children 12 and under: Free

NDNU Students, Staff and Faculty: Free

Visiting team pass lists: NDNU does not provide complimentary admissions to visiting teams

Athletic Training Information

The Athletic Training Room on the Notre Dame de Namur University campus is located in Gleason Gym near the entrance. We will open 2 hours prior to the start of competition unless otherwise requested.

The Athletic Training Room is equipped with a full-sized whirlpool (available upon request), combination ultrasound/electrical stim unit, ice machine, and hydrocollator. If your team will not be traveling with an athletic trainer, please send the necessary tape and supplies that they require with them. We require a note signed by the visiting team's Athletic Trainer for all modality treatments. **In addition, we ask that you send written instructions for any special treatments or taping your athletes will require.**

A Certified Athletic Trainer will be present for all home competitions. Splints, crutches, and other emergency medical equipment will be available, if warranted. Shower facilities will be available for events on campus, although teams will need to supply their own towels.

VOLLEYBALL, BASKETBALL

We will provide the following items during the competition:

Water, Water Bottles, Towels, Blood-kit/Emergency Equipment (Home bench)

CROSS-COUNTRY, LACROSSE, SOCCER, SOFTBALL

A Certified Athletic Trainer will be on-site 1 hour prior to the start of competition. Water, Water Bottles, Injury Ice, and Emergency Equipment will be available.

If we can be of any assistance, please contact us:

Athletic Training Staff

Aaron Gill, ATC

Christina Puno, ATC

(650) 508-3448 / (650) 508-3437