

Wildcat Athletics



**Visitor's Guide
2009-2010**



MISSION STATEMENT

Intercollegiate Athletics Mission

The mission of the Intercollegiate Athletics program of Central Washington University is the growth of individuals through intercollegiate competition regardless of gender or race. The program provides educational benefits not otherwise fulfilled in the University curriculum: decision-making skills, citizenship, and a sense of self-worth, team affiliation, and emotional growth may be realized, while student-athletes learn to evaluate their performances in competition. Additionally, Intercollegiate Athletics encourages its student-athletes to take full advantage of educational opportunities at the university—to achieve intellectual goals while acquiring the experiences necessary to function in a diverse society.



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CONTACT INFORMATION

ADMINISTRATION

ATHLETIC DIRECTOR: JACK BISHOP
(509) 963-1945 BISHOPJ@CWU.EDU

ASSISTANT ATHLETIC DIRECTOR,
DEVELOPMENT: MARK ANDERSON
(509) 963-2129 ANDEMARK@CWU.EDU

ASSOCIATE ATHLETIC DIRECTOR,
COMPLIANCE & ACADEMICS: GARY HYATT
(509) 963-1681 HYATTG@CWU.EDU

FISCAL SPECIALIST: TRACI SEELY
(509) 963-1948 SEELYT@CWU.EDU

ATHLETICS SECRETARY: KELLY ZAKEL-LARSON
(509) 963-2021 ZAKELLK@CWU.EDU

ASSISTANT ATHLETIC DIRECTOR, MEDIA
RELATIONS: JONATHAN GORDON
(509) 963-1485 GORDONJ@CWU.EDU

SPORTS EQUIPMENT MANAGER: TERESA MILLER
(509) 963-2898 MILLERTE@CWU.EDU

ASSISTANT SPORTS EQUIPMENT MANAGER:
LLOYD GAGE
(509) 963-1942 GAGEL@CWU.EDU

HEAD ATHLETIC TRAINER &
SENIOR WOMAN'S ADMINISTRATOR:
KARI GAGE, ATC
(509) 963-3238 GAGEKA@CWU.EDU

ASSISTANT ATHLETIC TRAINER
VACANT

MAILING ADDRESS

CENTRAL WASHINGTON UNIVERSITY
DEPARTMENT OF ATHLETICS
400 EAST UNIVERSITY WAY
ELLENSBURG, WA 98926-7570

ATHLETICS INFORMATION

OFFICIAL WEB SITE: WWW.WILDCATSPORTS.COM
GREAT NORTHWEST ATHLETIC CONFERENCE
WEB SITE: WWW.GNACSPORTS.COM



CONTACT INFORMATION

PHONE: (509) 963-1914

FAX: (509) 963-2390

HEAD COACHES

BASEBALL: HEAD COACH: DESI STOREY
(509) 929-1758 (CELL) STOREYD@CWU.EDU

MEN'S BASKETBALL: HEAD COACH: GREG SPARLING
(509) 963-1926 SPARLING@CWU.EDU

WOMEN'S BASKETBALL HEAD COACH: JEFF WHITNEY
(509) 963-1934 WHITNEYJ@CWU.EDU

CHEERLEADING: VACANT

TRACK & FIELD AND CROSS COUNTRY: HEAD COACH : KEVIN ADKISSON
(509) 963-1956 ADKISSON@CWU.EDU

FOOTBALL: HEAD COACH: BLAINE BENNETT
(509) 963-1910 BENNETTB@CWU.EDU

WOMEN'S SOCCER: HEAD COACH: MICHAEL FARRAND
(509) 963-1939 FARRANDM@CWU.EDU

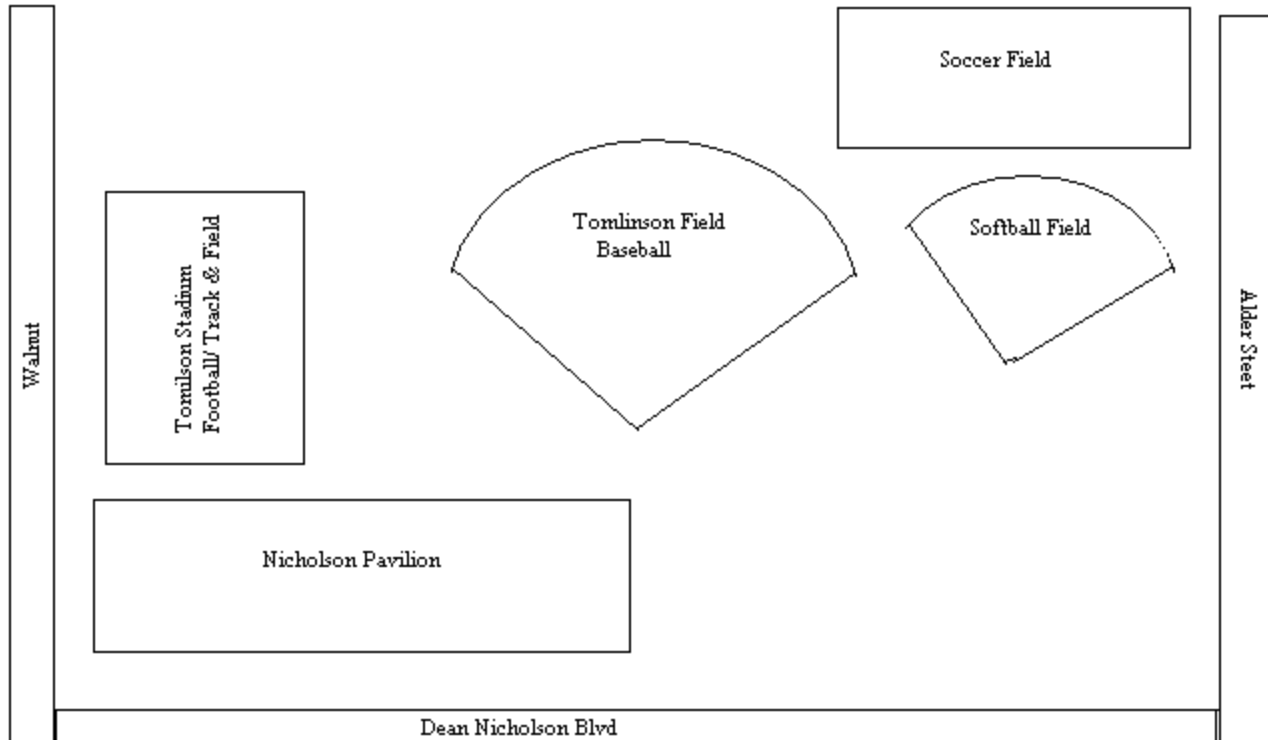
SOFTBALL: HEAD COACH: GARY FREDERICK
(509) 963-1904 FREDERIC@CWU.EDU

VOLLEYBALL: HEAD COACH: MARIO ANDAYA
(509) 963-1983 ANDAYAM@CWU.EDU



DIRECTIONS TO CWU

ATHLETIC FIELDS



ATHLETIC FACILITIES

BARRING SPECIAL CIRCUMSTANCES, ALL ATHLETIC CONTEST ARE HELD ON THE CWU CAMPUS. INDOOR EVENTS ARE HELD AT NICHOLSON PAVILION, WHILE FOOTBALL IS HELD AT TOMLINSON STADIUM. BASEBALL, SOFTBALL, & SOCCER WILL ALSO PLAY ON THEIR DESIGNATED FIELDS.

Driving Directions

From Seattle, take I-90 East to Exit 106. Go straight through four -way stop and follow University Way until you reach D Street. Take a left on D Street. At the second stop sign, take a right on Dean Nicholson Blvd. Nicholson Pavilion will be on your left.

CAMPUS PARKING

Campus parking regulations are enforced year-round. Please have a valid permit when parking on CWU campus.

During Athletic Events parking lots Q-14 (Nicholson Pavilion), S-10 (Psychology Building), and X-12 (Stadium) will be available for parking for a charge of \$5.00.



WILDCAT ATHLETIC TRAINING

LOCATION

OUR ATHLETIC TRAINING ROOM IS LOCATED ON THE FIRST FLOOR OF NICHOLSON PAVILION (RM 104A) ADJACENT TO THE FIELDHOUSE AND WEIGHT ROOM.

PHONE: (509) 963-3238

FAX: (509) 963-2390

ATHLETIC TRAINING STAFF

HEAD ATHLETIC TRAINER

KARI GAGE, ATC

ASSISTANT ATHLETIC TRAINER

VACANT

GRADUATE ASSISTANT

ANDY BLOCH, ATC

GRADUATE ASSISTANT

LANA PANGLE, ATC

GRADUATE ASSISTANT

BRIAN SAHALOV, ATC

NORMAL HOURS OF OPERATION FOR THE WILDCAT ATHLETIC TRAINING ROOM ARE 8:30 AM–11:30 AM AND 1:30PM–6:00 PM MONDAY THROUGH FRIDAY.

EQUIPMENT PROVIDED

WATER, CUPS, WATER BOTTLES (IF NEEDED), ICE BAGS, HEAT PACKS, CRUTCHES, SPLINTS, WHIRLPOOLS, BIOHAZARD SUPPLIES, AND AED.

TREATMENTS

THE ATHLETIC TRAINING ROOM WILL OPEN AT LEAST 2 HOURS PRIOR TO COMPETITION FOR TAPING AND TREATMENTS

A CERTIFIED ATHLETIC TRAINER WILL BE AVAILABLE IN THE GYMNASIUM OR FIELD

IF YOU WILL NOT BE TRAVELING WITH AN ATC, PLEASE CONTACT OUR STAFF WITH WRITTEN INSTRUCTIONS FOR TAPING AND MODALITY TREATMENTS.

PLEASE PROVIDE A MEDICAL KIT WITH SUPPLIES FOR YOUR TEAM

PRACTICE POLICY

VISITING TEAM MUST GIVE 24 HOURS NOTICE TO THE WILDCAT ATHLETIC TRAINING ROOM IF THEY ARE PLANNING ON PRACTICING AND NEED TO BE PROVIDED WATER AND/OR TREATMENTS.

EMERGENCY

FOR AN EMERGENCY THE KITTITAS VALLEY COMMUNITY HOSPITAL WILL BE CONTACTED

PHONE: (509) 962-9814

603 S CHESTNUT ST.

ELLENSBURG, WA 98926



TICKET INFORMATION

TICKET PRICES

FOOTBALL (4 GAMES)

CWU STUDENTS FREE w/ID

ADULT GENERAL ADMISSION \$ 10.00

SENIORS \$5.00

STUDENTS \$5.00

EMERITUS \$5.00

UNDER 5 FREE

*SEASON \$30.00

NOTE: DOES NOT INCLUDE BATTLE IN SEATTLE

VOLLEYBALL

CWU STUDENTS FREE w/ID

ADULT GENERAL ADMISSION \$6.00

SENIORS \$3.00

STUDENTS \$3.00

EMERITUS \$3.00

UNDER 5 FREE

*SEASON \$25.00

WOMEN'S SOCCER

CWU STUDENTS FREE w/ ID

ADULT GENERAL ADMISSION \$6.00

SENIORS \$3.00

STUDENTS \$3.00

EMERITUS \$3.00

UNDER 5 FREE

MEN'S BASKETBALL

CWU STUDENTS FREE w/ID

ADULTS RESERVED SEATING \$12.00

ADULTS GENERAL ADMISSION \$8.00

SENIORS \$5.00

STUDENTS \$5.00

UNDER 5 FREE

*SEASON FOR MEN'S BASKETBALL \$75.00 (G.A.), \$90.00 (RESERVED)

WOMEN'S BASKETBALL

CWU STUDENTS FREE w/ ID

ADULT GENERAL ADMISSION \$6.00

SENIORS \$3.00

STUDENTS \$3.00

UNDER 5 FREE

FAMILY PASS FOR ALL REGULAR SCHEDULED HOME SPORTS EVENTS FOR FOOTBALL, VOLLEYBALL, WOMEN'S SOCCER, MEN'S & WOMEN'S BASKETBALL \$150.00

INCLUDES 2 ADULTS AND "IMMEDIATE CHILDREN"

NOTE: DOES NOT INCLUDE BATTLE IN SEATTLE

WILL CALL: TICKETS WILL BE LOCATED AT GATE.

PURCHASING: YOU MAY PURCHASE TICKETS BY CONTACTING THE ATHLETICS OFFICE AT (509) 963-1914 OR AT THE GATE PRIOR TO ATHLETIC EVENT.

CWU HOTELS



SPORTS INFORMATION

INTERNET BROADCASTS & LIVE STATS

INTERNET BROADCASTS OF ALL FOOTBALL AND MEN'S BASKETBALL GAMES, PLUS SELECTED WOMEN'S BASKETBALL GAMES, ARE AVAILABLE ONLINE THANKS TO THE CWU ALUMNI ASSOCIATION. GO TO WWW.WILDCATSPORTS.COM, SCROLL TO THE BOTTOM OF THE PAGE, AND CLICK ON "WILDCAT BROADCASTS". THE DIRECT LINK TO WILDCAT BROADCASTS IS [HTTP://WWW.CWU.EDU/~CWUALUM/BROADCAST.HTML](http://WWW.CWU.EDU/~CWUALUM/BROADCAST.HTML). LIVE STATS FOR ALL HOME GAMES FOR FOOTBALL, VOLLEYBALL, AND MEN'S & WOMEN'S BASKETBALL ARE ALSO AVAILABLE ON THE CWU ATHLETICS WEB SITE AT WWW.WILDCATSPORTS.COM. A LINK TO LIVE STATS IS AVAILABLE ON THE LEFT-HAND COLUMN OF THE MAIN PAGE, WHICH WILL DIRECT VISITORS TO A LIST OF GAMES AVAILABLE WITH LIVE STATISTICAL INFORMATION DIRECTLY FROM THE PRESS BOX OR SCORER'S TABLE.

PRIMARY MEDIA OUTLETS COVERING THE WILDCATS (CONTACT INFORMATION CURRENT AS OF 7/27/09)

ELLENSBURG DAILY RECORD
IAN ABBOTT, SPORTS EDITOR
401 N MAIN ST
ELLENSBURG, WA 98926
(509) 925-1414
WWW.KVNEWS.COM

KIMA-TV
ALAN SILLENCE, SPORTS DIRECTOR
2801 TERRACE HEIGHTS DR
YAKIMA, WA 98901
(509) 575-0029
WWW.KIMATV.COM

YAKIMA HERALD-REPUBLIC
ROGER UNDERWOOD, BEAT WRITER
JERREL SWENNING, SPORTS EDITOR
114 N 4TH ST
YAKIMA, WA 98901
(800) 343-6052
WWW.SPORTSYAKIMA.COM

KNDU-TV
SCOTT REISTER, SPORTS DIRECTOR
PATRICK NOLAND, SPORTS REPORTER
3312 W KENNEWICK AVE
KENNEWICK, WA 99336
(509) 737-6740
WWW.KNDU.COM

SEATTLE TIMES
DON SHELTON, ASSISTANT SPORTS EDITOR
1120 JOHN ST
SEATTLE, WA 98109
(800) 343-6319
WWW.SEATTLETIMES.COM

KVEW-TV
601 N EDISON
KENNEWICK, WA 99336
(509) 735-8369
WWW.KVEWTV.COM

KXLE RADIO
BRAD TACHER, STATION MANAGER
1311 VANTAGE HWY
ELLENSBURG, WA 98926
(509) 925-1488
WWW.KXLERADIO.COM



LODGING & FOOD SERVICES

Quality Inn

(509) 925-9800
1700 S. Canyon Rd.
GNAC priority hotel

Days Inn

(509) 933-1500
1-888-889-9870
901 Berry Rd.

Holiday Inn Express

(509) 962-9400
1-800-Holiday
1620 S. Canyon Rd.

Comfort Inn

(509) 925-7037
1722 S. Canyon Rd.

Hampton Inn

(509) 933-1600
2705 Triple L Loop

CWU FOOD SERVICES

Wing Central

(509) 962-5400
1801 N. Walnut St. Ste 2

Wing Central's Roadhouse Grill

(509) 925-7200
101 Umptanum Rd.

The Palace

(509) 925-2327
323 N. Main St.

Domino's Pizza

(509) 925-3800
E. University Way & N. Anderson St.

Pizza Hut

(509) 925-7888
University Way & Main St.

Subway

(509) 962-2383
1301 S. Canyon Rd.

McDonald's

(509) 925-6101
1304 S. Canyon Rd.

Yellow Church Cafe

(509) 933-2233
111 S. Pearl St.

Papa Murphy's

(509) 962-9282
205 W. Tacoma Ave.

Bar 14 Ranch House

(509) 962-6222
1800 S. Canyon Rd.

Campus U-tote-em

(509) 925-1600
810 E. University Way

Valley Café

(509) 925-3050
105 W. 3rd Ave.



WILDCAT FOOTBALL GUIDE

FRIDAY PRACTICE SCHEDULE

WALK- THROUGHS ON FRIDAY HAVE BEEN SCHEDULED FOR THESE TIMES.

3:00PM– 4:00PM **WILDCAT FOOTBALL**

4:00PM– 5:00PM **VISITING TEAM**

*WALK- THROUGHS WILL BE HELD ON PRACTICE FIELDS, LOCKER ROOMS ARE NOT AVAILABLE FOR THESE PRACTICES.
FOR ANY QUESTIONS ABOUT SCHEDULING PLEASE CONTACT GARY HYATT AT (509) 963-1681 OR
CELL (509) 607-3030.

SATURDAY GAME DAY

LOCKER ROOMS WILL BE AVAILABLE IN AQUATICS BUILDING OR NICHOLSON GYM
PLEASE CONTACT GARY HYATT WITH YOUR ARRIVAL TIMES AND ANY QUESTIONS YOU MAY HAVE.
GARY HYATT (509) 963-1681 OR CELL (509) 607-3030

SATURDAY COUNTDOWN TO GAME TIME (1:00 PM KICKOFF)

<u>REAL TIME</u>	<u>SCOREBOARD TIME</u>	
10:30		HOME TEAM REPRESENTATIVE AVAILABLE TO TEAMS/ OFFICIALS FOR ARRIVAL
10:45		LUNCHES DELIVERED TO OFFICIALS
11:30	90:00	FIELDS AVAILABLE FOR TEAMS
11:30	90:00	TICKET BOOTH, PASS GATE AND CONCESSIONS OPEN
11:45	75:00	OFFICIALS MEET WITH HOME TEAM HEAD COACH, FOLLOWED BY VISITING TEAM HEAD COACH
NOON	60:00	60- MINUTE COUNTDOWN PUT ON CLOCK. TIMER GOES TO OFFICIALS' LOCKER ROOM TO MEET WITH GAME OFFICIALS
12:40	20:00	TEAMS LEAVE FIELD FOR 10-MINUTE PRE-GAME
12:40	20:00	CHAIN CREW/BALL BOYS MEET WITH OFFICIALS (ON FIELD)
12:45	15:00	VISITING TEAM STARTING LINEUP ANNOUNCED
12:50	10:00	HOME TEAM STARTING LINEUP ANNOUNCED
12:53	7:00	NATIONAL ANTHEM
12:56	4:00	GNAC SPORTSMANSHIP ANNOUNCEMENT
12:57	3:00	COIN FLIP
1:00	0:00	KICK OFF

HALFTIME: TEAMS RETURN WITH 4 MINUTES LEFT, CAPTAINS MEET WITH OFFICIALS WITH 2 MINUTES LEFT

PRACTICE SESSION

AVAILABILITY OF FACILITIES FOR TEAM PRACTICE SESSIONS WILL VARY DAY TO DAY. PLEASE CONTACT
KELLY ZAKEL-LARSON AT (509) 963-1914 AT LEAST 24 HOURS IN ADVANCE TO ARRANGE PRACTICE TIMES.



EVENT PROTOCOL

GAME DAY

ALL TEAM AREAS ARE AVAILABLE TWO HOURS PRIOR TO START TIME. DRESSING ROOMS ARE LOCKED DURING ATHLETIC CONTESTS FOR SECURITY PURPOSES. GAME MANAGEMENT WILL BE ASSIGNED TO UNLOCK DOORS AS NEEDED AND TO ASSIST TEAMS WITH THEIR NEEDS.

VOLLEYBALL PROTOCOL

VISITOR LOCKER ROOM (7 PM START; NON-TOURNAMENT MATCHES): NICHOLSON PAVILION MEN'S PE LOCKER ROOM

PAVILION IS OPEN TO SPECTATORS AN HOUR AND HALF PRIOR TO GAME TIME

TIME ALLOTTED	ACTUAL TIME	VISIBLE CLOCK	PROTOCOL
:15	5:30 – 5:45		HOME TEAM COURT
:15	5:45 – 6:00		VISITING TEAM COURT
:41	6:00 – 6:41		SHARED COURT
	6:30	:30	COIN TOSS
:04	6:41 – 6:45	:19 - :15	VISITING TEAM COURT
:04	6:45 – 6:49	:15 - :11	HOME TEAM COURT
:05	6:49 – 6:54	:11 - :06	VISITING TEAM COURT
:05	6:54 – 6:59	:06 - :01	HOME TEAM COURT
:01	6:59 – 7:00	:01 - :00	TEAM HUDDLE/ ANNOUNCEMENTS
	7:00	:00	MATCH BEGINS WITH NATIONAL ANTHEM & INTRODUCTIONS

THERE WILL BE A 10- MINUTE INTERMISSION BETWEEN SETS 2 AND 3.
PLEASE BE AWARE THAT YOUR TEAM MAY ONLY USE BALLS DURING YOUR ASSIGNED WARM-UP TIME.

BASKETBALL PROTOCOL

MEN'S VISITOR LOCKER ROOM: NICHOLSON PAVILION WOMEN'S PE LOCKER ROOM

WOMEN'S VISITOR LOCKER ROOM: NICHOLSON PAVILION MEN'S PE LOCKER ROOM

MEN'S VISITOR BENCH: SOUTH END OF NICHOLSON PAVILION

WOMEN'S VISITOR BENCH: NORTH END OF NICHOLSON PAVILION

Open to Spectators an hour and half prior to game time

Baseball, Softball, Soccer, Track & Field

Visiting locker rooms available in Nicholson Pavilion, if requested and available.

CAMPUS MAP



Building or Area, Grid

1. Alford Montgomery Hall,
2. Anderson Hall
3. Aquatics Facility
4. Auxiliary Services Storage
5. Barge Hall
6. Barto Hall
7. Baseball Press Box
8. Beck Hall
9. Black Hall
10. Bledsoe Washington Archives Building.
11. Botany Greenhouse
12. Bouillon Hall
13. Brooklane Village
14. Button Hall
15. Campus Courts Apartments
16. Carmody-Munro Hall
17. Central Café
18. Central Stores
19. Central Receiving
20. Chimpanzee & Human Communication Institute
21. Computer Center
22. Courson Conference Center
23. Davies Hall
24. Dean Hall
25. Duplicating & Laundry (Copy Cat)

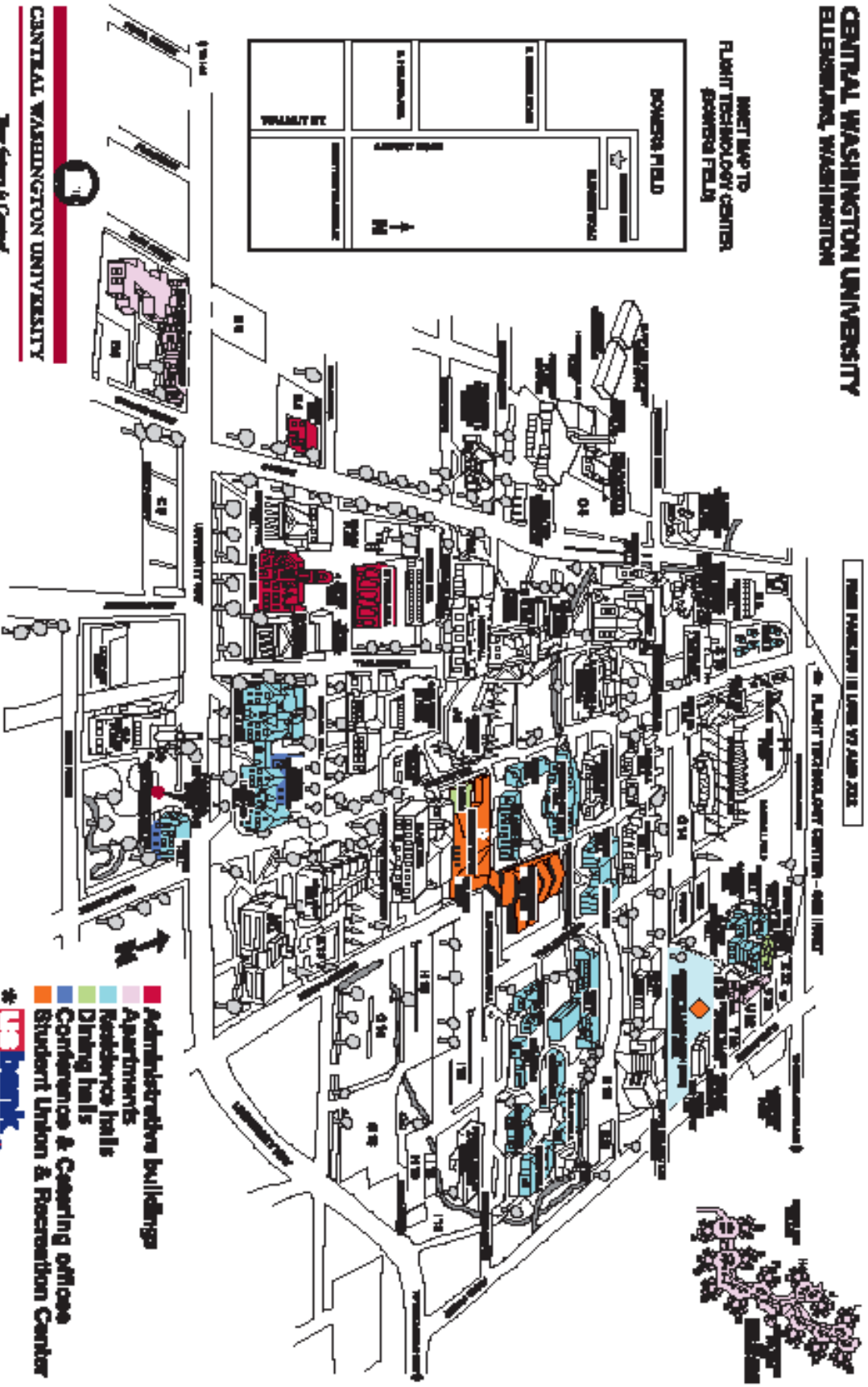
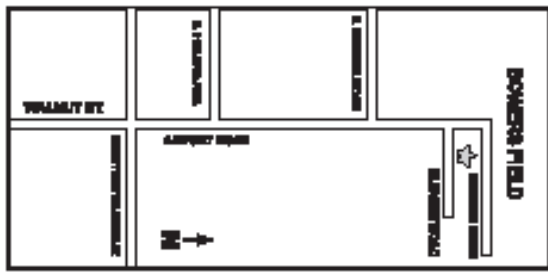
26. Facilities Administration Annex
27. Facilities Administration Building
28. Facilities Management Warehouse
29. Farrell Hall
30. Getz-Short Apartments
31. Green Hall
32. Grounds Shop
33. Grounds Warehouse
34. Grupe Conference Center
35. Health Center
36. Heating/Cooling Plant
37. Hebelier Hall
38. Hertz Hall
39. Hitchcock Hall
40. Hogue Hall
41. International Center
42. Japanese Garden
43. Jongeward Plant Services
44. Jongeward Facilities Administration Building
45. Kamola Hall
46. Kennedy Hall
47. Language & Literature Building
48. Library
49. Lind Hall
50. Lock Shop

51. Lombard Room
52. Mail Room
53. McConnell Hall (Auditorium), D-08
54. Meisner Hall
55. Michaelson Hall
56. Mitchell Hall
57. Moore Hall
58. Munson Retreat Center
59. Music Education Building
60. Muzzall Hall
61. New Sub/Rec Building (2006)
62. Nicholson Pavilion
63. North Hall
64. North Village Café
65. Old Heating Plant
66. Parking Information Kiosk
67. Peterson Hall
68. Physical Education Building
69. Power Technology Lab
70. President's Residence & Reception Center
71. Psychology Building
72. Public Safety Building
73. Quigley Hall
74. Randall Hall
75. Recreation Center

76. Samuelson Union Building
77. Sarah Spurgeon Gallery
78. Science Building
79. Shaw-Smyser Hall
80. Sparks Hall
81. Tomlinson Stadium
82. Stephens Whitney Hall
83. Student Village Apartments
84. Sue Lombard Hall
85. Surplus Property Warehouse
86. Telecommunications
87. Tower Theater
88. Tunstall Commons
89. The University Store
90. Wable Apartments
91. Wilson Hall

**CENTRAL WASHINGTON UNIVERSITY
ELLensburg, WASHINGTON**

THIS PARKING IS OPEN TO ALL



- Administrative buildings
 - Apartments
 - Residence halls
 - Dining halls
 - Conference & Catering offices
 - Student Union & Recreation Center
- #** Bank of America
- ▲** BATTERY PARKING (SEE PERMIT & SIGNAGE)

CENTRAL WASHINGTON UNIVERSITY
Three Seasons & Counting

BOOK/TITLE OR INSTITUTION, TDD: 509-868-3149