



DOMINICAN UNIVERSITY OF CALIFORNIA DEPARTMENT OF ATHLETICS VISITOR'S GUIDE

dominicanathletics.com



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[@dominicansports](https://www.instagram.com/dominicansports)

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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.

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Revised August 2017

QUICK FACTS



Division II



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, Track and Field, 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. Nicola Pitchford
Director of Athletics	Amy Henkelman
Associate AD for Compliance (SWA)	Kayla Lothian
Associate AD for Facilities	Patrick Huser
Associate AD for Communications & Game Operations	Spencer Shamo
Assistant AD for Internal Operations	Samuel Vogel-Seidenberg
Assistant AD for Internal Operations	David Frank
Faculty Athletic Representative	Dr. Christopher Leeds
Head Athletic Trainer	Steve DeHart
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

Name	Title	E-mail	Phone
Amy Henkelman	Director of Athletics	amy.henkelman@dominican.edu	
Kayla Lothian	Associate AD, Compliance, SWA	kayla.lothian@dominican.edu	415-482-3503
Spencer Shamo	Associate AD, Athletics Communications	spencer.shamo@dominican.edu	415-482-3526
Patrick Huser	Associate AD, Facilities	patrick.huser@dominican.edu	415-485-3219
David Frank	Assistant AD, Internal Operations	david.frank@dominican.edu	
Samuel Vogel-Seidenberg	Assistant AD, Internal Operations	samuel.vogel-seidenberg@dominican.edu	
Zachary Fidel	Assistant AD, Facilities and Comms	zachary.fidel@dominican.edu	415-482-3543
Dr. Christopher Leeds	Faculty Athletic Representative	christopher.leeds@dominican.edu	

HEAD COACHES

Name	Title	E-mail
Kelly Coffey	Women's Soccer	kelly.coffey@dominican.edu
Teresa DiPerna	Men's and Women's Cross Country	teresa.diperna@dominican.edu
Justin Argenal	Men's Basketball	justin.argenal@dominican.edu
David Frank	Men's Soccer	david.frank@dominican.edu
Tim LaKose	Women's Basketball	tim.lakose@dominican.edu
Gary Nelson	Men's and Women's Golf	gary.nelson@dominican.edu
Tim Loesch	Women's Volleyball	tim.loesch@dominican.edu
Juliana Santos	Women's Softball	juliana.santos@dominican.edu
Cristina Vlsico Hassanali	Women's Tennis	cristina.visico@dominican.edu

MEDICAL AND TRAINING STAFF

Name	Title	E-mail
Steve DeHart	Athletic Trainer	stephen.dehart@dominican.edu
Carica "Mac" Macariola	Assistant Athletic Trainer	carica.macariola@dominican.edu
Gaylen McGinn	Assistant Athletic Trainer	gaylen.mcginn@dominican.edu
Lukas Baildon	Strength and Conditioning coach	lukas.baildon@dominican.edu
Matt Ilarina	Strength and Conditioning coach	matthew.ilarina@dominican.edu
Dr. David H. Goltz	Team Physician	

AREA MAP AND DRIVING DIRECTIONS

MARIN COUNTY AND ADJACENT AREAS



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 (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

SAN RAFAEL MAP



CAMPUS MAP AND FACILITIES



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 renovation 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
Associate Director of Athletics
for Communications and Game Operations
spencer.shamo@dominican.edu
415-482-3526

Zachary Fidel
Assistant Athletic Director for Facilities and
Athletic Communications
zachary.fidel@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 time outs 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

Dominican Athletics has partnered with Spiideo to broadcast 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 depending on student availability. Viewers may check live coverage at dominicanathletics.com. 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/penguingolf
Softball: facebook.com/dominicansoftball
Tennis: facebook.com/dominicantennis
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: @duc_wt



YOUTUBE

youtube.com/dominicanathletics

DOMINICAN ACCOMMODATIONS



OUR NEW LOOK

Explore our newly renovated restaurant, bar, lobby, and more. [Explore Now >](#)



Dominican University Athletics has renewed a partnership with the Four Points Sheraton for the current academic year to offer a special Penguin rate for all fans and visiting teams. The rate \$169 rate from August 1st-April 31st (based on availability). Click the following link to book your corporate rate for Dominican University (<https://www.marriott.com/events/start.mi?id=1706556908421&key=CORP>).

CONTACT INFORMATION

San Rafael Four Points by Sheraton

1010 Northgate Dr

San Rafael, CA 94903

<http://www.fourpointssanrafael.com>

Reservations: 866-716-8133 (When making a reservation make sure you identify that you are with Dominican Athletics)

Sheena Bocatija

Director of Sales

Contact: 415-479-8800 x 539

Email: sbocatija@fpsheraton.com



**EMBASSY
SUITES**
by Hilton™

Dominican University of California has partnered with Embassy Suites to offer a special Penguin rate for all visitors associated with the university and its events. Relax in a two-room suite at our hotel minutes from Dominican University, Northgate Mall and the Marin County Civic Center. The hotel is located in between wine country and San Francisco, putting the Golden Gate Bridge, Bay Area attractions, and Sonoma wineries within a 30-minute drive. Enjoy free made-to-order breakfast and our complimentary evening reception. Reservation including the special rates can be made by using this registration link with our corporate code

CONTACT INFORMATION

Embassy Suites by Hilton San Rafael Marin County

101 McInnis Parkway

San Rafael, California 94903

Hilton Brand Website

Reservations: 415-499-9222

Email: _SFORF_DS@hilton.com

DOMINICAN ACCOMMODATIONS



SAN RAFAEL

[Book your corporate rate for Dominican University](#)

The AC Hotel San Rafael welcomes you with classic design and intuitive service. We're pleased to join the AC Hotel brand in San Rafael; every element of our hotel is infused with the European soul and Spanish roots that embody our philosophy. Our minimalist-style guest rooms offer the very best, from complimentary Wi-Fi and HDTVs with streaming capabilities to mini-fridges and deluxe bedding. Start your mornings sunny side up with European inspired fare at AC Kitchen, then join us for cocktails and tapas at AC Lounge in the evenings. The stylish bar within the AC Lounge provides an opportunity for guests to relax and bond. Looking to host an intimate meeting in the city. Our hotel boasts includes 925 square feet of intimate, creative meeting space. During your stay, easily get to attractions including Art Works Downtown, and more. Whatever brings you to the city, find a stay beyond the ordinary at The AC Hotel San Rafael.



The Best Western PLUS Novato Oaks Inn is nestled against the scenic hills of Northern Marin County. Situated halfway between the business communities of Novato and San Rafael, the Inn is ideally suited for both the leisure and corporate traveler. They offer special rates for each of their local hotels for visitors to Dominican. The rates can be accessed by using the following links:

Novato Oaks Inn: 2024 – Weekday = \$139+, Weekend = \$159+. [Reservation Link](#)

Corte Madera Inn: Weekday = \$129+, Weekend = \$154+. [Reservation Link](#)

CONTACT INFORMATION

Novato Oaks Inn
215 Alameda Del Prado
Novato, CA 94949
novatooaksinn.com

Reservations: 1-800-625-7466
Local: 415-883-4400

Travis Long
Director of Sales
415-891-5004
renesonhotels.com

Corte Madera Inn
56 Madera Blvd
Corte Madera, CA, 94925
cortemaderainn.com

Reservations: 1-800-625-7466
Local: 415-924-1502

AREA RESTAURANTS



FORREST FIRE BBQ

San Rafael Caterer

415-847-4883 | [facebook.com/forrestfirebbq](https://www.facebook.com/forrestfirebbq)

AMERICAN

American

Best Burger

323 3rd Street, San Rafael

415-456-0202

Boudin SF

1734 Redwood Hwy, Corte Madera

415-737-1849

Café 4040

4040 Civic Center Drive, San Rafael

415-479-7590

Cash Only

Cheesecake Factory

1736 Redwood Hwy, Corte Madera

415-945-0777

Crepevine Restaurant

1133 4th Street, San Rafael

415-257-8822

Garden Café

718 B Street, San Rafael

415-295-7285

Flatiron Bar & Grill

724 B Street, San Rafael

415-453-4318

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

Panera Bread

132 Vintage Way, Novato

415-897-1056

Phyllis Giant Burgers

2202 4th Street, San Rafael

415-456-0866

Roadside BBQ

5000 Northgate Mall, San Rafael

415-479-7200

Taco Bell/KFC

555 2nd Street, San Rafael

Theresa & Johnny's Cafe

817 Fourth Street, San Rafael

415-785-3469

CASH ONLY

Perry's Novato

225 Alameda del Prado, Novato

415-506-4212

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

Kabbabbq Cafe & Grill

555 Francisco Blvd E, San Rafael

415-256-9878

MEXICAN

Celia's

1 Vivian Street, San Rafael

415-456-8190

Chipotlé

345 3rd Street, San Rafael

415-300-3028

Chipotlé

5800 Northgate Drive, San Rafael

415-507-0493

Taqueria San Jose

615 4th St, San Rafael

415-455-0999

AREA RESTAURANTS

PUERTO RICAN

Sol Food
903 Lincoln Avenue, San Rafael
415-451-4765

EL SALVADORIAN

Pupuseria Blankita
48b North San Pedro Road, San Rafael
415-783-3443

SANDWICH SHOPS/DELIS

Andy's Market
75 Loch Lomond Drive, San Rafael
415-456-5777

Cafe del Soul
1408 4th Street, San Rafael
415-457-5400

Famous Deli Market & Bakery
1492 Lincoln Ave, San Rafael
415-457-0708

Michael's Sourdough
999 Andersen Drive, San Rafael
415-485-0964

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

Subway Sandwiches
647 Irwin St. Unit C, San Rafael
415-454-9990

Subway Sandwiches
4050 Redwood Highway, San Rafael
415-499-0802

SUSHI

Sushi to Dai For
816 4th St., San Rafael
415-721-0392

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

GROCERY

Safeway
700 B Street, San Rafael

Safeway
950 Las Gallinas Avenue, San Rafael

Trader Joe's
337 3rd St., San Rafael

United Market
409 4th magSt., San Rafael

Whole Foods Market
430 3rd St., San Rafael

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

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

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

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

Metreon
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

GAMEDAY ACCESS FOR VISITING TEAMS

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 zachary.fidel@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 Steve DeHart (stephen.dehart@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

Steve DeHart, ATC
Head Athletic Trainer
1-415-482-1807
stephen.dehart@dominican.edu

Carica “Mac” Macariola, ATC
Assistant Athletic Trainer
1-415-257-1353
carica.macariola@dominican.edu

Gaylen McGinn, ATC
Assistant Athletic Trainer
1-415-257-0154
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
ORTHOPEDICS & SPINE

California Orthopedic and Spine

Dr. David Goltz
caorthospine.com

SAMPLE GAME PROTOCOLS - SOC

SOCCKER DOUBLEHEADER

Based on 12:30 and 3:30 p.m. start times

Real Time	Game Clock	Activity
11:30 a.m. / 2:30 p.m.	60:00	Field available to both teams
12:00 p.m. / 3:00 p.m.	30:00 – 15:00	Official warmup begins
12:20 p.m. / 3:20 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.
12:25 p.m. / 3:25 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
12:30 p.m. / 3:30 p.m.	reset to 45:00	Kickoff

FILM EXCHANGE

Video files can be electronically shared with opposing coaching staff or officials via request. Video exchange will require the registration of a Spiideo account. PacWest contests will also be available for download via Hudl as per conference guidelines.

SAMPLE GAME PROTOCOLS - VB

VOLLEYBALL MATCH

Based on 7 p.m. start time

Real Time	Game Clock	Activity
5:40 p.m.	80:00 - 60:00	Home team practice
6:00 p.m.	60:00 - 40:00	Visiting team practice
6:20 p.m.	40:00 - 19:00	Court available for shared warm-up
6:30 p.m.	30:00	Coin toss
6:41 p.m.	19:00 - 15:00	Visiting team court
6:45 p.m.	15:00 - 11:00	Home team court
6:49 p.m.	11:00 - 06:00	Visiting team court
6:54 p.m.	06:00 - 01:00	Home team court
6:57 p.m.	03:00	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.
6:59 p.m.	01:00	Team huddle/announcements begin
7:00 p.m.	00:00	Introduction of officials Introduction of teams: non-starters, starters, and coaches National Anthem
7:05 p.m.	00:00	First Serve
	1:15	Timeouts
	3:00	Break between sets 1 and 2
	5:00	Break between sets 2 and 3
	3:00	Break between sets 3 and (if necessary)
	3:00	Break between sets 4 and 5 (if necessary)

FILM EXCHANGE

Video files are automatically uploaded to Volley Metrics as per conference guidelines.

SAMPLE GAME PROTOCOLS - WBB

WOMEN'S BASKETBALL

Based on 5:30 p.m. start time

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

HALFTIME PROTOCOL

GAME CLOCK	ACTIVITY
15:00	Teams clear court
14:00	Halftime activities begin
6:00	Floor cleared, court swept; Teams alerted
4:00	Floor available for warm up
0:00	Second half begins

OVERTIME (IF NECESSARY)

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

GAME CLOCK	ACTIVITY
5:00	Overtime period begins

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 can be electronically shared with opposing coaching staff or officials via request. Video exchange will require the registration of a Spideo account. PacWest contests will also be available for download via Synergy as per conference guidelines.

SAMPLE GAME PROTOCOLS - MBB

MEN'S BASKETBALL

Based on 7:30 p.m. start time in a doubleheader

REAL TIME	GAME CLOCK	ACTIVITY
7:00 p.m.	25:00	Countdown Clock Begins, Warm-Ups Begin (Game 2)
7:15 p.m.	10:00	Team captains meet with officials, deadline for starting lineups
7:24 p.m.	1:00	Warning horn
7:25 p.m.	00:00	Warm-ups end, teams leave court
7:26 p.m.	00:00	National Anthem, Introductions (Visitors followed by Home)
7:30 p.m.	20:00	Tipoff

HALFTIME PROTOCOL

GAME CLOCK	ACTIVITY
15:00	Teams clear court
14:00	Halftime activities begin
6:00	Floor cleared, court swept; Teams alerted
4:00	Floor available for warm up
0:00	Second half begins

OVERTIME (IF NECESSARY)

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

GAME CLOCK	ACTIVITY
5:00	Overtime period begins

MEDIA TIMEOUTS

First Half	Breaks	Second Half
Best Seat Promo	16	Cheer
Cheer	12	Promo
Cheer	8	Promo
Promo	4	Cheer

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 can be electronically shared with opposing coaching staff or officials via request. Video exchange will require the registration of a Spideo account. PacWest contests will also be available for download via Synergy as per conference guidelines.

SAMPLE GAME PROTOCOLS - SB

SOFTBALL DOUBLEHEADER

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

TIME	ACTIVITY
10:00 a.m.	Bat compression testing
10:30 a.m.	Teams may begin warm-up Batting cage available to home team
11:00 a.m.	Batting cage available to visiting team
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 Medical meeting with trainer
11:55 a.m.	Teams clear the field, introductions Visiting Team (starters only) and Coaches Home Team (starters only) and Coaches National Anthem
12:05 p.m.	First Pitch
	<i>20:00 - Intermission in between games / Field must be available for warm-ups</i>