



Mount Royal Cougars Visiting Team Guide

BASKETBALL

STAFF DIRECTORY

| First Name | Last Name | Title | Office Phone (403.440) | Email |
|------------|-----------|--|---------------------------|---------------------|
| Karla | Karch | Director of Athletics and Recreation | 7211 | kkarch@mtroyal.ca |
| Katya | Sodamin | Associate Director, Marketing, Partnerships & Sports Information | 6968 | ksodamin@mtroyal.ca |
| Aaron | Hilson | Sports Information Supervisor | 7218 | ahilson@mtroyal.ca |
| Rob | Godfrey | Associate Director, Athletics | 6290 | rgodfrey@mtroyal.ca |
| Kerri | Downer | Head Athletic Therapist | 6224 | kdowner@mtroyal.ca |

| First Name | Last Name | Title | Cell Number | E-mail Address |
|------------|--------------|-------------------------------|--------------|--------------------------|
| Shawn | Sky | Men's Volleyball Head Coach | 403.828.3773 | ssky@mtroyal.ca |
| Rhonda | Schmuland | Women's Volleyball Head Coach | 403-478-5806 | rschmuland@mtroyal.ca |
| Josh | Mullen | Men's Basketball Head Coach | 403.440.6245 | jmullen@mtroyal.ca |
| Robyn | Fleckenstein | Women's Basketball Head Coach | 780.803.6682 | rfleckenstein@mtroyal.ca |
| Ryan | Gyaki | Men's Soccer Head Coach | 403.620.6631 | rgyaki@mtroyal.ca |
| Tino | Fusco | Women's Soccer Head Coach | 403.471.3484 | tfusco@mtroyal.ca |
| Bert | Gilling | Men's Hockey Head Coach | 403.585.6138 | bgilling@mtroyal.ca |
| Scott | Rivett | Women's Hockey Coach | 403.990.9820 | srivett@mtroyal.ca |

KEY CONTACTS

CONTACTS ON SITE

JOSH DICK
GAME DAY SUPERVISOR
cell: 403-556-5611
e-mail: jdick115@mtroyal.ca

JO ANDY
SPORTS INFORMATION ASSISTANT
cell: 587-897-5183
e-mail: zandy650@mtroyal.ca

GENERAL INQUIRIES

AARON HILSON
SPORTS INFORMATION SUPERVISOR
work: 403-440-7218
cell: 905-928-9394
e-mail: ahilson@mtroyal.ca

KATYA SODAMIN
ASSOCIATE DIRECTOR
work: 403-440-6968
cell: 403-554-1506
e-mail: ksodamin@mtroyal.ca

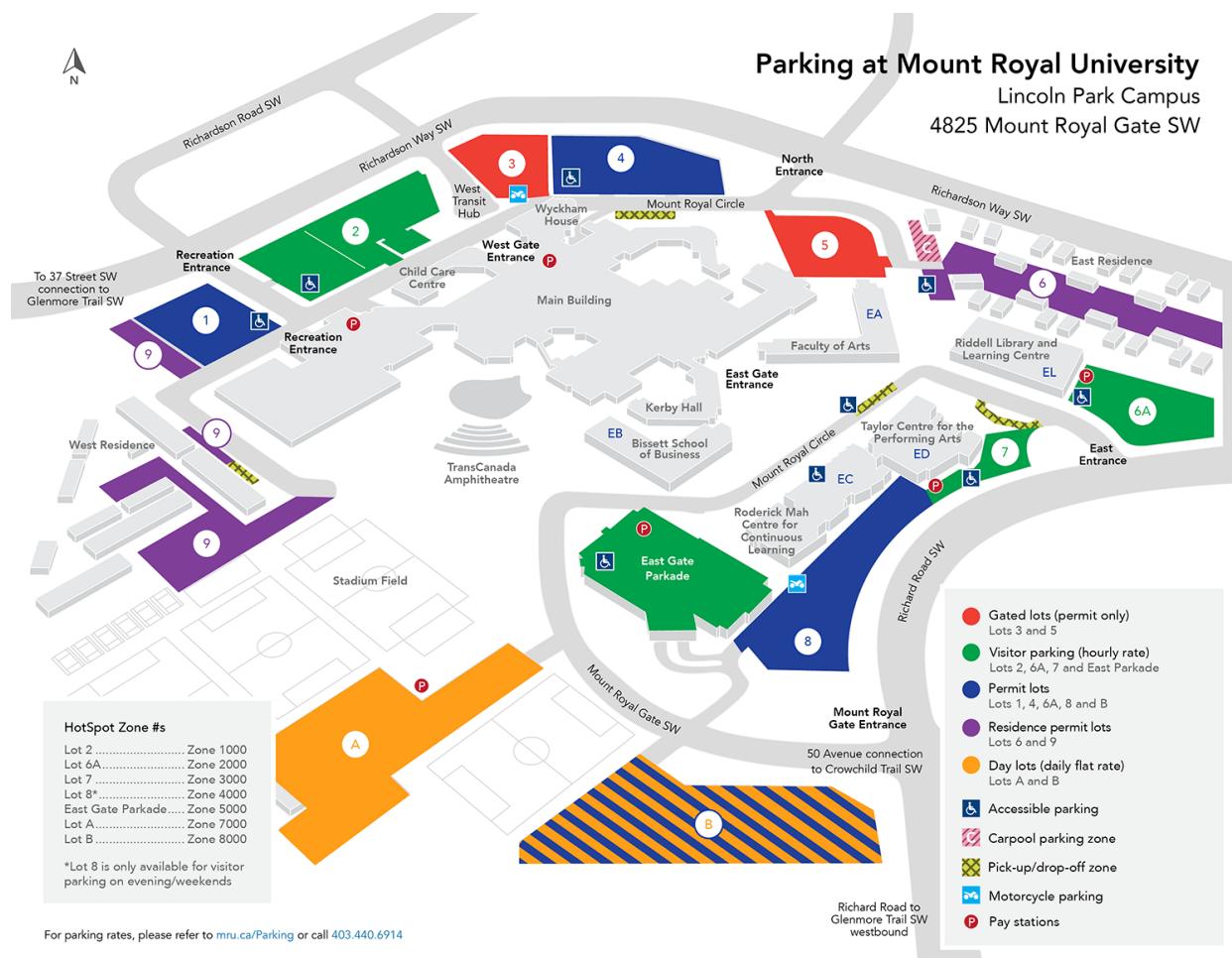
PARKING

Team Buses and Passenger Vans can park in Lot 4 for practices and game day.

Visitors can park in Lot A with a pay rate of \$9.00 per day. Evening rates after 4 p.m. and all-day Saturday are \$5.25. No parking enforcement on Sunday. For any questions concerning parking, please contact Transportation Services at 403-440-8797.

Payment Methods:

Campus payment is through the HotSpot app. Directions can be found at mtroyal.ca/parking.



FACILITY INFORMATION

Enter through the Recreation Entrance accessible off of Richardson Way SW. Walk straight ahead and proceed down the spiral staircase.

The customer service desk will provide you with facility access and directions to your team room as well as a security code for the room. Team rooms will be available to teams no more than two hours prior to their assigned game time. Please do not leave anything in your team rooms overnight or after a game is complete.

Cougars volleyball team complete on Kenyon Court, located in the triple gym in the Recreation Centre.

Towels & Ice:

Towels and ice can be picked up from the Customer Service Desk.

Showers:

Please use the general women's and men's change rooms for access to showers.

Class Room (Locker Room) Access Codes:

Please see customer service desk for the access code to your assigned room.

Practice Times:

Fridays (Kenyon Court - Competition Gym)

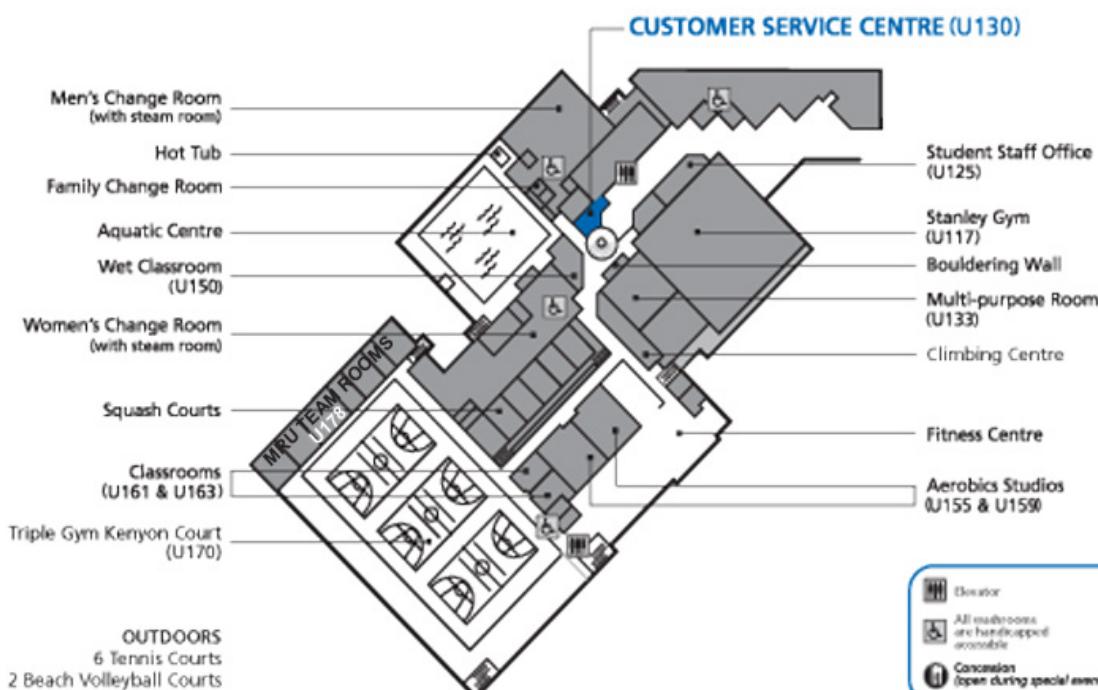
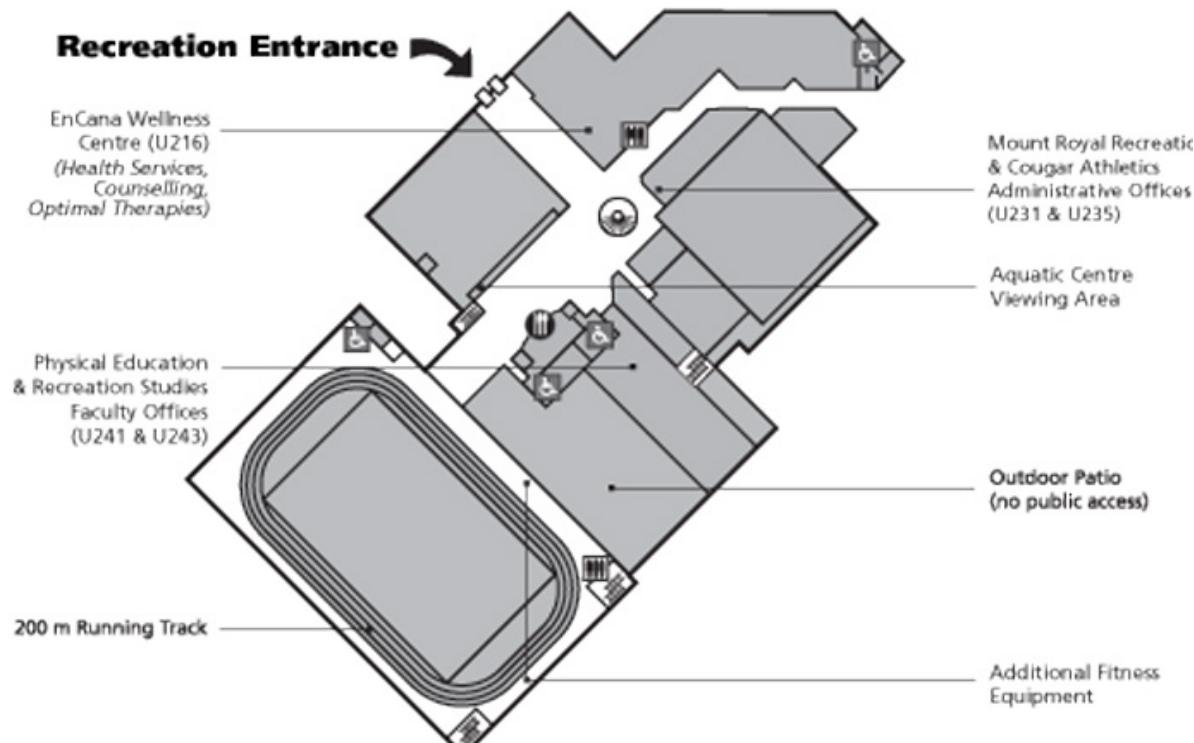
Visiting Team Women 9 a.m. - 10 a.m.

Visiting Team Men 12 p.m. - 1 p.m.

Saturdays (Kenyon Court - Competition Gym)

Visiting Team Women 9 a.m. - 10 a.m.

Visiting Team Men 12 p.m. - 1 p.m.





**HOTEL BLACKFOOT Welcomes
Mount Royal University
Cougars
SPECIAL Friends and Family
Rate 2024-2025**

**20%
OFF
Regular
Rates**

**Hotel Blackfoot – 8 km to Mount Royal University
Hotel Blackfoot Calgary - Jacuzzi Suites, Pool, Restaurant
<https://reservations.travelclick.com/13627?RatePlanId=8989911>
Access code – MRUFRIEND**



Staying with Hotel Blackfoot

- ✓ Centrally located with easy access
- ✓ Free Spacious parking
- ✓ Breakfast a la carte and buffet available
- ✓ Rooms with 1 or 2 queen beds, or king beds. 193 guest rooms to choose from
- ✓ Outdoor Pool + pool patio
- ✓ 24 Hour Indoor Gym
- ✓ 4 food and beverage outlets to choose from including the Laugh Shop Comedy Club, Lobby Lounge ,and Iconic Sports bar .

Book your secure stay with us by calling 403 252 2253- Ask for “MRU Friends and Family Pricing” -OR- use above link!

ON CAMPUS AMENITIES

TIM HORTONS

Monday - Thursday: 7:00am-10:00pm
Friday: 7:00am-6:00pm
Saturday - Sunday: 8:00am-6:00pm

STARBUCKS EAST GATE

Monday - Thursday: 7:30am-8:00pm
Friday: 7:30am-3:30pm
Saturday: 8:00am-2:00pm
Sunday: Closed

WYCKHAM HOUSE

Monday - Friday: 9:30am - 8:30pm*
Saturday: 10:00am - 3:00pm*
Sunday: Closed*

WEST GATE SOCIAL

Weekdays 11:00 a.m. to closing (times vary depending on programming)

*Hours vary between restaurants.

Some exceptions apply; The Hub is closed weekends, holidays, and for special private rentals.

OFF CAMPUS AMENITIES

SPOT ON KITCHEN

A full-service restaurant which offers discounted meal options to U SPORTS teams. Call (403-240-3619) or email (laura@spotoncalgary.com) 3 days in advance to reserve.

FIT KITCHEN

An order for delivery healthy option, simply call ahead to place your order! They offer \$50 off \$200 orders or 10% off a total order for MRU visiting teams. 587-839-2348



USE PROMO CODE
“MRU15”

For 15% OFF!

Restaurant Menu

Open from 10am-9pm Daily



www.dedicatekitchen.com

Meal Prep Menu

7 Day/Week Delivery or
Pickup!!

825-509-1151

2107 34th Avenue SW, Calgary

mrucougars.com

MRU





2 Richard Way SW

(403) 240-3619

www.spotoncalgary.com

Team Menu:

Spot On would like to extend a warm welcome to all teams playing nearby! We are offering the following five items to all teams at \$15 each. Please e-mail pre-orders to Laura Littel at laura@spotoncalgary.com.

California Dreamin' Salad

Mixed greens, cherry tomato, candied almonds, sun dried cranberries, creamy feta cheese, topped with your choice of lemon herb chicken or garlic prawns. Served with grilled focaccia and your choice of dressing. Choose from creamy balsamic, ranch or blue cheese.

Sun is Shining Tacos

Southwestern spiced fish, shredded lettuce, house-made mango salsa, drizzled with avocado lime crema on 2 flour or corn (gf) tortillas. Choice of Kennebec fries, caesar salad or California dreamin' salad.

10" Karouzo Pepperoni Pizza - Same style as served by Louis Karouzo in 1967

House made pizza sauce, pepperoni, mozza cheese

Additional toppings will be an extra charge

Spot On Burger with Cheese

AAA Alberta certified angus patty, cheddar cheese, onion, lettuce, tomato & spicy mayo on a brioche bun. Choice of Kennebec fries, caesar salad or California dreamin' salad. (Substitute with impossible meat patty for vegetarian option)

Lady & The Tramp Meatballs & Spaghetti

Locally raised pork and AAA Alberta certified angus meatballs, roasted tomato sauce, parmesan & grilled focaccia bread. Available Gluten Free, please note with your preorder.

Please call or email 3 days prior to your visit to book a reservation for your team at 403-240-3619 - laura@spotoncalgary.com

email laura@spotoncalgary.com to place your pre-orders.