

HOFSTRA UNIVERSITY
DEPARTMENT OF INTERCOLLEGIATE
ATHLETICS



2011-2012
VISITING TEAM GUIDE

MEN'S AND WOMEN'S LACROSSE

Hempstead, New York
Phone: 516-463-4632



Hotels and Dining Information

Hotels

L.I. Marriott	101 James Doolittle Blvd. Uniondale (1 mile)	516.794.3800
Garden City Hotel	45 Seventh St., Garden City (3 miles)	516.747.3000
<i>Hyatt Place</i>	<i>5 North Ave., Garden City (3 miles)</i>	<i>516.222.6277</i>
Hilton Garden Inn	Old Country Rd. Westbury (3 miles)	516.683.8200
Holiday Inn	Old Country Rd. Westbury (3 miles)	516.997.5000
Red Roof Inn	699 Dibblee Dr. Westbury (3 miles)	516.794.4369
<i>La Quinta</i>	821 Stewart Avenue, Garden City (3 miles)	516.705.9000
Melville Marriott	Rte. 110, Melville, NY (20 miles)	631.423.1600
Huntington Hilton	Rte. 110, Melville, NY (20 miles)	631.845.1000

Dining Opportunities

Fast Food

McDonald's	1110 Hempstead Turnpike, Hempstead	516.292.5944
Burger King	500 Hempstead Turnpike, East Meadow	516.565.9462
Wendy's	1730 Hempstead Turnpike, East Meadow	516.794.4416
Dunkin Donuts	976 Hempstead Turnpike, Uniondale	516.485.2953
Moe's Southwest Grill	674 Stewart Ave, Garden City	516.794.8200

Sandwiches

Coliseum Deli	1150 Hempstead Turnpike, Uniondale	516.483.4900
Jim's Deli	914 Front Street, Uniondale	516.483.2456

Restaurants/Diners

Vincent's Clam Bar	179 Old Country Road, Carle Place	516.742.4577
T.G.I. Friday's	829 Merrick Ave., Westbury	516.832.8320
Tin Alley Grill	630 Stewart Ave., Garden City	516.228.3370
Bertucci's	795 Merrick Ave, Westbury	516.683.8800
Olive Garden	1246 Old Country Rd, Westbury	516.683.3377
Borelli's	1590 Hempstead Tpke, East Meadow	516.794.0190

PIZZA

Napolini Express	325 Oak St, Uniondale, NY 11553	516.505.5500
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Airports and distance to campus:

John F. Kennedy International Airport

Miles to Hofstra University: 17 miles

LaGuardia Airport

Miles to Hofstra University: 21 miles

McArthur Airport

Miles to Hofstra University: 35 miles

Republic Airport (Charter Flights)

Miles to Hofstra University: 10 miles

Bus Company:

Coach USA

Jim Forwalk

Telephone: 800-633-5904

Places of Local Interest:

AMC Loews Raceway 10
1025 Corporate Dr., Westbury, NY 11590
(516) 745-6937

AMC Loews Raceway 8
630 Old Country Rd. Roosevelt Field
(516) 741-4008

Roosevelt Field Mall
Located in Garden City, NY, it is the largest shopping mall in NY.



Men's Lacrosse Game Day Information

Facilities and Operations

Name: Frantzer LeBlanc
Phone: 516-463-4672
Email: frantzer.leblanc@hofstra.edu

Sports Information

Name: Jim Sheehan
Phone: 516-463-6764
Email: Jim.B.Sheehan@hofstra.edu

Athletic Training

Name: Robert Sullivan
Phone: 516-463-1769
Email: Robert.C.Sullivan@hofstra.edu

Facility Specifications

James M. Shuart Stadium
Capacity: 13,000
Playing Surface: Fieldturf

Locker Room Information

Visiting team locker room is located underneath the north east stands at Shuart Stadium. Teams will be provided with towels and drinks in the locker room.

Press and Filming Information

All press conferences will take place in the theater located in Margiotta hall on the basement floor. Visiting sports information director can sit in the press box which is located on the fourth floor of the stadium. If you desire to film you may do so from the roof of the Stadium Building or the top of the north stands.

Ticket Information

CAA teams in accordance with CAA rules will not receive any complimentary tickets. Teams can submit a list and Hofstra will bill the visiting team institution. Any questions please contact Maria Corvino at 516-463-8499.

Tailgating Information

Tailgating is allowed in the parking lots surrounding the stadium. However, visiting teams tailgate will take place in the east parking lot of Shuart stadium. Hofstra University does not allow kegs of beer and gas grills in the parking lots outside of Shuart Stadium.

Parking Information

Team vans or buses can be parked on the east side of the stadiums near the visiting team locker room.

Practice Times:

To schedule practice and walk through times please send your requests as soon as possible to:

Frantzer LeBlanc:

Office: 516-463-4672
Email: frantzer.leblanc@hofstra.edu

Emergency Information:

If an athlete is injured and the extent of the injury requires the athlete go to the Emergency Room, the athlete will be transported to:

Nassau University Medical Center

2201 Hempstead Turnpike
East Meadow, NY, 11554
Phone: 516-572-0123



Women's Lacrosse Game Day Information

Facilities and Operations

Name: Ann Combes-Baller
Phone: 516-463-6671
Email: Ann.M.Combes-Baller@hofstra.edu

Sports Information

Name: Stephen Gorchov
Phone: 516-463-4933
Email: Stephen.A.Gorchov@hofstra.edu

Athletic Training

Name: Robert Dimonda
Phone: 516-463-6769
Email: Robert.Dimonda@hofstra.edu

Facility Specifications

James M. Shuart Stadium
Capacity: 13,000
Playing Surface: Fieldturf

Locker Room Information

Visiting team locker room is located underneath the north east stands at Shuart Stadium. Teams will be provided with towels and drinks in the locker room.

Press and Filming Information

All press conferences will take place in the theater located in Margiotta hall on the basement floor. Visiting sports information director can sit in the press box which is located on the fourth floor of the stadium. If you desire to film you may do so from the roof of the Stadium Building or the top of the north stands.

Ticket Information

Tickets are not required to enter Hofstra Women's Lacrosse games.

Tailgating Information

Tailgating is allowed in the parking lots surrounding the stadium. However, visiting teams tailgate will take place in the east parking lot of Shuart stadium. Hofstra University does not allow kegs of beer and gas grills in the parking lots outside of Shuart Stadium.

Parking Information

Team vans or buses can be parked on the east side of the stadiums near the visiting team locker room.

Practice Times:

To schedule practice and walk through times please send your requests as soon as possible to:

Ann Combes-Baller:

Office: 516-463-6671

Email: ann.m.combes-baller@hofstra.edu

Emergency Information:

If an athlete is injured and the extent of the injury requires the athlete go to the Emergency Room, the athlete will be transported to:

Nassau University Medical Center

2201 Hempstead Turnpike

East Meadow, NY, 11554

Phone: 516-572-0123



Car and Van Travel Directions to James M. Shuart Stadium

From New York City:

From the Queens Midtown Tunnel, continue on the Long Island Expressway (I-495) East to exit 38, Northern State Parkway East, to the Meadowbrook Parkway South (exit 31A) ... Stay on the Meadowbrook Parkway until Exit M4 (sign reads "Hempstead" and "Coliseum") ... Follow "From All Points," below.

From southern New Jersey, southeast Pennsylvania, Maryland, Washington, D.C., and Virginia:

Take N.J. Turnpike to Exit 13 ... Follow Route 278 to Verrazano-Narrows Bridge ... Take left exit off bridge onto the Belt Parkway East ... Take that to Exit 25A (Southern State Parkway East - the Belt Parkway splits, stay left) ... Take that to Exit 22N (Meadowbrook Parkway North) ... Stay on the Meadowbrook Parkway until Exit M4 (sign reads "Hempstead" and "Coliseum") ... Follow "From All Points," below.

From northwestern New Jersey, northern Pennsylvania, and the Middle States:

Take either Interstate 78, Interstate 80, US Route 22, New Jersey Route 4, or New Jersey Route 17 to the George Washington Bridge ... Proceed over the bridge to the Cross Bronx Expressway onto the Throgs Neck Bridge ... Follow directions from Throgs Neck Bridge, detailed below.

From Upstate New York:

Take New York Thruway over the Tappan Zee Bridge to Cross Westchester Expressway (Interstate 287) ... Stay on the Expressway to the New England Thruway ... Proceed south on the Thruway to Throgs Neck Bridge ... Follow directions from Throgs Neck Bridge, detailed below.

From New England:

Proceed south to New England Thruway (Interstate 95) and take this to the Throgs Neck Bridge ... Follow directions from Throgs Neck Bridge, detailed below.

From the Throgs Neck Bridge:

Take Cross Island Parkway (first exit over the bridge on right) to the Grand Central Parkway East (Exit 29, exit forks - stay left) ... Grand Central Parkway will become the Northern State Parkway East, follow to Exit 31A (Meadowbrook Parkway South) ... Take the Meadowbrook Parkway to Exit M4 (sign reads "Hempstead" and "Coliseum") ... Follow "From All Points," below.

From eastern Long Island:

Take the Northern State Parkway West, to the Meadowbrook Parkway South (Exit 31A) or take the Southern State Parkway West to the Meadowbrook Parkway North (Exit 22N) ... Stay on the Meadowbrook Parkway until Exit M4 (sign reads "Hempstead" and "Coliseum") ... Follow "From All Points," below.

From All Points:

From Exit M4 of the Meadowbrook Parkway you will be on Route 24 West (Hempstead Turnpike) ... Stay on 24W for about one mile ... Pass Nassau Coliseum ... at your first traffic light (McDonald's on the corner) make a left turn onto Uniondale Avenue.....James M. Shuart Stadium will be a ¼ of a mile on your right hand side. Welcome to Hofstra!



TEAM BUS DIRECTIONS to James M. Shuart Stadium

Reminder: Buses cannot travel on Parkways in New York.

New Jersey Turnpike North to the George Washington Bridge.

Cross Bronx Expressway to the Throgs Neck Bridge

Clearview Expressway South to the Long Island Expressway East

Exit 39 off the LIE to Glen Cove Road/Clinton Rd.

Make a right onto Glen Cove Road.

Glen Cove Road becomes Clinton Rd.

Make a Left onto Hempstead Tpke (Fulton Street) .Route 24 (Heading East)

Go Under 2nd overhead Walkway and make a right turn onto Uniondale Ave. (McDonald's on corner).

Make a right Turn onto Baldwin Court

Make your first right into a parking lot and go to the end.

Make a left into the second parking lot, which brings you to the Visiting Team Locker room area.

Getting Here By Rail Road

From New York City: The Long Island Rail Road provides regular commuter service from Pennsylvania Station in New York City to the Hempstead station, which is less than two miles from Hofstra's campus ... Pennsylvania Station is located at 34th Street and 8th Avenue, below Madison Square Garden. Take the Long Island Rail Road East on the Hempstead Branch to the final stop "Hempstead." Depending on the day and time, a complimentary blue Hofstra bus may be waiting at the station to take visitors and students to the Hofstra campus. The bus makes several stops on campus. Otherwise, just take a taxi for a short 5-minute trip to the Hofstra campus.

