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## ADMINISTRATION

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director of Athletics</td>
<td>Kim Bownes</td>
<td>535-2771</td>
<td><a href="mailto:kbownes@plymouth.edu">kbownes@plymouth.edu</a></td>
</tr>
<tr>
<td>Associate Director of Athletics / Senior Woman Administrator</td>
<td>Courtney O’Clair</td>
<td>535-2750</td>
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</tr>
<tr>
<td>Assistant Director of Athletics / Enrollment Management</td>
<td>Lauren Lavigne</td>
<td>535-2763</td>
<td><a href="mailto:l_lavign@plymouth.edu">l_lavign@plymouth.edu</a></td>
</tr>
<tr>
<td>Assistant Director of Athletics / Head Athletic Trainer</td>
<td>Mark Legacy</td>
<td>535-2757</td>
<td><a href="mailto:mdlegacy@plymouth.edu">mdlegacy@plymouth.edu</a></td>
</tr>
<tr>
<td>Assistant Athletic Trainer</td>
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</tr>
<tr>
<td>Assistant Athletic Trainer</td>
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<td>535-3484</td>
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</tr>
<tr>
<td>Assistant Athletic Trainer</td>
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<td>535-2702</td>
<td><a href="mailto:zcasinelli@plymouth.edu">zcasinelli@plymouth.edu</a></td>
</tr>
<tr>
<td>Assistant Director of Communications for Athletics</td>
<td>Chris Kilmer</td>
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</tr>
<tr>
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<td>535-2779</td>
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</tr>
<tr>
<td>Equipment Manager</td>
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<td>535-2754</td>
<td><a href="mailto:gmcglone@plymouth.edu">gmcglone@plymouth.edu</a></td>
</tr>
<tr>
<td>Administrative Assistant</td>
<td>Darcy Hoffman</td>
<td>535-2770</td>
<td><a href="mailto:dhoffman@plymouth.edu">dhoffman@plymouth.edu</a></td>
</tr>
</tbody>
</table>

## COACHING STAFF

<table>
<thead>
<tr>
<th>Sport</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Clay Jenkins</td>
<td>535-2756</td>
<td><a href="mailto:dcjenkins1@plymouth.edu">dcjenkins1@plymouth.edu</a></td>
</tr>
<tr>
<td>Basketball (Men’s)</td>
<td>Andrew Novick</td>
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</tr>
<tr>
<td>Basketball (Women’s)</td>
<td>Leah Swanson</td>
<td>535-3229</td>
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</tr>
<tr>
<td>Cross Country (Men’s &amp; Women’s)</td>
<td>John Ostler</td>
<td>535-2752</td>
<td><a href="mailto:jbostler@plymouth.edu">jbostler@plymouth.edu</a></td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Bonnie Lord</td>
<td>535-2759</td>
<td><a href="mailto:blord@plymouth.edu">blord@plymouth.edu</a></td>
</tr>
<tr>
<td>Football</td>
<td>Paul Castonia</td>
<td>535-2761</td>
<td><a href="mailto:pfcastonia@plymouth.edu">pfcastonia@plymouth.edu</a></td>
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<tr>
<td>Ice Hockey (Men’s)</td>
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<tr>
<td>Ice Hockey (Women’s)</td>
<td>Mykul Haun</td>
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<tr>
<td>Lacrosse (Men’s)</td>
<td>Mike Wilus</td>
<td>535-2190</td>
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<tr>
<td>Lacrosse (Women’s)</td>
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<tr>
<td>Skiing (Men’s &amp; Women’s)</td>
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</tr>
<tr>
<td>Soccer (Men’s)</td>
<td>Rob Wright</td>
<td>535-2516</td>
<td><a href="mailto:rjwright@plymouth.edu">rjwright@plymouth.edu</a></td>
</tr>
<tr>
<td>Soccer (Women’s)</td>
<td>Ryan Joy</td>
<td>535-2732</td>
<td><a href="mailto:rljoy@plymouth.edu">rljoy@plymouth.edu</a></td>
</tr>
<tr>
<td>Softball</td>
<td>Bruce Addison</td>
<td>535-3016</td>
<td><a href="mailto:beaddison@plymouth.edu">beaddison@plymouth.edu</a></td>
</tr>
</tbody>
</table>

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COACHING STAFF

Swimming & Diving (Women’s)  Anne Barbeau  535-2765  anne.barbeau@plymouth.edu
Tennis (Women’s)  Barbara Rawlsky-Willett  535-2768  brwillett@plymouth.edu
Track & Field (Men’s & Women’s, Indoor/Outdoor)  John Ostler  535-2752  jbostler@plymouth.edu
Volleyball (Women’s)  Joan Forge  535-2778  jcforge@plymouth.edu
Wrestling  Eric Bergeron  535-2774  embergeron1@plymouth.edu

EVENT INFORMATION

Upon arrival at Plymouth State, an Event Manager (a member of the coaching staff or a student intern) will greet you, show you to your locker room or pre-game warm-up area and assist with any immediate questions you may have. Should any event-related issues or concerns arise during your visit to Plymouth State please do not hesitate to bring them to the attention of the Event Manager.

Baseball
Games are played at Parish Field. Visiting teams use the dugout on the first base side. Locker room space is available in the PE Center.

Basketball
Games are played in Foley Gymnasium (second floor of the PE Center). Visiting teams use the benches on the west side of the gym. Locker room space is available in the PE Center.

Field Hockey
Games are played off-campus at Kennedy Field at the New Hampton School in New Hampton, N.H., roughly 12 miles (15 mins.) south of Plymouth State. No locker room facilities are available on site. Visiting teams can use locker room facilities at the PE Center.

Football
Games are played at Currier Field. Visiting teams use the sideline on the east side of the field, opposite the main press box. Locker room space is available in the PE Center.

Ice Hockey
Games are played at Hanaway Rink. Visiting teams use the bench on the south end of the rink. Locker room space is available at the rink.

Lacrosse (Men’s)
Games are played at Currier Field. Visiting teams use the bench area at the north end (nearest Parish Field) of the west sideline in front of the main press box. Locker room space is available in the PE Center.

Lacrosse (Women’s)
Games are played at Arold Field. Visiting teams use the bench area at the south end of the field, nearest the road. Locker room space is available in the PE Center.

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EVENT INFORMATION

Soccer
Games are played at Arold Field. Visiting teams use the bench area at the south end of the field, nearest the road. Locker room space is available in the PE Center.

Softball
Games are played at D&M Park. Visiting teams use the dugout on the third base side. Locker room space is available in the PE Center.

Swimming & Diving
Meets are held at the PSU Natatorium (second floor of the PE Center). Visiting teams use the area at the south end of the pool, nearest the observation deck. Locker room space is available in the PE Center.

Tennis
Matches are played off-campus at the Holderness School Tennis Courts. No locker room facilities are available on site. Visiting teams can use locker room facilities at the PE Center.

Track & Field
Meets are held at the Bank of New Hampshire Field House in ALLWell North. Shared locker room space is available in ALLWell North.

Volleyball
Matches are played at Foley Gymnasium (second floor of the PE Center). Visiting teams use the bench on the west side of the gym. Locker room space is available in the PE Center.

Wrestling
Meets are held at the Bank of New Hampshire Field House in ALLWell North. For dual/tri-meets, visiting teams use the bench area along the north side of the mat. Locker room space is available in ALLWell North.

FACILITIES INFORMATION

Plymouth State will provide laundry services for teams participating in multi-day events only. Visiting teams in need of laundry service should contact Equipment Manager Geoff McGlone at 535-2754 or gmcglone@plymouth.edu.

Visiting teams in need of practice space for multi-day events should contact Associate Director of Athletics Courtney O’Clair at 535-2750 or c_oclair@plymouth.edu regarding availability.

ADMISSION POLICY

Admission is free for all sporting events except football, ice hockey and basketball. Tickets are $5 for adults and $3 for children 12 & under. Cash sales only. Photographers are required to obtain a PSU Media/Photography credential for sideline access by contacting Asst. Director of Communications for Athletics Chris Kilmer at 535-2477 or cjkilmer@plymouth.edu.
DIRECTIONS TO CAMPUS & ATHLETICS FACILITIES

Note: Drivers using GPS can input Field House Road in Holderness, N.H. to locate the PE Center, 32 North River Road in Holderness, N.H. for ALLWell North, or 129 NH-175A in Holderness, N.H. for the Ice Arena.

Parking at the PE Center is for ADA and special permit holders only. Spectator parking for the PE Center is located across the street at the Ice Arena/Welcome Center or the parking garage beneath the ALLWell North facility.

To PE Center, Ice Arena/Welcome Center and Bank of New Hampshire Field House/ALLWell North:

From Albany, N.Y.:
I-90E (Mass. Pike) to I-290E to I-495N to I-93N to Exit 25 (Plymouth). Turn right at the end of the ramp.
For PE Center - make first right onto Field House Road.
For Ice Arena/Welcome Center - turn left after gas stations.
For Bank of New Hampshire Field House/ALLWell North - make second right turn onto North River Street.

From Boston, Mass.:
I-93N to Exit 25 (Plymouth). Turn right at the end of the ramp.
For PE Center - make first right onto Field House Road.
For Ice Arena/Welcome Center - turn left after gas stations.
For Bank of New Hampshire Field House/ALLWell North - make second right turn onto North River Street.

From Burlington, Vt., and Upstate N.Y.:
I-89S to Exit 17 (Enfield, N.H.), to US-4E to NH-118N. Turn right onto NH-25E (Tenney Mountain Highway). Stay on NH-25E through traffic circle to I-93S. Stay in right lane and take Exit 25 (Plymouth). Turn right at the end of the ramp.
For PE Center - make first right onto Field House Road.
For Ice Arena/Welcome Center - turn left after gas stations.
For Bank of New Hampshire Field House/ALLWell North - make second right turn onto North River Street.

From Hartford, Conn.:
I-91N to I-84E to I-290E to I-495N to I-93N to Exit 25 (Plymouth). Turn right at the end of the ramp.
For PE Center - make first right onto Field House Road.
For Ice Arena/Welcome Center - turn left after gas stations.
For Bank of New Hampshire Field House/ALLWell North - make second right turn onto North River Street.

From New York City and N.J.:
Tappan Zee Bridge to I-287N to I-684N to I-84E to I-290E to I-495N to I-93N to Exit 25 (Plymouth). Turn right at the end of the ramp.
For PE Center - make first right onto Field House Road.
For Ice Arena/Welcome Center - turn left after gas stations.
For Bank of New Hampshire Field House/ALLWell North - make second right turn onto North River Street.

From Portland, Maine:
For PE Center - make first right onto Field House Road.
For Ice Arena/Welcome Center - turn left after gas stations.
For Bank of New Hampshire Field House/ALLWell North - make second right turn onto North River Street.
PARKING

VISITOR PARKING
1. Metered Parking
Metered parking is available at the garage under ALLWell North. The covered parking area has a capacity of 144 spaces. The cost is $0.50 per hour and payment is made at one of the two parking kiosks located in the garage area. The kiosk only accepts quarters or credit cards. After retrieving your ticket, please clearly display it on your vehicle dashboard before entering the building for use. GPS - 32 North River Road in Holderness, N.H.

2. Free Parking
Free guest parking is available at the Ice Arena/Welcome Center. GPS - 129 NH-175A in Holderness, N.H.

3. PE Center Parking
Parking spaces at the PE Center lot at the end of Field House Road is for special permit holders, ADA and team bus/van parking only. GPS - Field House Road in Holderness, N.H.

TEAM BUS & TEAM VAN PARKING
1. PE Center
Team buses and vans can park in any of the three large spaces at the side of the building. One coach bus or two team vans can fit in each spot.

2. ALLWell North
Team buses and vans can park in the large spaces in the oval in front of ALLWell North.

3. Ice Arena/Welcome Center
Team buses and vans can park in the lots at the back of the Ice Arena/Welcome Center, or in the bus spaces along the side of the building. Buses are permitted to temporarily park near the entrance for loading/unloading purposes.

ATHLETIC TRAINING

SPORTS MEDICINE TEAM
The athletic training staff is comprised of four full-time certified athletic trainers and four graduate assistant certified athletic trainers working in conjunction with our team physicians and consulting physicians, as well as physical therapists and other healthcare professionals. All PSU athletic trainers are licensed in the state of New Hampshire and are members of the National Athletic Trainers’ Association.

STAFF
Mark Legacy, MEd, NH-LAT, ATC  535-2757  mdlegacy@plymouth.edu
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Kristine Watts, NH-LAT, ATC  535-2757  kewatts1@plymouth.edu
ATHLETIC TRAINING

EMERGENCY TELEPHONE NUMBERS

- Ambulance: 911
- Speare Memorial Hospital: 536-1120
- Student Health Services: 535-2350
- Plymouth Orthopedics & Sports Medicine Clinic: 536-1565
- University Police: 535-3535

SPORTS MEDICINE CLINICS:

PE Center Clinic
- Contact Information:
  Phone: 535-2702
  Fax: 535-3090
- Hours of Operation:
  Two hours prior to all home contests

ALLWell North Clinic
- Contact Information:
  Phone: 535-3484
  Fax: 535-3090
- Hours of Operation:
  Two hours prior to all home contests

Hanaway Rink Clinic
- Contact Information:
  Phone: 535-3363
  Fax: 535-3090
- Hours of Operation:
  Two hours prior to all home contests

VISITING TEAM SERVICES PROVIDED

Plymouth State will provide visiting teams with ice and water at all playing facilities. Additional ice is available post-competition. Emergency equipment (crutches, splints, biohazard kits, trauma bags) will be on site. The Plymouth State sports medicine team can provide taping and treatment services as needed. Ambulance service will be on site for all football games.

If your team is traveling without an athletic trainer:
* Please notify us 24 hours prior to the scheduled competition so necessary arrangements can be made.
* Visiting team must provide all necessary tape, wraps and pads as needed.
* Please include necessary insurance information and emergency contact numbers.
* Any treatments needed must be accompanied by a written request from an ATC or physician.

ATHLETICS COMMUNICATIONS

Plymouth State’s Athletics Communications offices are located on the first floor of the PE Center. All home events are staffed by either full-time or student-assistant staff from the Athletics Communications office.

Staff will provide team and individual statistics to visiting coaches between quarters, halves, periods and sets when possible. Final NCAA box scores will be shared at the conclusion of all on-campus events. More detailed reports (play-by-play, scoring summaries, etc.) are available by request. All statistics will be uploaded to the NCAA and sent to the visiting team’s sports information office.
LODGING

Corporate Partner:
Fairfield Inn & Suites
12 Ridgeview Lane
Plymouth, N.H.  03264
536-0100
*Ask for the PSU Friends and Family discount*

Other Area Hotels:
The Common Man Inn
231 Main Street
Plymouth, N.H.  03264
536-2200
http://thecmaninnplymouth.edu

Comfort Inn - Ashland
53 West Street
Ashland, N.H.  03217
968-7668
http://www.comfortinn.com/hotel-ashland-new_hampshire-NH022

RESTAURANTS

Corporate Partners:
Biederman’s Deli & Pub            Panther Pub & Grille
83 Main St., 536-3354            21 Main St., 536-3100

Other Area Dining:
Annie’s Overflow            Burrito Me            Downtown Pizza
138 Rt. 175, 536-4062            70 Main St., 238-3410            89 Main St., 536-3524

Foster’s Boiler Room            George’s Seafood & BBQ            Grotto
231 Main St., 536-2764            588 Tenney Mt. Hwy, 536-6330            5 Railroad Sq., 960-1063

Italian Farmhouse            Lucky Dog Tavern & Grill            Main Street Station
337 Rt. 3, 536-4536            53 S. Main St., 536-2260            105 Main St., 536-7577

Phat Fish            Six Burner Bistro            Thai Smile
57 Main St., 960-4757            13 S. Main St., 536-9099

The Last Chair
5 NH-25, 238-9077