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WELCOME TO FITCHBURG STATE UNIVERSITY

The Fitchburg State Department of Athletics is pleased to have your team visiting our campus. This booklet contains information to assist you with your stay in Fitchburg. Please feel free to contact us if we can assist you during your planning and stay in Fitchburg. We wish the best of success to you during your season.

FACILITY LOCATIONS

Recreation Center (Basketball/Visiting Locker Rooms)
130 North Street
Fitchburg, MA 01420
Phone: 978-665-3683
Website: http://www.fitchburgfalcons.com/

Elliot Field (Field Hockey/Football/Soccer/Lacrosse/Track)
53 Pearl Hill Road
Fitchburg, MA 01420

Michael P. Riccards Field (Baseball)
53 Pearl Hill Road
Fitchburg, MA 01420

Wallace Civic Center (Ice Hockey)
1000 John Fitch Highway
Fitchburg, MA 01420

Coolidge Park (Softball)
1000 John Fitch Highway
(Next to Wallace Civic Center)
Fitchburg, MA 01420

Doyle Conversation (Cross Country)
464 Abbott Ave
Leominster, MA 01453

GENERAL SPORTS INFORMATION

Baseball: Lockers/showers are available in the visiting team locker room, at the Recreation Center upon request. Locks and towels are not furnished. Visiting team dugout is located on the 3rd base side. Pre game schedule is as follows:
FSU batting practice
Visiting team batting practice
Home team infield
Visiting team infield
Ground rules & Field preparation
Player intros & National Anthem
First pitch

Women's Basketball: FSU will wear white uniforms unless notified otherwise in advance. Lockers/showers are available in the visiting team locker room, at the Recreation Center. Locks and towels are not furnished. Visiting team bench is located right of the press box facing the field. Videotaping of games is available on the Track overlooking the gymnasium.

Men's Basketball: FSU will wear white uniforms unless notified otherwise in advance. Lockers/showers are available in the visiting team locker room, at the Recreation Center. Locks and towels are not furnished. Visiting team bench is located right of the press box facing the field. Videotaping of games is available on the Track overlooking the gymnasium.

Men's Ice Hockey: FSU will wear white or gold uniforms. Lockers/showers are available upon request at the RECREATION CENTER prior to the game. Locks and towels are not furnished. Videotaping of game is available from the Elliot Field Press Box.

Field Hockey: FSU will wear green tops and green bottoms. Lockers/showers are available upon request at the RECREATION CENTER prior to the game. Locks and towels are not furnished. The visiting team bench is right of the press box facing the field. Videotaping of game is available from the Elliot Field Press Box.

Lacrosse: FSU will wear white tops and white bottoms. Lockers/showers are available upon request at the RECREATION CENTER prior to the game. Locks and towels are not furnished. The visiting team bench is right of the press box facing the field. Videotaping of game is available from the Elliot Field Press Box.

Softball: Lockers/showers are available at the WALLACE CIVIC CENTER upon request. Locks and towels are not furnished. The visiting team bench is right of the press box facing the field. Videotaping of game is available from the Elliot Field Press Box.

Football: FSU will wear Green or Gold uniforms with green, gold or white pants. Lockers/showers and half time, team meeting are available in the visiting locker room at Elliott Field. Locks and towels are not furnished. The visiting team sideline is across from the score table facing the floor. Videotaping of games is available on the Track overlooking the gymnasium.

FRIDAY NIGHT FALL LANTERN LIGHTING

Rec Center parking is located next to the Rec Center prior to the game. The visiting team sideline is across from the score table facing the floor. Videotaping of games is available on the Track overlooking the gymnasium.

ADMISSION

Admission is charged for the following events:
Men's Basketball, Women's Basketball, Football, Men's Ice Hockey

*Admission is free at Baseball, Cross Country, Field Hockey, Softball, Soccer and Track & Field events.

VISITING TEAM GUIDE

Fitchburg State Athletics

GENERAL SPORTS INFORMATION

VISITING TEAM GUIDE

Fitchburg State Athletics

GENERAL SPORTS INFORMATION

Men's Soccer: FSU will wear white/white/white uniforms. Lockers/showers are available upon request at the RECREATION CENTER prior to the game. Locks and towels are not furnished. The visiting team bench is right of the press box facing the field. Videotaping of game is available from the Elliot Field Press Box.

Women's Soccer: FSU will wear white/white/white uniforms. Lockers/showers are available upon request at the RECREATION CENTER prior to the game. Locks and towels are not furnished. The visiting team bench is right of the press box facing the field. Videotaping of game is available from the Elliot Field Press Box.

Fleeing with Team Tailgating:
1. Visiting team tailgating will be in the Lower Civic Center parking lot.
2. This area will be available 2 hours prior to kick-off. Please note that this area will not be staffed during the game and items left in the area during the game may not be secure.
3. This area will be available for 2 hours after the end of the game.
4. Alcohol is not permitted.
5. The use of propane grills is permitted. Charcoal grills are prohibited.
6. Groups using this area are responsible for proper and thorough collection and disposal of their trash.

RECOMMENDED LODGING

DoubleTree by Hilton
99 Erdman Way, Leominster
978-534-9000

Days Inn
482 Main Street, Leominster
978-537-2800

RECOMMENDED RESTAURANTS

Fitchburg Jade
447 Main Street
978-343-0287

Slattery's Restaurant
106 Lunenburg Street
978-342-8880

Super Fans
Main Street
978-345-1472

D'Angelos
516 John Fitch Highway
978-343-9471

Burger King
439 John Fitch Highway
978-345-2046

McDonald's
334 John Fitch Highway
978-343-9618

CAMPUS PARKING

Recreation Center parking is located next to the building, overflow parking is located across the street.

Elliott Field has limited parking at the field, overflow parking is at the Wallace Civic Center parking lot.

Please note that this area will not be staffed during the game and items left in the area during the game may not be secure.

4. Alcohol is not permitted.
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6. Groups using this area are responsible for proper and thorough collection and disposal of their trash.
Fitchburg State Athletics

VISITING TEAM GUIDE

Fitchburg State Athletics

ADMINISTRATION

Director of Athletics  
Sue Lauder  
978-665-3314

Sports Information Director  
Bettiann Michalik  
978-665-3343

Assistant Director of Athletics/Compliance/SWA/SAAC  
Merry MacDonald  
978-665-4681

Equipment Manager  
Rick Terrio  
978-665-3807

Sports Information Assistant  
Jamie Rogers  
978-665-3726

Athletics Secretary  
Angela Marini  
978-665-3314

Assistant Director of Athletics/Head Athletic Trainer  
Todd Soulliere  
978-665-3774

Athletic Trainer  
Rebecca Shersnow  
978-665-3788

Head Strength & Conditioning Coach  
Jeff Godin  
978-665-3716

Assistant Strength & Conditioning Coach  
Jim McGuire  
978-665-4979

HEAD COACHES

Baseball  
Kevin Barnaby  
978-665-4699

Men’s Basketball  
Titus Manderson  
978-665-4683

Women’s Basketball  
Dan Nagle  
978-665-4685

Men’s Cross Country/Track and Field  
Jim Jellison  
978-665-3494

Women’s Cross Country/Track & Field  
Jamie Aubuchon  
978-502-0630

Football  
Jim McGuire  
978-665-4307

Men’s Ice Hockey  
Dean Fuller  
508-631-5860

Women’s Soccer  
Whitney Rogers  
978-665-4695

Men’s Soccer  
Werner Thissen  
508-246-9437

Softball  
Merry MacDonald  
978-665-4681

Field Hockey  
Beth Bacher  
508-479-9038

Women’s Lacrosse  
Rick Terrio  
978-665-3807

Volleyball  
Victor Wirkkala  
978-665-3054
ATHLETIC TRAINING SERVICES

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Contact Information</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Athletic Trainer</td>
<td>Todd Souliere M.S., A.T.C., C.S.C.S.</td>
<td><a href="mailto:tsouliere@fitchburgstate.edu">tsouliere@fitchburgstate.edu</a></td>
<td>978-665-3774</td>
</tr>
<tr>
<td>Athletic Trainer</td>
<td>Rebecca Shersnow M.S., A.T.C.</td>
<td><a href="mailto:rshersnow@fitchburgstate.edu">rshersnow@fitchburgstate.edu</a></td>
<td>978-665-3788</td>
</tr>
<tr>
<td>Team Physician</td>
<td>Dr. J. Herbert Stevenson, MD</td>
<td>UMASS Sports Medicine Center</td>
<td>508-334-1352</td>
</tr>
<tr>
<td></td>
<td></td>
<td>281 Lincoln Street Worcester, MA 01605</td>
<td></td>
</tr>
<tr>
<td>Ambulance Service</td>
<td>City of Fitchburg Fire Department/EMS</td>
<td></td>
<td>978-345-9660</td>
</tr>
</tbody>
</table>

Hospitals:
- Health Alliance Burbank Hospital
  - Urgent Care Only
  - 275 Nichols Road
  - Fitchburg, MA 01420
- Health Alliance Leominster Hospital
  - 60 Hospital Road
  - Leominster MA 01453

Facilities: There are currently 3 athletics training rooms at FSU, on at each event site. There will be an athletics trainer available at the appropriate facility on and on half hour before, and one half house after each contest.

Staffing: There will be a certified athletic trainer present at every home game/meet. At home football and ice hockey games the team physician will be present adn available for consultation. There will also be ambulance crew on site for all home games.

Equipment: Ice, water bottles, ultrasound, whirlpool, moist heat, electrical stimulation, and emergency equipment will be available for all teams. (please refer to condititons below) All visiting teams are asked to be responsible for their own supplies (tape, pre-wrap, etc). If any equipment is lent out, please send it back to us at your earliest convenience.

Treatments: We will provide basic taping and bracing for all traveling student athletes. We will also be accommodating the use of modalities providing a note or phone call is made by a certified trainer at your institution.