

**Western Wyoming
Community College**



**2010-2011 Visiting Team
Information Booklet**

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Dear Athletic Directors,

The Western Wyoming Community College Athletic Department is looking forward to the upcoming 2010-2011 season. Enclosed are the protocols and procedures we will follow with each sport. If you have any questions, please feel free to contact us.

Please share this information as you deem appropriate, with: Head Coaches, Assistant Coaches, Trainers, Sports Information Directors and Other Athletic Personnel.

Sincerely,

Jackie Freeze
WWCC Athletic Director

Important Contact Information

Dr. Jackie Freeze, Vice President for Student Success Services/Athletic Director

Office: (307) 382-1639 Cell: (307) 389-4133

Debi Monroe, Executive Assistant to the Vice President/Athletic Director

Office: (307) 382-1655 Cell: (307) 350-6891

Dr. Lu Sweet, Assistant Athletic Director

Office: (307) 382-1740 Cell: (307) 389-6540

Trace Bevell, Head Men's Basketball Coach

Office: (307) 382-1651 Cell: (801) 380-9348

Ken Swartz, Head Womens' Basketball Coach

Office: (307) 382-1853

Rick Reynolds, Head Women's Volleyball Coach

Office: (307) 382-1625 Cell: (970) 901-2954

Art Castillo, Head Wrestling Coach

Cell: (402) 651-8894

Jeff Atkinson, Head Men's Soccer Coach

Office: (307) 382-1878 Cell: (307) 389-0518

Ben Smith, Head Womens' Soccer Coach

Office: (307) 382-1819 Cell: (307) 371-1089

Laura Grossnickle, Head Cheerleading and Dance Coach

Office: (307) 382-1687 Cell: (307) 389-7240

Amy Prevedel, Assistant Coordinator-Student Activities & Athletic Games Manager

Office: (307) 382-1650 Cell: (307) 371-2896

Allyson Cross, Coordinator of Marketing & Public Information

Office: (307) 382-1661

Visiting Team Game Day Information – Rushmore Gymnasium (for Basketball, Volleyball, Wrestling)

General Information - Bus parking: Located in south parking lot

Volleyball:

Visiting teams may schedule a practice time with the volleyball coach.

Visiting teams can be dropped off at the South entrance to Rushmore Gymnasium near the tennis courts. Upon entering the building, visitors will be shown their locker room and the training room. The visiting bench will be on the north side of the scorer's table (closest to the gym entrance). Ice, water, cups and towel will be provided by WWCC for your use on the benches. Please leave all towels in the locker room, or on the bench. A three-ball rotation shall be used for all matches.

Time prior to Game	Activity
60:00	Court available for shared pre-game warm-up (Game clock starts)
30:00	Officials on court for pre-game duties
19:00	Warm-up protocol begins
1:00	National Anthem & Introduction of starting lineups
0:00	Match starts

Between Matches

10:00	Clock starts when court is clear of teams
0:00	Third match starts

Wrestling:

Visiting teams may schedule a practice time with the wrestling coach.

Visiting teams can be dropped off at the South entrance to Rushmore Gymnasium near the tennis courts. Upon entering the building, visitors will be shown their locker room and the training room. The visiting bench will be on the south side of the scorer's table (furthest from the gym entrance). Ice, water, cups and towel will be provided by WWCC for your use on the benches. Please leave all towels in the locker room, or on the bench.

Time prior to Match	Activity
60:00	Weigh ins
5:00	Welcome/Starting Lineups/National Anthem
0:00	The first match begins

Basketball:

Visiting teams may schedule a practice time with the wrestling coach.

Visiting teams can be dropped off at the South entrance to Rushmore Gymnasium near the tennis courts. Upon entering the building, visitors will be shown their locker room and the training room. The visiting bench will be on the north side of the scorer's table (closest to the gym entrance). Ice, water, cups and towel will be provided by WWCC for your use on the benches. Please leave all towels in the locker room, or on the bench.

Time prior to game	Activity
30:00	Court available for pre-game warm-up (Game clock starts)
20:00	Officials on court for pre-game duties
6:00	National Anthem
2:00	Introduction of starting lineups
0:00	Tip off
Halftime	
15:00	Clock starts when court is clear of teams
5:00	Head coach is notified of time remaining
3:00	Court is cleared for team warm-up
0:00	Second half starts

Directions to Rushmore Gymnasium – WWCC Campus

Coming from Interstate 80, take exit 103 and head south for approximately one mile. WWCC will be on your right-hand side. Rushmore Gymnasium is located off of the South parking lot, near the tennis courts.

Visiting Team Game Day Information – Crossroads Fields

60:00	Teams begin their warm-ups
15:00	Game rosters changed
10:00	Officials and captains meet
0:00	Game begins (currently no public address system for introductions or National Anthem)

Overtime Procedure:

5:00	Break between the end of regulation play and the start of overtime
10 minutes	sudden death play
2:00	Break if game is still tied
10 minutes	sudden death play
If game is still tied, then it ends in a tie.	

Soccer Directions to Crossroads Field – For Soccer

Coming into Rock Springs from Interstate 80

Directions – From I-80 heading East (from UT, Evanston etc...). Take the exit 102 Dewar Drive Exit. Turn left at light (end of off-ramp) onto Dewar Drive. Turn left at Foothill Blvd. (stoplight with Applebees at the corner). Take Foothill Blvd. going west past the White Mountain Mall and the Home Depot, turn right onto Clearview (by the Don's RV sign). Go straight on Clearview until you get to White Mountain Road. Turn left onto White Mountain Road. White Mountain Road starts off as a paved road and shortly after turns into a dirt road continue straight on White Mountain Road until you see a sign on the left for Crossroads Park. Turn left at the sign and continue on road past the BBQ area and the softball fields. The soccer fields and their parking lots are at the end of the road.

Directions – From I-80 heading West (from Rawlins, Laramie etc...). Take exit 102 Dewar Drive Exit. Turn right at light (end of off-ramp) onto Dewar Drive. Turn left at Foothill Blvd. (stoplight with Applebees at the corner). Take Foothill Blvd. going west past the White Mountain Mall and the Home Depot. Turn right onto Clearview (by the Don's RV sign). Go straight on Clearview until you get to White Mountain Road. Turn left onto White Mountain Road. White Mountain Road starts off as a paved road and shortly after turns into a dirt road continue straight on White Mountain Road until you see a sign on the left for Crossroads Park. Turn left at the sign and continue on road past the BBQ area and the softball fields. The soccer fields and their parking lots are at the end of the road.

Coming into Rock Springs from Highway 191

Directions – From 191 heading south. (From Pinedal, Riverton, Farson etc...) Highway 191 turns into Elk Street. continue on Elk Street until you get to Stagecoach (corner with Flying J and McDonalds. Turn right onto Stagecoach and follow until Foothill Blvd (Stagecoach ends here). Turn left onto Foothill Blvd. Take Foothill Blvd. going south and west all the way past the White Mountain Mall and the Home Depot. Turn right onto Clearview (by the Don's RV sign). Go straight on Clearview until you get to White Mountain Road. Turn left onto White Mountain Road. White Mountain Road starts off as a paved road and shortly after turns into a dirt road continue straight on White Mountain Road until you see a sign on the left for Crossroads Park. Turn left at the sign and continue on road past the BBQ area and the softball fields. The soccer fields and their parking lots are at the end of the road.

Directions – From 191 heading north. (From Vernal etc...) Highway 191 turns into Foothill Blvd after it turns right past Cruel Jacks and goes over the Interstate. Take Foothill Blvd. going north and east. Turn left onto Clearview (by the Don's RV sign - if you go past Home Depot you went too far). Go straight on Clearview until you get to White Mountain Road. Turn left onto White Mountain Road. White Mountain Road starts off as a paved road and shortly after turns into a dirt road continue straight on White Mountain Road until you see a sign on the left for Crossroads Park. Turn left at the sign and continue on road past the BBQ area and the softball fields. The soccer fields and their parking lots are at the end of the road.

Athletic Training Room Information

Western Wyoming Community College does not have a certified athletic trainer on staff. Lu Sweet, Assistant Athletic Director is available to open the training room 1 ½ hours before games and for 30 minutes after games. Visiting teams should provide their own certified trainer. Visiting teams will have access to whirlpools, hot packs and ice.

Area Restaurants and Lodging Accommodations

Please visit the Rock Springs Chamber of Commerce website at www.rockspringswyoming.net for a listing of area restaurants and lodging accommodations.

Information on the Broadcasting of Contests

Live web streaming : Available at www.wvcc.wy.edu/athletics (not currently available for soccer)

TV delayed broadcast – Rock Springs Cable – Channel 13

Omega Radio 105.5 FM Live.

Sports Information

Visiting Radio Stations: Contact Lu Sweet, Assistant Athletic Director at least two weeks prior to the game to make necessary arrangements.

Statistics and Game Tapes: Final statistics and Game Tapes will be available approximately 15 minutes after the conclusion of the contest, for those sports required to provide this service to visiting teams.

Ticket Information

General Admission Prices to Basketball, Volleyball and Wrestling Contests is as follows:

Adults - \$3.00

Students/Seniors - \$1.00

There is no admission charge for Soccer.