



UNIVERSITY RECREATION & WELLNESS

SPORT CLUBS

VISITING TEAM GUIDE

Welcome

University Recreation & Wellness (RecWell) would like to welcome you to College Park, Maryland! We have designed this visiting team guide to provide you with useful information about our facilities and the area. We hope it proves useful in planning your trip to College Park and the University of Maryland.

University Recreation & Wellness Contacts

The student officers and leaders from each club are your main source of communication for all event related information and logistics. Club contact information is provided on the second page of this guide. However, our staff is also here to assist you.

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Manager on Duty & Eppley Recreation Center Information Desk

University Recreation & Wellness

301-226-4500



Club	Club Email
Badminton	feartheterpsminton@gmail.com
Ballroom Dance	officers@ballroomatmaryland.com
Barbell	umdbarbell@gmail.com
Baseball	terpsclubbaseball2013@gmail.com
Basketball - Men	terpsmcb@gmail.com
Basketball - Women	umdwcb@gmail.com
Black Belt	umdbbc@gmail.com
Boxing	terpsboxingclub@gmail.com
Climbing	umdclubclimbing@gmail.com
Crew - Men	crew.umd@gmail.com
Crew - Women	umd womensclubcrew@gmail.com
Cricket	umdcricquet@gmail.com
Cycling	terpscycling@gmail.com
Dodgeball	marylanddodgeball@gmail.com
Equestrian	equiterps@gmail.com
Fencing	officers@umdfencing.com
Field Hockey	umcpfh@gmail.com
Figure Skating	marylandfigureskating@gmail.com
Golf	marylandclubgolf@gmail.com
Gymnastics	mdclubgymnastics@gmail.com
Ice Hockey - Men	mdhockey5@gmail.com
Ice Hockey - Women	terpshockey@gmail.com
Lacrosse - Men	terpslacrosse@gmail.com
Lacrosse - Women	umdclublax@gmail.com
MSOA	msoaumd@gmail.com
Paintball	UMDPaintball1@gmail.com
Racquetball	terpracquetball@gmail.com
Rugby - Men	president@terpsrugby.com
Rugby - Women	umd womensrugby@gmail.com
Sailing	MarylandSailing@gmail.com
Soccer - Men	mdclubsoccer@gmail.com
Soccer - Women	terpsclubsoccer@gmail.com
Softball	mdclubsbball@gmail.com
Squash	squash.umd@gmail.com
Swim	umdclubswim@gmail.com
Table Tennis	terrapintabletennis@gmail.com
Tennis	marylandclubtennis@gmail.com
Terp Runners	terprunners@gmail.com
Triathlon	umdtriclub@gmail.com
Ultimate - Men	umdmensultimate@gmail.com
Ultimate - Women	maryland.helpfulcorn@gmail.com
Volleyball - Men	marylandvb@gmail.com
Volleyball - Women	umd.wcv@gmail.com
Water Polo	umdwpofficers@gmail.com
Wrestling	terpsclubwrestling@gmail.com
Wushu	terpwushu@gmail.com

Important Policies

- All visiting teams are required to adhere to all federal, state, and University laws, guidelines, standards and policies.
- Respect all RecWell student and professional staff and the decisions they make.
- Follow all posted rules and facility policies.
- Please follow posted parking regulations. RecWell is not responsible parking fines. Please check with your host or the [DOTS website](#) to see if there are special parking restrictions due to ICA basketball or football games.
- Practice good sportsmanship and act in a positive, mature and responsible manner. The actions of your team and your fans are a reflection of your university and club sport program.
- Alcohol is NOT permitted in/at any University of Maryland RecWell facility. This includes all indoor and outdoor sporting facilities on campus.
- Please use the trash and recycling receptacles provided. Clean up after yourselves. Leave the space cleaner than you found it.
- The University of Maryland is a smoke free campus.
- Participants under the age of 18 or not currently affiliated with a university team, must complete a waiver.

Interactive Map

Visited teams are encouraged to use the [RecWell Sport Clubs Interactive Map](http://ter.ps/clubmap) at <http://ter.ps/clubmap>. The interactive map hosted by Google provides locations for on and off campus athletic facilities, parking, and area amenities such as medical facilities, food, lodging, shopping, transportation and attractions. In some cases, additional information is provided such as contacts for local hotels, restaurants, medical facilities and even parking regulations. Driving directions can also be provided to any of the locations on the map. Whether you are on-site or just planning your trip, this tool will come in handy!



Driving Directions to the University of Maryland

From Baltimore and Points North

Take I-95 South to Washington, D.C.'s Capital Beltway (I-495). Take Exit 27 and then follow signs to Exit 25 (U.S. 1 South toward College Park). Proceed approximately two miles south on U.S. Route 1.

From Virginia and Points South

Take I-95 North to Washington, D.C.'s Capital Beltway (I-495). Continue North on I-95/I-495 toward Baltimore. Take Exit 25 (U.S. 1 South toward College Park). Proceed approximately two miles south on U.S. Route 1.

From Virginia and Points West

Take I-66 East or I-270 South to Washington, D.C.'s Capital Beltway (I-495). Go East on I-495 toward Baltimore/Silver Spring. Take Exit 25 (U.S. 1 South toward College Park). Proceed approximately two miles south on U.S. Route 1.

From Annapolis and Points East

Take U.S. 50 to Washington, D.C.'s Capital Beltway (I-495). Go North on I-95/I-495 toward Baltimore. Take Exit 25 (U.S. 1 South toward College Park). Proceed approximately two miles south on U.S. Route 1. right onto campus drive (main gate).

University Recreation & Wellness (RecWell) Facilities

Indoor Facilities

Eppley Recreation Center (ERC)

Located on north campus, the ERC is home to competitions for squash, racquetball, swimming, water polo and table tennis. Inside you'll find the Maryland Sport Clubs Office Suite, a track, fitness room, weight room, matted room, table tennis, aerobics studio, gyms, racquetball and squash courts, instructional and deep water pools, sauna, steam room, locker/shower facilities, the REC Store, equipment issue Functional Training Studio and Sneaker's Energy Zone. The ERC is home to the Member Services Desk and professional staff offices. A current student photo ID or RecWell membership card with a photo ID is required for admittance. Visiting sport club teams which compete in this facility are restricted to the space reserved for the club event. Use of other spaces within the building is not allowed unless authorized.

Ritchie Coliseum

Located on Route 1, this facility is home to competitions for dodgeball, basketball, boxing and volleyball. Inside you'll find a gymnasium, fitness room, weight room, martial arts room, and locker/shower facilities. A current student photo ID or RecWell membership card with a photo ID is required for admittance.

Reckord Armory

Located off Route 1, the Armory is home competitions for basketball, volleyball, badminton, and fencing. The facility also houses the Intramural Sports Office and is home to the Maryland Student Officials Association. The Armory gymnasium includes 4 basketball courts, 6 volleyball courts, or 8 badminton courts. The gymnasium can be divided into thirds by divider curtains.

School of Public Health

While the School of Public Health is not a RecWell facility, it is still home to some Maryland Sport Clubs competitions and events for gymnastics, fencing, table tennis, ballroom dance and badminton. The facility includes a gymnasium, gymnastics facility, matted room, weight room, fitness center and locker room facilities.



Outdoor Facilities

Fraternity Row Fields

Located on Route 1 beside Ritchie Coliseum, this 6-acre field site is home to rugby, ultimate frisbee and soccer competitions. Fraternity Row features a large "Green" centered within a grouping of 14 of the University's Fraternity and Sorority Houses. This large multi-purpose space that is used for informal recreation, special events, and club practices/games. Field can accommodate a full size rugby or soccer pitch as well as up to 4 flag football/ultimate fields.

Engineering Softball & Multipurpose Field

Located on Route 1 between Turner Hall and the North Gate entrance, this renovated facility is home to softball, rugby, soccer and ultimate frisbee competitions. This site is the “Front Lawn” of the University and is adjacent to the main entrance to campus and administration buildings housing the President’s offices and the Student Affairs administrative offices. One multi-purpose field that can accommodate a full size rugby pitch as well as soccer/lacrosse/ultimate/field hockey, etc. One softball field that can accommodate both fast-pitch and slow-pitch softball as well as a multi-purpose space across the outfield that can accommodate a full size lacrosse/soccer/ultimate/field hockey field.

Artificial Turf Fields

Located on north campus, adjacent to the Comcast Arena site, this lighted multi-purpose field is home to field hockey, lacrosse, soccer and ultimate frisbee competitions. The facility consists of three regulation flag football fields and two regulation field hockey/soccer fields. The Turf Fields host numerous intramural events, summer camps, and sport clubs activities. Layout includes two large fields (9x9 soccer, men’s and women’s lacrosse, field hockey) or 3 smaller fields (flag football, 6x6 soccer, ultimate). The field is lighted by four 90 foot poles with 21 (1500 watt) metal halide fixtures on each pole. All lines are painted (six colors total). Fence to fence artificial turf surface with a red turf “warning” track around the perimeter.

Cole Tennis Courts

Located between Cole and Byrd Stadium, these 8 tennis courts accommodate the tennis club, kinesiology classes, Intercollegiate Athletics matches and practices, and informal tennis play. Tennis court lights are operative year-round.



Accidents, Injuries & Emergencies

- An EMT or Athletic Trainer is onsite for competitions which host three or more teams.
- Two safety officers trained in CPR for the Professional Rescuer and First Aid are provided by the home team.
- Anytime a participant is injured in/at a RecWell facility a RecWell Accident Report must be completed. In the event of an injury, please see a safety officer from the home team (Maryland). These individuals will be able to complete the RecWell Accident Report and facilitate care.
- While club sport members and university staff can assist, participants are ultimately responsible for their own medical care.
- In the event of a medical emergency contact a RecWell staff member. If a staff member is not readily available, such as when you are at an outdoor facility, call 911. Contact the RecWell Manager on Duty (MOD) at 301-226-4500 if 911 is called or if someone is transported to a medical facility.

Local Hospitals & Medical Centers

University Health Center

University of Maryland
College Park, MD 20742
301-314-8180

Hours: The University Health Center is open from 8:00am-7:00pm Monday-Friday (limited services after 5:00pm), from 11:00am-3:00pm on Saturdays, and CLOSED on Sundays.

Doctors Community Hospital

8118 Good Luck Road
Lanham, Maryland 20706
301-552-8118

Driving Directions: Take Campus Drive to the main gate of the University. At Route 1, go through the light. This road turns into Paint Branch Parkway. Proceed through eight traffic lights (at the fifth light, the road turns into Good Luck Road). The hospital is located on the left side of the road.

Prince George's Hospital Center

3001 Hospital Drive
Cheverly, Maryland 20785
301-618-2000

Driving Directions: Follow U.S. Highway 193 East (University Boulevard) towards Greenbelt. Take the Baltimore-Washington Parkway towards Washington, D.C. Follow the signs to the hospital.

Area Amenities (Lodging, Restaurants, Etc.)

Information on area lodging, restaurants, etc. can be found within the [RecWell Sport Clubs Interactive Map](#). In addition, the University maintains a list of accommodation options [online](#). On campus dining options are outlined [here](#). Further information is available at the [Shop College Park website](#).

Local Attractions

College Park Area

The University of Maryland is located in College Park, MD, which lies within Prince George's County. Attractions within the area include the College Park Airport (the world's oldest continuously operating airport), the National Archives II (the world's largest archival facility), NASA (Goddard Space Flight Center), and the National Wildlife Visitor Center.

Washington, DC

Washington, DC, is a metropolitan city with historic attractions, museums, monuments, hotels, restaurants, free annual events, and visitor services unrivaled by any other American city. Since the capital is only nine miles from the university, and accessible by Metrorail from College Park, a visit to the city is convenient. More information can be found at www.washington.org.

Annapolis

Annapolis boasts historic charm with its beautifully preserved and restored buildings and brick downtown streets. A boater's paradise, the city ranks as the Sailing Capital of America and hosts the country's largest in-water boat show every October. More information can be found at www.visit-annapolis.org.

Baltimore

Only 30 miles from the university, Baltimore has something for everyone. Built around the inner harbor, the city is a walker's delight, with a lineup of attractions within three or four blocks of one other. More information can be found at www.baltimore.org.

Important Links

- [Campus Maps](#)
- [More Maps & Transit Directions](#)
- [University of Maryland Visitors Guide](#)
- [University of Maryland Department of Transportation Services](#)
- [College Park Weather](#)
- [University Recreation & Wellness Website](#)
- [RecWell Sport Clubs Website](#)
- [UMD Sport Clubs Facebook Page](#)
- [UMD Sport Clubs Twitter Feed](#)

