

HOFSTRA UNIVERSITY  
DEPARTMENT OF INTERCOLLEGIATE  
ATHLETICS



2013-2014  
VISITING TEAM GUIDE

WRESTLING

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.



## Wrestling Game Day Information

### Facilities and Operations

Name: Neil Collins  
Phone: 516-463-8148  
Email: [cornelius.f.collins@hofstra.edu](mailto:cornelius.f.collins@hofstra.edu)

### Athletic Training

Name: Andrew Wetstein  
Phone: 516-463-6036  
Email: [Andrew.Wetstein@Hofstra.edu](mailto:Andrew.Wetstein@Hofstra.edu)

### Sports Information

Name: Jim Sheehan  
Phone: 516-463-6764  
Email: [jim.b.sheehan@hofstra.edu](mailto:jim.b.sheehan@hofstra.edu)

### Facility Specifications

Physical Education Building  
Capacity: 800  
Mack Sports Complex  
Capacity: 5,046

### Locker Room Facilities:

Visiting Team's will have use of a locker room located in the Physical Education Building or the Mack Sports Complex pending on the match location. Towels will be provided in the locker room.

### Press and Filming Information:

Visiting Teams can film from the platform set-up for filming in the Mack Sports Complex or a lift provided in the PEB. Visiting sports information directors will be allowed to sit on press row located on the competition floor. All press conferences will take place in the Media room located in the lower level of the Mack Sports Complex.

### Tickets:

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.

### Team Parking:

Visiting Team's should park their bus or vans in any of the open parking lots North of the Physical Education Building. If the match is conducted in the Mack Sports Complex parking will be located on the East Side of the building. When entering off of Earl Ovington Blvd., the lot will be a slight right and a left turn into a skinny lot behind the Softball Stadium and the Hofstra Health Dome.

### 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](mailto: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



## **Travel Directions to Mack Sports Complex, Physical Education Building, University Field and Hofstra Softball Stadium**

### **Getting Here By Car or Vans**

**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 John F. Kennedy Airport:** Take the Belt Parkway East to Exit 25A (Southern State Parkway North) ... Take that to Exit 22N (Meadowbrook Parkway North) ... Stay on the Meadowbrook Parkway until Exit M4 ... Follow "From All Points," below.

From LaGuardia Airport: Take the Grand Central Parkway East ... This will become the Northern State Parkway East ... Follow this to Exit 31A (Meadowbrook Parkway South) ... Take the Meadowbrook Parkway to Exit M4 (sign reads "Hempstead" and "Coliseum") ... Follow "From All Points," below.



**From MacArthur Airport:** Take Veterans Memorial Highway South to Sunrise Highway West to the Southern State Parkway West ... Take that to Exit 22N, then take Meadowbrook Parkway North to Exit M4 ... 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 ... Hofstra University is on both sides of Hempstead Turnpike ... You will see McDonalds on the corner and you will make a right turn onto Earl Ovington Blvd.....Once on Earl Ovington Blvd., you will make a left at the first traffic light which will bring you onto campus. At your first stop sign make a right turn.....Hofstra Softball Stadium will be on your left.

### **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.

### **TEAM BUS DIRECTIONS to the Mack Sports Complex, Physical Education Building, University Field and Hofstra Softball 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 3rd foot bridge and make a left turn onto Earl Ovington Blvd. (McDonald's on corner).

Make a left Turn onto campus at your first traffic light.

At the first stop sign make a right turn. (Skinny lot on left will be bus parking for Mack Sports Complex)

Hofstra Softball Stadium will be on your left. (Parking for Softball will be in open lot on right)

At next stop sign make a left turn.

Continue straight and main entrance to Mack Sports Complex will be on left.

Continue past Mack Sports Complex and Physical Education Building will be on left and University Field will be on your right.

Bus parking for Physical Education Building and University Field will be on your right.

