

Michigan State University,  
Department of Intercollegiate  
Athletics



2009-2010  
Athletic Teams  
Visitors Guide



Dear Student-Athletes, Coaches and Friends:

Welcome to East Lansing, home of the Spartans of Michigan State University. Michigan State University has a proud tradition of top-ranked athletic teams and outstanding student-athletes. As the nation's premier land-grant university, Michigan State prides itself on providing the best possible education to its students, with the knowledge that the education they receive today is the foundation for the successes of tomorrow. The entire MSU community—fellow students, faculty and staff, and alumni and friends—takes pride in their accomplishments, both on and off the field.

During your stay, we hope that you get the opportunity to tour the unique and beautiful campus—including the Beal Botanical Garden, Beaumont Tower, Abrams Planetarium, and the Kresge Art Museum—just to name a few.

With the completion of our new Tower connected to Spartan Stadium, as well as upgrades to our softball facility, volleyball arena, and a new locker room for field hockey, we are excited for all visiting teams and look forward to being your host.

The Athletic Department is available to assist you during your visit and we welcome you to Spartan Country. We hope you have a successful time while here, and wish you the best of luck and safety, in all of your competitions.

Sincerely,

Mark J. Hollis  
Athletic Director

# MSU ADMINISTRATION

ATHLETIC DIRECTOR	MARK HOLLIS	517-355-1623 <a href="mailto:hollis@ath.msu.edu">hollis@ath.msu.edu</a>
SR. ASSOCIATE A. D. FACILITIES/SPORT OPERATIONS	GREG IANNI	517-355-5263 <a href="mailto:ianni@ath.msu.edu">ianni@ath.msu.edu</a>
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SR. ASSOCIATE A. D. SPARTAN FUND	CHUCK SLEEPER	517-432-4633 <a href="mailto:sleeper@ath.msu.edu">sleeper@ath.msu.edu</a>
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ASSOCIATE A. D. COMPLIANCE SERVICES/HUMAN RESOURCES	JENNIFER SMITH	517-432-5603 <a href="mailto:smith170@ath.msu.edu">smith170@ath.msu.edu</a>
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ASSOCIATE A.D. BRANDING RESOURCES AND MARKETING	PAUL SCHAGER	517-432-2607 <a href="mailto:schager@ath.msu.edu">schager@ath.msu.edu</a>
ASSISTANT A.D. FACILITY AND EVENT MANAGEMENT	RICK D. ATKINSON	517-355-1633 <a href="mailto:atkins27@ath.msu.edu">atkins27@ath.msu.edu</a>
ASSISTANT A.D. TICKET OPERATIONS	WENDY BROWN	1-800-GO-STATE <a href="mailto:wbrown@ath.msu.edu">wbrown@ath.msu.edu</a>
ASSISTANT A.D. MAJOR GIFTS FOR ATHLETICS	MARTIN JARMOND	517-432-4633 <a href="mailto:jarmond@ath.msu.edu">jarmond@ath.msu.edu</a>
ASSISTANT A.D. HEAD ATHLTIC TRAINER	JEFF MONROE	517-353-1655 <a href="mailto:monroe@ath.msu.edu">monroe@ath.msu.edu</a>
DIRECTOR OF EVENTS AND CHAMPIONSHIPS	SETH KESLER	517-432-3190 <a href="mailto:keslerse@ath.msu.edu">keslerse@ath.msu.edu</a>

# MSU HEAD COACHES

## MEN'S SPORTS

### CODES

BASEBALL

JAKE BOSS, JR.

355-4486

Fax: 432-1047

[jakeboss@ath.msu.edu](mailto:jakeboss@ath.msu.edu)

BASKETBALL

TOM IZZO

355-1643

Fax: 432-1018

[msuhoops@ath.msu.edu](mailto:msuhoops@ath.msu.edu)

CROSS COUNTRY

WALTER DRENTH

355-1640

Fax: 432-1047

[wdrenth@ath.msu.edu](mailto:wdrenth@ath.msu.edu)

FOOTBALL

MARK DANTONIO

355-1647

Fax: 432-1046

[football@msu.edu](mailto:football@msu.edu)

GOLF

SAM PURYEAR

432-2950

Fax: 432-1047

[spuryear@ath.msu.edu](mailto:spuryear@ath.msu.edu)

ICE HOCKEY

RICK COMLEY

355-1639

Fax: 432-1879

[hockey@msu.edu](mailto:hockey@msu.edu)

SOCCER

DAMON RENSING

355-8493

Fax: 432-1047

[rensingd@ath.msu.edu](mailto:rensingd@ath.msu.edu)

SWIMMING & DIVING

MATT GIANIODIS

432-2054

Fax: 432-2053

[gianiodi@ath.msu.edu](mailto:gianiodi@ath.msu.edu)

TENNIS

GENE ORLANDO

432-0629

Fax: 432-4393

[orlando@ath.msu.edu](mailto:orlando@ath.msu.edu)

TRACK & FIELD

WALTER DRENTH

355-1640

Fax: 432-1047

[wdrenth@ath.msu.edu](mailto:wdrenth@ath.msu.edu)

WRESTLING

TOM MINKEL

355-5270

Fax: 353-8126

[minkel@ath.msu.edu](mailto:minkel@ath.msu.edu)

## **WOMEN'S SPORTS**

BASKETBALL

SUZY MERCHANT

432-9662

Fax: 432-1018

[msuwbbhoops@ath.msu.edu](mailto:msuwbbhoops@ath.msu.edu)

CROSS COUNTRY

WALTER DRENTH

355-1640

Fax: 432-1047

[wdrenth@ath.msu.edu](mailto:wdrenth@ath.msu.edu)

CREW

MATT WEISE

432-5623

Fax: 432-1047

[weisemat@ath.msu.edu](mailto:weisemat@ath.msu.edu)

FIELD HOCKEY

ROLF van-de KERKHOF

432-1212

Fax: 432-1047

[vandeke4@ath.msu.edu](mailto:vandeke4@ath.msu.edu)

GOLF

STACY SLOBODNIK-STOLL

432-1438

Fax: 432-1047

[slobodni@ath.msu.edu](mailto:slobodni@ath.msu.edu)

GYMNASTICS

KATHIE KLAGES

355-4708

Fax: 432-1047

[klages@ath.msu.edu](mailto:klages@ath.msu.edu)

SOCCER

TOM SAXTON

353-3152

Fax: 432-1047

[saxtont@ath.msu.edu](mailto:saxtont@ath.msu.edu)

SOFTBALL

JACQUIE JOSEPH

355-4752

Fax: 432-1047

[josephj@ath.msu.edu](mailto:josephj@ath.msu.edu)

SWIMMING & DIVING

MATT GIANIODIS

432-2054

Fax: 432-2053

[gianiodi@ath.msu.edu](mailto:gianiodi@ath.msu.edu)

TENNIS

SIMONE JARDIM

432-0636

Fax: 432-4393

[simonepj@ath.msu.edu](mailto:simonepj@ath.msu.edu)

TRACK & FIELD

WALTER DRENTH

355-1640

Fax: 432-1047

[wdrenth@ath.msu.edu](mailto:wdrenth@ath.msu.edu)

VOLLEYBALL

CATHY GEORGE

355-4750

Fax: 432-1047

[cathygeorge@ath.msu.edu](mailto:cathygeorge@ath.msu.edu)

# ATHLETIC TRAINING ROOMS AND STAFF

## FOOTBALL

DUFFY DAUGHERTY BUILDING

JEFF MONROE  
SALLY NOGLE

517-353-1655  
517-353-1655

## BASKETBALL

BRESLIN EVENTS CENTER

TOM MACKOWIAK  
LOU ANNE JEFFERSON

517-432-1015

## ICE HOCKEY

MUNN ICE ARENA

DAVE CARRIER

517-353-4564

## OTHER SPORTS

JENISON FIELD HOUSE

DESTINY TEACHNOR-HAUK  
LIANNA HADDEN  
BRIAN BRATTA

517-355-1627

## MSU TEAM PHYSICIANS

	<u>OFFICE #</u>	<u>EMERGENCY</u>
DR. JEFF KOVAN	517-336-4521	517-675-5368
DR. LARRY NASSAR	517-353-5474	517-336-4520
DR. DOUG DIETZEL	517-353-8470	517-336-4520
DR. ROBERT NORRIS	517-884-6102	
DR. RANDY PEARSON	517-364-5710	
DR. ANDREW SCHORFHAAR	517-884-6106	
DR. MIKE SHINGLES	517-884-6104	
DR. MIKE STRAUS	517-884-6105	
DR. BROOKE LEMMON	517-884-6103	
DR. JEREMY METZLER	517-884-6103	
DR. MOOKERJEE	517-884-6103	

# MSU FACILITIES AND DIRECTIONS

## BASKETBALL

### BRESLIN STUDENT EVENTS CENTER

Located at the corner of Harrison Road and Kalamazoo Street. Take I-496/127 to the Trowbridge Exit. Turn left at Harrison Road. Turn Right on West Shaw Lane. Breslin Student Events Center in on the left. Full locker facilities and training room available. Enter via the tunnel on the south end of Breslin Center.

**\*\*Bus Parking—Bus should enter from West Shaw Lane Road and park in the tunnel at the south entrance of the Center.**

## FOOTBALL

### FIELD HOCKEY

### SPARTAN STADIUM

Located between Red Cedar Road and West Shaw Lane. Take I-496/127 to the Trowbridge Exit. Turn left at Harrison Road, then right at West Shaw Lane. Stadium is on the left. Full locker facilities are in the stadium. Enter through the main entrance under the scoreboard on the north side of the stadium.

**\*\*Bus Parking—Bus should enter from Red Cedar Road and park in the tunnel at the north entrance of the stadium.**

### RALPH YOUNG STADIUM

Located between Red Cedar Road and West Shaw Lane. Take I-496/127 to the Trowbridge Exit. Turn left at Harrison Road, then right at West Shaw Lane. Stadium is on the left. Full locker facilities are in the stadium.

**\*\*Bus Parking—Bus should enter West Shaw Lane and park in the lot just South of the Football Stadium.**

## CROSS COUNTRY

### FOREST AKERS GOLF COURSE

Located on Harrison Road, just south of Mt. Hope Road. Take I-496/127 to the Trowbridge Exit. Turn Right at Harrison, past Mt. Hope Road. Courses are on both sides. **THERE ARE NO LOCKER FACILITIES IN THIS BUILDING.** Teams should use Jenison Field House facilities.

## GOLF

### FOREST AKERS GOLF COURSE

Located just off Forest Road. Take I-496/127 to the Trowbridge Exit. Turn Right at Harrison, past Mt. Hope Road. Turn Right at Forest Road. Follow Forest Road to the Right. Turn Right into the Executive Development Center. Full Locker room facilities available.

## SWIMMING & DIVING

### IM-WEST SPORTS ARENA

Located between Chestnut Road and Spartan Stadium. Take I-496/127 to the Trowbridge Exit. Turn left at Harrison Road, then right Kalamazoo Road. Veer right onto Red Cedar Road. Arena is on right. Park in designated lot.

## VOLLEYBALL

### GYMNASTICS

### INDOOR TRACK & FIELD

### WRESTLING

### JENISON FIELD HOUSE

Located on Kalamazoo Street just past the Breslin Center. Take I-496/127 to the Trowbridge Exit. Turn left at Harrison Road, then right at Kalamazoo Road. Full locker room facilities available.

**\*\*Bus Parking—Bus should enter from Kalamazoo Road and park in the main parking lot next to building.**

## CREW

### SLEEPY HOLLOW STATE PARK

Located North of East Lansing. Follow 127/27 North to Price Road. Turn Right onto Price Road. Located just past Shepardsville Road. Bus Parking available. All normal Park and Recreation facilities available.

### GRAND RIVER

Located in the heart of downtown Lansing. Take I-496 East to Lansing Road Exit. After underpass, Turn Left into Grand River Park. Take first left in park to the Boathouse.

## ICE HOCKEY

### MUNN ICE ARENA

Located between Birch Road and Chestnut Road, just south of Demonstration Hall. Take I-496/127 to the Trowbridge Exit. Turn left at Harrison Road, then right at Kalamazoo Road. Turn Right on Demonstration Hall Road. Ice Arena is on the right. Full locker facilities available.

**\*\*Bus Parking—Bus should enter from Kalamazoo Road and drop off athletes behind MUNN ARENA. Parking is in the parking lot just West of the Football Stadium next to the IM-West Building.**

## **BASEBALL**

### **SOFTBALL**

### **SOCCER**

#### KOBS FIELD/OLD COLLEGE FIELD

Located on Kalamazoo Street just past the Breslin Center and directly behind Jenison Field House. Take I-496/127 to the Trowbridge Exit. Turn left at Harrison Road, then right at Kalamazoo Road. Full locker room facilities available in Jenison Field House.

**\*\*Bus Parking—Bus should enter from Kalamazoo Road and park in the back of the Jenison Field House lot adjacent to the baseball field.**

#### OLDSMOBILE PARK-BASEBALL

##### **From the North (Mt. Pleasant / Clare):**

US 127 South, to Grand River/Saginaw Exit. Take Grand River west. Turn left on Cedar, Stadium up on left.

##### **From the South (Charlotte):**

I-69 North to I-96 West to Saginaw Highway exit (use the first Saginaw Hwy. exit). Take Saginaw Hwy. (approx. 5 miles) east to Cedar Street turn right and take Cedar south to stadium.

##### **From the East (Detroit):**

I-96 to US 127 North. Take Grand River/Saginaw Exit. Turn Left. Take Grand River west to Cedar Street (approx. 3 miles). Turn left on Cedar, Stadium up on left.

##### **From the East (Flint):**

I-69 West to US 127 South to Grand River/Saginaw Exit. Turn right. Take Grand River west to Cedar Street (approx. 3 miles). Turn left on Cedar, Stadium up on left.

##### **From the West (Grand Rapids):**

I-96 east to Saginaw Highway exit (use the first Saginaw Hwy. exit). Take Saginaw Hwy. (approx. 5 miles) east to Cedar Street turn right and take Cedar south to stadium.

## **TENNIS**

#### MSU INDOOR TENNIS FACILITY

Located on Mt. Hope Road. Take I-496/127 to the Trowbridge Exit. Turn Right at Harrison Road. Follow to Mt. Hope Road and turn right. Facility is on the right. Full locker room facilities are available.

#### MSU OUTDOOR TENNIS FACILITY

Located on Chestnut Road to the right of the Duffy Daugherty Football Building and behind the outdoor basketball courts. Take I-496/127 to the Trowbridge Exit. Turn Left onto Harrison Road. Follow to Chestnut and make a right. The outdoor Tennis Facility will be on the left.

## **OUTDOOR TRACK & FIELD**

### RALPH YOUNG TRACK STADIUM

Located between Red Cedar Road and West Shaw Lane. Take I-496/127 to the Trowbridge Exit. Turn left at Harrison Road, then right at West Shaw Lane. Stadium is on the left. Full locker facilities are in the stadium.

**\*\*Bus Parking—Bus should enter West Shaw Lane and park in the lot just South of the Football Stadium.**

# LANSING AREA ATTRACTIONS

## **ABRAMS PLANETARIUM**

Rediscover the wonders of the universe at the Planetarium. The sky theatre features fantastic star shows produced by a state-of-the-art computer graphics star projector. Located at the corner of Shaw Lane and Science Road on the MSU campus. Open Fri./Sat. at 8:00 p.m., Sun. at 2:30 p.m. and 4:00 p.m. For information, call (517) 355-4672.

## **BEAUMONT TOWER**

Beaumont Tower marks the site of Old College Hall—the first building in America erected for instruction in scientific agriculture. The Tower was renovated in 1996, making possible weekly carillon concerts throughout the summer. Located at West Circle Drive on the campus of MSU, near the MSU Museum. For more information, call (517) 355-1855.

## **IMPRESSION 5 SCIENCE CENTER**

This sophisticated hands-on science center is designed so kids of all ages can experience the wonders of the physical and natural world firsthand. An excellent selection of interactive science related toys and books is offered by the Science Center Store. Located at 200 Museum Drive in downtown Lansing. For more information call (517) 485-8116.

## **KRESGE ART MUSEUM**

Enjoy over 5,000 years of art at MSU's art museum. From prehistoric figures to contemporary mixed media exhibits, objects from Western and non-Western cultures reveal the history of artistic creativity. Located on Auditorium and Physics Road on the MSU campus. For more information, please call (517) 355-7631.

## **LAKE LANSING**

The largest body of water within a 30-mile radius of Lansing, Lake Lansing is only seven miles from downtown Lansing, and offers a variety of year-round activities. Located at the corner of Lake Lansing Road and Marsh Road in Haslett. For more information, call (517) 676-2233.

## **EASTWOOD TOWNE CENTER MALL**

This "outdoor" mall has many shops and stores, and includes many restaurants including P.F. Changs, Smokey Bones, Mitchell's Fish Market, Max and Erma's, and Champps. It is located close to the University, and has an updated theater showing all the most current movies.

## **MERIDIAN MALL**

Regional shopping and entertainment complex with over 130 stores featuring Marshal Fields, JCPenney, Youngers, a food court, and the AMC Theater. Located at the intersection of Grand River Avenue and Marsh Road in Okemos. For more information, call (517) 349-2030.

## **MSU HORTICULTURAL GARDENS**

Visitors take a stroll through the colorful floral displays of the Gardens—an official All American Trail Garden test site for annual bedding plants. Located at the corner of Bogue and Service Road on the campus of MSU. For more information, call (517) 355-0348.

## **MSU MUSEUM**

This Museum has three floors of exhibits devoted to natural and cultural history with an emphasis on the Great Lakes region. Halls of continuing exhibits are devoted to world cultures, evolution, animal diversity, and heritage. Located on West Circle Drive near Beaumont Tower on the campus of MSU. For more information, call (517) 355-2370.

## **MICHIGAN WOMEN'S HISTORICAL CENTER AND HALL OF FAME**

This charming museum celebrates and recognizes the contribution of Michigan women to our state. The center honors the achievements of many significant Michigan women and features changing exhibits. The works of outstanding Michigan women artists and photographers are featured in the Belen Art Gallery. While you're there, be sure and visit the lovely Cooley Gardens. Located at 213 West Main Street in Lansing. For more information, call (517) 484-1880.

## **NOKOMIS LEARNING CENTER**

A Native American cultural learning center that focuses on the woodland Indians of the Great Lakes; specifically the Ojibway, Ottawa, and the Potawatomi tribes known as The People of the Three Fires. Displays include art, crafts, and artifacts. Located near the Meridian Historical Village in Central Park at 5153 March Road in Okemos. For more information, call (517) 349-5777.

## **POTTER PARK ZOO**

A beautiful 100-acre park, gardens and zoo, attractively landscaped in a mature oak forest. Located alongside the Red Cedar River, the zoo exhibits more than 400 wonder of wildlife. Rare East African black rhinos, red pandas, Siberian tigers, snow leopards, mandrills, bongos, lemurs, penguins and kangaroos are just a few of the exotic and endangered animals on exhibit. A zoo for all seasons, families can enjoy new and natural exhibits; the Feline-Primate Building, Encounters Farmyard Exhibit, Wolf Woods and Bald Eagles. The Potter Park Zoological Society's Education Department provides tours and outreach programs. Special events run throughout the year. Located at 1301 South Pennsylvania Avenue in Lansing. For more information, call (517) 371-3926.

## **SLEEPY HOLLOW STATE PARK**

A fisherman's paradise, Sleepy Hollow State Park's lake has islands, a swimming beach, picnicking areas, hiking trails, boating, sailing, horse trails, boat rentals, and camping sites. The park is located 15 miles north of Lansing on Price Road, just off Highway US-27. For more information, please call (517) 651-6217.

## **STATE CAPITOL BUILDING**

Step back into the Victorian Era with a visit to Michigan's award-winning Capitol Building. Designed by Elijah E. Myers, one of the foremost architects of public building during the Gilded Age (1865-1914), construction of the Capitol Building took six years, and it was dedicated to the citizens of Michigan in 1879. Tours of the public areas and the House and Senate galleries are available every half hour. Located at the intersection of Capitol and Michigan Avenues. For more information, please call (517) 373-2353.

# AIRPORT INFORMATION

**DETROIT METRO AIRPORT:** Located approximately 90 miles east of Lansing, this airport services all major airlines. For more information about flying into and out of the Detroit Metro Airport, contact your personal travel agent or agency.

**GRAND RAPIDS AIRPORT:** Located approximately 60 miles west of Lansing, this airport services most major airlines. For more information about flying into and out of the Grand Rapids, contact your personal travel agent or agency.

**LANSING CAPITAL CITY:** Located approximately 10 mile from Campus, this airport services the following airlines:

DELTA/NORTHWEST	800-532-4777 (Group Sales)
UNITED EXPRESS	800-241-6522

# RENTAL CAR INFORMATION

## AT THE LANSING CAPITAL CITY AIRPORT

AVIS	517-323-9204
BUDGET	517-321-2072
HERTZ	517-321-1445
NATIONAL	517-321-6777
ENTERPRISE	800-736-8222

## IN THE LANSING METRO AREA

ALAMO	800-897-6229
DOLLAR	866-957-0118
ENTERPRISE	800-736-8222
TOYOTA	800-333-8696

# TAXI SERVICES

BIG DADDY TAXI	517-367-7474
COUNTRY CLUB TRANSPORTATION	517-323-9070
SPARTAN YELLOW CAB	517-482-1444
CAPITOL TRANSPORT L.L.C.	517-482-1444

# HOTELS AND ACCOMMODATIONS

**\*\*HOTELS ARRANGED IN ORDER OF CLOSEST TO CAMPUS—READ LEFT TO RIGHT\*\***

## **KELLOGG CENTER**

South Harrison Road  
East Lansing  
517/432-4000

## **MARRIOTT UNIVERSITY PLACE**

300 M.A.C. Place  
East Lansing  
517/337-4440

## **CANDLEWOOD SUITES**

3545 Forest Road  
East Lansing  
517/ 351-8181

## **QUALITY INN**

3121 East Grand River  
Lansing  
517/351-1400

## **RESIDENCE INN**

1600 East Grand River Avenue  
East Lansing  
517/332-7711

## **COURTYARD BY MARRIOTT**

2710 Lake Lansing Road  
Lansing  
517/482-0500  
866/526-2893

## **RADISSON HOTEL**

111 North Grand Avenue  
Lansing  
517/482-0188

## **HAMPTON INN**

2500 Coolidge Road  
East Lansing  
517/324-2072

## **WATERFORD ESTATES LODGE**

3600 Dunckel Road  
Lansing  
517/351-7600

## **HOLIDAY INN EXPRESS**

2207 University Park Drive  
Okemos  
517/349-8700

## **COMFORT INN**

2187 University Park  
Okemos  
517/347-6690

## **FAIRFIELD INN**

2335 Woodlake Road  
Okemos  
517/347-1000

## **COUNTRY INN & SUITES**

6511 Centurion Drive  
Lansing  
517/827-7000

## **LEXINGTON SUITES**

925 South Creyts Road  
Lansing  
517/323-7100

## **TOWNEPLACE SUITES**

2855 Hannah Blvd  
East Lansing,  
517/203-1000

# AREA RESTAURANTS

## CHINESE

ASIAN HOUSE  
1001 E. GRAND RIVER  
EAST LANSING  
332-3950

CHARLIE KANG'S  
127 EAST GRAND RIVER  
LANSING  
332-4696

HOUSE OF ING  
4113 SOUTH CEDAR  
LANSING  
393-4848

GOURMET VILLAGE  
4790 S. HAGADORN  
EAST LANSING  
333-6666

## FAMILY STYLE

CLARA'S  
637 EAST MICHIGAN  
LANSING  
372-7120

MONGOLIAN BBQ  
2080 W. GRAND RIVER  
OKEMOS  
347-3045

SPARTAN HALL OF FAME  
1601 LAKE LANSING  
EAST LANSING  
337-4680

APPLEBEE'S  
2450 COOLIDGE  
EAST LANSING  
336-5926

CHILI'S  
5055 MARSH  
OKEMOS  
347-7188

STILLWATER GRILL  
3544 MERIDIAN CROSSING  
OKEMOS  
349-1500

BUDDIES  
3048 LAKE LANSING  
EAST LANSING  
333-9212

RUBY TUESDAY  
MERIDIAN MALL  
OKEMOS  
347-4667

DENNY'S  
2701 E. GRAND RIVER  
EAST LANSING  
351-0421

FLAP JACK'S  
3000 E. GRAND RIVER  
EAST LANSING  
351-1636

TRIPPERS  
2354 FRANDOR  
EAST LANSING  
336-0717

IHOP  
2771 E. GRAND RIVER  
EAST LANSING  
337-8311

OLD COUNTRY BUFFET  
2301 W. GRAND RIVER  
OKEMOS  
349-3410

## MEXICAN

EL AZTECO  
1016 W. SAGINAW  
LANSING  
485-4589

LA SENORITA  
2706 LAKE LANSING  
LANSING  
485-0166

PANCHERO'S  
125 E. GRAND RIVER  
EAST LANSING  
351-3620

## **SEAFOOD**

HERSHEY'S  
2682 E. GRAND RIVER  
EAST LANSING  
337-7324

RED LOBSTER  
3130 E. SAGINAW  
LANSING  
351-0610

## **STEAK**

HERSHEY'S  
2682 E. GRAND RIVER  
EAST LANSING  
337-7324

OUTBACK STEAKHOUSE  
707 BROOKSIDE DRIVE  
LANSING  
321-3100

PONDEROSA  
6727 SOUTH CEDAR  
LANSING  
694-1299

RYANS STEAKHOUSE  
5443 SOUTH CEDAR  
LANSING  
394-0377

TEXAS ROAD HOUSE  
208 E. EDGEWOOD  
LANSING  
887-8181

## **ITALIAN**

DELUCA'S  
2006 WEST WILLOW  
LANSING  
487-6087

EMIL'S  
2012 EAST MICHIGAN  
LANSING  
482-4430

OLIVE GARDEN  
5015 MARSH ROAD  
OKEMOS  
349-0330

SPAGNUOLO'S  
662 W. GRAND RIVER  
OKEMOS  
349-9605

TONY M'S  
3420 SOUTH CREYTS  
LANSING  
322-2069

## **SPORTS THEME**

BUDDIES  
3048 LAKE LANSING RD  
EAST LANSING  
333-9212

HARPER'S  
131 ALBERT  
EAST LANSING  
333-4040

**\*\*SPARTAN HALL OF FAME\*\***  
1601 W. LAKE LANS  
EAST LANSING  
337-4680

RENO'S EAST  
1310 ABBOTT  
EAST LANSING  
337-2333

HARRISON ROADHOUSE  
720 MICHIGAN AVENUE  
EAST LANSING  
337-0200

**\*\*TRIPPER'S\*\***  
354 FRANDOR  
EAST LANSING  
336-0717

## **EASTWOOD TOWN MALL RESTAURANTS—2400 BLOCK OF LAKE LANSING ROAD, JUST WEST OF U.S. 127**

MITCHELL'S FISH MARKET

MAX & ERMA'S

P.F. CHANG'S

JOHNNY ROCKET'S

BRAVO CUCINA ITALIANA

CLADDAGH PUB

CHAPBOOK CAFÉ

STARBUCK'S

MAGGIE MOO'S

# MAPS



## General Directions to the University from:

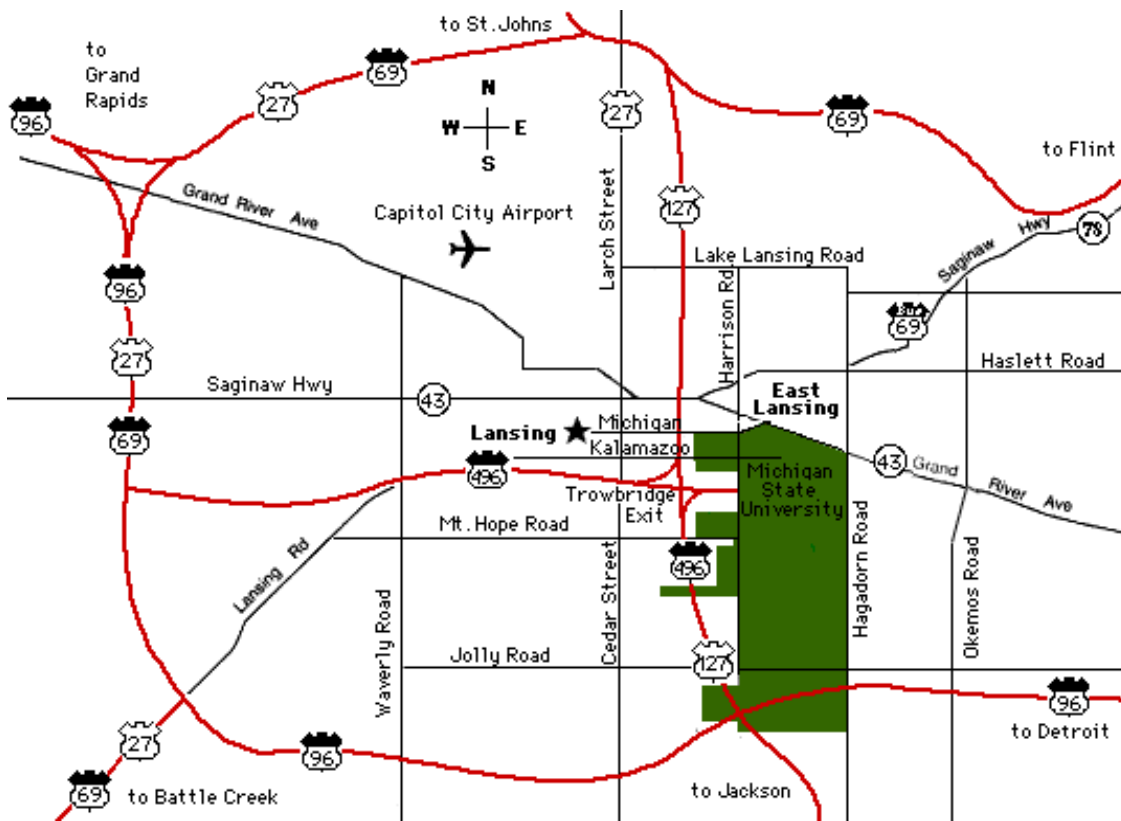
**The North**—Follow 127 South to the Trowbridge Exit. Consult Facilities and Directions for where to go from here.

**Grand Rapids**—Follow 96 East to 127 South and take the Trowbridge Exit. Consult Facilities and Directions for where to go from here.

**Chicago**—Follow 94 East until 69 North. Follow 69 North to 496 to downtown. Follow through downtown and exit at Trowbridge Road. Consult Facilities and Directions for where to go from here.

**The South**—Follow 127 North. Take the Trowbridge exit. Consult Facilities and Directions for where to go from here.

**The East (Including the Detroit Metro Airport)**—Stay on 96 West until you hit I-496/127. Take I-496/127 North and exit at the Trowbridge exit. Consult Facilities and Directions for where to go from here.



# FOOD MARKETS

## **GOODRICH'S SHOP-RITE**

940 Trowbridge Rd.  
East Lansing, MI 48823  
517-351-5820

## **MEIJER**

1350 W Lake Lansing Rd  
East Lansing, MI 48823  
517-333-3001

1350 Lake Lansing Rd  
Lansing, MI 48912  
517-333-3006

2055 W Grand River Ave  
Okemos, MI 48864  
517-347-9101

6200 S Pennsylvania Ave  
Lansing, MI 48911  
517-393-5100  
(Grocery Store/Pharmacy)

5125 W Saginaw Hwy, Lansing, MI  
Lansing, MI 48917  
517-886-8101  
(Grocery Store/Pharmacy)

## **WAL-MART**

5110 Times Square PL  
Okemos MI 48864  
517-381-5243

Wal-Mart Supercenter  
3225 Towne Centre Blvd  
Lansing, MI 48912  
517-487-9150

## **KROGER**

1550 W Lake Lansing Rd  
East Lansing, MI 48823  
517-351-9361

4884 Marsh Rd  
Okemos, MI 48864  
517-347-0100

921 W Holmes Rd  
Lansing, MI 48910  
517-393-6622

6430 W Saginaw Hwy  
Lansing, MI 48917  
517-886-1060

## **SAM'S CLUB**

2925 Towne Centre Blvd  
Lansing, MI 48912  
517-482-9203

340 E Edgewood Blvd,  
Lansing, MI 48911  
517-887-1052

Michigan State University Department of Athletics  
Revised 8/12/07

## GUIDELINES FOR LIGHTNING SAFETY AND SEVERE WEATHER

1. **Chain of Command** : The established chain of command that identifies who is to make the call to remove individuals from the field will be as follows:

**Practice:** 1<sup>st</sup> Certified Athletic Trainer and/or Sport Administrator

2<sup>nd</sup> Head Coach

3<sup>rd</sup> Assistant Coaches.

**Games:** Event Management (Assistance may come from Certified Athletic Trainer.)

2. **Designated Weather Watcher:** The designated weather watcher is the person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous. The Coach must assume some

involvement, especially on those sports where direct communication with the Athletic Training Rooms or Athletic Administration Offices is not available (golf, cross country, crew etc...)

a. **Practice:** Coach and or designate, Certified Athletic Trainer

b. **Games:** Event Management

**Local Weather Monitoring:** Local weather forecasts and warnings (computer, weather radio, and radar detector) will be monitored by the Designated Weather Watcher.

**ThorGuard Lightning Prediction System:** A warning blast will sound by the Thor Guard Lightning Prediction System for a continuous 15 seconds. At the same time of the blast the warning light on top of the horns will blink regularly until the all clear signal is given. The "All Clear" signal is three 5 second blasts in succession. The warning light will go off as well.

5. **Designated Safe Shelters:** Each practice and game venue will have designated facilities that the participants will be asked to retreat too in advent of imminent danger from severe weather to the following facilities:

a. **Old College Field to Jenison Field house**

b. **Ralph Young Track and Field to Stadium or IM West**

c. **Duffy Football Outdoor Fields to Duffy Daugherty Football Building**

**Munn Fields to Munn Arena**

6. **Suspension and Resumption of Play or Practice:** Lightning strikes within six miles or when the flash-to-Bang count is at thirty seconds will be used to determine when to go to safety.

a. Once activities have been suspended, return to practice and play may occur when the "All Clear" signal is given (three 5 second blasts in succession) from the Thor Guard Lightning Prediction System.

**Avoid being the highest point in an open field**, in contact with, or proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles, or light poles.

**Assume the lightning safe position** (crouched on the ground, weight on the balls of the feet, feet together, head lowered, and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear "crackling" noises. Do not lie flat on the ground.

9. **Observe the following basic first aid procedures** in managing victims of a lightning strike:

a. Survey the scene for safety.

b. Activate local EMS.

c. Lightning victims do not 'carry a charge' and are safe to touch.

d. If necessary, move the victim with care to a safer location.

e. Evaluate airway, breathing, and circulation, and begin CPR if necessary.

Evaluate and treat for hypothermia, shock, fractures and/or burns.

All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.

Postpone or suspend activity if a thunderstorm appears imminent before or during an activity or contest, (irrespective of whether lightning is seen or thunder heard) until the hazard has passed. Signs of imminent thunderstorm activity are darkening clouds, high winds, and thunder or lightning activity.

**Summer Camp Decisions for severe weather are to follow the preceding guidelines. The Head Coach or designate must assume the safety of the campers and counselors during inclement weather.**

## **SAFE SHELTER**

A safe location is any substantial, frequently inhabited building. The building should have four solid walls (not a dug out), electrical and telephone wiring, as well as plumbing, all of which aid in grounding a structure.

The secondary choice for a safer location from the lightning hazard is a fully enclosed vehicle with a metal roof and the windows completely closed. It is important to not touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms.

It is not safe to shower, bathe or talk on landline phones while inside of a safe shelter during thunderstorms (cell phones are ok).

## **THOR GUARD LIGHTNING PREDICTION SYSTEM**

The Thor Guard Lightning Prediction System is an integrated advance warning system for lightning. Thor Guard has combined lightning prediction technology with automatically activated air-horns and strobe lights. The sensors are located atop the Duffy Daugherty Football Building and has a range of up to fifteen miles and evaluates the potential for lightning with an area of approximately two miles in radius. The MSU installation is set to the United States Golf Association, USGA, standards for lightning warnings to golf courses.

## **HOT WEATHER**

Outdoor activity in hot weather can be very dangerous for the participants. Sufficient care must be given to the temperature and humidity to prevent the dehydration of athletic participants.

1. Varsity athletics will practice under the supervision and care of the Certified Athletic Trainer. Coaches will be instructed on the frequency and timing of water breaks and the athletes will drink as much as necessary to maintain a safe practice and play environment.
2. Summer Camps will also pay close attention to hydration and breaks from activity during hot and humid weather. Any camper who is suspected to have suffered from a heat related illness will be carefully monitored and may be removed from continued participation of camp activities.
3. Since Certified Athletic Trainers are not always on the field or present during summer camp activities, it is ultimately the Summer Camp Director of each sport who must decide on the safety their sport's participation during hot weather conditions.