Sarah Lawrence College Athletics
Visitor’s Guide

2017
Mission Statement

The athletics program at Sarah Lawrence College provides competitive opportunities that will contribute to the physical, social, mental, and emotional well-being of our students. We are dedicated to assisting student-athletes in achieving balance and intellectual success in an environment that fosters cooperation, leadership, and commitment.

Sarah Lawrence College Facts

Name: Sarah Lawrence College
Location: Bronxville, NY 10708
Founded: 1926
Appx. Enrollment: 1,325 (undergraduate)
          1,675 (total)
Nickname: Gryphons
Affiliation: NCAA Division III
Conferences: Skyline Conference
           Intercollegiate Horse Show Association
           United States Rowing Association
President: Dr. Karen R. Lawrence
Director of Athletics: Kristin Maile

Contact Information

Physical Address
Campbell Sports Center
12 Wilgarth Road
Bronxville, NY 10708

Mailing Address
Campbell Sports Center
1 Mead Way
Bronxville, NY 10708

Phone: (914) 395-2560
Fax: (914) 395-2564
Website: www.GoGryphons.com
Athletic Training

Athletic Trainer
Fred Jimenez
Office: (914) 395-2560
Fax: (914) 395-2564
fjimenez@sarahlawrence.edu

Services and Equipment Provided
A Board Certified/New York State Licensed Athletic Trainer is available at varsity home contests. We will be available to tape your student athletes and provide additional services, but we do ask that your institution provide all necessary materials. Modalities such as ice and moist heat packs will be available to your athletes. Electrical stimulation and ultrasound will be available provided detailed treatment instructions have been included.

The athletic training room is located on the lower level of Campbell Sports Center. Student-athletes that need to see the Athletic Trainer should report to the Campbell Sports Center training room at least one hour prior to the start of the competition. The training room remains open for 30 minutes after the competition has ended.

*Teams not traveling with an athletic trainer should please contact the SLC athletic trainer in advance and should send a fully-stocked medkit. If advance notice is unavailable, please send a list of athletes’ needs with your team.*

Game Day Services
Away teams will be provided with water, cups and injury ice. An AED, splints, crutches and spine board are available for emergencies.

Pregame services include taping, heat, ice and whirlpool.

**Please note that bench towels and water bottles will not be provided to any teams.**

Cups will be available upon request.

Athletic Training Room
Hours of Operation
Monday – Friday
10 am–6 pm

Team Physician
Dr. Sergai DeLaMora
2 Overhill Road
Suite 310
Scarsdale, NY 10583
(914) 725-6970

Local Hospital
Lawrence Hospital
55 Palmer Avenue
Bronxville, NY 10708
(914) 787-1000

**Hours vary based on event schedule.**
Lockers Rooms / Facility Space

Locker rooms and meeting areas are available for teams in the Campbell Sports Center. Locker rooms are equipped with lockers, showers and bathrooms. Teams share locker rooms with our facility patrons, so equipment and valuables should not be left unattended. Lockers can be used but require teams to bring their own locks. Locks remaining at the end of the day will be cut, and locker contents will be discarded.

Before the Event
Teams should unload at the main entrance of Campbell Sports Center (12 Wilgarth Road). A representative of the Athletic Department will greet you at the front desk. The representative will direct you to the main locker rooms as well as show your team the location of the Athletic Training room. Our administrators and building supervisors will also be able to answer any questions you may have prior to the start of the contest.

Once your vehicles are unloaded, parking is available behind the building in the Kober parking lot (see campus map). Please do not park vehicles in fire lanes or reserved accessible parking spots. Traffic moves one-way through the lot. Only larger vehicles (buses) that cannot exit the back of the lot are permitted to drive against the traffic’s primary direction.

After the Event
Following matches, visiting teams are offered locker room access before our home teams. Please be courteous in changing/showering in a timely manner.

If your team requires any meeting space (e.g. to eat a postgame meal), several lounges and a conference room are available in the Campbell Sports Center. Please request this space by contacting Facility Rental Coordinator Erin Pomykala at least 72 hours in advance.

We are happy to accommodate other requests for your team, space permitting. Please contact Erin Pomykala with at least 72 hours notice.

Erin Pomykala
Facility Rental Coordinator
(914) 395-2560
epomykala@sarahlawrence.edu
Evacuation Policy

All events will be attended by an event administrator and building supervisor, who will direct any need for evacuation. These individuals may provide direction that supersedes any automated alarm. Please follow the direction of all College personnel.

If an alarm signal sounds, please evacuate Campbell Sports Center through the nearest exit. Move to a safe location (150 feet away from the building) and, if safe, congregate outside the front entrance of the building on the far side of Wilgarth Road.

Lightning Policy

As per the NCAA, the Athletic Trainer covering the event will have authority to suspend a contest due to lightning in the vicinity of play. At third-party facilities (e.g. soccer), a facility supervisor is present and may initiate an evacuation. Typically, the lightning evacuation policy will be enacted when there is an interval of less than 30 seconds between seeing a flash of lightning and hearing its respective thunderclap.

Once play has been suspended, all players, coaches, officials, spectators and event personnel should seek shelter. Any vehicle with a hard metal roof (i.e. not a convertible) is safe shelter if windows remain completely shut.

Practice/play may resume 30 minutes after the last lightning strike the Athletic Trainer or a designated representative will administer the 30-minute return-to-play clock. Officials and coaches should inspect the field for damage before resuming play.

Sportsmanship

Sarah Lawrence and the NCAA promote good sportsmanship by student athletes, coaches and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial or sexist comments, or other intimidating actions directed at officials, student athletes, coaches or team representatives will not be tolerated and are grounds for removal from the site of competition. Also, consumption of alcoholic beverages and tobacco products are prohibited.
**Home Venues**

**Noyes Court at Campbell Sports Center**  
Basketball / Volleyball  
**GPS:** 12 Wilgarth Road; Bronxville, NY

**Campbell Sports Center Pool**  
Swimming  
**GPS:** 12 Wilgarth Road; Bronxville, NY

**SLC Tennis Courts**  
Tennis  
**GPS:** 16 Ledgewood Road; Bronxville, NY

**Mary LeVine Field**  
Softball  
**GPS:** 82 Glen Washington Rd.; Bronxville, NY

**Glen Island Park**  
Crew  
**GPS:** 299 Weyman Avenue; New Rochelle, NY

**Tibbetts Brook Park Field #3**  
Soccer  
**GPS:** 355 Midland Avenue; Yonkers, NY
DIRECTIONS TO CAMPUS

Please Note: Only passenger cars are allowed on parkways in Westchester County. If you will be driving a bus or towing a trailer, you must take I-95 or the Major Deegan Expressway/I-87. For directions to the College on local surface roads, please call the Office of Admission at (800) 888-2858 or (914) 395-2510 or contact the Campbell Sports Center desk at (914) 395-2560.

Metro North Railroad
Metro-North Railroad Harlem Line commuter trains run every half-hour between 6:00 a.m. and 11:30 p.m. weekdays, and hourly on weekends. Take the train from Grand Central Terminal to the Bronxville Station. Taxi service is available at the Bronxville Station for the short ride to the College.

From New York City (West Side of Manhattan)
Take the West Side Highway North to the Henry Hudson Parkway, which becomes the Saw Mill River Parkway. From the Saw Mill River Parkway, take exit #4 (Cross County Parkway East) and bear right at the fork in the road and take exit #5 (Kimball Ave.). At the traffic light take a left onto Kimball Ave.

From New York City (East Side of Manhattan)
Take the FDR Dr./East River Dr. North to exit #18 (Willis Ave. Bridge). Go over the bridge, staying in the left lane. At the first traffic light, enter the Major Deegan Expressway/Interstate 87 North, which becomes the New York State Thruway/Interstate 87 North in Westchester County. Take exit #4 (Cross County Parkway East), bear right at the fork in the road, and take exit #5 (Kimball Ave.). At the traffic light, take a left onto Kimball Ave.

From Connecticut
Take Interstate 95 South to Exit #21/Interstate 287 West, towards the Tappan Zee Bridge (first exit in New York). Get off at Exit #9 (Hutchinson River Parkway), go through one traffic light, and look for Hutchinson River Parkway South (9S). Take the Hutchinson River Parkway South into the Cross County Parkway West (left-hand side). Take the Cross County Parkway West to exit #5 (Kimball Ave.) and make a right at the first traffic light followed by a left onto Kimball Avenue at the next light.

Or
Take the New York State Thruway/Interstate 87 South to exit #4 (Cross County Parkway East). Continue off the exit past the stop sign, gas station, and underpass. Immediately after the underpass on the right is the entrance to the Cross County Parkway East. Take the Cross County Parkway East to exit #5 (Kimball Ave.) and make a right at the first traffic light followed by a left onto Kimball Avenue at the next light.

From Northern Westchester and Upstate New York
Take the Taconic State Parkway South, which becomes the Sprain Brook Parkway South. Exit the Sprain Brook Parkway at #11 West (Cross County Parkway West). Take exit #5 (Kimball Ave.) and make a right at the first traffic light followed by a left onto Kimball Avenue at the next light.

Or
Take the New York State Thruway/Interstate 87 South to exit #4 (Cross County Parkway East). Continue off the exit past the stop sign, gas station, and underpass. Immediately after the underpass on the right is the entrance to the Cross County Parkway East. Take the Cross County Parkway East to exit #5 (Kimball Ave.) and make a right at the first traffic light followed by a left onto Kimball Avenue at the next light.

From Long Island, Brooklyn and Queens
Take the Whitestone Bridge to the Hutchinson River Parkway North and get off at exit #13 (Cross County Parkway West). Take the Cross County Parkway West to exit #5 (Kimball Ave.) and make a right at the first traffic light followed by a left onto Kimball Avenue at the next light.

From Pennsylvania and New Jersey
Take the New Jersey Turnpike and follow the signs to the George Washington Bridge (preferably the lower level). Once over the bridge take the exit on right marked “THRU TRAFFIC” and follow the signs to the Major Deegan Expressway/Interstate 87 North. Follow additional directions from NYC (West Side) above.

Or
After the George Washington Bridge, take the Henry Hudson Parkway North, which becomes the Saw Mill River Parkway North. From the Saw Mill River Parkway, take exit #4 (Cross County Parkway East), bear right at the fork in the road, and take exit #5 (Kimball Ave.). At the traffic light take a left onto Kimball Ave.
Parking Information

Campus parking is limited at Sarah Lawrence College during the academic year. The following rules and regulations are in effect.

**Weekdays (Monday to Friday) from 8:00 a.m. - 5:00 p.m.**, guest parking is limited to Kober Parking Lot (behind Campbell Sports Center). Parking in any other lot without a permit will result in a ticket from College Security. Team vehicles and spectators may park in this lot on game days without a permit. Other campus visitors should proceed to Westlands Gate (1 Mead Way) to obtain a parking pass. During weekdays, we recommend that you travel to the College by train, bus or taxi.

**Evenings (Monday to Friday) after 5:00 p.m.**, guest parking is permitted in any lot without a permit. We recommend parking during these times Kober Parking Lot (Campbell Sports Center) or in Andrews Parking Lot, an immediate right-hand turn off of Glen Washington Road.

**Weekends (Saturday and Sunday) all-day and evening**, parking is permitted without a permit. We recommend parking during these times Kober Parking Lot (Campbell Sports Center) or in Andrews Parking Lot, an immediate right-hand turn off of Glen Washington Road.

**Off-Campus Facility Directions**

**Tibbetts Brook Park** (355 Midland Avenue in Yonkers)
The park is accessed from the intersection of Teresa Avenue and Midland Avenue in Yonkers. From I-87, head west on Cross County Parkway. From Saw Mill River Parkway, head east on Cross County Parkway.

Take exit 3 for Yonkers Ave East. Once you’ve exited the Parkway, make a right onto Midland Avenue. Follow this road until you come to the entrance to Tibbetts Brook Park. Once inside the park, follow the road to the end which will bring you to the parking lot for the Tibbetts Park Soccer Complex.

**Glen Island** (299 Weyman Avenue; New Rochelle, NY)
From campus, head east on the Cross County Parkway. Exit onto Hutchinson River Parkway South. Take exit 8 (Sanford Blvd). At bottom of ramp make right. At second light, make a right onto Pelhamdale Ave. Follow the road through a residential neighborhood until road ends. Make left at light (Shore Rd/ Pelham Rd). At first light make a right into the park (brown sign Glen Island). Go over drawbridge and follow road around to the castle (our boathouse).

*From Boat House to Finish Line:* Go back over drawbridge and make a left at the light onto Shore Road. Follow for 3 miles to a traffic circle. Go ¾ of the way around circle, following signs for Orchard Beach. You will see a 4 story tower off to the left, this is the finish line.
**Lodging**

For team lodging, contact our Schedules Coordinator, Chris Ehmer
(914) 395-2560; cehmer@sarahlawrence.edu

**Recommended**

**Hampton Inn & Suites**  
*(10 minutes from campus)*  
160 Corporate Blvd.
Yonkers, NY 10701  
(914) 619-5536  
www.HamptonInnYonkers.com

**Others**

**Hampton Inn White Plains/Tarrytown**  
200 West Main Street  
Elmsford, NY 10523

**Ramada Yonkers**  
125 Tuckahoe Rd  
Yonkers, NY 10710

**Residence Inn Yonkers**  
7 Executive Blvd  
Yonkers, NY 10701
Restaurants

Postgame team meals can be delivered to Campbell Sports Center (12 Wilgarth Road). Please alert our desk staff so that we can notify you when your food has arrived.

If you require space (conference room or lounge) for your team meal, please contact our Facility Schedule Coordinator, Erin Pomykala, to reserve space.
(914) 395-2560; epomykala@sarahlawrence.edu

Recommended

LaBella’s Restaurant & Pizzeria
1566 Central Park Avenue
Yonkers, New York 10710
(914) 961-6628

Others

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<tr>
<th>Cross County Mall</th>
<th>Village of Bronxville</th>
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<tbody>
<tr>
<td>Applebee’s (American)</td>
<td>Wild Ginger (Asian Fusion/Sushi)</td>
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<tr>
<td>914-376-6222</td>
<td>10 Park Place #2</td>
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<tr>
<td>BGR The Burger Joint (American)</td>
<td>914-337-2178</td>
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<tr>
<td>914-375-2131</td>
<td>Blue Moon Mexican Café (Mexican)</td>
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<td>Brickoven Pizza Mania (Italian)</td>
<td>7 Pondfield Rd #27</td>
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<tr>
<td>914-423-7550</td>
<td>914-337-4000</td>
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<tr>
<td>Red Lobster (Seafood)</td>
<td>Pete’s Tavern &amp; Restaurant (American)</td>
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<tr>
<td>914-965-7190</td>
<td>18 Park Place</td>
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<td>TGI Friday’s (American)</td>
<td>914-337-9887</td>
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<td>914-308-3258</td>
<td>Blue Moon Mexican Café (Mexican)</td>
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<td>Panera Bread (Sandwiches)</td>
<td>7 Pondfield Rd #27</td>
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<td>914-375-3691</td>
<td>914-337-4000</td>
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<td>Chipotle (Southwestern)</td>
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<td>914-885-2900</td>
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<td>914-337-3354</td>
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All undergraduate admission appointments are held in Westlands.
Graduate admission appointments are held in Slonim.
CGE admission appointments are held in 45 Wrexham.

Accessibility
- hand up accessible restrooms
- hand up accessible parking and pathways to entrances
- steep grades that may require assistance