



VISITOR'S GUIDE 2009-2010

**Department of Intercollegiate Athletics
4200 Connecticut Ave., NW
Washington, DC 20008
Phone: (202) 274-5024
Fax: (202) 274-5065**

Welcome to The University of the District of Columbia



The University of the District of Columbia is the only public institution of higher education in the District of Columbia. Chartered in 1974 from three other institutions of higher learning, this Historically Black College/University maintains an open admissions policy, and is the only urban land-grant institution in the nation.

The University fulfills many missions in serving the citizens of the District of Columbia. Responsive to the occupational needs of District residents, the University is not only a graduate and baccalaureate degree granting institution, it is also a community college. Ever mindful of these responsibilities, the University continues to design programs and produce competitive graduates in response to the needs of the District.

The University also offers courses designed to upgrade the skills of District residents who are already on the job or who wish to become more competitive to qualify for jobs. Also, as an urban land-grant institution, the University ensures that its core charge of teaching, research, and public service, as specified in the Morrill Act, is in vanguard for improving the quality of life of the residents of the District of Columbia.

And as an open admissions university, the University provides broad opportunities for a diverse student population -- for those under-prepared as well as for those adequately prepared for higher education -- to enable them to become productive citizens with marketable skills. The University believes that its role in developing the under-prepared student is critical to the success of its students as well as to the future financial health and well-being of the District of Columbia.

The University also boasts a large international student population. More than 25 nations are represented in the student body, truly making this the University of Diverse Cultures. These visiting students are fully embraced by the university community, and their exposure to District residents helps foster international good will and understanding.

Directions to UDC Campus

From Washington, DC:

From **Southeast/Southwest Washington**- Take Pennsylvania Avenue West or South Capitol Street North to (I-395) Southwest Freeway-Follow the Southwest Freeway to the Maine Avenue exit- Follow Maine Avenue until it merges with Independence Avenue - Follow Independence Avenue to 17th Street, NW. – Turn right on 17th Street, NW and continue on 17th until it becomes Connecticut Avenue, NW. – Continue on Connecticut Avenue for approximately 5 miles to Van Ness Street, NW- Turn left on Van Ness Street, NW- The UDC Campus will be on the right-Turn right into parking garage entrance.

From Northwest Washington- Take Connecticut Avenue West to Van Ness Street, NW-Turn left on Van Ness Street, NW- The UDC Campus will be on your right. Turn right to enter the UDC parking garage.

From Northeast Washington- Take Michigan Avenue, NE to Irving Street, NW to Kenyon Street NW- Follow Kenyon Street, NW to Park Road, NW- Follow Park Road, NW until it bears right to become Tilden Street at a traffic light. Follow Tilden Street, NW to Connecticut Avenue, NW- Turn right on Connecticut Avenue, NW- Follow Connecticut Avenue, NW to Van Ness Street, NW- Turn left on to Van Ness Street, NW- the UDC Campus will be on your right-Turn right to enter the UDC parking garage.

From Maryland

From I-95- Take I-95 South to I-495 West, to the Connecticut Avenue South exit- Follow Connecticut Avenue South to Chevy Chase Circle- Go through Chevy Chase Circle to continue on Connecticut Avenue, NW- Follow Connecticut Avenue, NW to 4200 block to UDC Campus- Turn right on Van Ness Street, NW- Turn right to enter the UDC parking garage.

From I-270- Take I-270 to I-495 East, to Connecticut Avenue South exit- Follow Connecticut Avenue South to Chevy Chase Circle- Go through Chevy Chase Circle to continue on Connecticut Avenue, NW- Follow Connecticut Avenue, NW to 4200 block to UDC Campus- Turn right on Van Ness Street, NW- Turn right to enter the UDC parking garage.

From Northern Virginia West

From I-66- Take exit I-495 East, to Connecticut Avenue South exit- Follow Connecticut Avenue South to Chevy Chase Circle- Go through Chevy Chase Circle to continue on Connecticut Avenue, NW- Follow Connecticut Avenue, NW to 4200 block to UDC Campus- Turn right on Van Ness Street, NW- Turn right to enter the UDC parking garage.

From Northern Virginia South

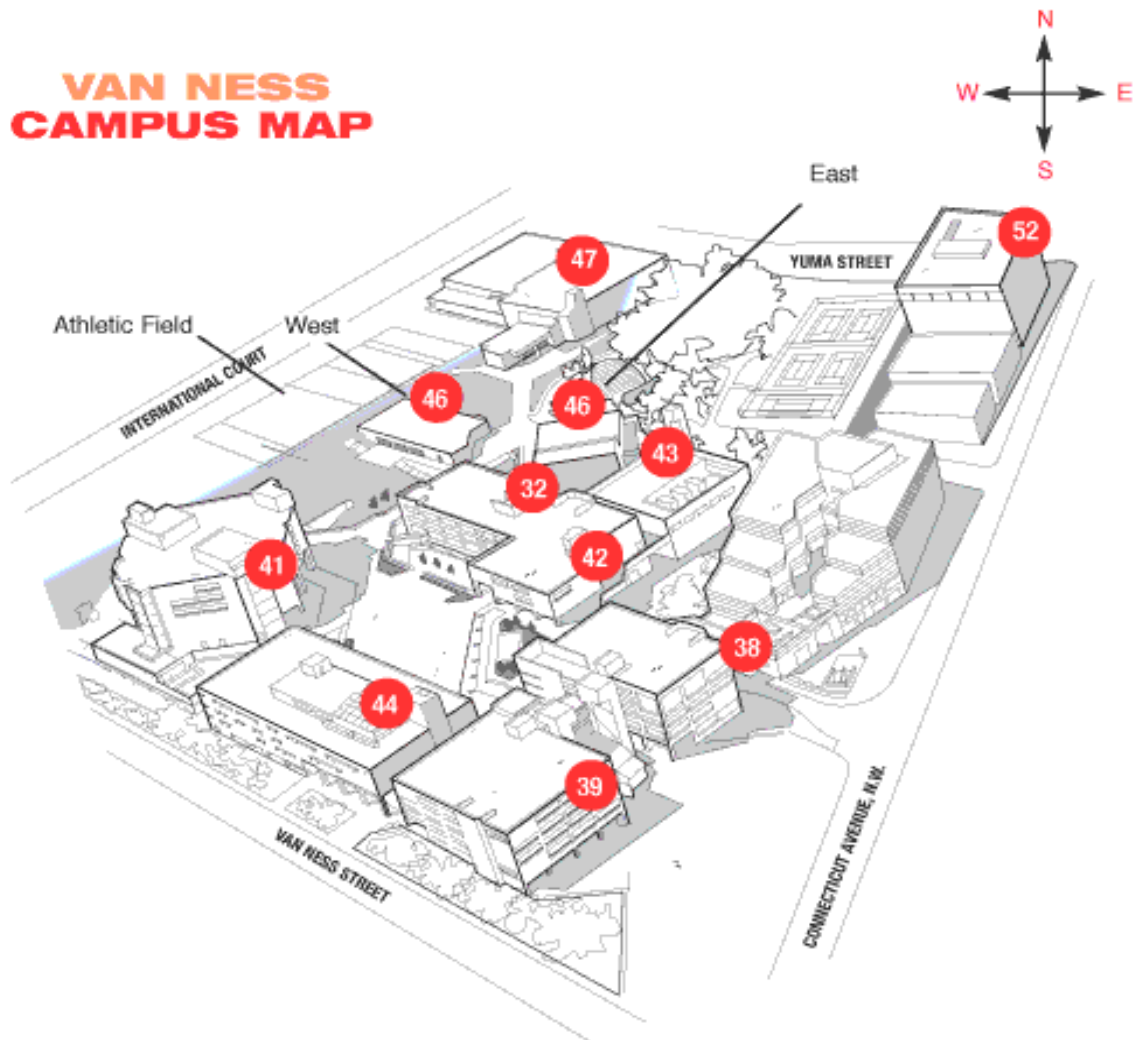
From I-395 – Take I-395 north to 14th Street, NW in Washington, DC- Follow 14th Street, NW to I Street, NW- Turn left onto I Street, NW- Follow I Street, NW to 17th Street, NW- Turn right on 17th Street, NW and follow it until it becomes Connecticut Avenue, NW- Continue on Connecticut Avenue, NW for approximately 5 miles to Van Ness Street, NW- Turn left on Van Ness Street, NW- The UDC Campus will be on the right-Turn right into the UDC parking garage entrance.

VISITING TEAM BUS/VAN PARKING



Visiting team busses and vans should park in the area next to the tennis courts in the circle fronting building 46, off Windom Place, NW. Windom Place is located between Yuma Street and Veazey Terrace on the UDC side of Connecticut Avenue, NW. Please call the UDC Police with any questions or for further parking instructions at (202) 274- 5050.

VAN NESS CAMPUS MAP



Van Ness Campus Map

Bldg	Name
32	Mathematics
38	Student Services & The Law School
39	Administration & Financial Aid
41	Arts & Sciences/Library
42	Engineering
44	Life Sciences
46	Auditorium/Music, Dance & Theater
47	Athletic Center
52	Business & Continuing Ed.

Local Restaurants



Burger King
4422 Connecticut Avenue, NW
Washington, DC 20008

Charlie Chiangs
Restaurant & Lounge
4250 Connecticut Avenue, NW
Washington, DC
202.966.1916

Epicurean and Company
4250 Connecticut Ave NW
Washington DC 20008
202.237.7711

Firebird Inn
UDC Student Cafeteria
Building 38
B-Level

Green Apple Café
Chinese Carryout
4221-A Connecticut Avenue, NW
Washington, DC
202. 966-3298

Indian Ocean
4221-B Connecticut Avenue, NW
Washington, DC (202) 362-4444

Italian Pizza Kitchen
4483 Connecticut Avenue, NW
Washington, DC 20008
202. 364.1010

Jerrys Subs ◊Pizza
4220 Connecticut Avenue, NW
Washington, DC
202. 244-7474

Pot Belly Sandwich Works
4300 Connecticut Avenue, NW
Washington, DC
202.237.2892

Quiznos Subs
4481-B
Connecticut Avenue, NW
Washington, DC 20008
202.364.1010

Shanghai Garden
4469 Connecticut Ave. NW
Washington DC 20008
202.362.3000

Starbucks
4250 Connecticut Ave., NW
Washington, DC 20008
202.364-2796

Subway Restaurant
4401 Connecticut Ave. NW
Washington DC 20008
202.332.6000

Tesora Italian Restaurant
4400-A Connecticut Avenue, NW
Washington, DC 20008

Lodging

Days Inn Connecticut Ave
4400 Connecticut Ave. NW
Washington, DC 20008
(202)-244-5600
0.27 miles from campus

Marriott Wardman Park Hotel
2660 Woodley Rd. NW
Washington, DC 20008
(202)-328-2000
1.28 miles from campus

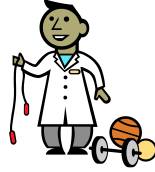
Omni Shoreham Hotel
2500 Calvert St. NW
Washington, DC 20008
(202) 234-0700
1.45 miles from campus

Hilton Washington
1919 Connecticut Ave. NW
Washington, DC 20009
(202)-483-3000
2.06 miles from campus

Courtyard Marriott Northwest
1900 Connecticut Ave. NW
Washington, DC 20009
(202)-332-9300
2.08 miles from campus



Athletic Trainer's Information



Dear Visiting Trainer,

On behalf of the University of the District of Columbia we would like to welcome you and your team to the campus of UDC, home of the Firebirds. If you have any special requests, do not hesitate to contact the Head Athletic Trainer, Khalfani Sullivan.

UDC's athletic training facility is located in building 47. The training room will be open to participating athletes two hours before a scheduled contest. A Certified Athletic Trainer (ATC) will be on site for every home varsity contest.

- Visiting teams should bring their own training supplies. None will be provided.
- Ice is available.
- A table is set up in the athletic training room for taping.
- Towels are not provided for the visiting team.

Head Athletic Trainer
Khalfani Sullivan

Facilities Information

Locker Room

Locker room facilities are only available in Building 47. Visiting teams need to bring their own towels and locks. The locker room will be secured during contests.

Practice Times

Coaches please make arrangements with the coach of your sport to set-up an appropriate practice time.



UDC GYMNASIUM



Sports Information



Media Information

The Sports Information Office serves as the primary contact for the media to obtain information about the athletic program at the University of the District of Columbia. The Office provides news releases, final game statistics, schedules, media guides and other printed resource materials in support of the Athletic program. The Sports Information Office also maintains the University's Official Athletic Web Site, and can be reached by telephone at (202) 274-5064, by FAX at (202) 274-5065, and by E-mail (bpayton@udc.edu).

Media Credentials

Requests for credentials should be made to the Sports Information Office at (202) 274-5064 at least 24 hours prior to each game. Credentials may be picked up prior to game day at the UDC Sports Information Office in the Physical Activities Center, Room A04A, or at the ticket window immediately before the start of a game.

Media Parking

A limited number of parking passes are available. Due to limited parking on campus, a pass does not guarantee a parking space, but every effort will be made to accommodate the media.

Interview Policy

Coaches and athletes are available for interviews. Please contact the Sports Information Office to schedule all interviews at least 24 hours in advance so that a mutually agreeable time can be arranged.

Official Athletics Site for University of the District of Columbia Firebirds

Game stories, schedules, results and other athletic related matters can be accessed through the official athletic site of the University of the District of Columbia, www.udcfirebirds.com, or the University's web site at www.udc.edu (click on the athletic link).



Local Media Outlets

Newspapers

Washington Post
1150 15th Street, N.W.
Washington, DC 20071
(202) 334-7350
FAX: (202) 334-7685

Washington Afro-American
1612 14th Street, N.W.
Washington, DC 20009-4307
(202) 332-0080
FAX: (202) 939-7461

Washington Informer
3117 Martin Luther King, Jr.
Avenue, SE
Washington, DC 20032
(202) 561-4100

Associated Press
2012 K Street, NW
Washington, DC 20006
(202) 641-9660
FAX: (202) 776-9570

TV Stations

WRC-TV (4)
40001 Nebraska Avenue, N.W.
Washington, DC 20016
Tel: 202-885-4000
Fax: 202-885-4002

WUSA-TV (9)
4100 Wisconsin Avenue, N.W.
Washington, DC 20016
Tel: (202) 895-5600
FAX: (202) 363-6472

WTTG-TV (5)
5151 Wisconsin Avenue, N.W.
Washington, DC 20016
Tel: (202) 895-3026
FAX: (202) 895-3010

WJLA-TV (7)
1100 Wilson Blvd.
Arlington, VA 22209
Tel: (703) 236-9499
FAX: (703) 236-9263

Sports Radio

Radio One WOL (1450 AM)
(Channel- 169 XM)
5900 Princess Parkway
Lanham, MD 20706
(301) 429-2665

WTEM Radio (980 AM)
1801 Rockville Pike
Rockville, MD 20852
Tel: (301) 231-7798
FAX: (301) 881-8025

News Channel 8
Glen Harris
Sports Talk Show
1100 Wilson Blvd.
Arlington, VA 22209
(703) 236-9499

Staff Directory

Director of Athletics

Patricia A. Thomas
P: (202) 274-5024
E: pthomas@udc.edu

Associate Director of Athletics for Internal Operations

Mike Riley
P: (202) 274-5024
E: mriley@udc.edu

Associate Director of Athletics for Academic Support

Jennifer Ziarko
P: (202) 274-5396
E: jziarko@udc.edu

Associate Director of Athletics For Compliance (Acting)

Joseph Lang
P: (202) 274-5024
E: jlang@udc.edu

Faculty Athletics Representative

Professor Sam Jefferson
P: (202) 274-7339
E: sjefferson@udc.edu

Athletic Trainer

Khalfani Sullivan
P: (202) 274-6269
E: ksullivan@udc.edu

Sports Information

Sports Information Director
Bernard S. Payton
P: (202) 274-5064 (O)
(202) 498-9400 (C)
E: bpayton@udc.edu

Sports Medicine

Head Athletic Trainer
P: (202) 274-6269

Aquatics Manager

Thunder Lane
P: (202) 274-5066
E: tlane@udc.edu

Recreation/Facilities Manager

Robert "Butch" Cherry
P: (202) 274-6024
C: (202) 386-5458
E: rcherry@udc.edu

Staff Assistant

Oneita B. Gibbs
P: (202) 274-5368
E: ogibbs@udc.edu

Sandra Smith

Administrative Assistant
P: (202) 274-5095
E: ssmith@udc.edu

COACHING STAFF

Men's Basketball

Head Coach
Jeff Ruland
P: (202) 274-5083
E: jruland@udc.edu

Assistant Head Men's Basketball Coach
Terrell Stokes
P: (202) 274-6352
E: tstokes@udc.edu

Women's Basketball

Head Coach
Lester L. Butler, Jr.
P: (202) 274-5085
C: (202) 345-1165
E: lbutler@udc.edu

Assistant Women's Basketball Coaches
Jaime Brown
Sean Hill
LaQuanda Brandon
P: (202) 274- 5085

Men's & Women's Cross-Country

Head Coach Track & Field\Cross-Country
Jasmine Rogers
P: (202) 274-5381
C: (202) 713-6401
E: jlrogers@udc.edu

Men's Soccer

Head Coach
Khary Stockton
P: (202)-274-5074
C: (301) 633-0456
E: kstockton@udc.edu

Assistant Coach
Boyan Yankulov
P: (202) 274-5074
E:byankulov@udc.edu

Men's & Women's Tennis

Head Coach
T. Richard "Dickie" Mahaffey, III
P: (202) 274-5966
E: tmahaffey@udc.edu

Student Assistant

Arda Kaytan

Women's Volleyball

Head Coach
Sheila Weaver
P: (202) 274-5762
E: sweaver@udc.edu

Assistant Women's Volleyball Coach
Cornelius McFerson
P: (202) 274-5762

Women's Track & Field

Head Coach Track & Field/Cross-Country
Jasmine Rogers
P: (202) 274-5381
C: (202) 713-6401
E: jlrogers@udc.edu

Emergency Phone Numbers

Fire, Medical and Police	911
Metropolitan Police Department (Non-emergency)	202-727-4326
District of Columbia Fire Department (Non-emergency)	202-727-4326
UDC Campus Police	202-274-5050
UDC Athletic Trainer	202-274-6269

