

IOWA STATE WRESTLING

HILTON COLISEUM



2008-09 Visiting Team Manual

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Wrestling Important Numbers

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clsander@iastate.edu

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casey@iastate.edu

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Director of Wrestling Operations
Office: 515-294-4872
Cell: 515-520-0258
Fax: 515-294-6046
mddonnelly@iastate.edu

Ticket Office
888-478-2925 (toll free)
515-294-1816 (local)

Wrestling Offices
515-294-6421



Visiting Team Information

Hilton Coliseum Quick Facts

Location: Corner of University Drive & Lincoln Way
Capacity for Wrestling: Approx. 9,500

Work out Times

Please fill out the visiting team information sheet and fax it to Casey Cunningham at 515-294-6046. Please call 515-294-2657 for available practice times.

Officials & Protocol

We will follow the 2008 Big 12 Conference meet protocol. When you arrive, the individual meet protocol will be presented.

Equipment & Locker Room

Visiting team locker rooms are located on the lower (court) level of Hilton Coliseum. Locker rooms are on the East end of the building. Access to the locker rooms is down the loading ramp. A member of the event management staff will escort you to your locker room.

Towels will be furnished for your convenience.

Security

Game day security is provided by campus, city, county and state law enforcement. A security company will provide security in and around all public entrances, parking lots and seating areas.

Public Will Call

Located in the ticket office on the South side of Hilton Coliseum. Ticket office will open 60 minutes prior to the match.

Student-Athlete Pass Gate

Please give your pass list to the event manager upon arrival. Player-guest entrance in on the East side of Hilton Coliseum. Once on the East side, go up the ramp to the doors. Iowa State will provide a security person at the student-athlete entrance. If you need any assistance, you should contact our ticket office in advance of your arrival. The pass gate will open one hour prior to the start of the match.

Elevator Service

An elevator is located at the East and West ends of Hilton Coliseum.

Media / Press Box Information

All media and credential requests need to be made in writing on official letterhead no later than seven days in advance of competition. Please contact the Athletics Communications staff at 515-294-3372.

Press row is located on the East side of the mat. Photographers will only be allowed on the West side of the mat.

Microphones

Microphone may not be placed in or around the team/coaches box.



Directions to James H. Hilton Coliseum

From the Des Moines International Airport:

Proceed out of airport parking and turn north on Fleur Drive. Drive north toward downtown Des Moines and travel approximately 3.5 miles before crossing the Raccoon River bridge. After crossing the bridge, take the first right-hand turn, taking you east on Locust Street. Proceed east through downtown until you reach Second Street. Turn left on Second Street (heading north) and make your way into the far right lane. You'll proceed up the hill and see the entrance to the Des Moines Freeway (I-235). Take I-235 East and simply keep following that road out of Des Moines and the next 35 miles to Ames (I-235 turns into I-35 just outside the Des Moines city limits).

To exit I-35 into Ames, take the Ames exit, heading west on U.S. Hwy 30. Travel on Hwy. 30 to the third exit marked "Iowa State Center." You'll be traveling north on University Blvd, which will take you to Hilton Coliseum.

Parking Information

Team parking is located at the top of the loading ramp located on the East side of Hilton Coliseum. Turn West off of University Blvd. and North at the first intersection. A parking attendant will be available for assistance.

Public parking is located to the South of Hilton Coliseum.

Medical Accessible parking is located in lots B-2 & B-3 South and West of Hilton Coliseum

All parking is on a first-come, first-serve basis.

Athletic Training & Medical Services

If there are any special needs for your athletes, please let us know so we can make the necessary arrangements. The training room is fully equipped with all the necessary equipment. Emergency, facility and medical phone numbers may be found below.

Athletic Training Staff

Tom Josefowicz

Work: (515) 294-8388

Feldman Athletic Health Care Center

Jacobson Athletic Complex

Iowa State University

Main: (515) 294-4441

Physicians

Marc Shulman MD (Team Physician), GP

Work: (515) 294-7989

Tom Greenwald MD, Orthopedic Surgeon

Work: (515) 239-4475

Pete Buck MD, Orthopedic Surgeon

Work: (515) 239-4475

Hospital, Mary Greeley Medical Center

111 Duff Avenue, Ames, IA 50010

Short Stay Unit: (515) 239-2170

Emergency: (515) 239-2155

Radiology: (515) 239-2131

Pre-game Activities

Timing Sheet

A pre-game timing sheet will be provided to the visiting team upon arrival. The following timetable will be used for the 2008-09 season:

Game Protocol

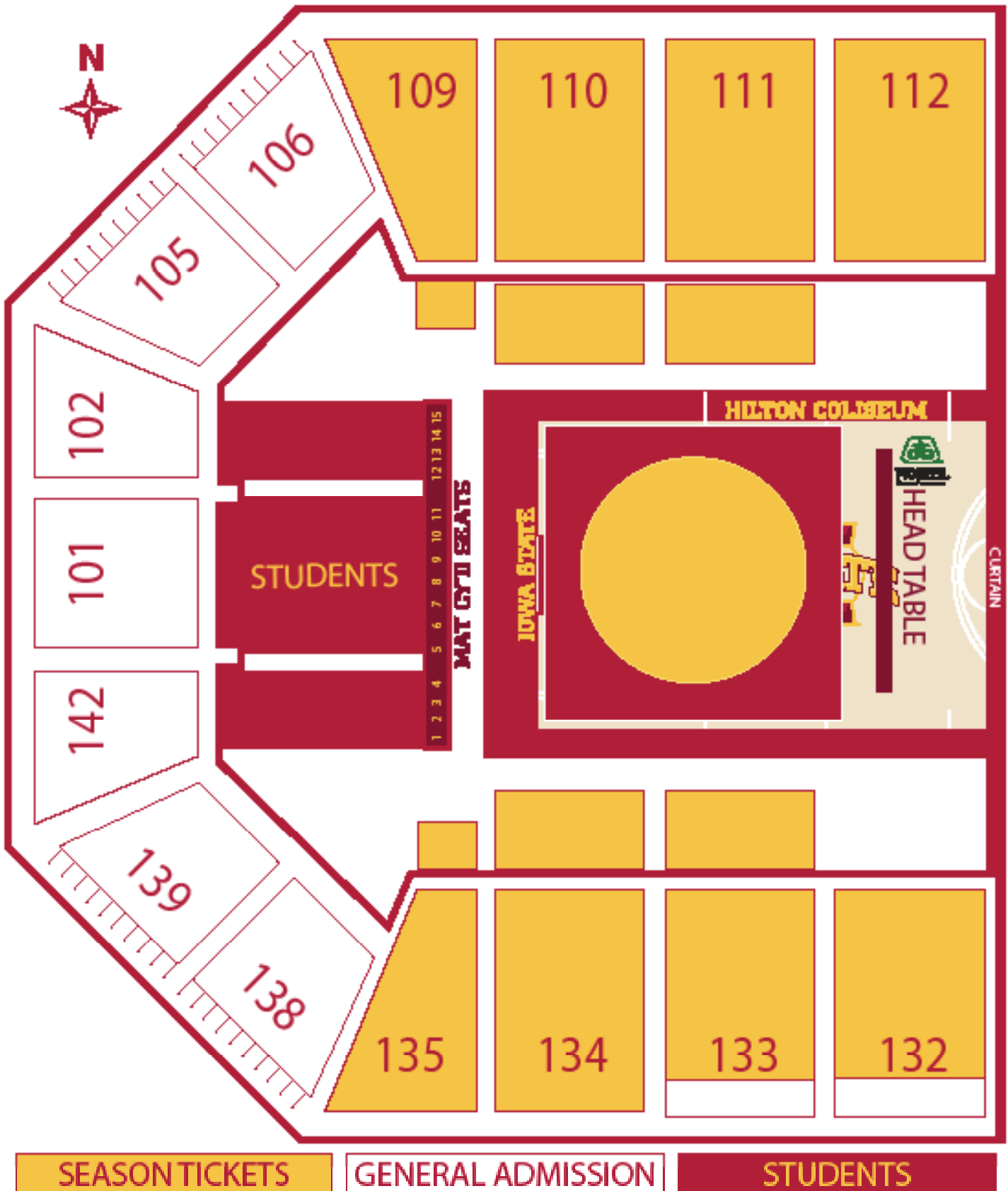
Example for a 2:00 p.m. match; actual time will be adjusted according to start time.

<i>Actual Time</i>	<i>Scoreboard</i>	<i>Activity</i>
11:00 a.m.	3 hours prior	Scale Available
NOON	Two Hours Prior	Mat Available for work out
12:30 p.m.	90:00	Clock Starts
1:00 p.m.	60:00	Medical Checks & Weigh In
1:50 p.m.	10:00	Clear the Mats
1:55 p.m.	5:00	National Anthem
2:00 p.m.	0:00	Introductions
2:05 p.m.	----	Wrestling Begins

Please note that schedule may change or you may be asked to alter this format due to special events (i.e. Senior Day.)



Hilton Coliseum Seating Map



Hilton Coliseum - Floor Level



North



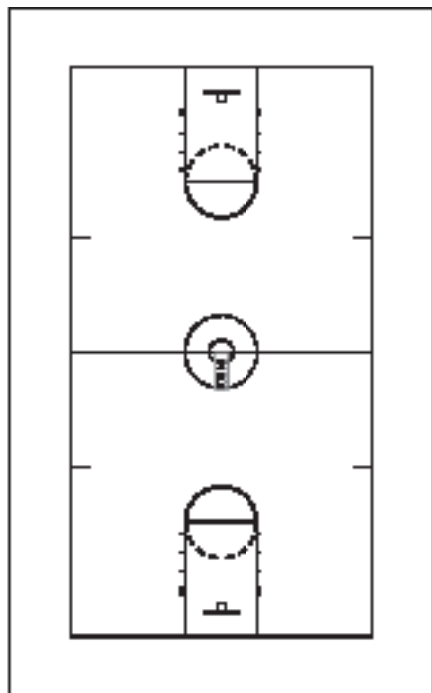
Visiting Team Locker Rooms



Athletic Training Room



Iowa State Locker Room

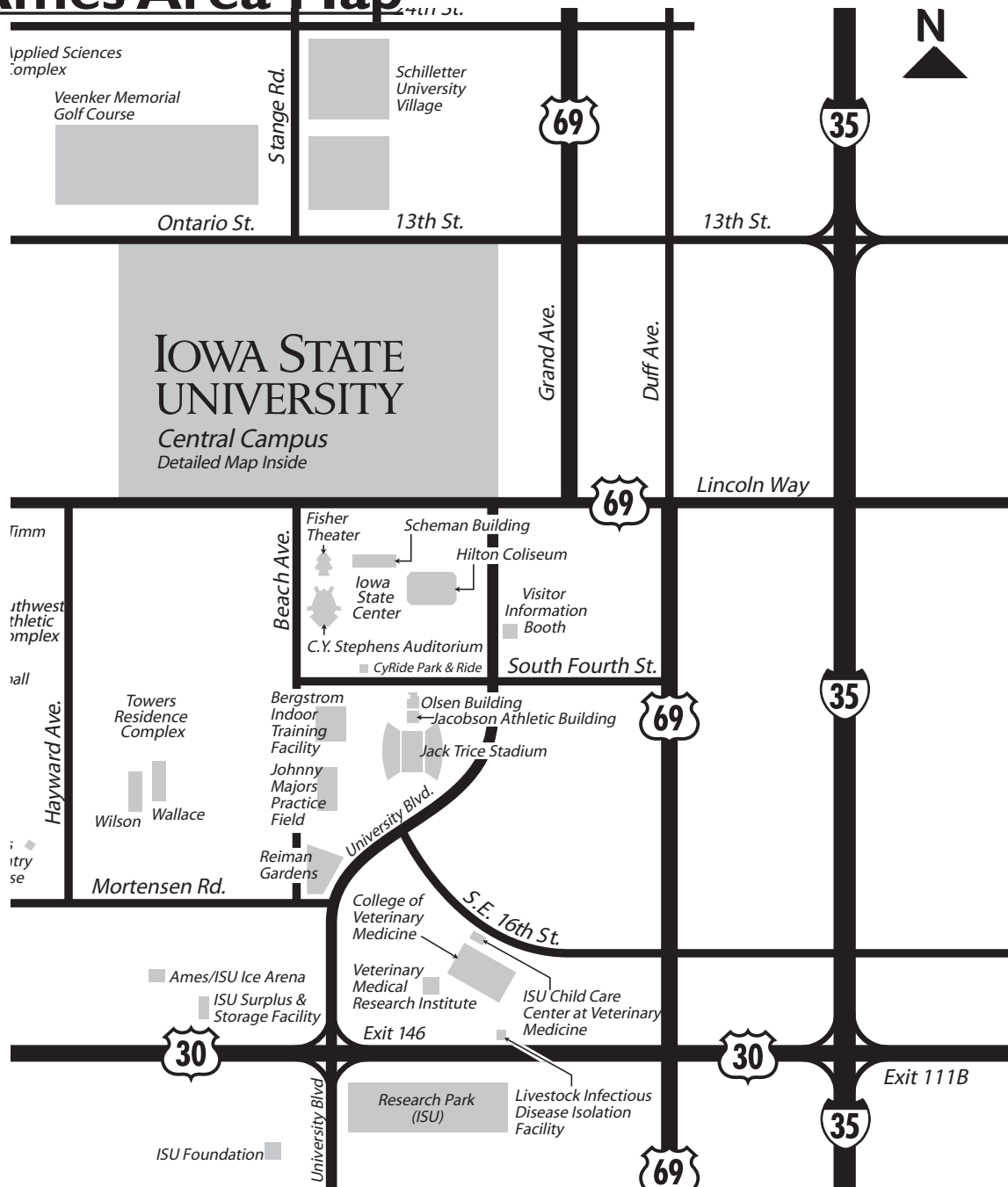


Scale and Weigh in Area

Officials Locker Room



Ames Area Map



Ames/ISU Ice Arena	B7	Jacobson Athletic Building	C5	Veenker Memorial Golf Course	A1
Applied Sciences Complex	A1	Johnny Majors Practice Field	B6	Veterinary Medical Research Institute	C7
Beach Ave. Indoor Training Facility	B5	Livestock Infectious Disease Isolation Facility	C8	Veterinary Medicine, College of	C7
Central Campus	B3	Olsen Building	C5	Visitor Information Booth	D5
Softball Field	A4	Reiman Gardens	B6	Wallace Residence Hall	A6
Country Course	A6	Research Park (ISU)	C8	Wilson Residence Hall	A6
CyRide Park & Ride	C5	Scheman Building (Iowa State Center)	C4		
Fisher Theater (Iowa State Center)	B4	Schilleter University Village (SUV)	C1		
Hilton Coliseum (Iowa State Center)	C4	Softball Field	A5		
Iowa State Center	C4	Southwest Athletic Complex	A5		
ISU Foundation	B8	Stephens Auditorium (Iowa State Center)	B5		
ISU Surplus & Storage Facility	B7	University Child Care Center at Veterinary			
Jack Trice Stadium	C6	Medicine	C7		

Restaurants

S=Seating
B=Breakfast
L=Lunch

D=Dinner
GR=Group rates and menus
GA=Group area

A=Alcohol
BP=Bus parking
C=Catering

AMERICAN

Applebee's Grill and Bar
105 Chestnut Avenue
Ames, IA 50010
515-233-6452
FAX: 515-233-6247
S-170, L, D, A

Audubon's Restaurant
2100 Green Hills Dr.
US 30 & Elwood Dr.
Ames, IA 50014
515-292-8600

Aunt Maudes
547 Main Street
Ames, IA 50010
515-233-4136
Fine dining atmosphere. S-50, L, D, GR, GA, A, BP, C

Buford's Steakhouse & BBQ
Quality Inn & Suites
2601 East 13th St.
Ames, IA 50010
515-232-9260
Dining Room, BBQ Pit and Smoker

Hickory Park Restaurant
1404 South Duff
Ames, IA 50010
515-232-8940
Barbecue specialties. Fast service, full-service, catering facility available. S-400, L, D, GA, A, BP, C

Old Chicago
1610 South Kellogg Avenue
Ames, IA 50010

Okoboji Grill
114 S. Duff St.
Ames, IA 50010
515-239-5036
Casual dining: Offering great nightly specials, 11 TV's and big screen for every sporting event. S-140, D, BP

Wallaby's
3720 Lincoln Way
Ames, IA 50014
515-292-1167
Seventy-item menu, all homemade. Done in a fun and sporty way! S-90, L, D, A, BP

SUBS

Jimmy Johns
1310 S. Duff Ave
Ames, IA 50010
515-232-4567

Panera Bread
309 S. Duff Ave
Ames, IA 50010
515-956-4580

Quiznos
302 Lincoln Way
Ames 50010
515-232-3300

Subway
3712 Lincoln Way
Ames, IA 50010
515-292-6430

ETHNIC

Carlos O'Kelley's Mexican Cafe
631 Lincoln Way
Ames, IA 50010
515-232-1500
Mexican, S-250, L, D, A, BP

Ge-Angelos
823 Wheeler St.
Ames, IA 50010
515-233-0959
Italian

PIZZA

Dominos Pizza
118 Hayward Avenue
Ames, IA 50014
515-292-3030
Take-out/delivery. Pizza & buffalo wings.

Great Plains Sauce & Dough Co.
129 Main St.
Ames, IA 50010
515-232-4263

Ge-Angelo's Italian
823 Wheeler St
Ames 50010
515-233-0959

Happy Joe's
551 South Duff Avenue
Ames, IA 50010
515-232-4231
Lunch buffet. Carry-out, delivery, or let us cater your group. S-150, L, D, GR, GA, A, BP, C

Valentino's
823 Wheeler Suite #1
Ames, IA 50010
515-233-2111
FAX: 515-233-9136
Dine-in, take out, delivery or catering services.
All-you-can-eat buffet. S-150, L, D, GR, GA, A, BP, C

Entertainment

RADIO

KASI (1430 AM), KCCQ (105.1 FM)
415 Main Street
Ames, IA 50010
515-232-1430 or 515-232-0105
FAX: 515-232-1439
AM - Talk/news format and oldies
FM - Contemporary, Top 40 pop-rock

WOI (640 AM & 90.1 FM)
Iowa State University
Ames, IA 50011
(800) 861-8000
515-294-2025
Public radio

MOVIE THEATERS

CineMark – Movies 12
South Duff Avenue
Ames, IA 50010
515-232-4882

KCCQ Movie Hotline
515-232-0222

North Grand 5 Theaters
North Grand Mall
2801 Grand Avenue
Ames, IA 50010
515-233-6644

RECREATION

20th Century Bowling
505 South Duff
Ames, IA 50010
515-232-5530

ISU Memorial Union Bowling
Iowa State University
Ames, IA 50011
515-294-1233

Lunar Golf
North Grand Mall
Ames, IA 50010
515-233-1637
FAX: 515-232-2689

Seven Oaks Recreation & Ski Area
1086 222 Drive
Boone, IA 50036
515-432-9457

Stagecoach Stables
1568 Stagecoach Road PO Box 1652
Ames, IA 50010
515-232-0999
FAX: 515-233-6229
Ames, IA 50014
515-292-8822

Transportation

AIR

Ames Municipal Airport
Airport Road
Ames, IA 50010
515-232-4310
Light single and twin aircraft.

Des Moines International Airport
5800 Fleur Drive
Des Moines, IA 50321
515-256-5100
FAX: 515-256-5025

Major commercial airlines including American, America West Express, Chicago Express, Comair/Delta Connection, Northwest, TWA, United Airlines. Approximately 45 minutes south of Ames.

GROUND

Central Iowa Transit, Inc.
2701 Ford St.
Ames, IA 50010
515-233-0286

Cy-Ride
1700 West 6th Street
Ames, IA 50014
515-292-1100
FAX: 515-239-5578

This award-winning transportation system eliminates parking hassles. Three-day visitor passes and other convenient payment methods. City Bus Service. Route maps, schedules, and guided tours upon request.

Cyclone Taxi
2006 East Lincoln Way
Ames, IA 50010
515-232-1343

Enterprise Rent-A-Car
535 South Duff Ave
Ames, IA 50010
515-233-5200
FAX: 515-232-7017

Enterprise Rent-A-Car is a very versatile rental company. We carry many different makes and models including pickups and vans. Service is everything at Enterprise and delivery is always free.

Midwest Coaches, Inc.
1501 East Lincoln Way
Ames, IA 50010
515-232-7270 or 800-262-2005 (Iowa Only)
FAX: 515-232-6279

Chartered coaches and school buses. Charters, shuttles and tours.

U-Save Auto Rental
705 S. Duff Avenue
Ames, IA 50010
515-232-1009

Windstar Lines
1903 North US Hwy. 71
Carroll, IA 51401
888-494-6378

Ames Lodging

AmericInn & Suites of Ames

2507 S.E. 16th Street
Ames, IA 50010
515-233-1005 or 800-634-3444

Website: <http://www.americinn-iowa.com/ames>

Conveniently located near the interchange of Interstate 35 and US Highway 30, the AmericInn & Suites offers: Lobby with vaulted ceiling and large brick fireplace, suites featuring in-room private whirlpools and fireplaces, complimentary "enhanced" continental breakfast, conference room for up to 40 people, indoor pool and whirlpool, game room, and in-room movies.

Best Western University Park Inn & Suites

2500 University Blvd
Ames, IA 50010
515-296-2500 or 800-WESTERN
FAX: 515-296-2874

Just minutes from Iowa State Center, our spacious lobby awaits each guest with complimentary breakfast and a free weekday copy of USA Today. Guests will enjoy our in-room extras like voice mail, coffeemaker, hairdryer, and iron/ironing board. We also have an indoor pool, whirlpool, and fitness center.

Quality Inn & Suites Conference Center

I-35 & 13th Street
Ames IA 50010
515-232-9260
FAX: 515-232-9260

Situated on the east side of Ames, with easy access to Interstate 35 and US Highway 30, the Quality Inn & Suites Conference Center provides ample meeting space, lodging and dining services to provide all meeting/lodging requirements under one roof. Recreation facilities and indoor pool. Favorite with agribusiness and university departments, this property specializes in providing a casual environment for your meetings.

Comfort Inn

1605 South Dayton Avenue
Ames, IA 50010
515-232-0689 or 800-228-5150
FAX: 515-232-0689

Located near the Interstate 35 and US Highway 30 interchange, all 52 rooms contain queen or king beds. Deluxe rooms with microwave and refrigerator. Indoor pool and whirlpool. Complimentary continental breakfast, restaurant adjacent to hotel.

Holiday Inn

2609 University Blvd
Ames, IA 50010
515-268-8808

All suites hotel with In-Room refrigerator, microwave, coffee maker, & sofa-sleeper. Banquet facilities, high speed internet access, deluxe complimentary hot breakfast, indoor pool, whirlpool, & exercise room. Close to ISU.

Country Inn & Suites of Ames

2605 SE 16th Street
Ames, IA 50010
515-233-3935 or 1-800-456-4000

Come home to Ames' newest lodging facilities. Complimentary breakfast, indoor pool & whirlpool, fitness center, whirlpool & two-room suites. "When you are here, you are home."

Come experience country hospitality.

Grandstay Residential Inn

1606 South Kellogg
Ames, IA 50010
515-232-8363
Suite style rooms with kitchenettes.

Hampton Inn

1400 South Dayton Avenue
Ames, IA 50010
515-239-9999 or 800-426-7866
FAX: 515-239-6015

Conveniently located near the Interstate 35 and US Highway 30 interchange. Amenities include exercise room, business center, guest laundry and one meeting room. 78 rooms, 75% non-smoking, four whirlpool suites, three handicap accessible. Cable, HBO, and 2 family suites. Restaurant adjacent to the hotel.

The Gateway

Hwy 30 & Elwood Drive, P.O. Box X
Ames, IA 50014
515-292-8600
FAX: 515-268-2224

Modern design and award-winning service make the Hotel at Gateway Center, a popular meeting destination for corporations, associations and university departments. Executive Center, indoor pool, whirlpool, sauna, in-room movies and Nintendo. Fitness center and gift shop. The professional staff works closely with you while planning your stay. For a "one-of-a-kind" hotel, use the Hotel at Gateway Center for your next gathering.

Microtel Inns and Suites

2216 S.E. 16th Street
Ames, Iowa 50010
515-233-4444 or 1-877-422-5250
FAX: 515-233-1717

This 66-room property opened in April 1999 is conveniently located near the interchange of Interstate 35 and US Highway 30. A restaurant is within walking distance. Our location is minutes from Iowa State Center/ISU and downtown Ames. Guest Suites are available and meeting space accommodates up to 50 people classroom style. HBO and continental breakfast are complimentary.

Fairfield Inns

2137 Isaac Newton Drive
Ames, IA 50010
515-232-4000



IOWA STATE UNIVERSITY
VISITING TEAM INFORMATION
(Please Return ASAP)

Institution: _____
Phone#: _____

Date of Contest: _____
Fax#: _____

I. Individual Completing Form (or contact person)

Name: _____

Title: _____

II. Transportation Information

Airline Information:

Carrier: _____

Date: _____

Arrival Time: _____

Local Ground Information:

Bus Carrier: _____

of Busses: _____

Equipment: _____

Size: _____

III. Lodging

Hotel: _____

Phone#: _____

City: _____

IV. Team Arrival Game Day

Date: _____

Time: _____

PLEASE MAIL OR FAX COMPLETED FORM PROMPTLY TO:

Casey Cunningham
Assistant Wrestling Coach
Iowa State University
Jacobson Athletic Building
Ames, IA 50011
FAX: 515-294-6046

IOWA STATE UNIVERSITY ATHLETIC TICKET OFFICE

Complimentary admission shall be provide only by a pass list for guests designated by the student-athlete. Visiting institutions will be billed for all tickets above the number of comps stated in the contract. Athletes may not receive any payment from any source for the complimentary admissions and may not exchange them for any item of value. Each student-athlete is eligible for four (4) guests per contest. Transferring admissions between eligible teammates is permissible.

Event:

Date:

Athlete	GUEST	GUEST SIGNATURE
Transfer to /Received from:		
Athlete Signature:		
Transfer to /Received from:		
Athlete Signature:		
Transfer to /Received from:		
Athlete Signature:		
Transfer to /Received from:		
Athlete Signature:		
Transfer to /Received from:		
Athlete Signature:		
Transfer to /Received from:		
Athlete Signature:		

Please return to: Iowa State University, Athletic Ticket Office, Jacobson Athletic Building, Ames IA 50011

IOWA STATE UNIVERSITY ATHLETIC TICKET OFFICE

Fax: 515-294-9000