CONTACT INFORMATION

<table>
<thead>
<tr>
<th>Vikes Staff</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
</tr>
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<tbody>
<tr>
<td>Director</td>
<td>Clint Hamilton</td>
<td>250.721.6519</td>
<td><a href="mailto:clinth@uvic.ca">clinth@uvic.ca</a></td>
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<tr>
<td>Manager, Athletics</td>
<td>James Keogh</td>
<td>250.721.8411</td>
<td><a href="mailto:jkeogh@uvic.ca">jkeogh@uvic.ca</a></td>
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<tr>
<td>Communications Officer</td>
<td>David Conlin</td>
<td>250.721.8410</td>
<td><a href="mailto:vicvikes@uvic.ca">vicvikes@uvic.ca</a></td>
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<tr>
<td>Coordinator, Vikes Events</td>
<td>Marlena Stubbings</td>
<td>250.721.8414</td>
<td><a href="mailto:athevent@uvic.ca">athevent@uvic.ca</a></td>
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<tr>
<td>Athletic Therapist</td>
<td>Traci Vander Byl</td>
<td>250.721.6130</td>
<td><a href="mailto:vikesat@uvic.ca">vikesat@uvic.ca</a></td>
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<tr>
<td>Women's Head Coach</td>
<td>Dani Sinclair</td>
<td>250.721.8415</td>
<td><a href="mailto:dsinclr@uvic.ca">dsinclr@uvic.ca</a></td>
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<tr>
<td>Women's Assistant Coach</td>
<td>Leanne Evans</td>
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<td><a href="mailto:leannee@uvic.ca">leannee@uvic.ca</a></td>
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<tr>
<td>Men's Head Coach</td>
<td>Craig Beaucamp</td>
<td>250.721.7588</td>
<td><a href="mailto:craigb@uvic.ca">craigb@uvic.ca</a></td>
</tr>
<tr>
<td>Men's Assistant Coach</td>
<td>Craig Behan</td>
<td>250.686.8151</td>
<td><a href="mailto:cbehan@uvic.ca">cbehan@uvic.ca</a></td>
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Emergency Numbers

- UVic Campus Security Emergency: 250.721.7599
- UVic Health Services: 250.721.8492
- Emergency Services/Paramedics: 911

DIRECTIONS TO GAME SITES

From Vancouver to UVic: If you are coming from Vancouver, drive to the BC Ferries terminal in Tsawwassen which is about a one hour drive from downtown Vancouver. Ferries generally leave every odd hour beginning at 7:00am until 9:00pm. Please check the BC Ferries website (www.bcferries.com) to view the current schedule and to make a reservation. Be sure to arrive at the terminal early—at least 30 minutes before the scheduled sailing time, and even earlier during busy periods. The ferry takes one hour and 35 minutes to cross from Tsawwessen to Swartz Bay on Vancouver Island, and an additional 15 minutes to offload. Please see the BC Ferries website for more information.

As you exit the terminal, you will be traveling on the Pat Bay Highway (Highway 17) towards the city of Victoria. The drive to UVic should take about 40-50 minutes depending on traffic. After about 10-15 minutes on the Pat Bay highway, you will pass Elk and Beaver Lakes on your right. About 5 minutes further along, you will come to the University of Victoria/ McKenzie Avenue exit. Stay in the right lane to access the off-ramp; then keep to the left-hand side of the exit lane. Turn left onto McKenzie Avenue. Once on McKenzie Ave, you will go through seven traffic lights. The last one is the intersection of McKenzie and Gordon Head Road. Go through the traffic light, past Centennial Stadium. Parking is available in Lot 4 (by turning right onto McGill Rd), Lots 3 and McKenzie Avenue Parkade (by turning right onto Vikes Way), and in Lot 2 (by turning right onto Gabriola Rd)—please see the map below.

From Victoria International Airport: The Victoria International Airport is located along Highway 17, about 30-40 minutes north of the university. For more information about flights, transport options, and services, visit the Victoria International Airport website. When leaving the airport, follow the signs to Victoria. Just outside the airport, you will turn onto Highway 17. From there, follow the directions above to the UVic campus.
UVic Campus:
For more information on campus routes, please visit our website:
http://www.uvic.ca/search/browse/maps.php

PARKING
Parking is available in Lots 3, McKenzie Avenue Parkade, and 2 on the map above. The ticketing machine accepts quarters, loonies, toonies, Visa and Mastercard. The cost is $1.50/hour to a maximum of $8.00/day. This will let you park in any of the General Parking areas indicated by blue signs. There is a $2.50 charge for parking after 6pm-11:59pm on weekdays. Parking on Saturday is $2.50 for the entire day. Parking is free on Sundays and holidays.

Large Team Buses:
Parking for large team buses can be arranged in advance with Gail Milliken, athleticsclerk@uvic.ca or 250-721-8409.
FACILITIES
Our Performance Gym is located at the Centre for Athletics, Recreation & Special Abilities (CARSA) which is accessible by Vikes Way and Gabriola Rd (please see map above). Please check in at our Membership Services desk when you arrive to receive your locker room key and game night tickets for your team. Our event and facility staff will direct you to the locker rooms which will also be labelled.

LOCKER ROOM CONDUCT
We appreciate you leaving the locker areas as clean as you found them and ask that teams dispose of all garbage and recycling in the bins provided. Alcohol is prohibited in the stadium facilities and locker rooms.

PRACTICE TIMES
The following practice times are available:

Friday
9:00am  Visiting Women
10:00am Visiting Men
11:00am - 1:00pm Home Women / Home Men

Saturday
9:30am  Visiting Women
10:30am Home Women
12:00pm Home Men
1:00pm  Visiting Men

TICKETS
Our Performance Gym features several seating options. Tickets will be provided for your team to view matches occurring before or after your game. Our gym is an assigned seating venue so please ensure you sit in the area reserved for your group. Please see our website for ticket options for exhibition as well as regular game tickets: www.govikesgo.com/tickets.

LAUNDRY
Please drop off uniforms that require laundering at the equipment desk outside the change rooms (gym level) immediately following your game.

ATHLETIC THERAPY CLINIC
An information package has been sent out prior. Please check with your Athletic Therapist/Physiotherapist in regards to services provided.

PRESS ACCREDITATION
For teams with media or radio accompanying them, please contact David Conlin, Communications Officer: 250-721-8410, vicvikes@uvic.ca to arrange for accreditation and hook-ups.
HOST HOTEL INFORMATION
Best Western Carlton Plaza Hotel
642 Johnson Street
Victoria, BC V8W 1M6

Contact: Manami Watson – Sales Assistant
Phone: (250) 413-2193 or toll free 1-800-663-7241 Email: manami@bestwesterncarlton.com
Fax: (250) 388-5343 Room rates: from $91.00/night

VEHICLE RENTAL INFORMATION
Budget Car & Truck Rental
Phone: 1-800-668-9833 or 250-953-5202
Fax: 250-953-5280
E-mail: reserve@budgetvictoria.com
Website: www.budgetvictoria.com
Rate: Please contact Budget Car & Truck Rental directly for current rates

Wilson’s Transportation
Phone: 1-800-567-3288 or 250-475-3235
Fax: 250-475-2911
E-mail: wilsonstransportation@shawcable.com
Website: www.wilsonstransportation.com
Rate: 15 passenger vans, mini-buses, school buses and coach buses available
Please contact Wilson’s directly for current rates