

# FROSTBURG STATE UNIVERSITY



**2007-2008**

**VISITING TEAM GUIDE**



## Frostburg State University's Intercollegiate Athletics Mission Statement

The goal of all education is to enable one to live an enriched and abundant life. The Athletic program of Frostburg State University has objectives that are more definite and specific than this aim, and through these objectives, the ultimate goal is brought nearer to realization. The entire program is comprised of a variety of physical activity offerings made by the Department of Athletics.

The objectives of the Athletic program include the following:

**Physical Development** - The value of this objective is based on the fact that an individual will be more active, have better performance and be healthier if the organic systems of the body are adequately developed and functioning properly.

**Motor Development** - This objective is concerned with making physical movement useful and, with as little expenditure of energy as possible, being proficient, graceful and aesthetic in this movement.

**Mental Development** - This objective deals with the accumulation of a body of knowledge and the ability to think critically and interpret this knowledge.

**Social Development** - This objective is concerned with helping an individual to make personal adjustments, group adjustments and, thereby, adjustments as a member of society.

**Character Development** - This objective deals with the development of the emotional control inherent in the rules and codes of conduct to which individuals must adhere in order to demonstrate the principles of fair play, sportsmanship and team spirit.

Intercollegiate athletics offer a more advanced experience for students than is possible in the physical education, intramural, recreation or club programs. Specifically, intercollegiate athletic programs allow highly proficient students to attain greater measures of physical fitness and motor skills than is possible in the other programs. These select individuals should already be highly motivated; consequently, they have a greater potential for attaining the physical, mental, social and character development objectives of the program.



## Department Philosophy

The athletic philosophy at Frostburg State University is formulated so as to be consistent with the broad educational objectives of the institution as outlined in the University catalog and of the state and national bodies by whose mandates, policies and principles we are governed. The basic program goals emanating from this philosophy are as follows:

Intercollegiate athletics should include a broad-based schedule of sports offerings consistent with the institutional ability and resources to offer and support these offerings at a quality level.

The following objectives serve as guiding principles in the conduct of our program:

- a. To complement and supplement the objectives of the Department and those of the University.
- b. To place the welfare of the participants above any other consideration.
- c. To foster the development of physical fitness and advanced sport skills.
- d. To foster the concept of self-awareness through participation.
- e. To carry forth an athletic program within the policies of a concerned and active committee on athletics.
- f. To provide qualified persons who, by training and experience, are specialists in their area of athletics and who meet the same standards of competence as other members of the faculty.
- g. To provide continuous medical supervision for all aspects of the program.
- h. To provide officiating of such quality that contests are played under conditions which will insure the educational outcomes implicit in the rules and in the best tradition of the amateur status of collegiate athletic events.
- i. To provide a continuous program of school-community relations designed to emphasize the educational, health, social and recreational values of competitive sports as integral parts of the educational curriculum.
- j. To provide facilities and equipment for the program that conform to all aspects of the official rules of the game, promote optimum health and safety standards, and are sufficient in number and kind to service our sport offerings.
- k. To foster emotional control, good sportsmanship, school spirit and team and university loyalty and for players, coaches and spectators to view these as important factors in the execution of our entire intercollegiate program.
- l. To develop intercollegiate sport schedules so that individual athletes and teams are able to compete against opponents having similar competitive emphasis and having geographical locations within a reasonable travel distance.

Although the primary purpose is to serve the student body through direct and active athletic participation, the athletic program also wishes to provide an opportunity for students, faculty, staff and the general public to witness and enjoy quality intercollegiate athletic competition.



# General Information

City/Zip	Frostburg, Md./21532
Founded	1898
Enrollment	5,200
Nickname	Bobcats
School Colors	Red, Black & White
Affiliations	NCAADivision III
Conferences	Atlantic Central Football Conference
President	Dr. Jonathan C. Gibraltar
Athletic Director	Troy A. Dell

## Athletics Phone

**(301) 687-4462**

### ATHLETIC ADMINISTRATION

Troy Dell, Director of Athletics	(301) 687-4455
Keith Byrnes, Asst. Athletic Director/Head Men's Soccer Coach	(301) 687-3072
Guy Robertson, Asst. Athletic Director/Head Baseball Coach	(301) 687-4414

### Sports Information

Noah Becker, Sports Information Director	(301) 687-4371
William McDaniel, Grad. Asst. Sports Information	(301) 687-4371
Katie Spittler, Grad. Asst. Sports Information	(301) 687-4371

### NCAA Compliance

Rubin Stevenson, Compliance Director/Head Football Coach	(301) 687-4086
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### Intramurals/Club Sports

Jody Pepple, Head Women's Basketball Coach/Intramurals Director	(301) 687-4466
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## Emergency Contacts

### Athletic Trainers

Tony Zaloga, Head Athletic Trainer	(301) 687-4497
Karla Schoenly, Asst. Athletic Trainer	(301) 687-3027
Jackie Tonsing, Asst. Athletic Trainer	(301) 687-4497

### Medical

Sacred Heart Hospital 900 Seton Drive, Cumberland, Md.	(301) 723-5151
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Cumberland Emergency Medical 600 Memorial Ave, Cumberland, Md.	(301) 723-4070
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Memorial Hospital 12400 Willowbrook Rd. Cumberland, Md.	(301) 722-2848
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### Police

University Police (Emergency)	(301) 687-4222
University Police(Non-Emergency)	(301) 687-4222
Frostburg Police	(301) 689-3000
Maryland State Police	(301) 689-1850

### Fire

Frostburg Fire Department	(301) 689-8444
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## Baseball

Guy Robertson, Head Coach	(301) 687-4414
Dan Sidorowicz, Grad. Asst. Coach	(301) 687-4552
William Shields, Grad. Asst. Coach	(301) 687-3239

## Basketball

Webb Hatch, Head Coach	(301) 687-3093
Sean Brown, Asst. Coach	(301) 687-3241
Jon Mason, Grad. Asst. Coach	(301) 687-3238

## Men's Cross Country

Randy Lowe, Head Coach	(301) 687-4313
Cassie Stilley, Grad. Asst. Coach	(301) 687-4235

## Football

Rubin Stevenson, Head Coach	(301) 687-4086
William Jackson, Offensive Coordinator	(301) 687-3073
Bill Minard, Offensive Line	(301) 687-4704
Dave Calcutta, Defensive Coordinator	(301) 687-4764
Jeremy Cheshire, Running Backs & Strength Conditioning	(301) 687-7443
Dan Peters, Secondary	(301) 687-7443

## Golf

Rick Flowers, Head Coach	(301) 784-8400
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## Men's Soccer

Keith Byrnes, Head Coach	(301) 687-3072
Brandon Rethemeyer, Grad. Asst. Coach	(301) 687-4235
Nate Kish, Grad. Asst. Coach	(301) 687-4235

## Swimming and Diving

Troy Strieby, Head Coach	(301) 687-7021
Kaymee Kelly, Grad. Asst. Coach	(301) 687-7021

## Men's Tennis

Stuart Swink, Head Coach	(301) 687-4350
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## Men's Track and Field

Dale Luy, Head Coach	(301) 687-3243
Randy Lowe, Asst. Coach	(301) 687-4313
Cassie Stilley, Asst. Coach	(301) 687-4235



# Women's Coaches

## Basketball

Jody Pepple, Head Coach (301) 687-4466  
Crystal Gibson, Grad. Asst. Coach (301) 687-3237  
CK Calhoun, Grad. Asst. Coach (301) 687-4468

## Cheerleading

Ronald Govans, Head Coach (301) 693-3560

## Women's Cross Country

Randy Lowe, Head Coach (301) 687-4313  
Cassie Stillely, Grad. Asst. Coach (301) 687-4235

## Field Hockey

Melissa Grossman, Head Coach (301) 687-4476  
Katie Levy, Grad. Asst. Coach (301) 687-4235

## Women's Soccer

Brian Parker, Head Coach (301) 687-4356  
Jodie Gittleson, Grad. Asst. Coach (301) 687-4356  
Brandon Rethemeyer, Grad. Asst. Coach (301) 687-4235

## Softball

Wes Landrum, Head Coach (301) 687-3242  
Amber Nichols, Grad. Asst. Coach (301) 687-4235

## Swimming and Diving

Troy Strieby, Head Coach (301) 687-7021  
Kaymee Kelly, Grad. Asst. Coach (301) 687-7021

## Women's Tennis

Stuart Swink, Head Coach (301) 687-4350

## Women's Track & Field

Dale Luy, Head Coach (301) 687-3243  
Randy Lowe, Asst. Coach (301) 687-4313  
Cassie Stillely, Asst. Coach (301) 687-4235

## Volleyball

Peter Letourneau, Head Coach (301) 687-7014  
Barbara Letourneau, Asst. Coach (301) 687-7014



## **Harold J. Cordts Physical Education Center**

The Harold J. Cordts Physical Education Center is a bright, spacious facility for health and physical education classes, intramural and intercollegiate competition and the general use of the university community.

This modern complex features an Olympic-size swimming pool with separate diving well; racquetball, handball and squash courts; two gymnasiums (including 3,600-seat Bobcat Arena); a golf/baseball practice room; an indoor climbing wall; a gymnastics room; weight and cardiovascular rooms; and a dance studio with sprung floor.

The Cordts Center is fully equipped for archery, tennis, track and field, volleyball, gymnastics and other athletic activities. Offices, classrooms, lockers, showers and a training room are also located within the building.

## **Bobcat Arena-Basketball**

Bobcat Arena is home to the Frostburg State volleyball and men's and women's basketball teams. This state-of-the-art facility located in the Harold J. Cordts Physical Education Center seats 3,600 spectators and also serves as an indoor practice location to other club and varsity programs. Bobcat Arena has a synthetic Versa-Turf 360 surface that was installed in the summer of 2000. The complex has been the site of numerous postseason contests and is also used for FSU's highly popular intramural program.

## **Bobcat Natatorium-Swimming/Diving**

Home to the Frostburg State men's and women's swimming and diving programs, Bobcat Natatorium features an Olympic-size pool with a separate diving well. Ample spectator seating from the balcony allows fans a great view of all the exciting action.

## **Bob Wells Field-Baseball**

The Frostburg State baseball field is located between the Harold J. Cordts Physical Education Center and the Lewis Ort Library. In addition to 250-person seating behind the backstop and down the right field lines, fans can also enjoy the view from the balconies of the Ort Library.

The field has dimensions of 400 feet to center field and 315 feet down the lines, a clay infield and a scoreboard in right center field. Future upgrades to the facility include refurbished dugouts and construction of a new press box.

## **Bobcat Field-Softball**

A new softball complex was opened in the fall of 2001 and is located off of Midlothian Road. The softball field features a press box, scoreboard, public address system and seating for approximately 250 fans.



## **Bobcat Stadium- *Football, Soccer, Field Hockey, Lacrosse***

Bobcat Stadium is home to the Frostburg State football, men's & women's soccer, field hockey, women's lacrosse and the men's and women's track and field programs.

Opened in 1974, Bobcat Stadium has seen a pair of renovations in recent year's. In September of 2005, the stadium saw the addition of 95 stadium lights and in the summer of 2006, Sprinturf was added as the playing surface.

The 4,000-seat venue also features an eight-lane, 400-meter all-weather track.

The FSU football team owns a 89-66 (.574) overall record at Bobcat Stadium and hosted the 1993 NCAA Division III national quarterfinal game as well as three ECAC Southwest Championship contests (1994, 1999 and 2005).

The soccer programs began play in the stadium in the Fall of 2006 combining for an 11-6 record in the first season of action on the turf. The men's soccer program opened the season with its FSU Tournament while the women's soccer team captured a 2-1 win over Hilbert in the AMCC Tournament semifinals.

The women's lacrosse program also began playing in the stadium this past year. The Bobcats posted a 4-1 record at Bobcat Stadium outscoring opponents 77-53.

The men's and women's track and field teams enjoy an outstanding facility for both training and competition. The results are staggering - two men's NCAA Division III National Championships (1986 and 1987), one women's national runner-up finish (1982), one men's third-place showing (2001) and numerous top-15 placings.

The FSU field hockey program is set to began playing its home games on the turf this fall (2007).

## **Cordts Tennis Complex**

The Bobcat men's and women's tennis teams compete at the Cordts Tennis Complex. Located behind the Harold J. Cordts Physical Education Center, this complex features six lighted courts and is also used by physical education classes as well as the general public. Ample seating is available for spectators.



## Airports

Baltimore/Washington International	(410) 859-7992
Dulles International Airport	(703) 572-2700
Pittsburgh International Airport	(412) 472-3525

## Hotels

Days Inn	11100 New Georges Creek Rd SW, Frostburg, Md.	(301) 689-2050
Hampton Inn	11200 New Georges Creek Rd SW, Frostburg, Md.	(301) 689-1998
Super 8	1301 National Hwy, Cumberland, Md.	(301) 729-6265
Best Western	1268 National Hwy, LaVale, Md.	(301) 729-3300
Red Roof Inn	12310 Winchester Rd SW, Cumberland, Md.	(301) 729-6700
Comfort Inn	1216 National Hwy, Cumberland, Md.	(301) 729-6400

## Rental Cars

Rent-A-Wreck	15810 National Hwy SW, Cumberland, Md.	(301) 689-1800
Enterprise Rental	10218 Mount Savage Rd NW, Cumberland, Md.	(301) 722-0700
Hertz Rent-A-Car	322 S Centre St, Cumberland, Md.	(301) 722-2522





# Restaurants, Shopping, and Movies

## Restaurants

<u>NAME</u>	<u>ADDRESS</u>	<u>PHONE</u>
Acropolis Restaurant	47 E Main St, Frostburg, Md.	(301) 689-8277
Burger King	6 Hampton Inn Dr, Frostburg, Md.	(301) 689-5780
Dairy Queen	1205 National Hwy, Cumberland, Md.	(301) 729-2280
<b>Domino's Pizza</b>	<b>116 E Main St, Frostburg, Md.</b>	<b>(301) 689-3300</b>
<b>Draft Zone</b>	<b>113 E Main St, Frostburg, Md.</b>	<b>(301) 687-1045</b>
<b>Eastern Express</b>	<b>109 E Main St, Frostburg, Md.</b>	<b>(301) 687-5370</b>
<b>El-Canelo</b>	<b>167 E Main St, Frostburg, Md.</b>	<b>(301) 687-0750</b>
Fox's Pizza Den	14502 New Georges Creek Rd SW	(301) 463-3691
<b>Frostburg Pizza II</b>	<b>30 W Main St, Frostburg, Md.</b>	<b>(301) 687-0667</b>
<b>Gianni's Pizza</b>	<b>1 W Main St, Frostburg, Md.</b>	<b>(301) 687-1000</b>
<b>Giuseppe's Italian Rest.</b>	<b>11 Bowery St, Frostburg, Md.</b>	<b>(301) 689-2220</b>
<b>Logo's Pizza</b>	<b>111 Barnard St, Frostburg, Md.</b>	<b>(301) 689-2400</b>
Mario's Italian Eatery	314 E Main St, Frostburg, Md.	(301) 687-1035
McDonalds	17700 National Pike, Frostburg, Md.	(301) 689-5099
Mountain City Coffeehouse	60 E Main St, Frostburg, Md.	(301) 687-0808
Pizza Hut	10711 New Georges Creek Rd SW	(301) 689-2444
Sand Springs Steakhouse	188 W Main St, Frostburg, Md.	(301) 689-8085
Subway	105 E Main St, Frostburg, Md.	(301) 689-8008
Vocelli Pizza	17601 Old National Pike SW	(301) 687-1002
Wendy's	1224 National Hwy, LaVale, Md.	(301) 729-6180

\***Bold** indicates walking distance to campus

## Grocery Stores

Food Lion	17600 National Pike, Frostburg, Md.	(301) 689-6847
Martins's Food Markets	12101 Winchester Rd., LaVale, Md.	(301) 729-3090
Mor For Less	10601 New Georges Creek Rd SW	(301) 689-5377

## Shopping and Movies

Country Club Mall	1262 Vocke Rd, Lavale, Md.	(301) 729-8002
Frostburg Cinema 123	Frostburg Plz, Frostburg, Md.	(301) 689-1100

## Fuel

Sheetz	10601 New Georges Creek Rd SW	(301) 689-3440
Amoco	297 E Main St, Frostburg, Md.	(301) 689-1084



## Print Media

### **The Cumberland Times-News**

19 Baltimore Street  
Cumberland, Md. 21502  
Office: (301) 722-4600  
Fax: (301) 722-5270

### **The Oakland Republican**

P.O. Box 326  
Oakland, Md. 21550  
Office: (301) 334-3963  
Fax: (301) 334-5904

## Campus Media

### **FSU-TV Channel 3**

Frostburg State University  
101 Braddock Road  
Frostburg, Md. 21532  
Office: (301) 687-3011  
Fax: (301) 687-3153

### **WFWM Radio - 91.9 FM**

Frostburg State University  
101 Braddock Road  
Frostburg, Md. 21532  
Office: (301) 687-4143  
Fax: (301) 687-7040

## Electronic Media

### **WHAG TV**

111 South George Street  
Cumberland, Md. 21502  
Office: (301) 724-2500  
Fax: (301) 722-0663

### **WTBO - WKGO Radio**

350 Bird Avenue  
Cumberland, Md. 21502  
Office: (301) 722-6666  
Fax: (301) 729-2036

### **WFRB Radio**

242 Finzel Road  
Frostburg, Md. 21532  
Office: (301) 689-8871  
Fax: (301) 689-8880

### **WCBC Radio**

P.O. Box 1290  
Cumberland, Md. 21502  
Office: (301) 724-5002  
Fax: (301) 722-8336

### **WROG - WNTR Radio**

516 White Avenue  
Cumberland, Md. 21502  
Office: (301) 777-5400  
Fax: (301) 777-5404



# Parking and Directions

## Parking for Team Vehicles

- All visiting team buses must be parked in lot '1' the lower lot behind the Cordts Center off of Braddock Road.
- Vans and Cars for Softball may use the unpaved lot next to the field, buses must still use lot 1.
- DO NOT park along Stadium Drive when attending baseball events, please use either lot behind the Cordts center. Players may be dropped off along Stadium Drive, but van/buses must park behind Cordts center.

## Directions

Frostburg State University (main campus) is located in beautiful, scenic Western Maryland. The mailing address is:

Frostburg State University  
101 Braddock Road  
Frostburg, Maryland 21532-2303

**From Baltimore and east:** take I-70 west to I-68 west at Hancock, Md. Continue to the second exit for Frostburg, Exit 33 (Midlothian/ Braddock Road). Bear right and proceed approximately one mile to the main entrance to the FSU campus.

**From Morgantown, WV, and west:** take I-68 east to Exit 33 (Midlothian/Braddock Road). Turn left onto Braddock Road and proceed approximately one mile to the main entrance to the campus.



## Estimated Travel Time from Eastern U.S. Cities to FSU Main Campus

Baltimore	2 1/2 hours	Philadelphia	4 1/2 hours
Hagerstown	1 hour	Pittsburgh	2 1/2 hours
Harrisburg	2 hours	Richmond	5 hours
Johnstown	1 hour	Salisbury, Md.	5 1/2 hours
Morgantown	1 hour	Somerset	3/4 hours
New York	6 hours	Washington, D.C.	2 1/2 hours
Norfolk	6 hours		

