



UC SAN DIEGO RECREATION
SPORTS CLUBS

Badminton

Baseball

Cricket

Cycling

Dance Team

Dancesport

Dragon Boat

Equestrian

Field Hockey

Ice Hockey

Men's Lacrosse

Women's Lacrosse

Roller Hockey

Men's Rugby

Women's Rugby

Sailing

Snowski/Snowboard

Men's Soccer

Women's Soccer

Surfing

Swimming

Table Tennis

Tennis

Triathlon

Men's Ultimate Disc

Women's Ultimate Disc

Men's Volleyball

Women's Volleyball

Men's Water Polo

Women's Water Polo

Table of Contents

Welcome to San Diego.....	3
Sports Club Staff.....	5
Campus Athletic Facilities Directions.....	6-8
UCSD Campus Map.....	9
Parking Information.....	10
Hotels.....	11-14
Restaurants.....	15-16
College Area Fast Food.....	17-18
Movies and Shopping.....	19
What San Diego has to Offer.....	20
Local Radio Stations and Weather.....	21
Emergency and Athletic Training Information.....	22
Maps to Local Hospitals.....	23
Group Wavier.....	24-25

UCSD Sports Clubs exists primarily to provide students with the opportunity to experience commitment, challenge, and enjoyment of competitive sports teams while operating within UCSD recreation guidelines. The Sports Club teams are student-oriented and student directed, and they are reflective of a very diverse set of interests.

Welcome to San Diego

Dear Guest:

Welcome to UC San Diego! As we look forward to your team's visit, the Sports Clubs staff has compiled this travel guide in the hopes that you'll utilize it as an invaluable online resource. Inside you'll find a useful collection of information to assist you during your stay, including travel tips, dining hotspots, lodging, entertainment attractions and more! It's our hope that this guide will make your time spent here that much more enjoyable.

So What's San Diego Like?

Renowned for its idyllic climate, San Diego is blessed with 70 miles of pristine beaches and a dazzling array of world-class family attractions. Popular tourist hotspots include the world-famous San Diego Zoo and Wild Animal Park, Sea World San Diego and LEGOLAND California. San Diego offers an expansive variety of things to see and do, appealing to guests of all ages from around the world.

For our nature-conscious visitors, San Diego's East County terrain varies from gentle foothills to mile-high mountains including the historic mining town, Julian. Coupled with the majestic 600,000-acre Anza Borrego Desert State Park, San Diego offers endless opportunities to hike, camp, fish, and observe wildlife in pristine natural beauty.

San Diego's artistic side is also booming. Balboa Park, the largest urban cultural park in the U.S., is home to staggering 15 museums, numerous art galleries, beautiful gardens, and of course the Tony Award-winning Globe Theater. And if it's the culinary arts you're interested in, San Diego's got you covered with the hottest new culinary talents preparing award-winning meals throughout the regions 6,400 eating establishments.

County included San Diego features 92 golf courses, a variety of exciting participatory and spectator spots, beachfront resorts, luxury spas, gaming, a dynamic downtown district, annual special events and unique holiday offerings, multicultural festivals and celebrations, a rich military history, colorful communities and so much more. We hope you enjoy your stay here in beautiful San Diego.

When you get to UCSD, remember that there are policies that will be enforced and must be followed. Please respect those who ask you to do so, including campus signs.

Stay Classy!

*University of California, San Diego
Sports Club Staff*



Sports Clubs Staff



Director
Liz Henry
eshenry@ucsd.edu



Assist. Director
Jacob Woodhead
jwoodhead@ucsd.edu



Athletic Trainer
Carolyn Dartt
cdartt@ucsd.edu



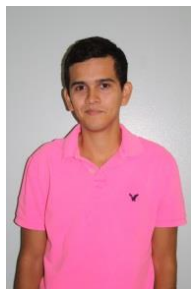
Athletic Trainer

Student Staff

sportsclubs@ucsd.edu



Office Manager
Brittney Vierra



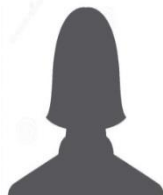
Supervisor
Alex Zatarain



Supervisor
Mitchel Lau



Supervisor
Kevin Wong



Supervisor
Malek Haddad



Supervisor
Kelcia Brodsky



Supervisor
Shannon McConnell

DIRECTIONS

UCSD Sports Clubs Department Address
9500 Gilman Drive, MC 0529
La Jolla, CA 92093-0529

Directions to RIMAC Arena, RIMAC Fields, and the Track and Field facility



- From Interstate 5, Exit Genesee Ave
- Head West on Genesee Ave
- Turn left on Torrey Pines Rd
- Turn left at the next signal (Northpoint Drive - UCSD North Campus Entrance)
- Turn right on Scholars Drive
- Park in lots 306, 305, 351 or 357. RIMAC Arena is to the east, atop the ridge. RIMAC Field, the softball stadium, and Triton Soccer Stadium are directly north of RIMAC Arena. The track stadium is north of Northpoint Drive and is accessible from RIMAC Field via a tunnel under the roadway.
- Parking permits are required (Mon-Fri only) and can be obtained from the North Point information booth (After turning into the campus on Northpoint Drive, follow straight through the first stop sign at Scholars Drive and turn right at the second stop sign for the parking permit machine.)
- Additional parking is located at the Hopkins Parking Deck (continue straight on Northpoint Drive, as it curves to the right it becomes Hopkins Drive and the Hopkins Parking Deck is on the left just past RIMAC. [Click here for parking maps listed by lot number.](#)

Directions to Canyonview Pool



- From Interstate 5, Exit Genesee Ave
- Head East on Genesee
- Turn right (west) on Campus Point Drive
- Turn right on Voigt Drive
- Park in lots 510, 701, or 403 or 506. Canyonview Pool is on the north side of Voigt Drive and west of lot 510
- Parking permits required Monday - Friday only

Directions to Main Gym, Rec Gym, Muir Field



- From I-5, Exit La Jolla Village Dr. West
- Continue onto N. Torrey Pines Road
- Turn Right onto Muir College Lane
- Park in the Lot on the right side
- Walk South past the Muir Dorms & past the tennis courts to arrive at Muir Field

Directions to Warren Field

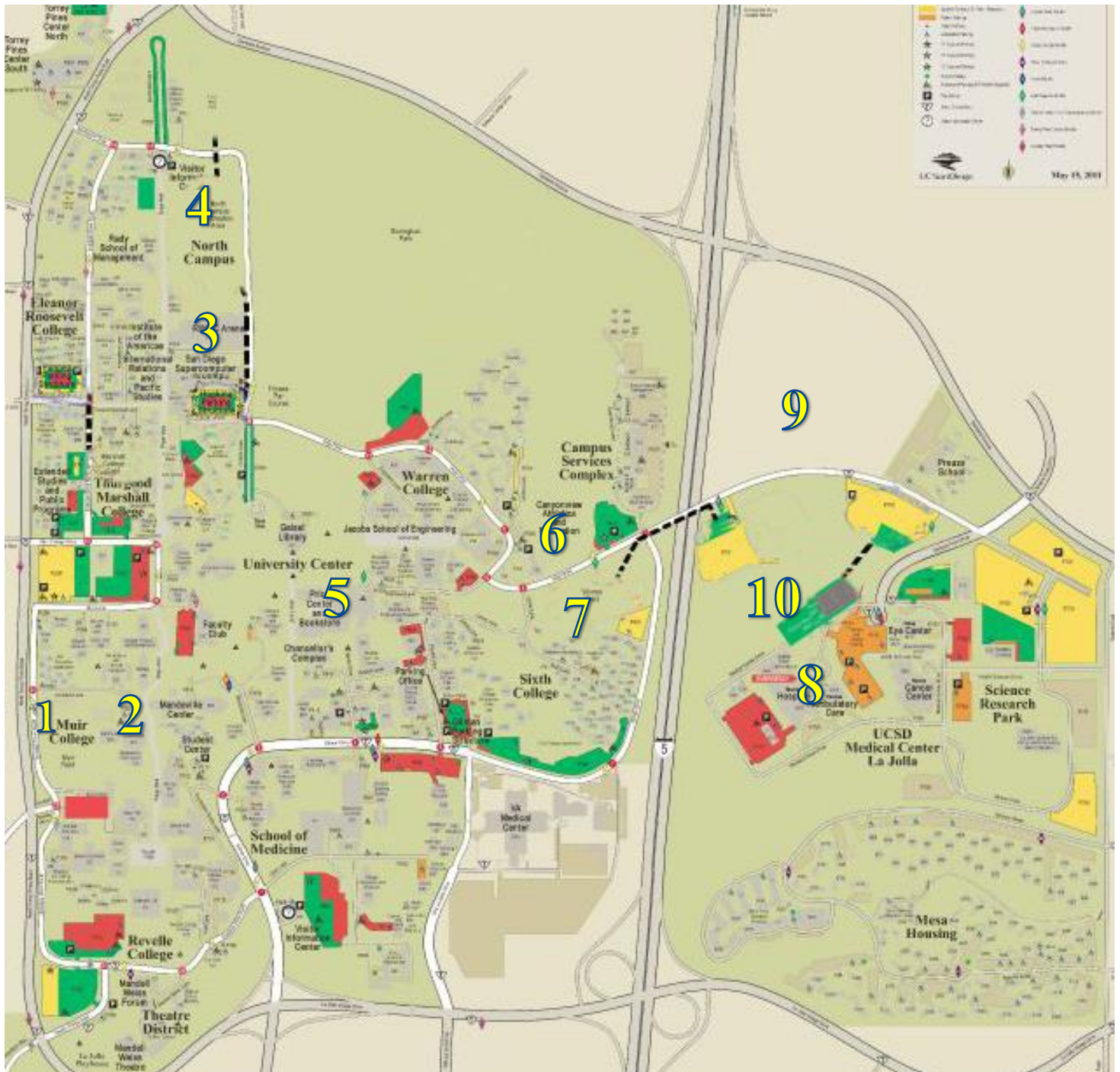


- From I-5, Exit Genesee Avenue
- Head East on Genesee
- Turn Right onto Campus Point Drive
- Immediate Right onto Voigt Drive
- Park in the lot on your Right located after Gilman Drive

Directions to the Sports Deck



- From I-5, Exit Genesee Avenue
- Head East on Genesee
- Turn Right onto Campus Point Drive
- Turn Right onto Medical Center Drive
- Park in structure on your immediate right
- Sports Deck is top floor of parking structure



- 1. Muir Fields
- 2. Main/Rec Gym
- 3. RIMAC
- 4. NCR Fields

- 5. Price Center/Food Court
- 6. Canyonview Pools
- 7. Warren Fields

- 8. Thornton Hospital
- 9. Scripps Memorial Hospital
- 10. Sports Deck

Parking Information

UCSD Campus Parking Office (2nd level of Gilman Parking Structure)
9500 Gilman Drive, Mail Code 0040
La Jolla, CA 92093-0040
Campus Permit Sales (858) 534-4223

From 7 a.m. to 11 p.m. on weekdays, UCSD visitors must purchase and display a parking permit (parking is free on the main UCSD campus on Saturdays and Sundays, between 7am and 11pm, and during designated university holidays).

General information: If you're a visitor to UC San Diego, please follow these tips:

Weekdays:

Between 7 a.m. and 11 p.m. Monday through Friday, you have 2 choices:

1. Purchase a General Visitor Permit:
 - You can buy "V" (Visitor) or "VP" (Visitor Premium) permits at pay stations (in some parking lots or at the visitor information kiosks at the Gilman Drive and North Point Drive entrances) or at the main parking office in the Gilman Parking Structure.
 - The cost of hourly visitor permits vary price according to lot; the general cost is: \$8 for a full day in a V space and \$16 for a full day in a VP space.
 - You can park in any V, VP, B, or S spot for the amount of time you have purchased according to what is printed on the back of your parking ticket (except 24hr-7days lots).
 - After 4:30 p.m. or before 7:45 a.m. parking is allowed in A or metered spots (except 24hr-7days lots).
2. Park at a metered spot (\$1 per 45min).

Nights, weekends and holidays:

Parking is free on the main UCSD campus on Saturdays and Sundays, between 7 a.m. and 11 p.m. weekdays, and during designated university holidays.

For more specific parking Information:

[UCSD Visitor Parking Information](#) (Ctrl + click to visit website)

OR <http://blink.ucsd.edu/Blink/External/Topics/Policy/0,1162,16122,00.html>

Local Hotels



EMBASSY SUITES®

San Diego - La Jolla

4450 La Jolla Village Drive,
San Diego, CA 92122
Tel: (858)-453-0400
Fax: (858)-453-4226

www.sandiegolajolla.embassysuites.com

ROOM RATE:

- For group rates (10 or more guest rooms) contact Janelle Ruhumuluz, Sales Manager at (858) 431-2108 or Janelle.ruhumuliza@hilton.com
- For individual reservations use the UC San Diego link below to receive a discounted rate.
(https://secure3.hilton.com/en_US/es/reservation/book.htm?ctyhocn=SANLJES&corporateCode=0560003111)

AMENITIES:

- Indoor swimming pool and outdoor whirlpool and sundeck
- Complimentary, state-of-the-art hotel fitness center
- Wireless and hardwired high-speed Internet access, available throughout the hotel (nominal fee applied)
- Hotel valet/self-laundry available
- **5mins (about 2miles) from UCSD**
- Directly across the street from University Towne Center Mall, with over 160 shops and fantastic dining options

DINING FACILITIES:

- Room service
- Complimentary breakfast
Monday-Friday 6:00am-9:00am
Saturday and Sunday 7:00am-10:30am
- Indulge Restaurant and Lounge
Monday-Sunday 11:00am-11:00pm
- P.F. Chang's Chinese Bistro
Monday- Friday 6:30am-2:00pm; and 5:30pm-9:00pm; Saturday & Sunday 11:30am-12:00am

MEETING FACILITIES:

- Largest room is 1600 sq ft
- Wireless Internet available



Sheraton
La Jolla

HOTEL

3299 Holiday Court
La Jolla, CA 92037
Tel: (866)-716-8130
Fax: (858)-453-5550

www.sheraton.com/lajolla

ROOM RATE:

- Group room rates are seasonal and based on room requirements
- Range from \$99-\$250 a night
- Visit website for details

AMENITIES:

- Free wireless internet in lobby
- Handicap accessible facilities
- Laundry and dry cleaning service
- Valet service
- Complimentary fitness facility
- Outdoor heated pool
- **3 mins (0.77 miles) from UCSD**

DINING FACILITIES:

- Shooter's Bar and Grill
Monday - Friday 11:00 am - 11:00 pm;
Saturday & Sunday 11:00 am - 12:00am
- Humphrey's La Jolla
Monday - Friday 6:30 am - 2:00 pm;
5:30 pm - 9:00 pm; Saturday & Sunday 7:00 am - 12:00 pm; 5:30 pm - 10:00 pm
- Room Service is available

MEETING FACILITIES:

- 10 meeting spaces
- Accommodates from 10 to 250
- Wireless Internet available with fee

TRANSPORTATION:

- Rental car service available



8901 Gilman Dr.
 La Jolla, CA. 92037
 Tel: (858)-587-1770
 Fax: (858)-552-0387
www.marriott.com

ROOM RATE:

- Group room rates are seasonal and based on room requirements
- Visit website for details

AMENITIES:

- Free wireless Internet in lobby
- Grocery shopping service
- Coin laundry service
- Valet dry cleaning
- BBQ and picnic area
- **4 mins (0.93 miles) from UCSD**

DINING FACILITIES:

- Complimentary breakfast buffet
- Close to several restaurants

MEETING FACILITIES:

- 2 meeting rooms
- 948 sq ft of total meeting space
- Largest meeting room is The Shores with maximum meeting space of 652 sq ft and maximum seating capacity of 42
- Wireless Internet available

TRANSPORTATION:

- Rental car service available (Hertz and Enterprise)



4610 De Soto St,
 San Diego, CA 92109
 Phone: 858-483-9800
 Fax: 858-483-4010
www.laquintasandiegomissionbay.com

ROOM RATE:

- Seasonal rates ranging from \$69- \$109 per night
- Group rates available by contacting Christina Rios
 (858) 483-9800 Ext. 108
crios@synergyhotelgroup.com

AMENITIES:

- Newly Renovated Interior corridors
- Complimentary Hot Breakfast
- Complimentary Internet Access
- Microwave and frig in all rooms
- Guest laundry service
- Outdoor pool & fitness center
- Complimentary Parking
- 5 miles from UCSD

DINING FACILITIES:

- Restaurants within walking distance: McDonalds, Rubio's, In & Out, El Rey Moro Taco Shop
- Many local restaurants in Pacific Beach (approx. 2 miles).

MEETING FACILITIES:

- Several meeting rooms
- Wireless Internet available
- Our breakfast room can be utilized in the evening for team dinners

TRANSPORTATION:

- Taxi services available
- Bus Route



720 Camino Del Mar,
Del Mar, CA 92014
Hotel Phone: (858) 755-9765
Hotel Fax: (858) 792-8196
www.delmarinn.com

ROOM RATE:

- Average price: \$89-129.00 per night
- Group rates available by contacting Michelle Nimmo at 1-800-451-4515 or sales@delmarinn.com

AMENITIES:

- Newly renovated
- Interior corridors
- Complimentary Wi-Fi
- Refrigerators in every room
- On-site laundry facility
- **8 to 10 miles from UCSD**

DINING FACILITIES:

- Complimentary breakfast
- Inn Bistro Café
- Garden Lounge spaces

MEETING FACILITIES:

- Meeting Rooms available in the Garden Room

TRANSPORTATION:

- Free parking available



11915 El Camino Real
San Diego, CA 92130
Tel: (858) 481-5900
www.DoubleTreeDelMar.com

ROOM RATE:

- UC San Diego discounted rate \$109 per night available by contacting Jesse Kincaid at (858) 764-0260 or Jesse.Kincaid@Hilton.com (Special Rate Code: 0560003111)

AMENITIES:

- Complimentary Fitness Center and Business Center
- Complimentary Internet access in all guest rooms and suites
- Outdoor heated oasis pool and Jacuzzi
- Outdoor fire pits, lobby, and dining
- Pet friendly accommodations
- Complimentary onsite parking
- **6 miles from UCSD**

DINING FACILITIES:

- Room service available
Monday-Sunday 6am-11pm
- The "Double Palm" Lounge & Café
Happy hour available from 4pm-7pm daily
Regular hours: Monday-Friday 6am-10pm;
Saturday & Sunday 7am-10pm
Breakfast Buffet: Monday-Friday 6am-10am;
Saturday & Sunday 7am-11am
- Piazza Carmel Shopping Center nearby with Starbucks, Souplantation, and other restaurants and fast food

MEETING FACILITIES:

- 5,000 sq ft of available meeting space

TRANSPORTATION:

- Complimentary shuttle within a 6 mile radius including UCSD Campus



2151 Hotel Circle South
San Diego, CA 92108
I-8 Exit Hotel Circle South
Phone: 619-270-9004
Fax: 619-294-7531
www.ramadaplazasandiego.com

ROOM RATE:

- Average price: \$75-109.00 a night
- For more information contact Sandra Barnhart at (619) 270-9004 or SandraB@ramadaplazasd.com (mention the UCSD travel guide)

AMENITIES:

- Interior corridors
- Free high speed wireless Internet
- Fitness center
- Heated pool and spa
- Discounted SD attraction tickets
- Coin-operated laundry facilities
- **13 mins (10 miles) from UCSD**

DINING FACILITIES:

- Panini Bar & Grill
- Complimentary coffee and tea.
- Several restaurants within 2-3 miles.

MEETING FACILITIES:

- Several meeting rooms
- Can hold up to 160 people
- On site full-service catering services

TRANSPORTATION:

Free parking & bus parking available



2485 Hotel Circle Place
San Diego, CA 92108
Hotel Line: (619) 881-6200
Hotel Fax: (619) 297-6179
www.comfortinnzoo.com

ROOM RATE:

- Average price: \$75- \$109 per night for up to six people including full breakfast
- Group rates available by contacting Lisa Contreras at (619) 881-6202 or lcontreras@comfortinnzoo.com

AMENITIES:

- Newly renovated
- Interior corridors
- Complimentary Wi-Fi
- Refrigerators in every room
- On- site laundry facility
- **13 minutes (10 miles) from UCSD**

DINING FACILITIES:

- Complimentary full hot breakfast
- Hunter's Steakhouse located in parking lot with room service offered

MEETING FACILITIES:

- Based on availability, contact Sales for information

TRANSPORTATION:

- Complimentary shuttle service within 5 miles of hotel

Restaurants



**8657 Villa La Jolla
La Jolla, CA 92037
858-554-1866**

Chipotle Mexican Grill is located throughout the greater San Diego area, and continues to be a local favorite of many UCSD Sports Clubs team members. The restaurants offer a simple menu of burritos, tacos, burrito bowls, and salads made from fresh, high-quality ingredients. It's a great restaurant with a nice atmosphere. Chipotle operates 12 stores in the greater San Diego area, including the La Jolla branch.



**8801 VILLA LA JOLLA DR
LA JOLLA, CA 92037
(858) 455-0880**

T.G.I. Friday's is another local favorite to many UCSD students. Its menu consists of a large array of choices. It is known for its classic American style food and casual dining. It is also a great place when needing to accommodate for larger numbers. Friday's often has good specials and great happy hour prices. With so many options on the menu and its youthful environment, there is no doubt why this restaurant is a popular one for teams.



**8873 Villa La Jolla Dr.
La Jolla, Ca. 92037
858.455.0662**

BJ's Restaurant is known for its exceptional deep dish pizzas, as well as several appetizers, salads, sandwiches, pastas, and more. They are especially known for their pizookies, a delicious dessert that consists of a hot cookie covered with ice cream. It's a high-energy, fun, child-friendly environment which attracts a lot of attention, especially on Friday and Saturday nights. And as if that wasn't enough, they deliver!!



**2910 Damon Ave.
Pacific Beach, California 92109
Toll free 1-800-786-1000**

A classic for many, In and Out is known for their old fashioned design and of course fresh, cooked to order burgers, French fries, and drinks. Dining room and drive-thru are open every day from 10:30am to 1:00am and until 1:30 am on Friday and Saturday nights. It's a nice place to eat at after those late night tournaments or games.

There are 13 San Diego locations total.



**4540 La Jolla Village Drive
San Diego, CA 92122
Phone: (858) 458-9007**

Hours: Daily 11am-11pm

If you are looking for a more formal dining feel for family and friends, this elegant Chinese restaurant is the place to go. With great appetizers for sharing to elegant large portioned food, there is food for everyone's appetite.



**4150 Regents Park Row, Ste 180
La Jolla, CA 92037
(858) 458-0392**

Hours: M-F 5:00am-5:00pm
Sat 6:00am to 4:00pm
Sun 6:00am to 3:00pm

Einstein Bros. Bagels is a great place for pre-game breakfast. With a highly diverse menu comprised of several choices of bagels, bagel sandwiches, pastries, fruit, and other breakfast options, there is no doubt why so many wake up early to enjoy the ultimate breakfast experience.



**3363 Nobel Dr,
La Jolla, CA 92037
(858) 457-4222**

Hours: Sun-Thurs 11am-10pm
Fri & Sat 11am-11pm

For the pizza lovers, this upscale pizza restraint has much to offer. With great hand tossed crust and many out-of-the-box pizzas to choose from, you're sure to be pleased. If pizza is not your favorite, CPK also has delectable salads and new pastas added to their menu. It's a lunch or dinner location that can be dressed up or down.

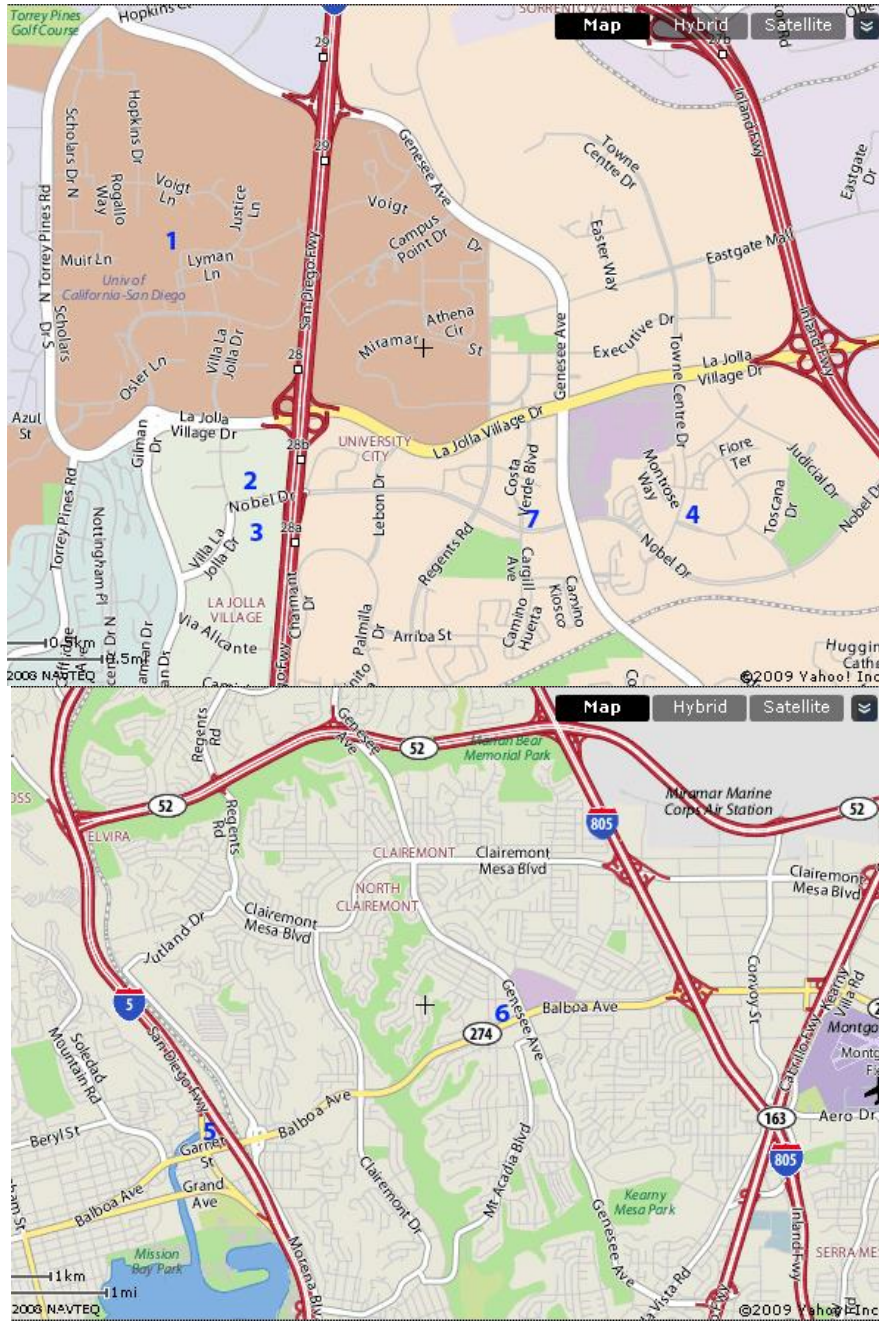


**3351 Nobel Dr,
La Jolla, CA 92037
(858) 455-9945**

Hours: Sun-Thurs 11am-10pm
Fri & Sat 11am-11pm

As in their name Islands offers a wide variety of delicious burgers and drinks. With a more relaxed atmosphere and hearty sized parties, this place is sure to please those with a big appetite. They also offer a selection of salads and other island food such as tacos and beach bowls.

UCSD Area Food



1. Price Center

- Bombay Coast (Indian)
- Burger King
- Santorini Greek Grill
- Jamba Juice
- Panda Express
- Rubio's Mexican
- Round Table Pizza
- Subway

2. Whole Foods Plaza

- Rubio's Mexican
- Flame Boiler
- Peet's Coffee
- Sprinkles Cupcakes

3. La Jolla Village Plaza

- Croutons
- Starbucks
- Chipotle
- Jamba Juice

- Islands

- California Pizza Kitchen

4. Quizno's

5. In 'n Out

6. Taco Bell

7. McDonalds

On Campus Fast Food

Price Center East:

Bombay Coast (Indian)
Burger King (858) 457-8272
Santorini Greek Island Grill
D'Lush Grill
Sunshine Market

Price Center West:

Jamba Juice (858) 622-2020
Panda Express (858) 638-0106
Rubio's (858) 784-0519
Round Table (858) 457-2060
Subway (858) 458-0070
Shogun (Japanese/sushi) (858) 453-0220
Starbucks

Off-Campus Fast Food

Starbucks

8657 Villa La Jolla Dr # 205
La Jolla, CA 92037
(858) 452-4205

McDonalds

4260 Nobel Drive
San Diego, CA 92122-1126
(858) 452-3014

Taco Bell

7345 La Jolla Blvd.
La Jolla, CA 92037
(858) 454-6654

In N Out

2910 Damon Ave.
Pacific Beach, California 92109

Sprinkles Cupcakes

8855 Villa La Jolla Dr,
La Jolla California 92037
(858) 457-3800

Quizno's

8935 Towne Centre Dr
San Diego California 92122
(858) 452-8134

Pick up Stix

8707 Villa La Jolla Drive, Suite B-1
La Jolla CA 92037
(858) 552-1566

Croutons

8707 Villa La Jolla Dr
La Jolla, CA 92037
(858) 909-0960

Rubio's Fresh Mexican Grill

8855 Villa La Jolla Drive
La Jolla, CA 92037
(858) 546-9377

Movies and Shopping

Movie Theaters

La Jolla

AMC La Jolla 8657 Villa La Jolla Dr. (888) 262-4386

Clairemont

Pacific Theaters Cinema 6 4665 Clairemont Dr (619) 287-8990

Downtown

Reading Cinemas Gaslamp 15 Gaslamp District (5th Ave. & G St.) (800) 326-3264

United Artists Horton Plaza 8 Horton Plaza (F St. & 5th Ave.) (619) 232-3340

Mira Mesa

Edwards Mira Mesa Stadium 10733 Westview Pkwy (858) 635-7716

Mission & Fashion Valleys

AMC Fashion Valley 18 Hwy. 163 @ Friars Rd. West (858) 558-2262

AMC Mission Valley 20 I-8, exit Mission Center Road (619) 444-3456

Shopping Malls

La Jolla

UTC-Westfield Shoppingtown 4545 La Jolla Village Dr (858) 453-2930

Mission Valley Mall

Shopping Center 1640 Camino Del Rio North (619) 296-6375
www.Missionvalley.shoppingtown.com

Fashion Valley Mall

Friars Road & Hwy. 163 (619) 297-3381
www.gothere.com/sandiego/FashionValley

Downtown

Horton Plaza F Street & 4th Avenue (619) 238-1596

What Does San Diego Have to Offer?

1. Balboa Park and San Diego Zoo	Near downtown San Diego	(619) 239-0512 sandiegozoo.org	San Diego Zoo, Old Globe Theatre, Starlight Bowl, Rueben H. Fleet Science Center, and many more museums and art galleries.
2. Downtown La Jolla	Downtown La Jolla		
3. Mission Bay Park	Mission Bay	(619) 236-1212 (619) 221-8900 aboutmissionbay.com	The bay is an incredible 4,600 acre man-made aquatic park. It offers boating, beaches, and plenty of areas to picnic. Sea World & Belmont Park Rollercoaster are also located around the bay.
4. Old Town State Historic Park	Old Town	(619) 220-5422 Parks.ca.gov	Many historic buildings representing the birthplace of San Diego. Restored homes, hotels, shops, and several Mexican food restaurants.
5. San Diego Harbor Excursion	Downtown San Diego	(619) 234-4111 Sdhe.com	Provides 1- or 2-hour guided tours of the harbor.
6. Sea World	Mission Bay	(619) 226-3901 seaworld.com	A 150-acre marine life park, with exhibits and shows presented throughout the day.
7. San Diego Trolley	San Diego County	(619) 231-8549 sandiegotrolley.com	The trolley has two lines. The Blue line runs from Qualcomm Stadium through Old Town and downtown Tijuana. The Orange line starts downtown & continues east to El Cajon and Santee.
8. Wild Animal Park	Escondido	(619) 234-6541 sandiegozoo.org	An extension of the San Diego Zoo, this wildlife Escondido reserve is home to 2,500 Asian and African animals.
9. Seaport Village	Downtown San Diego near the Harbor	Seaportvillage.com	Over 50 shops and 17 eateries located by the beautiful San Diego Bay
10. Gaslamp Quarter	Downtown San Diego	(619) 233-5227 gaslamp.org	A 16-block historical district featuring many restored downtown San Diego structures. Includes several Continental and Italian restaurants and nightclubs.
11. San Diego Hall of Champions Sports Museum	In Balboa Park, near downtown San Diego	(619) 234-2544 sdhoc.com	Celebrates hometown athletes with hands-on, interactive exhibits and participatory programs. Tours offered daily; call 619-699-2317.
12. Pacific Beach	Pacific Beach Balboa/Garnet exit off the 5 Fwy	Pacificbeach.org	Largely visited by San Diego's youth, this region consists of over 150 restaurants, bar and grills, shops, etc. It's a highlight for local nightlife.

For more San Diego information or attractions visit: <http://www.sandiegan.com/>

Radio Stations & Weather

Radio Stations-FM

88.3	KSDS	Jazz
90.3	XHITZ	Dance Hits
92.5	XHRM	Oldies
93.3	KHTS	Top 40
94.1	KMYI	80's, 90's and Now
94.9	KBZT	Alternative Rock
95.7	KISS	Today's Hits
96.5	KYXY	Soft Rock
98.9	XHMORE	Hip-Hop & More
100.7	KFMB	Popular Rock
101.5	KGB	Classic Rock
102.1	KPRI	Authentic Rock
103.7	KPLN	Rock
105.3	KIOZ	Hard Rock
106.5	KLNK	Spanish

Radio Stations- AM

600	KOGO	News/Talk Radio
760	KFMB	CBS News
800	XESPN	ESPN Radio
1000	KCEO	Business Talk
1090	KPRS	Sports Talk
1170	KCBQ	Conservative Talk
1210	KPRZ	Religious Talk/Music
1360	KLSD	Progressive Talk
1470	XERCN	Spanish

San Diego Weather

Nestled along the Pacific Ocean on 1,200 acres of coastal woodland, the University of California at San Diego is a powerful magnet for those seeking beautiful weather, beach fun, and plenty of entertainment! Year round, San Diego has an average daily temperature of 70.5°. San Diego is rarely known for large amounts of rain, with an average annual rainfall of 9.5 inches that occurs primarily during December, January, and February. Winter daytime temperatures usually fall within the mid-60's, with night temperatures in the 40's. Fog occasionally occurs in the early mornings and late nights due to San Diego's close proximity to the ocean, but nevertheless, winter in San Diego is mild to say the least. San Diego is famous for its beautiful summers, when temperatures stay around the mid-70s during the day and drop to the mid-50s at night. Summer is most anticipated when it comes to beach goers, but winter in San Diego often provides plenty of warm sunny days.

Emergency and Athletic Training Info

Visiting Team Policies and Procedures

- 1) The UCSD Sports Medicine team (athletic trainers and/or team physicians) reserves the right to disallow participation to any athlete we deem medically unfit to participate regardless of private physician approval or recommendation.
- 2) **Event coverage**
 - a) UCSD Athletic Trainers will be at all Men's and Women's Rugby, Men's and Women's Lacrosse, and Ice Hockey games that the UCSD team is participating in. Men's and Women's Soccer and Ultimate Frisbee will also be covered as schedules permit; other sports will be covered on a case by case basis.
 - b) ATCs will provide coverage for single games that UCSD participates in; UCSD ATCs will only provide coverage for multiple games during tournaments (including games that UCSD does not participate in).
 - c) ATCs will NOT provide coverage for "hosted" single games on our fields. It is the UCSD captain's/ coach's responsibility to contact the competing schools and ask them to bring their own ATC or to hire an outside athletic trainer from our approved list to work such events.
 - d) For covered events athletic trainers will usually be available for taping/ treatments 60 minutes prior to the beginning of the warm-up.
- 3) **Athletic Training Students**
 - a) The UCSD athletic training room is a teaching environment, with many eager and intelligent students ready to gain knowledge from your injury and assist with your needs. Athletic Training Students will often assist during events allowing the Athletic Trainers to work more efficiently. Your patience and cooperation with them is greatly appreciated.
- 4) **Water and Ice**
 - a) Water and ice will be provided by the athletic training room for Men's and Women's Rugby, Men's and Women's Lacrosse, Men's and Women's Soccer, and Ice Hockey. Ice and limited water will be available for Ultimate tournaments at the Athletic Training Station, in addition to the water provided by the Tournament Coordinators at the tournament table.
- 5) **Tape/ Supplies**
 - a) Tape and other supplies will be available to visiting teams during tournament play only for Women's Rugby and Ultimate Frisbee, as these teams have opted to pay for supplies for visiting teams. **Please bring your own First Aid kits and tape to all events.**

Links for Maps to Hospitals

From UTC Ice town:

To [Thornton Hospital](#)

To [Scripps Memorial Hospital](#)
(Use the second route)

To [Kaiser Permanente Hospital](#)

From Canyonview Pool:

To [Thornton Hospital](#)

To [Scripps Memorial Hospital](#)

To [Kaiser Permanente Hospital](#)

From Warren Field:

To [Thornton Hospital](#)

To [Scripps Memorial Hospital](#)

To [Kaiser Permanente Hospital](#)

From Muir Field/ Main Gym/ Rec Gym:

To [Thornton Hospital](#)

To [Scripps Memorial Hospital](#)

To [Kaiser Permanente Hospital](#)

From NCR fields/ RIMAC arena:

To [Thornton Hospital](#)

To [Scripps Memorial Hospital](#)

To [Kaiser Permanente Hospital](#)

From Sports Deck:

To [Thornton Hospital](#)

To [Scripps Memorial Hospital](#)

To [Kaiser Permanente Hospital](#)

UNIVERSITY OF CALIFORNIA, SAN DIEGO **GROUP WAIVER**

Name of Event

Waiver of Liability, Assumption of Risk, and Indemnity Agreement Waiver: In consideration of being permitted to participate in any way in hereinafter called "The Activity", I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** The Regents of the University of California, its officers, employees, and agents from liability **from any and all claims including the negligence of The Regents of the University of California, its officers, employees and agents**, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in The Activity.

Assumption of Risks: Participation in The Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD The Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in The Activity and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue**. I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

If minors please have parents sign below. All others over 18 years of age please sign next page.

Signature of Parent/Guardian of Minor	Date	Signature of Participant	Date
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Signature of Parent/Guardian of Minor	Date	Signature of Participant	Date
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Signature of Parent/Guardian of Minor	Date	Signature of Participant	Date
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Signature of Parent/Guardian of Minor	Date	Signature of Participant	Date
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