



VISITING TEAM GUIDE

WELCOME

The University of Nebraska Campus Recreation would like to welcome you to Lincoln, Nebraska! We have designed this visiting team guide to provide you with useful information about our facilities, university policies, and the surrounding area. We hope it proves useful in planning your trip to Lincoln and the University of Nebraska.

PROFESSIONAL CONTACTS

The student officers and leaders from each club are your main source of communication for all event related information and logistics. However, our staff is also here to assist you.

Brian Stelzer
Assistant Director, Sport Clubs & Youth Activities
bstelzer@unl.edu, 402-472-8869

Nathan Lawless
Coordinator, Sport Clubs & Youth Camps
nlawless2@unl.edu, 402-472-0270

Campus Recreation Center
402-472-3467
Crec.unl.edu

Important Policies

- All visiting teams are required to adhere to all federal, state, and university laws, guidelines, standards and policies.
- Every athlete is required to show the Sport Club Supervisor a photo I.D. and sign a university required group waiver before competing.
- Respect all Campus Recreation student and professional staff and the decisions they make.
- Follow all posted Expectations & Etiquette for Campus Recreation. Expectations & Etiquette can be [found here](#).
- Please use the trash and recycling receptacles provided. Clean up after yourselves.
- Please follow posted parking regulations. Campus Recreation is not responsible for parking fines. Please check with your host or the [Parking and Transit website](#) to see if there are special parking restrictions due to university events.
- Alcohol is NOT permitted in/at any University of Nebraska facilities. This includes all indoor and outdoor sporting facilities on campus.
- The University of Nebraska is a tobacco free campus.
- WeatherBug.com and the WeatherBug mobile app. will be utilized for all weather related decisions.
- Practice good sportsmanship and act in a positive, mature and responsible manner. The actions of your team and your fans are a reflection of your university and sport club program.

Driving Directions to the University of Nebraska

From Omaha and Points East

Take I-80 West towards Lincoln. Take Exit 401 for US-34 E/I-180 S. towards 9th St/Downtown. Proceed approximately 3 miles on I-180 S, turn right onto R St. Turn right onto N. 8th St., turn right onto Salt Creek Roadway. At the traffic circles, go straight. Turn right onto N. 14th St.

From Sioux City and Points North

Take I-29 South towards Omaha. Take Exit 61B onto I-680 W. toward N. Omaha. Use the right 2 lanes to take exit 446 to merge onto I-80 W. towards Lincoln. Take Exit 401 for US-34 E/I-180 S. towards 9th St/Downtown. Proceed approximately 3 miles on I-180 S, turn right onto R St. Turn right onto N. 8th St., turn right onto Salt Creek Roadway. At the traffic circles, go straight. Turn right onto N. 14th St.

From Denver and Points West

Take I-80 East towards Lincoln. Take Exit 399 for W Cornhusker Hwy. Turn left onto W Cornhusker Hwy, take the 14th St exit toward State Fair Park/W Entrance. Turn right onto N. Antelope Valley Pkwy. Turn right onto Salt Creek Roadway, and then turn left onto N. 14th St.

From Manhattan and Points South

Take US-24 and continue onto US-77 N. Continue on US-77N to Lincoln and exit onto Rosa Parks Way. Turn left onto S. 10th St. and continue onto N. 10th St. to the traffic circle. Continue straight through onto Salt Creek Roadway. Turn right onto N. 14th St.

Area Amenities (Lodging, Restaurants, Etc.)

The city of Lincoln maintains a list of dining and lodging options in the downtown Lincoln area though this [online resource](#).

Local Attractions

The University of Nebraska - Lincoln is located in Lincoln, NE, which is the state capital of Nebraska. Attractions within the area include the State Capital Building (the second tallest capitol building in the country), as well as a variety of museums located around downtown Lincoln. <http://www.lincoln.org/>

UNL Campus Recreation Facilities

Indoor Facilities

- **Campus Recreation Center – City Campus (CREC)** - 841 N. 14th St. Lincoln, NE 68588
- **Recreation & Wellness Center – East Campus (RWC)** – 1717 N. 35th St. Lincoln, NE 68583
- **Mabel Lee Hall** - 841 N. 14th St. Lincoln, NE 68588
- **Pershing Military & Naval Science Building** - 1360 Vine St. Lincoln, NE 68588
- **Breslow Ice Hockey Center** – 433 V St., Lincoln, NE 68508

Outdoor Facilities

- **Mabel Lee Fields** - 1433 W St. Lincoln, NE 68588
- **Fleming Fields** - 3200 Baldwin Ave. Lincoln, NE 68504
- **Vine St. Fields** – 530 N17th St. Lincoln NE 68588
- **Whittier Fields** - 2200 Vine St, Lincoln, NE 68503

Medical Coverage Provided

- A certified Athletic Trainer or CPR/AED for Professional Rescuers staff member will be present for all Hockey, Lacrosse, Rugby, Soccer, and/or Ultimate home games.
- An Injury Prevention & Care (IPC) Staff Member will be present, in the Campus Recreation Center, or on call for all other home events.
- A Sport Club Supervisor trained in First Aid/CPR/AED is provided for every home event.
- AT's and IPC Staff members carry a limited amount of tape for injuries. If players would like to be taped before the game, please bring your own tape.

Accidents, Injuries & Emergencies Procedures

- Anytime a participant requires assistance for injury or medical reasons during a UNL Sport Club sanctioned activity, a Campus Recreation Accident Report must be completed by a Campus Recreation Staff Member.
- In the event of a non-life threatening injury, please see the Sport Club Supervisor and/or IPC Staff member who is on site. These individuals will be able to facilitate care.
- In the event of a life threatening emergency the Campus Recreation Student Staff Member will assess the situation, call EMS and inform professional staff as needed.
- If an AT, IPC Staff Member, or Sport Club Supervisor makes a decision that a player should not continue to participate, it is expected that the player(s) sits out until they are cleared by a licensed medical provider.
- Failure to abide by any Campus Recreation policies or medical staff instructions, may lead to athletes being asked to leave the facility. The professional staff of the athlete's institution and/or club's national governing body may also be contacted.

Local Hospitals & Medical Centers

Bryan West Campus

2300 S 16th St.
Lincoln, NE
402-481-1111

Bryan East Campus

1600 S 48th St.
Lincoln, NE
402-481-1111

St. Elizabeth CHI

555 S 70th St.
Lincoln, NE
402-219-8000

Bus Parking

- If your team is planning on traveling to Lincoln in a bus, please contact the Assistant Director for Sport Clubs 2 weeks in advance.
- Please bring a check made out to the club that is hosting you for -
 - Coach Buses - \$60/day or \$45 for part day
 - School Buses - \$36/day or \$24 for part day

Important Links

- [Campus Maps](#)
- [Visitor Parking](#)
- [University of Nebraska Visitors Guide](#)
- [Lincoln Weather](#)
- [Campus Recreation Website](#)
- [Campus Recreation - Sport Clubs Website](#)



Follow us on social media!



#ActiveHusker

