

SAN DIEGO STATE ATHLETICS

Fowler Athletics Center | 5302 55th St. | San Diego, CA 92182



Dear Visiting Athletic Trainer:

On behalf of San Diego State University and Aztec Track & Field, I would like to welcome you to San Diego for your upcoming competition. We look forward to assisting you with your medical needs during your visit.

Our main athletic training room is located in Fowler Athletic Center, adjacent to the Sports Deck. A medical tent in the south-west corner of the track will set up one hour prior to the start of the meet.

The following items will be available for practice and competition:

Practice	Competition	Athletic Training Room
Water Cups	Water Gatorade Cups Ice Chest (Ice, Bags, Flexi-wrap) Emergency Equipment (Splints, Crutches, etc.) Red Biohazard Bags	Biohazard Materials Cryotherapy Thermotherapy Ultrasound Electrical Stimulation Rehabilitation Area

If your team is **NOT** traveling with a Certified Athletic Trainer, please arrange in advance to accommodate your teams' needs, as treatments will only be performed upon request with a prescription or documentation. There will be emergency equipment available at the medical tent located at the south-east corner of the track, including vacuum splints and crutches. AED's are available onsite as part of the emergency action plan. The emergency action plan, specific for the Sports Deck is posted at the medical tent. A physician will be on-call at all times during the competition and on-site during pole vault.

If you should have any questions, please do not hesitate to contact me at the number listed below. Again, welcome to San Diego. Good luck, and we hope you have a great time!

Sincerely,

Cassie Cyr MS, LAT, ATC
Associate Athletic Trainer
(619) 594-7653
cjcyr@sdsu.edu

Addison Mienert MAEd, LAT, ATC
Assistant Athletic Trainer
(619) 594-7653
amienert@sdsu.edu

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Emergency Phone Numbers:

Emergency Medical Services (EMS): 911

San Diego State Campus Police: 619-594-1991

Athletic Training Room: (619)-594-7650

Nearest hospital:

UCSD Health East Campus

6655 Alvarado Rd
San Diego, CA 92120-5208

Phone: (619) 287- 3270

Kaiser Hospital:

Kaiser Permanente

4647 Zion Avenue
San Diego, CA 92120

Central Operator: (619) 528-5000

ER Phone: (619) 528-5118

Urgent Care:

Sharp Rees-Steely- Urgent Care

8701 Cuyamaca Street
Santee, CA 92071

Phone: (619) 568- 8025

Pharmacy:

CVS (24 Hr)

3151 University Ave
San Diego, CA 92104-2039

Phone: (619) 283-7366

Non 24-HR Pharmacy:

CVS Pharmacy (non 24-hr)

6265 El Cajon Blvd
San Diego, CA 92115-3917

Phone: (619) 287-6848

Pharmacy Hours: (closes for lunch everyday 1:30 PM-2 PM)

Mo-Fr: 09:00 AM - 9:00 PM

Sat: 09:00 AM - 06:00 PM

Sun: 10:00 AM - 06:00 PM