

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 Softball 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, and a satellite athletic training room is located in the softball clubhouse.

The following items will be available for practice and competition:

Practice	Competition	Athletic Training Room
Water Cups Ice Chest (Ice, Bags, and Flexi-wrap)	Water Gatorade Cups Ice Chest (Ice, Bags, Flexi-wrap) Emergency Equipment (Splints, Crutches, etc.) Towels 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 written documentation provided by the ATC or physician. There will be emergency equipment available in the softball clubhouse athletic training room, including vacuum splints and crutches. AED's are available as part of the emergency action plan. The emergency action plan, specific for the softball stadium, is posted in the softball clubhouse athletic training room and in the first base dugout. A physician will be on-call at all times during the competition.

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,

Alex Twombly MS, ATC
Associate Athletic Trainer
760-473-9443
atwombly@sdsu.edu

SAN DIEGO STATE ATHLETICS

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



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 Reese-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