

**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 Water Polo, 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, there is a satellite athletic training room at the tennis facility located next door to the Aquaplex.

**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.) Blood kit	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 Aztec Aquaplex including vacuum splints and crutches. AED's are available as part of the emergency action plan. The emergency action plan, specific for Aztec Aquaplex, will be sent along with this letter to the visiting team. 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,

Maria Barajas MAT, ATC, FMS  
Assistant Athletic Trainer  
C: 760-828-8932  
mibarajas@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 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**