



SAN DIEGO STATE

SAN DIEGO STATE ATHLETICS

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

Dear Water Polo Visiting Athletic Trainer,

Welcome to San Diego State University for your upcoming competition. If we can assist you during your visit, please do not hesitate to contact us. We would like to take this opportunity to inform you of the athletic medicine services available to you during your stay in San Diego.

The pool is located at the Aztec Aquaplex. The Athletic Training Room is located at 5302 55th St. in the Fowler Athletics Center, 100 yards east of the Aztec Aquaplex. On the day of competition, the Athletic Training Room will be available approximately 2 hours prior to the start of the game and ½ an hour post game, or earlier upon request. Please let me know in advance if you plan to use the athletic training room.

The following items will be available for practice and competition:

Practice	Competition	Athletic Training Room
<ul style="list-style-type: none"> ● Ice Water ● Cups ● Ice Chest with Ice, Bags and Flexi-wrap 	<ul style="list-style-type: none"> ● Ice Water ● Gatorade ● Cups ● Ice Chest with Ice, Bags and Flexi-wrap ● Emergency Equipment (Splints, Crutches, etc.) ● Biohazard Materials ● Treatment Table 	<ul style="list-style-type: none"> ● Cryotherapy ● Thermotherapy ● Ultrasound ● Electrical Stimulation

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.

A team physician will be on call. Emergency Medical Services (EMS) will not be present during the game.

If you have any questions or special requests, please do not hesitate to call. Good Luck in the upcoming game competition and we hope you enjoy your stay in San Diego.

Natalie Ater, ATC, MEd, CSCS
Assistant Athletic Trainer
nater@sdsu.edu
858-395-3410

Emergency Phone Numbers:



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Emergency Medical Services (EMS): 911
San Diego State Campus Police: 619-594-1991
Athletic Training Room: (619)-594-7650

Nearest hospital: Alvarado Medical Center ER
6655 Alvarado Rd, San Diego, CA 92120-5208
(619) 287-3270

Urgent Care: Sharp Reese-Steely Urgent Care
5525 Grossmont Center Dr, La Mesa, CA 91942-3009
(619) 644-6625

24-HR Pharmacy: CVS
3151 University Ave, San Diego, CA 92104-2039
(619) 283-7366

Non 24-HR Pharmacy: CVS Pharmacy (non 24-hr)
6265 El Cajon Blvd, San Diego, CA 92115-3917
(619) 287-6848

Pharmacy Hours

Mo-Fr: 08:00 AM - 10:00 PM

Sa: 09:00 AM - 06:00 PM

Su: 10:00 AM - 06:00 PM

