

# BARUCH COLLEGE ATHLETICS VISITORS



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## Contact Information

**Physical Address**  
Athletic Recreation Center  
55 Lexington Avenue  
New York, NY 10010  
(Corner of 24th St. & Lex.)

**Mailing Address**  
Baruch College Athletic Department  
Box BB1-110  
55 Lexington Avenue  
New York, NY 10010

**Tel:** 646-312-5040 **Fax:** 646-312-5041 **Website:** <https://athletics.baruch.cuny.edu/>



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## Administrative Staff

Director of Athletics & Recreation.....	Heather Mac Culloch.....	646-312-5045
Associate Athletic Director for Administration and Finance.....	Erin Pomykala.....	646-312-5044
Assistant Director of Athletics for Academics, Compliance and Eligibility.....	Carrie Thomas.....	646-312-5053
Assistant Athletic Director/Sports Information/Student Support Services.....	John Neves.....	646-312-5048
Head Coach Men’s Basketball/Assistant Athletic Director for Facilities.....	John Alesi.....	646-312-5064
Head Coach Men’s & Women’s Swimming/ Director of Aquatics.....	Charles Lampasso.....	646-312-5060
Head Coach Men’s Soccer/Equipment Manager/Assistant SID/ Intramurals.....	Dima Kamenshchik.....	646-312-5056
Head Athletic Trainer.....	Whitney Vail.....	646-312-5059
Chief Diversity Officer/Title IX Coordinator and Section 504/ADA Coordinator.....	Elliott Dawes.....	646-312-4552
CUNY Office Assistant.....	Lenore Mami.....	646-312-5042
Faculty Representative.....	Dr. Angela Pinto.....	646-312-4447
Intramural Department.....	Intramural Sports.....	646-312-5056
SAAC.....	SAAC Department.....	646-312-5053

## ARC Operations & Facilities

Assistant Athletic Director for Facilities.....	John Alesi.....	646-312-5064
ARC Membership & Locker Coordinator.....	Amanda De La Cruz.....	646-312-5049
ARC Supervisor.....	Jose Torres.....	646-312-5052
ARC Supervisor.....	Bryler Paige.....	646-312-5064

## Coaching Staff

Baseball Head Coach.....	Jose Torres.....	646-312-5052
Assistant Coach.....	Oswaldo Roman.....	646-312-5052
Assistant Coach.....	Joe Stolzer.....	646-312-5052
Men’s Basketball Head Coach.....	John Alesi.....	646-312-5064
Associate Head Coach.....	Tammer Farid .....	646-312-5064
Assistant Coach.....	Bryler Paige.....	646-312-5064
Assistant Coach.....	Joshua Gener.....	646-312-5064
Women’s Basketball Head Coach.....	Michael Kotrozos.....	646-312-5043
Assistant Coach.....	Kristen Podlovits.....	646-312-5043
Men & Women’s Cross Country Coach.....	Angeoline Piguave-Cowan.....	646-312-5070
Assistant Coach.....	Victor Carrano .....	646-312-5070
Assistant Coach.....	Ivette Mejia- Ramirez.....	646-312-5070
Men’s Soccer Head Coach.....	Dima Kamenshchik.....	646-312-5056
Assistant Coach.....	Roni Hahitti.....	646-312-5056
Assistant Coach.....	Kevin Korb.....	646-312-5056
Volunteer Assistant Coach.....	Bryan Nunez.....	646-312-5056
Men & Women’s Swimming Head Coach.....	Charles Lampasso.....	646-312-5060
Assistant Coach.....	Angeoline Piguave-Cowan.....	646-312-5070
Assistant Coach.....	Jennifer Chern.....	646-312-5060
Assistant Coach.....	Evan Nikolic.....	646-312-5060
Assistant Coach .....	Benjamin Chu .....	646-312-5060
Men & Women’s Tennis Head Coach.....	Gregory Wzykowski.....	646-312-5048
Assistant Coach.....	Annie Graham.....	646-312-5048
Men & Women’s Volleyball Head Coach.....	Kevin Edwards.....	646-312-5077
Head Softball Coach.....	Nicole Bellini.....	646-312-5061

## Mission Statement

The Department of Athletics & Recreation aims to educate and enhance the development of each individual athlete and participant through opportunities to participate in competitive intercollegiate or recreational sports programs.

At the core of each of those distinctive programs, the department strives to reflect a commitment to a prominent level of achievement in academics as well as in our competitive athletic and recreational programs.

The department endeavors to engage the larger community inclusive of teaching the tenets of leadership, sportsmanship, and teamwork through sports.

As the college is also a member of the NCAA, it encompasses and embraces the principles of sportsmanship, integrity, amateurism, compliance, and diversity along with inclusion and institutional control within the guidelines of Division III Athletics.

The Compliance Office will continually evolve by establishing vigilant, state of the art monitoring techniques to discover and report violation that may occur. The Baruch College Compliance Office is dedicated to the continual pursuit of comprehensive excellence by facilitating unrivaled athletic and academic success within the rules.



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## Baruch College Facts

**Name:** Bernard M. Baruch College

**Location:** New York, NY 10010

**Founded:** 1919

**Appx. Enrollment:** 15,482 (Undergrad)

3,197 (Grad)

**Nickname:** Bearcats

**Affiliation:** NCAA Division III

**Conferences:** City University of New York Athletic Conference (CUNYAC)

**President:** S. David Wu

**Director of Athletics & Recreation:** Heather Mac Culloch



Baruch College is a member of the National Collegiate Athletic Association ([www.ncaa.org](http://www.ncaa.org)) and competes at the Division III level. The intercollegiate program offers 13 sports for men and women, with all competing in the City University of New York Athletic Conference ([www.cunyathletics.com](http://www.cunyathletics.com))



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## **Athletic Training**

### **Athletic Trainer**

Whitney Vail

Office: 646-312-5059

Cell: 646-284-8164

[Whitney.Vail@baruch.cuny.edu](mailto:Whitney.Vail@baruch.cuny.edu)

On behalf of the Baruch College staff, we would like to welcome your student-athletes to our campus.

The Sports Medicine Department is headed by Whitney Vail MS, ATC and supported by per diem ATCs, EMTs.

The Sports Medicine Department is located on the B3 level of the Newman Vertical Campus, Baruch College, 55 Lexington Ave, NY, NY 10010, and can be reached at (646) 312-5059.

The following modalities will be available in the athletic training room:

- Whirlpool
- Ultrasound
- Electrical stimulation units
- Hot packs
- Ice

Items available on the bench or dugout during competitions include:

- Ice
- Water
- Cups
- AED, splint kit, and crutches will be located on the home bench/dugout.

Teams that are traveling without a Certified Athletic Trainer are requested to contact the Baruch Sports Medicine Staff prior to your team's arrival and/or send a detailed sheet of instructions with the desired treatments for your student-athletes. Please send your team with the appropriate medical supplies to properly treat their needs.



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## Sports Information

The Sports Information Office at Baruch College will attempt to provide an outstanding arrangement for visiting teams. Please contact **John Neves** at [john.neves@baruch.cuny.edu](mailto:john.neves@baruch.cuny.edu) for credentials or internet access.

### For Basketball

- Working space arrangements, and stats will be provided for visiting SID/statisticians.
- A numerical roster will be updated and available prior to the game that will include all players dressed for that game.
- Updated cumulative season statistics will be available prior to the game. Upon completion of the game, stats provided will include halftime statistics, a complete NCAA box summary and a play-by-play.

### For Soccer, Softball, Baseball, and Volleyball

- Working space arrangements for visiting SID/statistician will be provided.
- A numerical roster will be updated and available prior to the game that will include all players dressed for that game.
- Updated cumulative season statistics will be available prior to the game. Upon completion of the game, stats provided will include a complete NCAA box summary and a play-by-play.

### For Swimming, Tennis, and Cross Country

- Programs, statistics and results can be made available where applicable.



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## Facilities Information

Visiting teams in need of laundry service should contact Baruch College Equipment Manager **Dima Kamenshchik** at [Dmitriy.Kamenshchik@baruch.cuny.edu](mailto:Dmitriy.Kamenshchik@baruch.cuny.edu) or 646-312-5056 in advance of the event.

Visiting teams in need of practice space can contact Baruch College Facilities Coordinator **John Alesi** at [John.Alesi@baruch.cuny.edu](mailto:John.Alesi@baruch.cuny.edu) or 646-312-5064.

## Facility Space

### Locker Rooms

Visitor's Locker Rooms are available at the Athletic Recreation Center, equipped with bathrooms, showers, and lockers that can be used as long as teams bring their own locks. Locker Rooms are only accessible with an authorized ID swipe and any visitor to enter the locker rooms will need to be granted access by the event supervisor. Baruch College Athletics is not responsible for any unattended or unsecured valuables left behind.

### Prior to the Event

Entrance to the Athletic Recreation Center is on the corner of 24<sup>th</sup> Street and Lexington Avenue. Teams are to check in at the Public Safety desk upon arrival. The department will be notified, and an event supervisor will welcome the team at the entrance. That representative will then direct the team to the locker rooms and assist with any further requests. Public Safety requests that you arrive 15-30 minutes prior to your original arrival time to allow for check-in verification which will be done individually.

### After the Event

To keep the facility in excellent condition we ask for everyone's cooperation during post-game clean up. Please make sure not to leave any belongings behind when exiting the facility and dispose of any garbage at the conclusion of the event.



## Policies

### Evacuation Policy

There will be an event supervisor, game day administrator and public safety officers (event staff) overseeing every event at our on campus facility. If an alarm signal sounds, please use the nearest exit to evacuate the Athletics Recreation Center in an orderly fashion. The event staff may provide direction that supersedes any automated alarm and should be followed to assure your safety.

### Admission Policy

Admission is free to all Baruch College sporting events. Food, drink, gum, sunflower seeds, pets, bikes, weapons, alcohol, coolers, and glass bottles are prohibited at any of the on or off campus facilities used by Baruch College.

## Sportsmanship

Baruch College Athletics promotes good sportsmanship by student athletes, coaches, and audiences. We request your cooperation by supporting the participants in a positive manner and encouraging all student-athletes, coaches and spectators to exemplify the true meaning of sportsmanship during their visit. Profanity, racial/sexual comments, and other intimidating actions of any kind will not be tolerated and are grounds for removal from the premises. Consumption of alcohol and the use of tobacco (chewing, cigarettes, cigars, vapes), drugs are prohibited.



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## Home Venues

### ARC Main Gym

Basketball/Volleyball

55 Lexington Avenue Level B2



### MCU

Baseball

19004 Surf Avenue

Brooklyn, NY 11224



**Van Cortlandt Park**

Cross Country

Broadway and, Van Cortlandt Park S,

Bronx, NY 10801



**Flowers Park**

Baseball/Softball

491 5th Avenue

New Rochelle, NY 10801



**USTA Billie Jean King National  
Tennis Center**

Tennis

Springfield Blvd

Oakland Gardens, NY 11427



**Alley Pond Park**

Tennis

Springfield Blvd

Oakland Gardens, NY 11427



**Randall's Island**

Men's Soccer

20 Randall's Island Park

New York, NY 10035



**ARC Fitness Center**

55 Lexington Avenue Level B1

New York, NY 10010



**ARC Swimming Pool**

55 Lexington Avenue Level B3

New York, NY 10010



## Directions to Campus

The Athletic & Recreation Center (ARC) is located on the corner of 55 Lexington Avenue and 24th Street in New York City (Zip Code 10010).

### **BY SUBWAY OR PATH**

Take subways 6, F, W, or R to 23rd Street; walk *east* to the college at Lexington Avenue and 24th Street. There is also a PATH Station (from New Jersey) located on 23rd Street and Sixth Avenue.

### **BY BUS:**

Take the M23-SBS crosstown bus via 23rd St.; exit via Lexington or 3rd Avenue stop.

### **FOR GENERAL MASS TRANSIT INFO:**

Visit the official websites of: [N.Y.C. Transit](#), [Metro-North](#), [LIRR](#), [N.J. Transit](#), or [PATH](#).

### **BY CAR...**

**From Brooklyn via Tunnel or Brooklyn Bridge:** Take the FDR Drive North. Take exit number 7 (23rd Street). Make a slight right, then turn left onto East 23rd St. Turn right onto 1st Avenue, turn left onto East 27th St. and then turn left onto Lexington Ave.

**From Queens via Midtown Tunnel:** Take the 35th St. Exit on the left toward downtown Second Avenue. Make a right on 27th Street and make a left turn on to Lexington Avenue. Proceed to 24th Street.

**From Queens via Queensboro Bridge:** Take the 2nd Avenue-South ramp. Turn right onto East 27th St., then turn left onto Lexington Ave.

**From the Bronx via Triborough Bridge:** Take the FDR Drive South. Take exit number 7 (23rd Street). Make an immediate right onto East 25th St., turn on to Third Avenue, then make a right towards 27th Street, then left at Lexington Ave. Proceed to 24th Street.

**From New Jersey via GW Bridge:** Take the Harlem River Drive exit on the left. Harlem River Drive becomes FDR Drive South. Take exit number 7 (23rd Street). Make an immediate right onto East 25th Street, then make a right on Third Avenue to 27th street, then take a left at 27th Street, and another left at Lexington Avenue to proceed to 24th street.

**From New Jersey via Lincoln Tunnel:** Turn right onto West 34th St. Turn right onto Lexington Ave and go to East 24th St.

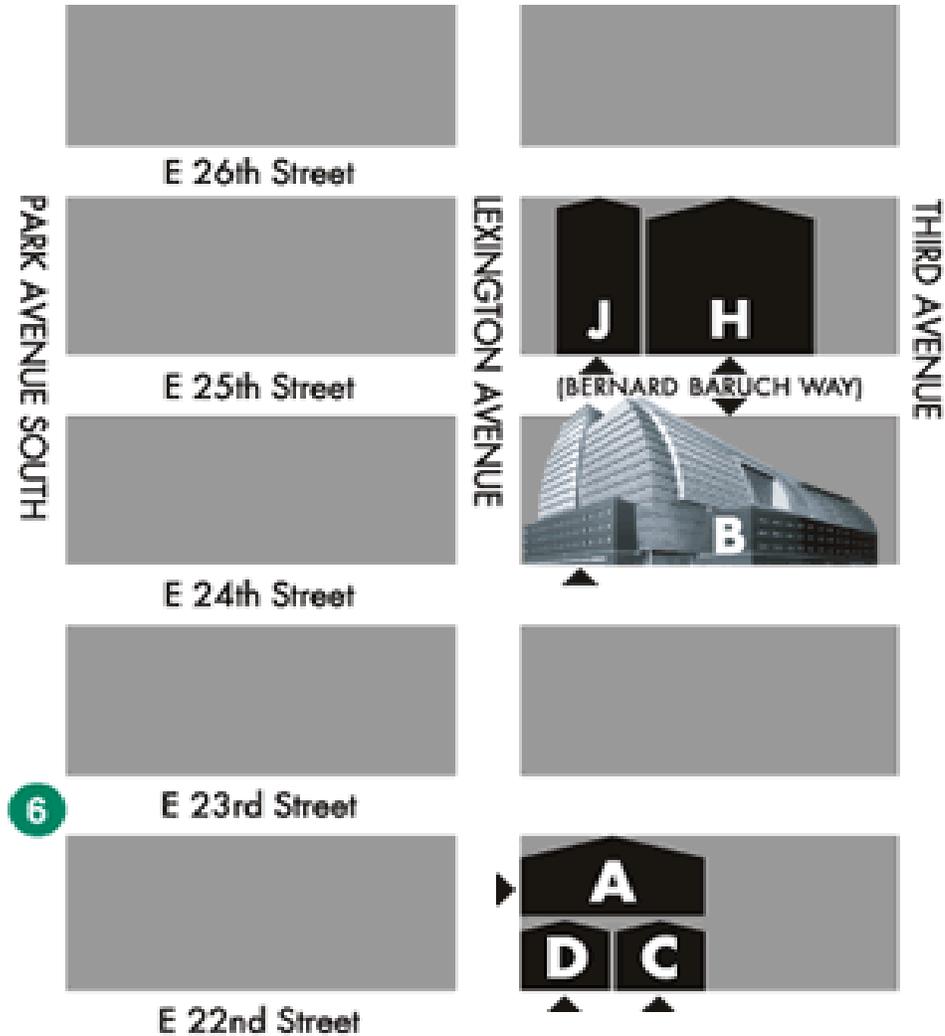
**\*\* NO PARKING LOT ON CAMPUS, LOCAL STREET AND METERED PARKING ONLY \*\***



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## CAMPUS MAP



### MAP KEY

- A-** The Lawrence and Eris Field Building at 17 Lexington Avenue (at 23rd St)
- B-** The William and Anita Newman Vertical Campus & **The Athletic Recreation Center**  
*One Bernard Baruch Way (55 Lexington Avenue)*
- C-** Newman Hall  
*137 East 22nd Street*
- D-** Administrative Building  
*135 East 22nd Street*
- H-** Information and Technology Building  
*151 East 25th Street*
- J-** 137 East 25th Street

## LODGING

Holiday Inn Express – NYC Chelsea  
232 West 29<sup>th</sup> Street  
New York, NY 10001  
<https://www.ihg.com>

Double Tree by Hilton Hotel NYC- Chelsea  
128 W 29<sup>th</sup> Street  
New York, NY 10001  
(212) 564-0994  
[www.doubletree3.hilton.com](http://www.doubletree3.hilton.com)

Four Points by Sheraton Manhattan Chelsea  
160 W 25<sup>th</sup> Street  
New York, NY 10001  
(212)627-1888  
[www.fourpoints.com](http://www.fourpoints.com)

## RESTAURANTS



61 Lexington Avenue  
(212)213-8558



125 E 23rd St  
on the corner of Lexington Ave  
(212)673-6904



350 3<sup>rd</sup> Ave  
(212)213-2222



350 3<sup>rd</sup> Ave  
(212)796-6240



E 23<sup>rd</sup> St and Madison Ave  
Madison Square Park  
(212) 889-6600



325 Park Ave S  
(718) 360-1815

If you require space (conference room/lounge) for post-game team meal, please contact our Facility Rental Coordinator to reserve space (found in staff directory)



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**Baruch College Sports Medicine**  
 55 Lexington Avenue, Box BB1-110, New York, NY 10010  
 Office: (646) 312-5059 Fax: (646) 312-5089

**Visiting Team Campus Access Verification**

As part of the Baruch College Campus Reopening Plan, all campus visitors must adhere to the College's COVID-19 policies and procedures. Current campus access procedures require all visitors to provide verification of either full COVID-19 vaccination status OR a negative PCR COVID-19 test within 72 hours of competition. Any individual who does not meet these requirements will be denied access.

Below, please list all members of your travel party (coaches, staff, student-athletes, etc.) that will be arriving for your competition and fill in their names and status below. Please return this completed form to Jessica Rayford- Anderson, Acting Head Athletic Trainer [jessica.rayfordanderson@baruch.cuny.edu](mailto:jessica.rayfordanderson@baruch.cuny.edu) within 24 hours of your arrival.

College/Institution: \_\_\_\_\_

Sport: \_\_\_\_\_

Name	Vaccinated (-) Test		Name	Vaccinated (-) Test	
	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
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By signing below, I verify that all members of the travel party listed meet the Baruch College campus access requirements. Furthermore, I understand that all campus visitors will be required to comply with the College's most current COVID-19 policies and procedures. We are offering this information voluntarily.

Certified Athletic Trainer Name (Please Print): \_\_\_\_\_

ATC Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_



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