



S a i n t M a r y ' s U n i v e r s i t y

**VISITOR'S
GUIDE**

C a r d i n a l A t h l e t i c s



Saint Mary's University Athletic Department • Staff Directory

Name	Position	Email	Office	Phone Numbers	
				Office	Cell
Berndt, Ward	Cross Country Coach	wberndt@smumn.edu	GF268	507-457-6614	507-313-1321
Bray, Carolyn	Assistant Softball Coach	cbray@smumn.edu	GF267	507-457-6679	651-380-7594
Brown, Ambjor	Athletic Trainer	abrown@smumn.edu	FH69	507-457-1582	414-704-7334
Cicalelo, Charlie	Assistant Baseball Coach	ccicalel@smumn.edu	GF271	507-457-1636	651-491-9583
Dembiec, Chris	Men's Soccer Coach	cdembiec@smumn.edu	FH56C	507-457-6957	262-497-4046
Fennern, Nikki	Athletic Director	nfennern@smumn.edu	GF276	507-457-1638	507-429-5512
Halberg, Jeff	M / W Tennis Coach	jhalberg@smumn.edu	FH65	507-457-8711	507-450-5459
Hall, Nicholas	Assistant Women's Basketball	nchall@smumn.edu	FH51	507-457-1574	715-307-3450
Hauptert, Aaron	Assistant Women's Hockey Coach	amhaupt99@smumn.edu	GF273	507-457-6958	507-429-3766
Herrick, Jamie	Fitness Coordinator / Instructor	jherrick@smumn.edu	GF277	507-457-6968	507-459-5856
Landrum, Kevin	Assistant Men's Basketball	klandrum@smumn.edu	FH36	507-457-8727	651-245-9037
Landrum, Todd	Men's Basketball Coach	tlandrum@smumn.edu	FH44	507-457-8710	651-245-9036
Lester, Mike	Asst. A.D. / Volleyball Coach	mlester@smumn.edu	GF274	507-457-6954	507-252-9365
Lindquist, Eric	M / W Swimming/Diving Coach	elindqui@smumn.edu	GF104	507-457-1622	507-429-3450
Mannor, Terry	Women's Hockey Coach	tmannor@smumn.edu	GF170	507-457-1412	507-458-7902
McMahon, Shawn	M / W Track and Field Coach	spmcma03@smumn.edu	GF266	507-457-1623	715-308-3899
Miller, Jen	Softball Coach	jmmiller@smumn.edu	GF272	507-457-6923	507-450-8121
Moore, Bill	Men's Hockey Coach	wmoore@smumn.edu	GF265	507-457-1577	651-442-7306
Nadeau, Donny	Sports Information Director	dnadeau@smumn.edu	GF270	507-457-1634	507-429-2596
Pearson, Mandy	Women's Basketball Coach	mpearson@smumn.edu	FH42	507-457-6955	320-980-1965
Perrigo, Matt	Assistant Men's Soccer Coach	mperrigo@smumn.edu	FH56A	507-457-6911	414-704-2236
Reszka, J	Rink Manager	jlrsez99@smumn.edu	GF124	507-457-1608	507-313-1553
Rossini, Bill	Assistant Athletic Trainer	wrossini@smumn.edu	FH69	507-457-6964	
Stangl, Jeff	M / W Golf Coach	jstangl@smumn.edu	FH46	507-457-1578	507-459-6066
Stranik, Tessa	Assistant Womens Volleyball	tmstra01@smumn.edu	GF 275	507-457-1757	651-792-5282
Winecke, Nick	Baseball Coach	njwine03@smumn.edu	GF269	507-457-7231	651-249-6483
Winter, Toni	Athletic Dept. Office Manager	twinter@smumn.edu	GF260	507-457-1579	507-429-1638
Zimmerman, Eric	Women's Soccer Coach	ezimmerm@smumn.edu	FH56B	507-457-1583	608-526-9715

Athletic Fax 507-457-6640

WHEN YOU ARRIVE ON THE SMU CAMPUS

All teams, except hockey, will unload at the main entrance to the Saint Mary's University Toner Student Center. The soccer, baseball and fastpitch softball fields are all located within walking distance of the visitor's locker room, as are the volleyball and basketball courts — housed in the SMU Gymnasium — and the Jul Gernes Pool and four-lane indoor track in the Gostomski Fieldhouse. Private locker rooms are available for visiting teams. Each team needs to provide their own towels, locks, water bottles and/or cups.

Hockey teams will unload at the front of the SMU Ice Arena (just follow the main road past the Toner Student Center and Page Theater, and to the front of the arena). Visitor's locker rooms and training facilities are provided in the arena.

Van/bus parking for all events is located in the visitor's parking lot behind the Page Theater. We do request that buses and vans not park on the edge of roads or in turn-around in front of Toner Student Center.

SMU ATHLETIC TRAINING ROOM SERVICES

Saint Mary's athletic training staff is available to assist your team with all of its athletic training needs and extends the following services to all visiting teams.

- A Certified Athletic Trainer will be present before, during and after each contest. Student trainers will also be present and available. Please notify our training staff prior to the day of the contest if your team will be traveling without a trainer and will need special services.
- The following therapeutic equipment is available: Whirlpool, ultrasound and electric stim. All modality needs must be accompanied by written or verbal prescription. Water and ice will also be available. You are required to provide your own taping supplies, water bottles and/or cups.

TRAINING ROOM STAFF:

- *Head Trainer:* Ambjor Brown (ph.: 507-457-1582)
- *Assistant Trainer:* Bill Rossini (ph.: 507-457-6964)

SMU SPORTS INFORMATION SERVICES

The Saint Mary's sports information office will provide visiting teams complete game statistics for basketball, hockey, baseball and fastpitch softball. Saint Mary's will call the Winona Daily News and the two major Twin Cities newspapers — the Minneapolis Star Tribune and the St. Paul Pioneer Press — as well as the two Winona radio stations with the results of all home events.

Saint Mary's will also phone or fax results and highlights to other media outlets requested by the visiting team (please call or email Saint Mary's SID Donny Nadeau with such requests).

Numerical rosters, updated statistics and game programs will be provided for soccer, volleyball, basketball, hockey, swimming, baseball, and fastpitch softball. Visiting coaches and SIDs are welcome to use Saint Mary's copy machine, fax machine and phones to report results to their local media. Please contact the Saint Mary's coach or SID for assistance with long distance calling or faxing.

Saint Mary's will provide a phone line for the basketball press table, as well as the hockey press box. Radio stations should confirm this line's availability at least one week in advance of the broadcast with SID Donny Nadeau.

Opponents may also download all statistical information off the web. All of Saint Mary's University's sports can be located <http://www.saintmaryssports.com>

Statistics Services

Saint Mary's uses the Stat Crew/Automated Scorebook statistics programs for volleyball, men's and women's soccer, men's and women's basketball, men's and women's ice hockey, baseball, fastpitch softball and men's and women's tennis. Visiting teams that also use Stat Crew are asked to supply the Saint Mary's sports information office with Stat Crew roster files at least two days in advance of a game.

Saint Mary's uses the "in-game" functions of all Stat Crew programs, and will supply visiting teams and media with complete statistics, including written play-by-play, immediately following the game. During games, SMU provides halftime statistics for basketball, and statistics/shot charts between periods for ice hockey. Between-game statistics are provided in volleyball and baseball/softball (doubleheaders). Postgame, Saint Mary's will e-mail Stat Crew game files to opposing SIDs, and will also send game files to the MIAC office for conference statistics. If coaches or opposing SIDs would like Stat Crew files immediately after the game, please have a PC disk available and we will gladly take care of it.

LOCAL LODGING

Name	Address	Phone
Best Western Riverport Inn	900 Bruski Dr., Winona, MN 55987	507-452-0606
Winona Days Inn	Hwys. 14 & 61, Winona, MN 55987	507-454-6930
Quality Inn	South Hwy. 61 & 43, Winona, MN 55987	507-454-4390
Nichol's Inn	1025 Sugar Loaf Rd., Winona, MN 55987	507-452-6066
Holiday Inn & Suites	1025 Hwy. 61 East, Winona, MN 55987	507-453-0303
AmericInn	60 Riverview Dr., Winona, MN 55987	507-457-0249
Sterling Motel	1450 Gilmore Ave., Winona, MN 55987	507-454-1120
Sugar Loaf Motel	1066 Homer Rd., Winona, MN 55987	507-452-1491
Westgate Motel	1501 Service Dr., Winona, MN 55987	507-454-2980

LOCAL RESTAURANTS

SIT DOWN

Name	Address	Phone
Perkins	956 1/2 Mankato Ave., Winona, MN 55987	507-452-1618
The Ground Round	405 Hwy. 14, Winona, MN 55987	507-452-3390
The Green Mill in the Holiday Inn	1025 Hwy. 61 East, Winona, MN 55987	507-452-5400
Bub's Brewing Co.	65 E. 4th St., Winona, MN 55987	507-457-3121
Country Kitchen	1611 Service Dr., Winona, MN 55987	507-454-5104
Prime Steak & Cake	3rd & Huff St., Winona, MN 55987	507-454-3266
Jefferson Pub & Grill	58 Center St., Winona, MN 55987	507-452-2718
Wellington's Pub & Grill	1455 Service Dr., Winona, MN 55987	507-452-2103
Chula Vista Mexican Restaurant	1415 Service Dr., Winona, MN 55987	507-452-8202
Tequila Mexican Restaurant	408 Hwy. 14, Winona, MN 55987	507-452-8264
Golden China	411 Cottonwood Dr., Winona, MN 55987	507-454-4261
Great Wall	1213 Gilmore Ave., Winona, MN 55987	507-452-0393
China King Buffet	1733 Service Dr., Winona, MN 55987	507-457-3298

FAST FOODS

Name	Address	Phone
McDonald's East	905 Hwy 61 E, Winona, MN 55987	507-457-0600
McDonald's West	1620 Service Dr., Winona, MN 55987	507-452-9488
Hardee's	5th St. & Main, Winona, MN 55987	507-454-7360
Taco Bell	1455 Gilmore Ave., Winona, MN 55987	507-452-1530
Taco John's	Winona Mall, Winona, MN 55987	507-452-6057
Kentucky Fried Chicken	1558 Service Dr., Winona, MN 55987	507-452-7719

PIZZA

Name	Address	Phone
Pizza Hut	1630 Service Dr., Winona, MN 55987	507-454-5193
Domino's	117 Walnut St., Winona, MN 55987	507-454-4545
Godfather's	Walnut at the Levee, Winona, MN 55987	507-454-4274
Little Caesars	1201 Gilmore Ave., Winona, MN 55987	507-452-8752
Rocco's East	5th St. and Mankato Ave., Winona, MN 55987	507-454-3360
Rocco's West	5242 W. 6th St., Winona, MN 55987	507-454-5911
Sammy's	126 W. 2nd St., Winona, MN 55987	507-454-3403

SUB SHOPS

Name	Address	Phone
Subway East	920 Mankato Ave., Winona, MN 55987	507-454-0534
Subway West	1488 Gilmore Ave., Winona, MN 55987	507-454-8338
Winona Sandwich Co.	619 Huff St., Winona, MN 55987	507-454-0207
Erbert & Gerbert	105 W. Third St., Winona, MN 55987	507-474-3727
Jimmy John's	155 E. Third St., Winona, MN 55987	507-454-4753