

RAVENS



www.goravens.ca



Carleton University Visiting Information

Department Contacts	Page 2
Coaching Staff	Page 3-4
Travel Information	Page 5-6
• Host Hotel Information	
• Vehicle Rental Information	
• Bus Rental Information	
• Airport Information (YOW)	
Facilities	Page 7
Parking	Page 8
What's Near By	Page 9
Campus Map	Page 10
Getting To Carleton University	Page 11-12



Department of Recreation and Athletics Contacts

Carleton University Athletics Main Number: (613) 520-4480

**Department of Recreation and Athletics Fax Numbers: (613) 520-4466
(613) 520-3902**

Department of Recreation and Athletics Main Email: ravens@carleton.ca

**Websites: www.goravens.ca (varsity)
www.carleton.ca/athletics (recreation)**

Position	Name	Tele. Ext.	Email
Director	Jennifer Brenning	8446	jennifer_brenning@carleton.ca
Associate Director	Yolana Junco	4482	yolana_junco@carleton.ca
Facilities Manager	John Wilson	8457	john_wilson@carleton.ca
Interuniversity Manager	Bob Rumscheidt	5627	bob_rumscheidt@carleton.ca
Marketing Manager	Romy Nehme	8267	romy_nehme@carleton.ca
Wellness Manager	Bruce Marshall	8448	bruce_marshall@carleton.ca
Head Athletic Therapist	Nadine Smith	5623	nadine_smith@carleton.ca
Equipment Coordinator	Paul Blackman	8442	paul_blackman@carleton.ca
Event Coordinator	Rob LeRoy	1139	robert_leroy@carleton.ca
Sports Information Officer	Christina Atallah	1917	christina_atallah@carleton.ca
Varsity Administrator	Erin Veitch	8456	erin_veitch@carleton.ca
Facility Rental Officer	Valerie Hugues	2101	valerie_hugues@carleton.ca
Welcome Centre (Alumni Hall)		520-5565	
Welcome Centre (IceHouse)		520-4655	



Coaching Staff

Men's Basketball

Dave Smart, dave_smart@carleton.ca

520-2600 ext. 1166

Women's Basketball

Taffe Charles, taffe_charles@carleton.ca

520-2600 ext. 1045

Men's and Women's Fencing

Eli Sukunda, Sukunda@sympatico.ca

Men's Golf

David Williams, philliams@hotmail.com

Women's Golf

Gail Blake, gail_blake@carleton.ca

Men's and Women's Nordic Skiing

Chris Mamen, chrismamen@gmail.com

Men's and Women's Rowing

TBA

Men's Soccer

Sandy Mackie, sandy_mackie@carleton.ca

520-2600 ext. 1129

Women's Soccer

Alex McNutt, alex_mcnutt@carleton.ca

520-2600 ext. 8280

Men's and Women's Swimming

Nico Belisle, belisle.nico@gmail.com

Men's Water Polo

Zoltan Csepregi, zcespregi@sympatico.ca



Coaching Staff

Women's Water Polo

Steve Baird, steve_baird@carleton.ca

520-2600 ext. 8444

Men's Ice Hockey

Marty Johnston, marty_johnston@carleton.ca

520-2600 ext. 4212

Women's Ice Hockey

Shelley Coolidge, shelley_coolidge@carleton.ca

520-2600 ext. 4220

For Competitive Club coaches, please contact:

Bob Rumscheidt, bob_rumscheidt@carleton.ca

520-2600 ext.5627

For Intramural Club coaches, please contact:

Christopher Surgeoner, Christopher_surgeoner@carleton.ca 520-2600 ext. 5629



Travel Information

Host Hotel



111 Cooper Street
Ottawa ON K2P 2E3
Tel: 613-238-0772
Fax: 613-238-0475
Email: steve.ball@hiottawa.ca
www.hiottawa.ca

Lydia Peltz

Vehicle Rental Information



Enterprise Rent-a-car
www.enterprise.com



Travel Information Con't

Bus Rental



Leduc Bus Lines
8467, Hwy 17
Rockland ON K4K 1K7
Tel: 613-446-0606
Fax: 613-446-0341
Email: leducbus@leducbus.com

Marc Savage

Airport Information



Ottawa International Airport
1000 Airport Parkway Private, Suite 2500
Ottawa ON K1B 9V4
Tel: 613-248-2000
www.ottawa-airport.ca/index-e.php



Facilities

Ravens' Nest

The Ravens' Nest is the home to our men's and women's varsity basketball teams. The 'Nest' seats 1,400 fans for varsity games and other special events. In addition to the full court gym the Nest also boasts three full-sized cross court gymnasiums for tournaments, intramurals and recreational sports.

Ravens' Field

On July 1 2008, Carleton University's Department of Recreation and Athletics unveiled the newly renovated Ravens' Field to meet the growing demand for field sports in the city of Ottawa. Some of the exciting new features are state-of-the-art FIFA® Standard artificial turf, flood lights and seating for 2000 fans. Ravens' Field will be the right fit for everyone looking to play soccer, field hockey and ultimate frisbee. Our full field is 76m x 110m and our 7v7 field is 70m x 30m.

Norm Fenn Gym

Double gymnasium with two cross-courts and one full-sized 94' x 50' court. Six glass backboards, seating for up to 800.

Fieldhouse

A 4,500 square meter sports field with artificial turf – 'Rec-Turf 2' and a 230 meter, 3 lane jogging track – rubber base with a poured urethane finish.

Full length field – approx. 65 meters long (213 feet) x 53 meters wide (173 feet). Two cross fields each approx. 53 meters long (173 feet) x 26 meters wide (87 feet).

Jogging track: Inside lane – 4.3 laps to the km, Outside lane – 4.26 laps to the km

Ice House – Twin Pad Arenas

The main arena will seat 500 spectators while the secondary rink will be able to accommodate 100 viewers. The Ice House will be operational year-round and features two NHL-size ice surfaces with six dressing rooms per ice pad.

Pool

50-meter L-shaped pool has a diving area with a 3-platform diving tower, 1-meter springboard, a slide, a bubbler and swing rope. The water is usually 28 degrees Celsius.

Squash Courts

Six international squash courts for your convenience.

Tennis Courts

Five resurfaced hard courts (blue/green like Masters Series), 4 courts under bubble for year round play, clubhouse includes washrooms and change area.



Parking

Services for Users in Pay & Display Lots and Parking Meters

Parking meters accept coin payment only. Credit card payment option (VISA or Mastercard) is available at all *CALE* Pay & Display machines on campus. Change service is no longer provided by Parking Services in any on-campus parking area. If paying by coin payment, please ensure that you have adequate change for payment before arriving on campus. If you are uncertain as to the length of your stay on campus, Parking Services recommends use of the "*Daily Maximum*" rate in Pay and Display lots

Parking Meters

All parking meters on campus are programmed based on the rate of *\$1.20/half hour time period*. These metered areas are enforced as Maximum 4-hour parking areas.

The metered parking areas on campus are as follows: University Commons, Library/Dunton Tower, Paterson Hall, Loeb Building - Lot 8, CTTC Building, University Drive and Library Road.

www.carleton.ca/parking

Please see the parking website for more detailed information.

Or

Buses can drop off teams in Parking Lot #5 or in front of the Ice House. Buses should then park in Lot #7.

Please contact Robert LeRoy (Special Events Coordinator) for information regarding parking for teams.

robert_leroy@carleton.ca

613-520-2600 ext. 1139

613-293-5365



What's Near By...

On Campus

Tim Hortons – in Alumni Hall and the University Centre

Treats – in the Training and Technology Building (not open on weekends)

Oliver's Pub, A&W, Pizza Pizza, ect. – in the University Centre (hours of operation vary)

Off Campus

Mexicali Rosa's 613-234-8156
1001 Queen Elizabeth Dr

Dows Lake Pavillion 613-232-1001
1001 Queen Elizabeth Dr

Malone's Lakeside Bar & Grill 613-567-2254
1001 Queen Elizabeth Dr

Royal Oak 613-230-0803
557 Cambridge St South

Corner Café 613-232-6312
560 Rochester St

Lorenzo's Pizzeria 613-567-2269
40 Adeline St

Golden Thai Restaurant 613-233-7278
540 Rochester St

Pub Italia 613-232-2103
434 ½ Preston St

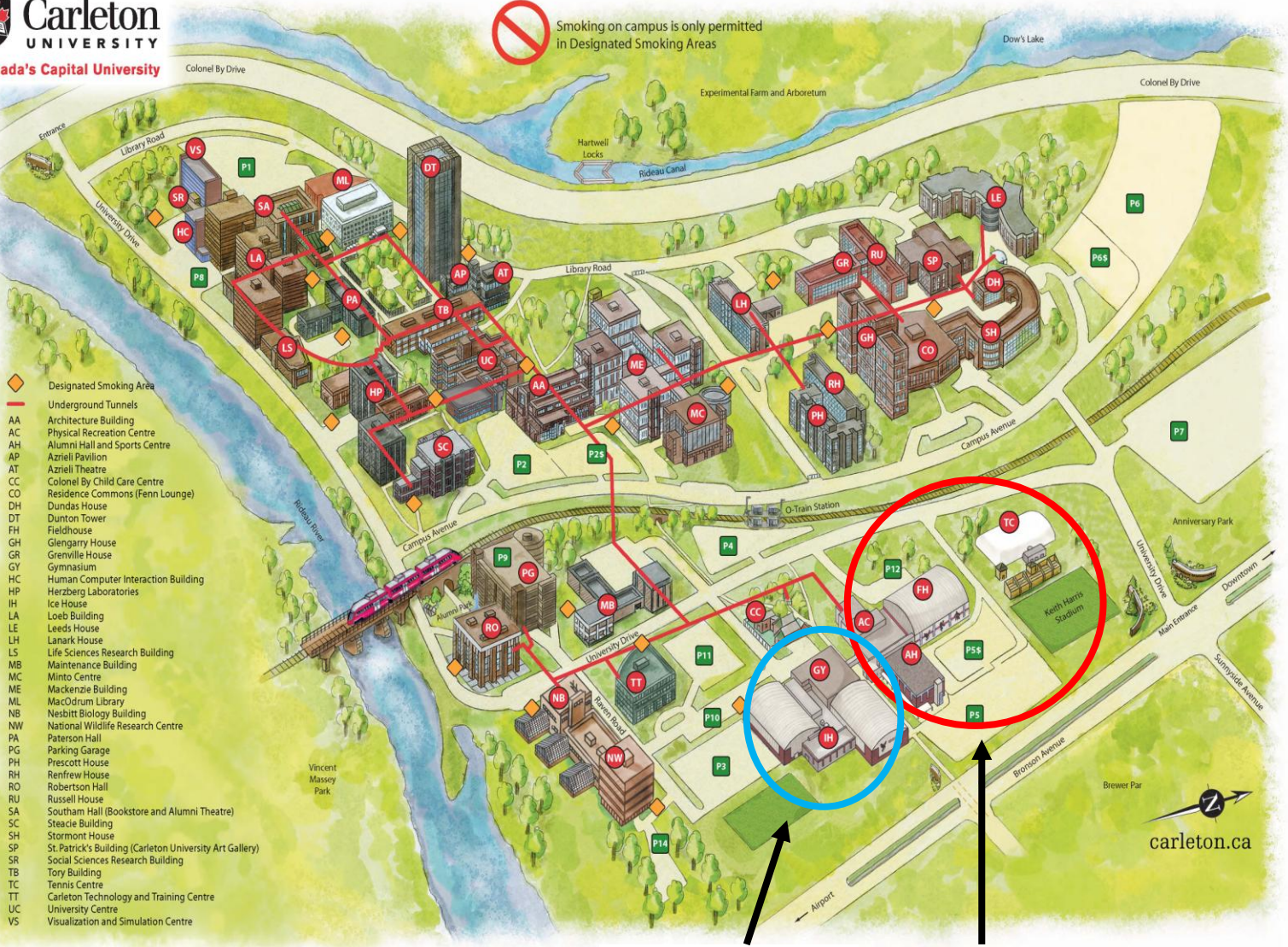
McDonalds 613-234-1985
670 Bronson Ave



Campus Map



 Smoking on campus is only permitted in Designated Smoking Areas



IceHouse (Rinks) **Athletics Complex**

For a full size interactive map, please visit:

<http://www.carleton.ca/cu/campus/>



Getting To Carleton University

Via Highway 417 (East/West through Ottawa)

Exit Highway 417 (also called the "Queensway") at Bronson Avenue. Follow Bronson Avenue south approximately 2 kilometres. The campus entrance will be on the right at the intersection of Bronson and Sunnyside Avenue.

Via Highway 416 (North/Sough through Ottawa)

Hwy 416 connects Hwy 401 (interchange near Prescott, Ontario) to Hwy 417. Follow Hwy. 416 to Hwy. 417 (East). Follow Hwy. 417 (the "Queensway") and exit at Bronson Avenue. Follow Bronson Avenue south approximately 2 kilometres. The campus entrance will be on the right at the intersection of Bronson and Sunnyside Avenue.

By Train or Bus

The 15-minute taxi ride from the Ottawa (Via Rail) train station to Carleton University's costs approximately \$15.00. Taxi fare from the Ottawa (Voyageur) bus terminal to Carleton University is approximately \$20.00.

Local OCTranspo routes #4 and #7 (both of which enter the campus) pass within a block of the Ottawa (Voyageur) bus terminal.

OCTranspo's new Light Rail System - The OTrain

The O-Train provides service to Carleton University from the transit stations at Bayview (Lebreton Flats) and Greenboro (South Keys) with stops at Carling and Confederation Heights.

By Airplane

Ottawa International Airport (YOW)

The taxi ride from the Ottawa Airport to Carleton University's costs approximately \$20.00.

Montréal-Pierre Elliott Trudeau International Airport (Montréal-Trudeau) (ADM)

Montreal is two hours by bus from Ottawa. Tickets for the Voyageur Colonial Bus from Dorval Airport to the Ottawa Bus Terminal cost approximately \$25 and can be purchased at the airport. Five buses run daily from Montreal to Ottawa from 1:20 to 10:20 p.m. Voyageur Colonial Bus telephone: (613) 238-5900. Taxi fare from the Ottawa bus terminal to Carleton University is approximately \$10.00.



Getting to Carleton University Con't

Toronto Pearson International Airport (GTAA)

Toronto is approximately five hours from Ottawa by car. We suggest that you fly from Toronto to Ottawa (less than one hour flight). Be sure to reserve your flight in advance.

