

Northwestern Oklahoma
State University

RANGER

Athletics



Visiting Team Guide

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The Northwestern Oklahoma State University athletic department is pleased to have you and your team visit our campus and facilities.

This Visiting Team Guide contains information to assist you with your experience in Alva. Please feel free to contact any staff member with any questions.

Northwestern Oklahoma State University Athletics
709 Oklahoma Blvd.
Alva, OK 73717
(Phone) 580-327-1700
(Athletic Fax) 580-327-8669
www.nwosu.edu/athletics

Northwestern Athletic Department Staff

Northwestern Athletic Department

709 Oklahoma Blvd.

Alva, OK 73717

Phone: (580) 327-8653

x: (580) 327-8669

All Phone Numbers Area Code 580

Athletic Administration - Phone: (580) 327-8653 Fax: (580) 327-8669

Director of Athletics	Andy Carter	327-8632	avcarter@nwosu.edu
Assistant Athletic Director for Compliance/SWA	Wendy McManus	327-8635	wsmcmanus@nwosu.edu
Sports Information Director		327-8638 (Fax)	
Athletic Secretary	Lisa Franz	327-8639	lifranz@nwosu.edu
		327-8653	

Coaching Staff - Fax: (580) 327-8669

Baseball Coach	Ryan Bay	327-8124	rjbay@nwosu.edu
Men's Basketball Coach	Andrew Brown	327-8467	awbrown@nwosu.edu
Women's Basketball Coach	Stephanie Shaw	327-8626	snshaw@nwosu.edu
Asst. Women's Basketball Coach	Carey Phariss	327-8634	caphariss@nwosu.edu
Cheerleading Coach	Kaylyn Hansen	327-8414	klhansen@nwosu.edu
Softball Coach	Cody Hooper	327-8102	cwhooper@nwosu.edu
Football Coach	Alan Hall	327-8488	aahall@nwosu.edu
Asst. Football Coach	TBA	327-8579	
Asst. Football Coach	TBA	327-8578	
Men's and Women's Golf Coach	Rod Gourley	327-8105	rcgourley@nwosu.edu
Rodeo Coach	Stockton Graves	327-8688	
Women's Soccer Coach	Steve Barrows	327-8103	sdbarrows@nwosu.edu
Men's and Women's Cross Country Coach	Shane Hansen	327-8644	schansen@nwosu.edu

Faculty Athletic Representative - Fax: (580) 327-8502

NCAA Faculty Athletics Representative	Dr. Steven Palmer	327-8507	scpalmer@nwosu.edu
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Athletic Training - Phone: (580) 327-8627 / Fax: (580) 327-8669

Athletic Trainer	Rob Hibberts	327-8627	rdhibberts@nwosu.edu
Assistant Athletic Trainer	Joanna Crow	327-8627	jmcrow@nwosu.edu

IMPORTANT PHONE NUMBERS AND INFORMATION

EMERGENCY

Dial 911 for all emergencies

Dial 9911 for all on campus emergency calls

MEDICAL

[Share Medical Center](#)

800 Share Drive

Alva, OK 73717

(888) 889-6596

(580) 327-2800

POLICE

Northwestern Campus Police – (580) 327-8646

Alva Police – (580) 327-2121

Woods County Sheriff – (580) 327-3434

Oklahoma Highway Patrol – (580)-338-3366

Oklahoma Road Conditions – (405) 425-2385

FIRE

Alva Fire Department – (580) 327-2317

POISON

Poison Control Center - (800) 522-4611

For more information on Northwestern Oklahoma State University's web site about emergency plans on all three campuses, [click here](#).

City of Alva Website: www.alvaok.org

TEAM TRAVEL & CREDENTIAL INFORMATION

Team travel needs should be taken care of by the visiting team. A listing of preferred hotels and dining sites are listed in this packet.

Credentials for media are required to enter the press box and sideline areas. Please use the enclosed credential request form in this packet for credential requests. Send credential requests to Ryan Hintergardt, Assistant Athletic Director for Marketing and Media Relations at fax 580-327-8179 or email at rshintergardt@nwosu.edu.

Credential requests must be received 48 hours prior to game time. They can be picked up at the front gate of Ranger Field for football and at the ticket booth at Percefull Fieldhouse for basketball.

SEVERE WEATHER INFORMATION

When a warning siren is activated move indoors as quickly as possible. Move to the interior of a hallway, basement, or tunnel. Avoid upper floors, large glassed areas and windows. Stay out of auditoriums and exterior walkways. Stay away from electrical appliances. Use the telephone for emergency calls ONLY. Stay calm and alert. Call Campus Police at (580) 327-8511 or the Health and Safety Office at extension (580) 327-8416 to report any damage. Call 911 to report any injury.

The City of Alva's Storm warning siren system currently incorporates six sirens which are designed to alert residents who are outdoors.

Storm Sirens (one long blast for 60 seconds) are activated when a tornado warning has been issued for a portion of Woods Co. that includes the City of Alva when a storm spotter, fire fighter, or police officer sees a tornado or when winds 70 mph or greater are approaching.

There will not be an all clear blown at the expiration of the tornado warning.

Residents should be mindful that the storm siren is an outdoor warning system and is not designed to signal a tornado warning to an entire community indoors. You are reminded that when severe weather is forecast for the area the best source of information is a radio, television, or weather radio station.

Tune into 1430 AM KALV or 97.5 FM KPAK on a radio for more information or to channel 4 (KFOR), channel 5 (KOCO), or channel 9 (KWTV) for more weather information on television.

Please do not call 9-1-1 for weather information when you hear the sirens sound. Instead take immediate shelter and listen to a radio, television, or weather radio station for further information. (During severe weather it is especially important that 9-1-1 lines remain open for emergency use.)

For more information on severe weather and where to shelter see:

<http://www.fema.gov/hazard/tornado/index.shtm>

For more information on Northwestern Oklahoma State University's web site about emergency plans on all three campuses, [click here](#).

Visiting Team Credential Request Form

Institution: _____ Date: _____

Name (Print): _____

Email: _____

Media Outlet Name: _____

Media Outlet Type: Photo Newspaper Sports Information

Type of Credential Requested: Media Sideline Media/Sideline

Media credentials give you access to the press box while sideline credentials will give you access to the sideline to take pictures.

Signature: _____

Please fax or email to:

Ryan Hintergardt
Assistant Athletic Director for Marketing and Media Relations
Fax: 580-327-8179
Email: rhintergardt@nwosu.edu

Credentials can be picked up at the front gate of Ranger Field for football
and at the ticket booth at Percefull Fieldhouse for basketball.

RESTAURANT AND LODGING GUIDE

RESTAURANTS

Champs Sports and Spirits (American)
1705 College Blvd.
580-327-2025

Chopsticks (Chinese)
905 Oklahoma Blvd.
580-327-4822

Cookies Bowl and Café (American)
206 E. Oklahoma Blvd.
580-327-0461

Daylight Donuts (Donuts)
614 Oklahoma Blvd.
580-327-1817

El Portero (Mexican)
214 E. Oklahoma Blvd.
580-327-3606

Gambino's Pizza (Pizza, Italian and Sandwiches)
720 Oklahoma Blvd.
580-327-0444

Kick'n Koffee
806 Oklahoma Blvd.
580-327-4486

McDonalds (Burgers and American)
630 Oklahoma Blvd.
580-327-0044

Pizza Hut (Pizza, Italian and Sandwiches)
205 E. Oklahoma Blvd.
580-327-2430

Ranger Grill and Creamery (Fast Food)
328 Oklahoma Blvd.
580-327-2582

Red's Place BBQ & Steakhouse (BBQ and Steakhouse)
818 W. Oklahoma Blvd.
580-327-5649

The Sandwich Shoppe (Sandwiches/Subs)
530 Flynn
580-327-1250

Sonic Drive-in (Burgers and Fast Food)
25 Oklahoma Blvd.
580-327-2026

Subway (Sandwiches/Subs)
107 E. Oklahoma Blvd.
580-327-0955

Taco Mayo (Tacos and Mexican)
139 E. Oklahoma Blvd.
580-327-0077

Taco Village (Tacos and Mexican)
828 Oklahoma Blvd.
580-327-1357

LODGING

Alva Motel
105 Oklahoma Blvd.
580-327-0327

America's Best Value Inn
800 East Oklahoma Blvd.
580-327-1111

Holiday Motel
701 E. Oklahoma Blvd.
580-327-3333

Ranger Inn
420 Oklahoma Blvd.
580-327-1981

Western Motel
608 E. Oklahoma Blvd.
580-327-1363

ATHLETIC TRAINING GUIDE

- **Percefull Fieldhouse Athletic Training Room**

The Athletic Training Room is Located in Percefull Fieldhouse in the southwest corridor (Room #152). You will enter through the first door on the right (visiting team locker room) and the athletic training room entrance will be on your left. Access of all treatment modalities (e-muscle stimulation units, ultrasound, heat packs and Ice packs) will be available with a written statement from the certified athletic trainer from such school. No student-athlete will be allowed to perform e-muscle stimulation or ultrasound on their own. A student trainer will be allowed to perform such treatments with the supervision of a certified athletic trainer present in the Athletic Training Room. All heat packs and covers must remain in the athletic training room.

- **Bill Schnebel Athletic Training Room**

The Bill Schnebel Athletic Training Room is located in the facility located between Ranger field (football stadium) and Myers Field (baseball field). This facility services both football and baseball athletes. Entrance into the athletic training room can be made by entering through the first door on the left as you enter from the south doors into the foyer. You may also enter through Rangers' Locker Room entrance on the west side of the building. Hours of operation during the fall are: Monday – Friday from 1p.m. until the end of practices. Heat packs and Ice are available in this facility.

- **Hours of Operation**

Monday – Friday from 10 a.m. to 6 p.m. or until all in-season athletic athletes have been dismissed from their practices. Other hours can be arranged by contacting the head athletic trainer. All rehabilitation, injury treatments and injury/illnesses are to be completed during the hours of 10 a.m. - 2p.m. (before a practice). Injury reporting occurs in this facility.

Supplies Provided

Football

Sidelines: 40 gallons of water, injury ice and ice bags and biohazard kit

Locker Rooms: Two seven gallon coolers of water, injury ice and ice bags

Men's & Women's Basketball

Bench: 10 gallons of water, bottles/cups, injury ice and ice bags, biohazard kit and 5 bench towels

Softball/Basebal/Soccer

Bench: one or two 10 gallon coolers of water per seven inning/game, cups, injury ice and ice bags and biohazard kit

Emergency Equipment

AED, Spine board, crutches and vacuum splints

Please make sure that your teams provide their own medications and towels for showers.

If a Licensed Certified Athletic Trainer travels with your team, they are welcome to use any of the modalities in our facility. In the event that your team is traveling without a Licensed/Certified Athletic Trainer or with a student athletic trainer, please send a letter or email stating which athletes are injured and what modalities or special treatments are required. Please make sure your team brings the proper supplies for their taping needs. Feel free to contact our Athletic Training Room for any additional accommodations.

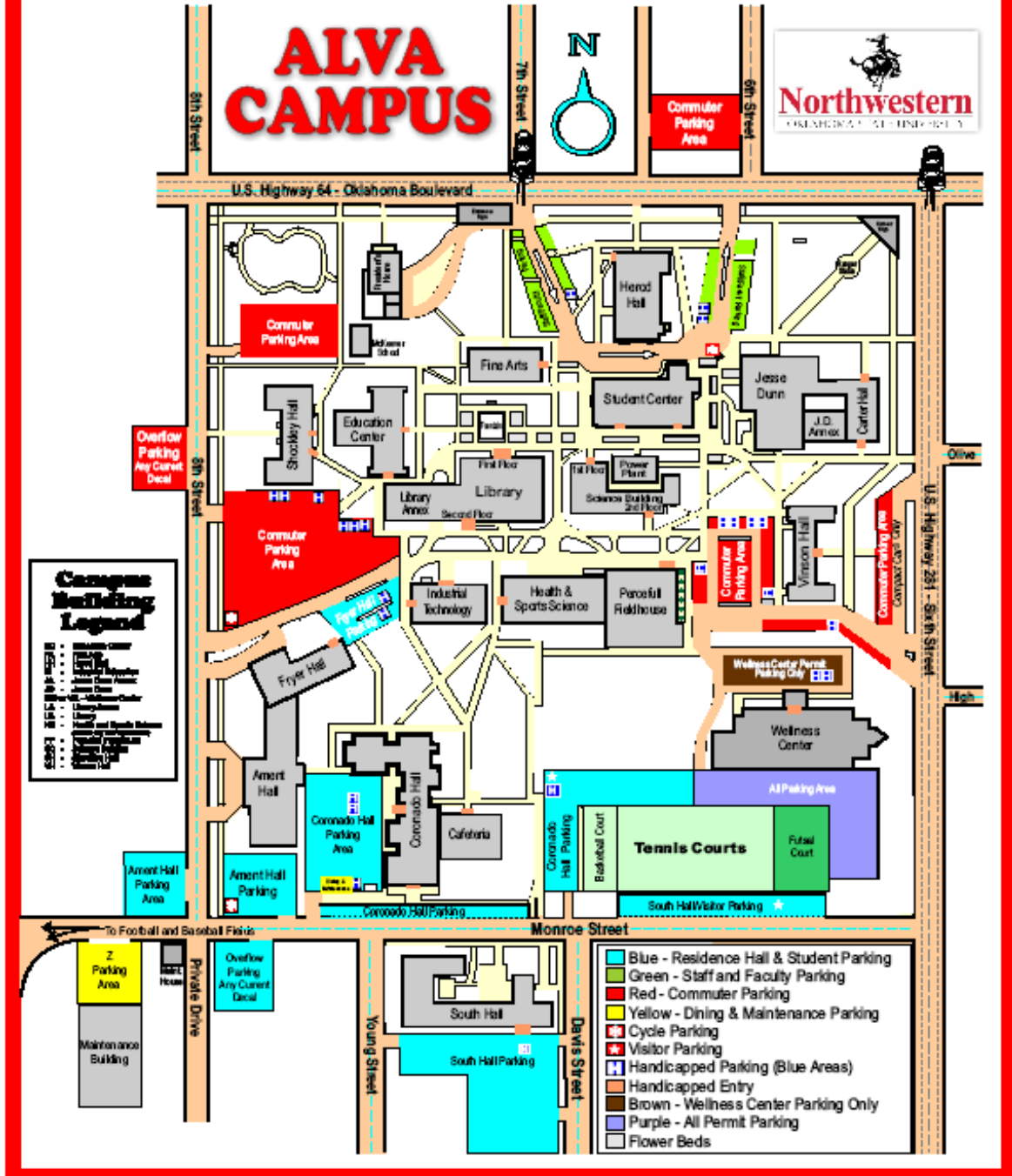
Modalities Available

- Cold whirlpool, moist heat packs, electrical stimulations, ultrasound, and ice

The athletic training room is located in Percefull Fieldhouse in the Health and Sports Science Education building. The athletic training room will be open two hours prior to competition time and will close approximately 20 minutes prior to games time, unless other arrangements are made by the Certified Athletic Trainer.

NORTHWESTERN OKLAHOMA STATE UNIVERSITY

ALVA CAMPUS



Campus Building Legend

- Administration
- Academic
- Athletic
- Dining
- Faculty
- Health
- Housing
- Library
- Maintenance
- Recreation
- Student
- Wellness
- Other

- Blue - Residence Hall & Student Parking
- Green - Staff and Faculty Parking
- Red - Commuter Parking
- Yellow - Dining & Maintenance Parking
- Cycle Parking
- Visitor Parking
- Handicapped Parking (Blue Areas)
- Handicapped Entry
- Brown - Wellness Center Parking Only
- Purple - All Permit Parking
- Flower Beds

For Driving Directions click here: <http://www.nwsu.edu/how-to-find-us>