Club Sports
Visiting Team Guide
Welcome Page

Dear Visiting Team,

Western Carolina University would like to welcome you to Cullowhee, NC! We have created this visiting team guide to provide you with useful information about our campus and the surrounding area so that planning your visit is easy. If you are playing on WCU’s campus, please have your team fill out the visiting team waiver, which you can find at the end of this guide.

The mission of the Department of Campus Recreation & Wellness is to create a campus-wide culture of wellness by providing programs, services, and facilities for individuals to engage and sustain the active process of healthy living.

Campus Recreation & Wellness is very concerned about the safety of our participants. If at any time someone gets injured or is in danger, please contact the proper authorities. If you have any questions about your visit at WCU, please contact us. Thank you for coming to Cullowhee and enjoy your stay. Good Luck!

Sincerely,
WCU Campus Recreation & Wellness
WCU Campus Recreation & Wellness Contacts

*New WCU Campus Rec Logo here and staff pictures

Address:
Western Carolina University
Campus Recreation & Wellness
Cullowhee, NC 28723

Phone: 828-227-7069
Fax: 828-227-7120
Email: reccenter@wcu.edu

Staff:

Shauna Sleight
  Position: Director of Campus Recreation & Wellness
  Contact: sage@email.wcu.edu
  Phone: 828-227-8803

Jonathan Johnston
  Position: Associate Director for Intramural and Club Sports
  Contact: jdjohnston@email.wcu.edu
  Phone: 828-227-8807

Beth Denmon
  Position: Administrative Support Associate
  Contact: bdenmon@email.wcu.edu
  Phone: 828-227-8800
Active WCU Club Sports

- Ballroom Dance
- Baseball (M)
- Bass Fishing
- Cycling
- Climbing
- Disc Golf
- Golf
- Equestrian
- Karate
- Lacrosse (M and W)
- Rugby (M and W)
- Soccer (M and W)
- Swimming
- Tennis
- Volleyball (W)
- Ultimate Frisbee

Inactive WCU Club Sports

- Basketball (M)
- Fencing
- Wrestling
Facilities

Campus Recreation Center
The Campus Recreation Center is a stand-alone facility located in the heart of campus between the University Center and Reid Gym. The Campus Recreation Center opened for operations on August 17, 2008 and was dedicated on Oct. 17, 2008. The Campus Recreation Center has to offer:

- 73,000 square feet of fun!
- More than 9,800 square feet of fitness space featuring cardiovascular and weight equipment
- Two multi-purpose courts
- A three-lane indoor jogging/walking track; each lap = 1/8 of a mile
- Two group exercise/multipurpose studios; each studio is approx. 2,400 square feet
- 48-foot climbing wall with belaying and bouldering
- Meeting room and conference room
- Full locker room facilities
- Two assessment rooms
- Administrative offices

Disc Golf Course
The Catamount Links is a 13-Hole course with 1 practice basket. Hole #1 is located right behind the Campus Recreation Center. Campus Recreation and Wellness operates the Disc Golf Course

Camp Lab Fields
The Camp Lab Fields are located across the street/creek from the football stadium and the Ramsey Center. Both the Intramural and Club Sports Program used these fields and they can accommodate two flag football fields, two softball fields, one rugby field, three ultimate Frisbee fields, one lacrosse field. Typically reserved for Intramural Sports and Club Sport practices/games, they can also be used for informal recreation on a first come, first serve basis. Campus Recreation and Wellness operates the Camp Lab fields

Reid Gym/Pool
Reid Gym is the building southwest of the Campus Recreation Center. Located within are four gymnasiurns and a pool. While most of the facility is used for health education classes, Intramural Sports games are typically held there as well. To get to Reid Upstairs before 9 pm, you can enter through the Reid Fitness Center to the stairwell up. If after 9pm, you must walk around to the backside of Reid and enter through a set of double doors at the bottom of a stair well. To get to Reid Pool, you must first enter the locker rooms and through there you may reach the pool. Campus Recreation and Wellness does not operate the Reid Gym.

Catamount Athletic Complex
The Catamount Athletic Complex (CAC) serves as the home venue for Western Carolina Women's Soccer, Women's Tennis and the Catamount Men's and Women's Track & Field teams. Club Sports uses the varsity tennis courts and the varsity soccer practice field for home matches. WCU Athletics operates the CAC
Campus Recreation Center - #20
Reid Gym - #30
University Center - #31
Dining Hall - #6
Catamount Athletic Complex - #21 and #22

Parking
Parking is restricted Monday through Friday 8am to 5pm, but is free after 5pm. On the weekends, all parking is free and you are allowed to park in any spot except those that are reserved/handicapped. Please refer to the campus map for the location of the parking lots.

For CRC:
The best parking would be in lot #33 (this is a metered lot during the week, but there is NO COST to park there on the weekend). If this lot is full, the other lots within walking distance are #21, #28, #30, #21,

For the Intramural Fields:
The best parking would be in lot #9c. If this lot is full, the other lots within walking distance are #4C, #9C, #10, and #12.

For the Tennis Courts:
The best parking would be in lot #21. If this lot is full, the other lots within walking distance are #27a, #28, and #30.
Directions to Campus

WCU is located in Cullowhee, NC, 5 miles south of Sylva on Highway 107.  
Western Carolina University, 1 University Drive, Cullowhee, NC 28723

From Asheville, NC, and points east: Follow I-40 West to Exit 27 (Highway 74 West). Follow Highway 74 West to Exit 85 in Sylva. At third light turn left onto Highway 107 South. Follow Highway 107 South to campus.

From Knoxville, TN, and points west: From I-40 East, take Exit 27 to Highway 74 West. Follow Highway 74 to Exit 85 in Sylva. At third light turn left onto Highway 107 South. Follow Highway 107 South to campus.

From Charlotte, NC: From I-85 South, exit onto Highway 74 West towards Shelby. Follow Highway 74 West to I-26 West to Asheville. In Asheville, exit left onto I-40 West. Follow directions above from Asheville.

From Atlanta, GA: From I-85 North, exit left onto I-985. I-985 will turn into GA 365 and will then merge with 441 North. Follow 441 North to Dillsboro, NC. At the light in Dillsboro, turn right onto Business 23. Follow Business 23 through Dillsboro and Sylva to Highway 107 South intersection. Go straight through intersection and follow Highway 107 South to campus.
Food on Campus

If your team wants to eat on campus, there are two locations with eateries, Campus Dining Hall (#6 on the campus map) and the University Center (located beside the Campus Rec Center). There is also an all-you-can-eat buffet on the 2nd floor of the Dining Hall.

Campus Dining Hall

![Starbucks Coffee](image)
![Burger Studio](image)
![Which Wich?](image)
![McAlister's Deli](image)
![Panda Express](image)
![Moe's Southwest Grill](image)
![Freshens Smoothies & Yogurt](image)

University Center

![Chick-fil-A](image)
![Papa John's](image)
Health Care

On-Campus Emergencies: 828-227-8911
Off-Campus Emergencies: 911

Student Health Services
Bird Building
Cullowhee, NC 28723
Phone: 828-227-7640

Hours of Operation:
Monday-Friday: 8:00am-5:00pm
Saturday-Sunday: Closed

MedWest-Harris Hospital
68 Hospital Road
Sylva, NC 28779
Phone: 828-586-7000

Sylva Urgent Care
176 Walmart Plaza
Sylva, NC 28779
Phone: 828-631-9462

CVS Pharmacy
88 NC Hwy 107
Sylva, NC 28779
Phone: 828-586-3558

Walmart Pharmacy
1230 E Main St.
Sylva, NC 28779
Phone: 828-586-0626

Rite Aid Pharmacy
36 Sunrise Park
Sylva, NC 28779
Phone: 828-586-8961
Hotels

There are plenty of hotels in the surrounding Cullowhee area, but here are some suggestions:

**Holiday Inn Express & Suites Dillsboro - Western Carolina** (15 minutes from campus)
26 Rufus Robinson Rd
Sylva, NC 28779
(828) 631-1111

**Best Western Plus - River Escape Inn & Suites** (15 minutes from campus)
248 WBI Drive
Dillsboro, NC 28725
(828) 586-6060

**Comfort Inn** (5 minutes from campus)
1235 E Main St
Sylva, NC 28779
(828) 477-4950

**Quality Inn** (10 minutes from campus)
2807 U.S. 74
Sylva, NC 28779
(828) 586-3315

**The University Inn** (3 minutes from campus)
563 North Country Club Drive
Cullowhee, NC 28723
(828) 293-5442
Local Dining and Attractions:
Even though WCU is located in a rural area, there are plenty of things to do and see! Here are some restaurants and activities if you are staying the weekend.

Restaurants:
Tuck's Tap & Grille
3344 Old Cullowhee Rd, Cullowhee, NC 28723
(828) 293-5400

Cullowings Sports Grill
4776 Little Savannah Rd, Cullowhee, NC 28723
(828) 293-5800

Sazon Mexican Cuisine
2840 Old Cullowhee Rd, Sylva, NC 28779
(828) 226-1950

Nick and Nate’s Pizza
38 The Villages Overlook, Sylva, NC 28779
(828) 586-3000

El Patron
Walmart Plaza, Sylva, NC 28779
(828) 586-8805

Bogart’s
35 E Main St., Sylva, NC 28779
(828) 586-6532

Kosta’s Family Restaurant
489 Haywood Rd, Dillsboro, NC 28725
(828) 631-0777

Activities:
Hiking: Follow the link to check out some nearby hiking trails...
http://www.wcu.edu/WebFiles/PDFs/WheeHikingGuide.pdf

Waterfalls: Follow the link to check out the nearby waterfalls...
http://www.wcu.edu/WebFiles/PDFs/WheeWaterfallGuide.pdf
Western Carolina University
Campus Recreation & Wellness
Club Sport Visiting Team Assumption of Risk

Club Sport: ______________________ Visiting Team: ______________________

I am voluntarily using the services and/or facilities of Western Carolina University’s Department of Campus Recreation & Wellness with full knowledge, understanding, and appreciation of the risks of injury inherent in any physical exercise, physical activity, or program and expressly assume all the risks of injury and even death, which could occur by reason of my facility/equipment usage. I hereby agree to abide by all rules, regulations, and guidelines for use of CRW services and/or facilities. I hereby waive any and all claims and release and forever discharge directors, trustees, officers, agent or employees from any and all actions, claims, damages, judgments, demands, rights, and causes of action of whatever kind or nature, arising out of all known and unknown, foreseen and unforeseen bodily and personal injuries or damage to property arising out of or related to my voluntary use of services and/or facilities. I understand that all personal property brought to the CRC is brought at my sole risk as to its theft, damage, or loss.

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