Dear Visiting Team,

Campus Recreation and Wellness and the Club Sport Program would like to welcome you to Cullowhee, NC! The mission of our department is to foster a campus-wide culture of recreation and wellness through a comprehensive array of programs and services that educate, empower, and engage individuals to pursue and sustain healthy, balanced lifestyles.

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 and informative. 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.

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,

Shauna Sleight
Director of Campus Recreation & Wellness
sage@email.wcu.edu
828.227.8803

Jonathan Johnston
Associate Director for Intramural and Club Sports
jdjohnston@email.wcu.edu
828.227.8807

Western Carolina University
Campus Recreation Center
379 Memorial Drive
Cullowhee, NC 28723
Phone: 828.227.7069
Fax: 828.227.7120
Email: reccenter@wcu.edu
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.

The Campus Recreation Center has to offer:
- 73,000 square feet
- 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

**DISC GOLF COURSE**
The Catamount Links is a 13-Hole course with one practice basket. Hole #1 is located at the end of the band practice field directly behind the Campus Recreation Center and the course follows down along Norton Field. For a course map and rules visit: goo.gl/sAf mzB

**CAMP LAB AND ATHLETIC PRACTICE FIELDS**
The Camp Lab and Athletic Practice Fields are located across the street/creek from the football stadium and the Ramsey Center. Both the Intramural and Club Sports Program use these fields and they accommodate sports such as flag football, softball, rugby, soccer, lacrosse and ultimate Frisbee. 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.

**REID GYM / POOL**
Reid Gym is the building southwest of the Campus Recreation Center. Located within are four gymnasiaums 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.
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 THE CAMPUS RECREATION CENTER
- 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 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. For hours of operation and locations, visit: westerncarolina.campusdish.com

CAMPUS DINING HALL

UNIVERSITY CENTER
**Health Care**

**ON-CAMPUS EMERGENCIES:** 828.227.8911  
**OFF-CAMPUS EMERGENCIES:** 911

**STUDENT HEALTH SERVICES**  
Bird Building  
Cullowhee, NC 28723  
828.227.7640

**Regular Hours of Operation:**  
Monday – Friday: 8:00am – 5:00pm  
Saturday – Sunday: Closed

**MEDWEST–HARRIS HOSPITAL**  
68 Hospital Road  
Sylva, NC 28779  
828.586.7000

**SYLVA URGENT CARE**  
176 Walmart Plaza  
Sylva, NC 28779  
828.631.9462

**Local Dining and Activities**  
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.

**Dining**

**TUCK’S TAP & GRILLE**  
Bird Building  
Cullowhee, NC 28723  
828.227.7640

**CULLOWINGS SPORTS GRILL**  
68 Hospital Road  
Sylva, NC 28779  
828.586.7000

**SAZON MEXICAN CUISINE**  
176 Walmart Plaza  
Sylva, NC 28779  
828.631.9462

**Bogart’s**  
35 E Main St.  
Sylva, NC 28779  
828.586.6532

**Activities**

**HIKING**  
Follow the link to check out some nearby hiking trails:  
goo.gl/li5Q5k

**WALKING**  
WCU Campus Walking Map:  
goo.gl/Cax0VI

**WATERFALLS**  
Follow the link to check out some nearby waterfalls:  
goo.gl/X2ZXJd

**Hotels**

**HOLIDAY INN EXPRESS & SUITES DILLSBORO**  
(15 MIN. FROM CAMPUS)  
26 Rufus Robinson Rd  
Sylva, NC 28779  
828.631.1111

**BEST WESTERN PLUS (15 MIN. FROM CAMPUS)**  
RIVER ESCAPE INN & SUITES  
248 WBI Drive  
Dillsboro, NC 28725  
828.586.6060

**COMFORT INN (5 MIN. FROM CAMPUS)**  
1235 E Main St  
Sylva, NC 28779  
828.477.4950

**QUALITY INN**  
(10 MIN. FROM CAMPUS)  
2807 U.S. 74  
Sylva, NC 28779  
828.586.3315

**THE UNIVERSITY INN**  
(3 MIN. FROM CAMPUS)  
563 N. Country Club Dr.  
Cullowhee, NC 28723  
828.293.5442

**EL PATRON**  
Walmart Plaza  
Sylva, NC 28779  
828.586.8805

**KOSTA’S FAMILY RESTAURANT**  
489 Haywood Rd  
Dillsboro, NC 28725  
828.631.0777

**HAYWOOD SMOKEHOUSE**  
403 Haywood Rd  
Dillsboro NC 28725  
828.631.9797
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 waiver 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.

PRINTED NAME  SIGNATURE  DATE

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