Sport Clubs

Visiting Guide
The Sport Club department would like to welcome you to the University of New Hampshire. It’s our hope that this guide is useful and helpful for the entirety of your stay here in Wildcat Country.

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Sport Club Staff

Any Questions?

Who to ask:
- UNH Club Student Leader/Coach
- Sport Club Supervisor

If any other issue arises, our staff is here to assist you

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>Stacey Hall</td>
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<td>UNH Hamel Recreation Center</td>
<td>Front Desk Supervisor</td>
<td>(603) 862-2031</td>
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Facilities

**Bremner Field**

*Function:* Athletic programs, Campus Recreation programs, student activity

*Hours:* Monday-Friday 6:00am-12:30 am (with lights). Saturday/Sunday, all day when available

**Memorial Field**

*Function:* Athletic programs, Campus Recreation and other student activities

*Hours:* Monday-Friday: 6:00am-12:30am (with lights). Saturday/Sunday, all day when available

**Student Recreation Field**

*Function:* Campus Recreation Sport Club and Intramural programs, summer programs and other student activities

*Hours:* Monday-Friday: 6:00-12:30am (with lights). Saturday/Sunday - all day when available
Facilities (cont.)

Whittemore Center Arena

*Function:* Olympic-sized hockey arena used for Athletics, Club teams, and special events
*Amenities:* Skybox Lounge – Lounge located above the Whittemore Center Area. (Managed by the Campus Rec Reservation System).

Hamel Recreation Center

*Features:*
- 850 sq. ft. Bouldering Wall
- 3 Multi-Activity Courts
- 2 Studios
- Locker rooms with saunas
- Cycling Studio
- 1/10 mile indoor track
- Demonstration Kitchen
- Thrive - Health & Wellness satellite office
- 3 Wood Floor Courts
- 1 International Squash Court
- 2 Racquetball Courts
- 2 Classrooms
- Outdoor Gear Rent
• **FOOD, SUNFLOWER SEEDS, and GUM** are not allowed on artificial turf playing areas and on the upper courts of the Hamel Recreation Center. There are designated areas for individuals to eat/drink while inside the Hamel Recreation Center.

• The University of New Hampshire prohibits the use of **alcoholic beverages, and tobacco** use at any of these locations.

• UNH Sport Club Staff have the **final-decision** making authority regarding behavior not covered – It is expected that both club members and spectators will abide by these terms. A lack of regard for these policies may result in an individual being asked to leave.

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The University of New Hampshire thanks you for abiding by these terms. If any questions arise feel free to contact: 603-862-2031 (UNH, Department of Campus Recreation)
Campus Map

- Student Recreation Field
- Bremner Field
- Memorial Field
- Whittemore Center
- Hamel Recreation Center
UNH is located off US Route 4 in Durham, NH

From Boston/Hampton:

1. Take I-95 North to Exit 4 ("NH Lakes and Mountains, Spaulding Turnpike)
2. Continue to Exit 6W and follow Route 4 past the UNH /Durham Route 108 Exit.
3. Exit at Route 115A and turn left towards Durham.
4. Follow 115A through a short stretch of fields to UNH Campus.
5. The Whittemore Center will be on your left, continue over the bridge and Cowell Stadium/Bremner Field/ Student Recreation fields will be on your right.
Local Hospitals

Wentworth-Douglass Hospital:  
Dover, NH  
Phone: 603-742-5252

1. Travel North on Main Street through campus and town.  
2. Follow RT 108 into Dover. Take a RIGHT after the Burger King onto RT. 16 North (Spaulding Turnpike).  
3. Get off the Spaulding Turnpike at Exit 9, veer RIGHT at the end of the ramp, and take a RIGHT at the first set of lights.  
4. Go STRAIGHT through Downtown Dover until you see the hospital on the LEFT.

Portsmouth Regional Hospital:  
Portsmouth, NH  
Phone: 603-436-5110

Traveling North:  
1. Take I-95 North to EXIT 3, the first Portsmouth exit.  
2. Turn RIGHT onto Route 33 eastbound. Proceed about 600 feet to the traffic light and take a LEFT.  
3. The road veers to the right and becomes Borthwick Avenue.  
4. Following Borthwick Avenue to Portsmouth Regional Hospital on the LEFT.

Traveling South:  
1. Take I-95 South to EXIT 3, the last Portsmouth exit.
2. Turn RIGHT onto Route 33 eastbound. Proceed about 600 feet to the traffic light and take a LEFT.
3. The road veers to the right and becomes Borthwick Avenue.
4. Following Borthwick Avenue to Portsmouth Regional Hospital on the LEFT

Traveling East on Routes 4 and 16:

1. US-4E becomes NH-16S. Enter the Portsmouth Traffic Circle, travel half way around the circle and follow the signs for Route 1 By-pass South.
2. Take a RIGHT onto Borthwick Avenue. Portsmouth Hospital is on the RIGHT.
### Coffee:
- Breaking New Grounds
  - 50 Main Street
  - (603) 868-6869
- Dunkin Donuts
  - 2 Dover Road
  - (603) 868-5627
- Aroma Joes
  - 72 Main Street
  - (603) 397-5623

### Take-Out/Sit Down:
- The Works Bakery Café
  - 5A Mill Road Plaza, Mill Road Plaza
  - (603) 868-3500
- UNH Dairy Bar
  - 3 Depot Road
  - (603) 862-1006
- Pauly’s Pocket
  - 51 Main Street
  - (603) 868-3110
- Subway
  - 72 Main Street
  - (603) 397-5355
- JP’s Grill
  - 38 Main Street
  - (603) 397-5576
- Durham House of Pizza
  - 40 Main Street
  - (603) 868-2224
- Wildcat Pizza
  - 3 Madbury Road
  - (603) 868-5530
- Domino’s
  - 7 Mill Road
  - (603) 868-6230
- Franz’s Food
  - 46 Main Street
  - (603) 868-3800

### Sit-Down:
- Young’s Restaurant
  - 48 Main Street
  - (603) 868-2688
- Libby’s Bar & Grill
  - 47 Main Street
  - (603) 868-5542
- Bame
  - 12 Jenkins Court ste 1
  - (603) 397-5378
- Hop & Grind
  - 17 Madbury Rd
  - (603) 397-5564
Holiday Inn Express – UNH
2 Main Street
Durham, NH 03824

Days Inn – Dover
481 Central Avenue
Dover, NH 03820

Comfort Inn and Suites
10 Hotel Drive
Dover, NH 03820

Hampton Inn – Dover
9 Hotel Drive
Dover, NH 03820
Rite Aid Pharmacy
5 Mill Road, Durham, NH (603) 868-5221

Walgreens Pharmacy
91 Calef Highway, Lee, NH (603) 868-6404