



VISITING TEAM INFORMATION

Phone: 301-942-2100 ext 204

The Academy of the Holy Cross Athletic Training Staff welcomes you and your team to our campus. The Athletic Training Room is open approximately one hour prior to competition and will remain open for approximately 30 minutes after competition. A Certified Athletic Trainer (ATC) will be present at every home event. Please note that if there are two concurrent events on campus, the ATC will be on site or on call (within a couple minutes) via radio or cell phone.

TRAVELING TO AHC

Please ensure your team travels with appropriate supplies in the medical kit as well as the student-athlete insurance and contact information so that it will be available in case of an emergency. Teams visiting with an ATC are welcome to use our Athletic Training Room; it is located near Entrance #4 and the gymnasium in Room 137. The AHC Athletic Training Staff is happy to assist teams visiting and traveling without an ATC.

HOSPITALS

There are two hospitals located in close proximity to The Academy of the Holy Cross.

Suburban Hospital, 3.7 miles from campus
8600 Old Georgetown Rd
Bethesda, MD 20184
(301) 896-2060

Holy Cross Hospital, 6.2 miles from campus
1500 Forest Glen Rd
Silver Spring, MD 20910
(301) 754-7000

WATER AND ICE ACCESS FOR VISITING SCHOOLS

In-State/League Visiting Teams

Water and ice will be put out for all on campus volleyball, soccer, field hockey, basketball, lacrosse, and softball games. Cups are only provided for indoor events (volleyball and basketball). All other teams visiting AHC will have access to ice and water. Teams should bring their own coolers and drinking vessels unless arrangements are made 48 hours prior to the contest.

Out-of-State Visiting Teams

Water coolers and ice will be provided on your sideline. Cups will not be provided for outdoor contests. Indoor contests will have access to cups. TEAMS ARE RESPONSIBLE FOR THEIR OWN DRINKING VESSELS.

TAPING/MEDICAL TREATMENT

Student athletes who need routine taping should request taping at least 24 hours prior to competition. Athletes should provide their own taping supplies. Injuries that still appear to be in the acute phase will not be taped without prior approval from the visiting school's Athletic Trainer.

Medical and rehabilitative treatments will only be provided at the direction of the visiting school's Athletic Trainer or the student athlete's treating physician. Forty-eight hours notice from the visiting school's Athletic Training staff or coaching staff is required.