

2010-21



CLUB SPORTS VISITORS GUIDE





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CLUB SPORTS OVERVIEW

Contact Information

Location: Recreation and Athletic Complex (RAC)

Office Hours: Monday-Friday; 9:00am-5:00pm

Email: masoncs@gmu.edu

Office: 703-993-5323

Website: <https://recreation.gmu.edu/club-sports/>

Mailing Address:

Attention: Club Sports

George Mason University – RAC

4400 University Dr, MS 1G6

Fairfax, VA 22030

Current Clubs

Co-Recreational:

- | | |
|---------------------|-------------------|
| Badminton | Quidditch |
| Brazilian Jiu-Jitsu | Running |
| Crew | Ski and Snowboard |
| Equestrian | Swimming |
| Fencing | Taekwondo |
| Field Hockey | Tennis |
| Log Rolling | Trap & Skeet |
| Powerlifting | Underwater Hockey |

Men's:

- Baseball
- Football
- Ice Hockey
- Lacrosse
- Rugby
- Soccer
- Ultimate
- Volleyball

Women's:

- Basketball
- Ice Hockey
- Lacrosse
- Rugby
- Soccer
- Softball
- Ultimate
- Volleyball

Emergency Contacts

- **Emergency Medical Service, Police, and Fire:** 9-1-1
- **George Mason University Police (non-emergency):** 703-993-2810

Locker Rooms & Showers

General locker rooms are available for visiting teams at the RAC and AFC. Visitors are required to check-in at the front desk upon arrival. Individuals that wish to use lockers must provide their own lock when storing items in the locker room.

Mason Recreation is not responsible for lost or stolen items. Towels are available at the front desk for a small fee.



Photo and Filming Policy

As private spaces, photography and videography at Mason Recreation facilities and fields is strictly regulated. Clubs wishing to film or photograph within these areas must request permission to do so at least two weeks in advance: <https://recreation.gmu.edu/about-us/photo-video-request/>.

Entry Fee Payments

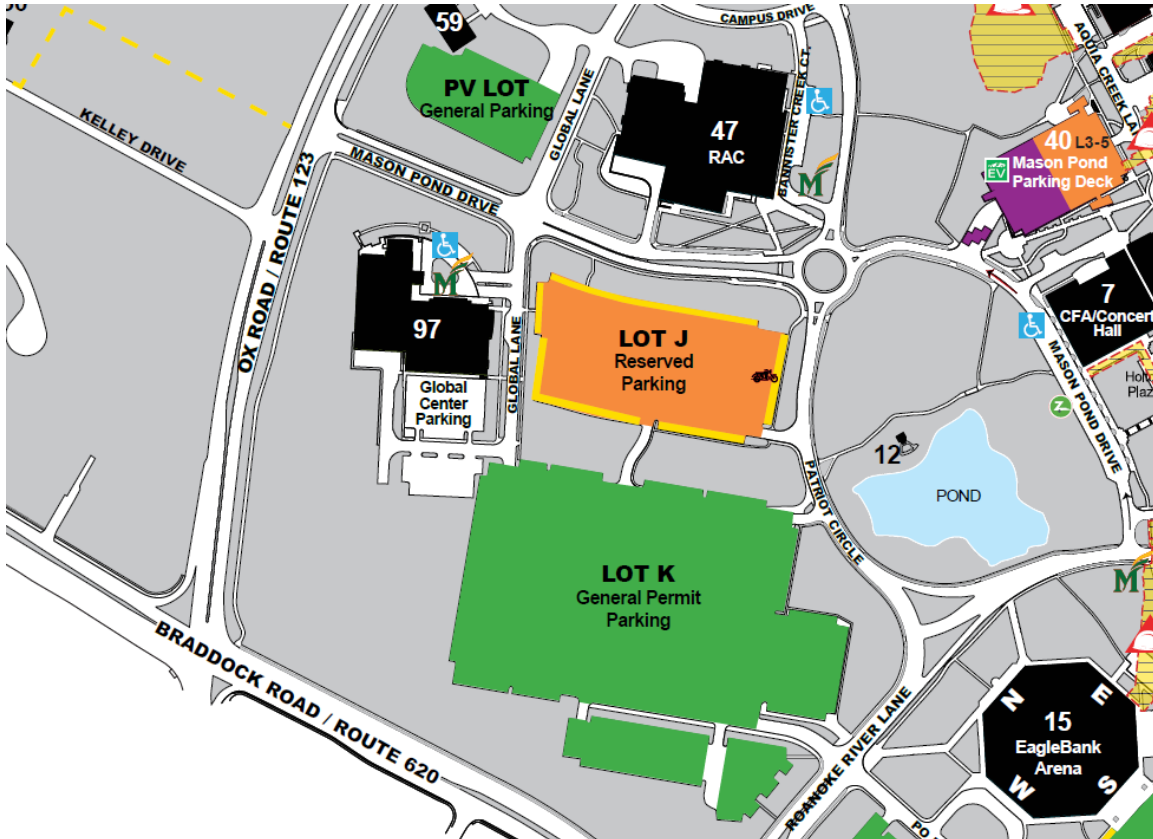
Outstanding fees payable to a George Mason University Club Sports team may be made at the front desk of the RAC. Payment may be accepted via cash, check (payable to George Mason University with club name on memo line), and VISA or MasterCard.



FACILITIES AND PARKING

Recreation Athletic Center (RAC)

4350 Banister Creek Court; Fairfax, VA 22030
703-993-5323



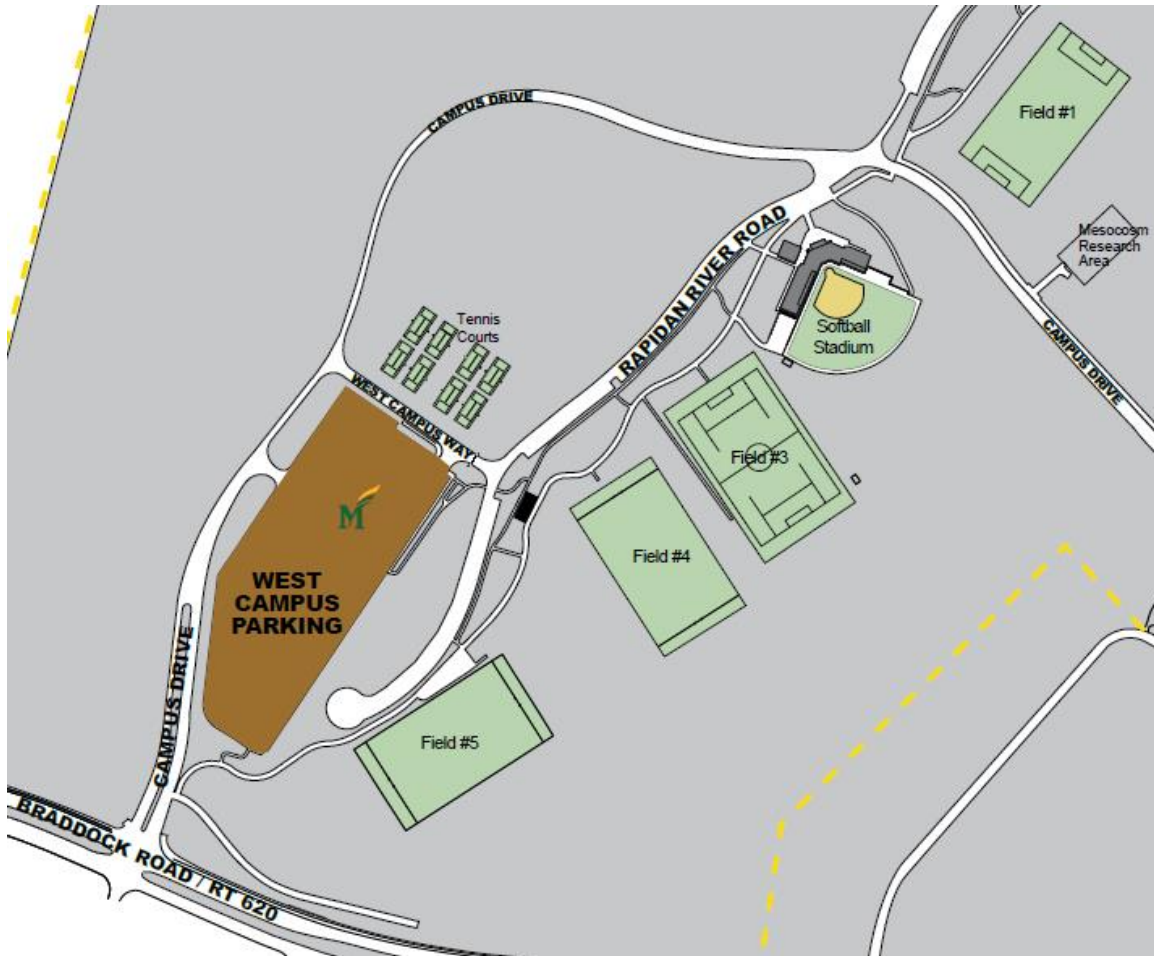
Visiting teams and spectators competing in the RAC or on RAC Field should park in LOT K. Parking in LOT K is FREE and does not require a decal on Saturday and Sunday. Additional parking is available in the MASON POND PARKING DECK (#40) for a small fee.

Visiting teams and spectators should check-in at the front desk of the RAC when entering the facility.



West Campus Fields and Tennis Complex

4605 Rapidan River Road; Fairfax, VA 22030
703-993-5323



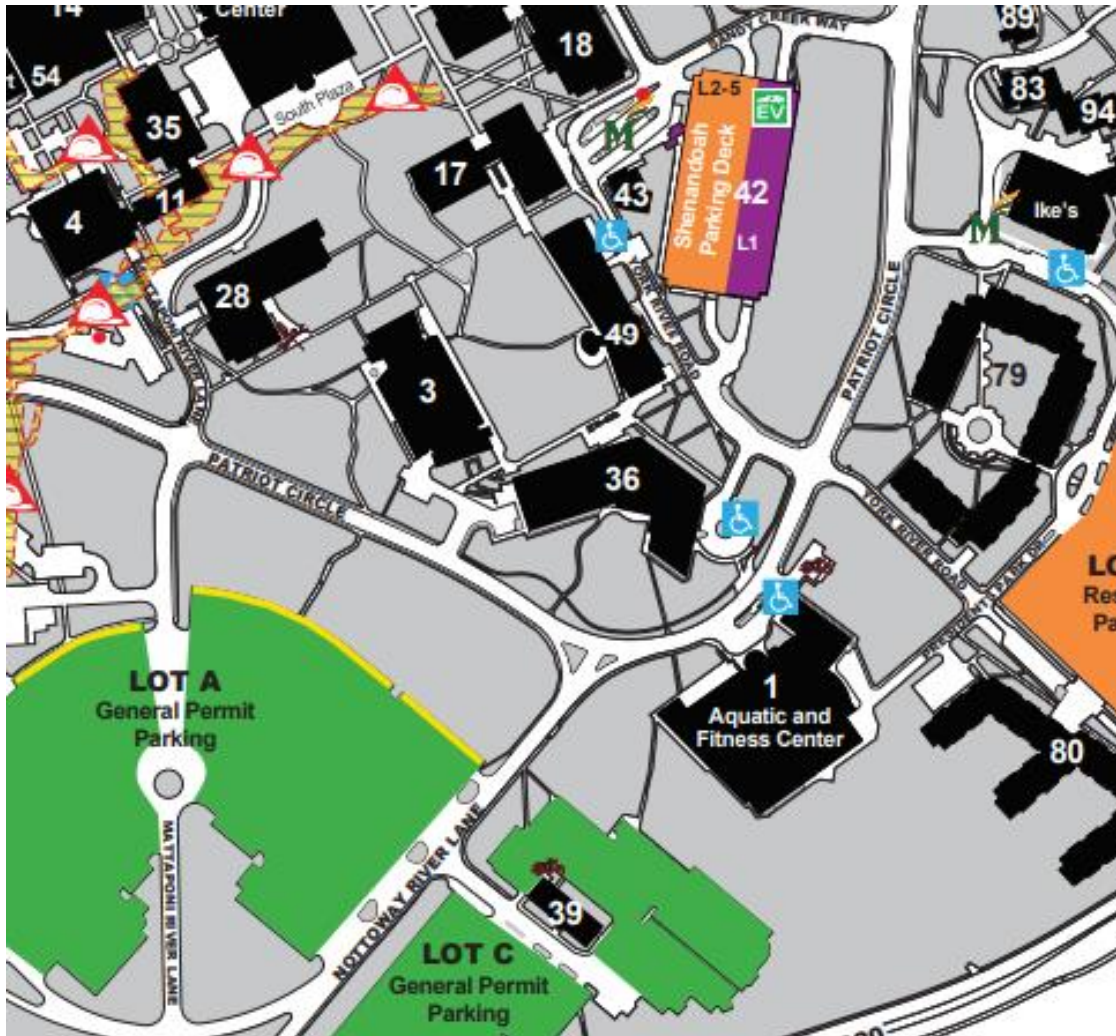
Visiting teams and spectators should park in the spots located along RAPIDAN RIVER ROAD or in the WEST CAMPUS PARKING LOT for events occurring on Saturday and Sunday. Parking along RAPIDAN RIVER ROAD and in LOT K is FREE and does not require a decal on Saturday and Sunday. Parking in the grass is not permitted.

Restroom facilities are available at the pavilion located between Field 4 and Field 5 along RAPIDAN RIVER ROAD.



Aquatics and Fitness Center (AFC)

4520 Patriot Circle; Fairfax, VA 22030
703-993-3939



Visiting teams and spectators should park in LOT C for events taking place in the Aquatic & Fitness Center (#1). Parking in LOT K is FREE and does not require a decal on Saturday and Sunday. Additional parking is available in the SHENANDOAH PARKING DECK (#42) for a small fee.

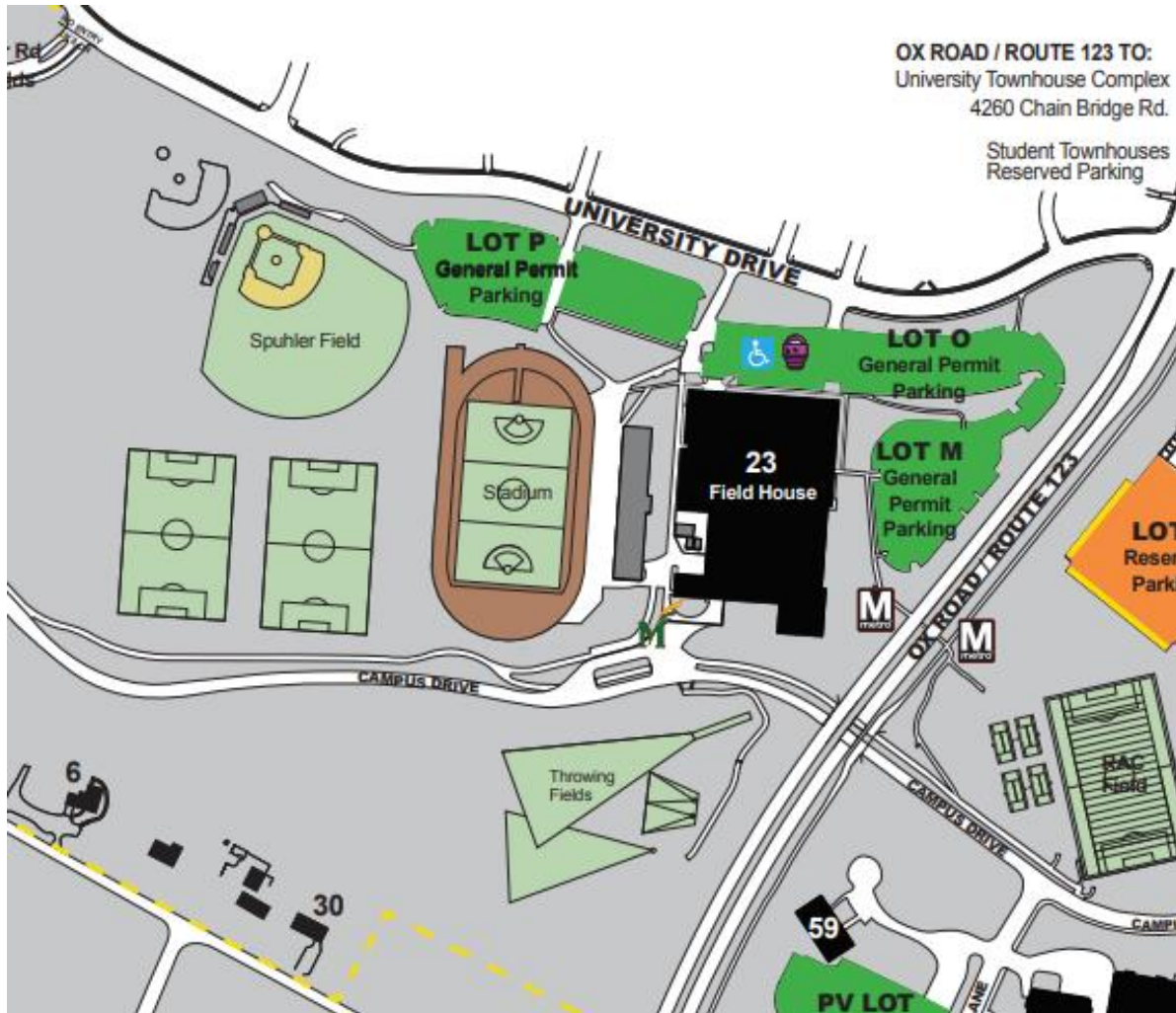
Visiting teams and spectators should check-in at the front desk of the RAC when entering the facility.

Folding chairs are not permitted in the Aquatic & Fitness Center.



Field House, Mason Stadium, and Spuhler Field

4501 University Drive; Fairfax, VA 22030
703-993-3220

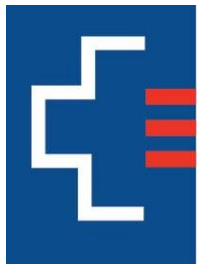


Visiting teams and spectators should park in LOT O or P for events taking place at the Field House, Mason Stadium, or Spuhler Field. Parking in LOT O and P is FREE and does not require a decal on Saturday and Sunday.



ATHLETIC TRAINING

INOVA Sports Medicine



INOVA[®]

Certified Athletic Trainers provided by INOVA Sports Medicine cover the majority of Mason Club Sports home events. The following will be available to visiting teams:

- Water, ice, ice bags, first aid, and emergency equipment
- Staff assistance with emergency procedures and communication at practices and contests
- Access to a physician and emergency facility within five minutes of campus

Nearby Medical Facilities

INOVA Emergency Care Center
4315 Chain Bridge Rd, Fairfax, VA 22030
703-877-8200

INOVA Fairfax Hospital
3300 Gallows Rd, Falls Church, VA 22042
703-776-4001

INOVA Fair Oaks Hospital
3600 Joseph Siewick Dr, Fairfax, VA 22033
703-391-3600

Giant Pharmacy
10653 Braddock Rd, Fairfax, VA 22032
703-591-0020



HOTELS AND LODGING

Courtyard Fairfax Fair Oaks
11220 Lee Jackson Memorial Hwy
(703) 273-6161
2.8 Miles from Campus



SpringHill Suites Fairfax Fair Oaks
11191 Waples Mill Rd
(703) 691-7880
3.9 Miles from Campus



Holiday Inn Express
10327 Fairfax Boulevard
(703) 359-2888
3.6 Miles from Campus



Residence Inn
3565 Chain Bridge Road
(703) 267- 2525
2.1 Miles from Campus



Comfort Inn University Center
11180 Fairfax Blvd
(703) 591-5900
2.3 Miles from Campus



Best Western Fairfax
3535 Chain Bridge Rd
(703) 591-5500
2.1 Miles from Campus





DINING OPTIONS

Local Fare

Brion's Grille

10621 Braddock Rd, Fairfax, VA 22032
American Style Pub



Oh George!

10659C Braddock Rd, Fairfax, VA 22032
American Restaurant



Coyote Grille

10266 Main St, Fairfax, VA 22030
Mexican Restaurant



Taco Bamba

10629 Braddock Rd, Fairfax, VA 22032
Taco Restaurant



Chain Restaurants

Halal Guys

10625 Braddock Rd, Fairfax, VA 22032



Tropical Smoothie

10655 Braddock Rd, Fairfax, VA 22032



McAlister's

10691 Braddock Rd, Fairfax, VA 22032



Qdoba

10338 Main St, Fairfax, VA 22030



Chipotle

On GMU campus, in the Johnson Center



Noodles & Company

10296 Main St, Fairfax, VA 22030

