WELCOME!

Old Dominion University is proud to welcome you to our campus, and to Norfolk, Virginia. We have designed this visiting team guide to provide you with helpful information about our facility and the area. If you have additional questions someone from our Recreation and Wellness Department will be more than happy to provide assistance.

Thank you for your participation and enjoy your stay!

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Sport Club Staff

Jean Holt
Assistant Director, Sport Clubs and Summer Camps
(757) 683-4365

Zach Twitchell
Sports Clubs GA
(757) 683-6749

Sport Clubs
sportclubs@odu.edu
FACILITIES

The Student Recreation Center is located in the heart of campus; the state-of-the-art facility is the hub of all sport, wellness, and fitness activity.

The facility features:

- Three hardwood gymnasiums
- Multi-purpose courts
- Indoor swimming pool
- 15,000 sq. ft. two-level workout space with cardio, strength and weights
- Indoor running track
- 3 group exercise studios
  - Cycling studio
  - Rock climbing wall
- 3 racquet-ball courts
- WiFi
FACILITY POLICIES

- Only those 16 and older are permitted to use the facility except during family hours.

- Proper workout attire must be worn at all times. No jeans, khakis, loose or disruptive jewelry, and no obscene shirts.

- Headphones must be worn while listening to portable players.

- Skateboarding, rollerblading, cleats, spikes, chalk, alcohol, non-prescription drugs, and tobacco products are not allowed in the facility. Weapons (knife, handgun) are not permitted on the property at any time.

- Spitting is prohibited.

- Only water bottles with screw lids are permitted in the facility.

- Cell phones cannot be used in the fitness areas or locker rooms.

OFF-CAMPUS FACILITIES

Iceland of Hampton Roads (Ice Hockey)
4915 Broad Street
Virginia Beach, VA 23462

Lafayette Park (Rugby)
Intersection of 35th and Granby Streets
Norfolk, VA 23504

Larchmont Park (Rugby & Softball)
1167 Bolling Ave
Norfolk, VA 23508

Lake Taylor High School (Baseball)
1384 Kempsville Road
Norfolk, VA 23502
Baseball – clubbaseball@odu.edu
Women’s Basketball – wclubbasketball@odu.edu
Cross country – crosscountry@odu.edu
Field Hockey – fieldhockeyclub@odu.edu
Golf – golfclub@odu.edu
Ice Hockey – icehockeyclub@odu.edu
Men’s Lacrosse – mclublax@odu.edu
Women’s Lacrosse – wclublax@odu.edu
Rowing – rowingclub@odu.edu
Men’s Rugby – mrugbyclub@odu.edu
Women’s Rugby – wrugbyclub@odu.edu
Men’s Soccer – mclubsoccer@odu.edu
Women’s Soccer – wclubsoccer@odu.edu
Softball – clubsoftball@odu.edu
Swim – swimclub@odu.edu
Tennis – clubtennis@odu.edu
Ultimate – ultimateclub@odu.edu
Men’s Volleyball – mclubvb@odu.edu
Women’s Volleyball – wclubvb@odu.edu
DIRECTIONS

From the North

Take **I-95 south** toward Richmond.
Take the **left exit 84A** onto **I-295 S**, following signs for “Norfolk/Virginia Beach”
Remain on **295** for approximately **14 miles**, then exit at **28A (I-64 E)**
Stay on **I-64 E** for approximately **75 miles** until you reach **exit 276, VA-406/NAVAL BASE/Terminal Blvd**.
Once on the exit ramp, **stay right onto I-564** as it splits. Once on **I-564, stay right** again, following the **first exit for Terminal Blvd**.
Continue straight through two traffic lights, and at the third light, turn **left onto Hampton Blvd**.
Follow **Hampton Blvd. to 49th St.** (approximately 3 miles)
From here, directions change based on the location of the event.

From the South

Take **I-85 north or I-95 north to Route 58 east**.
Follow **58 east to I-264 east** toward Portsmouth/Norfolk.
Go through **Downtown Tunnel** and follow signs to **St. Paul’s Blvd**.
Make a **right onto St. Paul’s Blvd**.
At the third light, make a **left onto Brambleton Ave**.
Follow **Brambleton Ave.** until you see signs for **Hampton Blvd./ODU**.
Bear right onto **Hampton Blvd**.
Follow **Hampton Blvd. to 43rd St.** (approximately 3 miles)
From here, directions change based on the location of the event.
0.3 miles  SpringHill Suites by Marriott - Old Dominion University  
4500 Hampton Blvd  
Norfolk, VA 23508  
(757) 432-4100  
(888) ODU-7488

2.7 miles  Bed & Breakfast at Page House Inn  
323 Fairfax Avenue  
Norfolk, VA 23507  
(757) 423-5033  
(800) 599-7659

2.8 miles  Norfolk Plaza Hotel Downtown  
700 Monticello Avenue  
Norfolk, VA 23510  
(757) 627-5555  
(888) 201-1718

2.9 miles  Quality Inn Norfolk Naval Base  
8052 Hampton Blvd  
Norfolk, VA 23505  
(757) 451-0000  
(888) 424-6423

3.1 miles  Residence Inn Norfolk  
227 West Brambleton Avenue  
Norfolk, VA 23510  
(757) 423 5033  
(800) 599-7659

3.2 miles  Hampton Inn Norfolk - Naval Base  
8501 Hampton Blvd  
Norfolk, VA 23505  
(757) 469-1000

3.2 miles  The Tazewell Hotel & Suites  
245 Granby St.  
Norfolk, VA 23510  
(757) 623-6200

3.5 miles  Norfolk Marriott Waterside  
235 E Main St  
Norfolk, VA 23510  
(757) 461-1880

3.6 miles  Courtyard Norfolk Downtown  
520 Plume St.  
Norfolk, VA 23510  
(757) 963-6000
<table>
<thead>
<tr>
<th>Distance</th>
<th>Accommodation</th>
<th>Address</th>
<th>Phone Numbers</th>
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<tr>
<td>3.7 miles</td>
<td><strong>Sheraton Norfolk Waterside Hotel</strong></td>
<td>777 Waterside Dr</td>
<td>(757) 622-6664</td>
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<tr>
<td>8.0 miles</td>
<td><strong>Ramada Limited Norfolk</strong></td>
<td>515 N Military Hwy</td>
<td>(757) 461-1880</td>
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<tr>
<td>10.1 miles</td>
<td><strong>Hilton Norfolk Airport</strong></td>
<td>1500 N. Military Hwy</td>
<td>(757) 466-8000</td>
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<tr>
<td>10.6 miles</td>
<td><strong>Quality Suites Lake Wright</strong></td>
<td>6280 Northampton Blvd</td>
<td>(757) 462-6251</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>(800) 288-5157</td>
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<tr>
<td>11.2 miles</td>
<td><strong>Wingate Inn Virginia Beach Norfolk Airport</strong></td>
<td>5800 Burton Station Rd</td>
<td>(757) 363-2901</td>
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<tr>
<td>13.4 miles</td>
<td><strong>Homewood Suites by Hilton-Virginia Beach</strong></td>
<td>5733 Cleveland St</td>
<td>(757) 552-0080</td>
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<tr>
<td>13.7 miles</td>
<td><strong>Holiday Inn Executive Center</strong></td>
<td>5655 Greenwich Rd</td>
<td>(757) 499-4400</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>(800) 567-3856</td>
</tr>
<tr>
<td>19.9 miles</td>
<td><strong>Courtyard by Marriott - Virginia Beach/Norfolk</strong></td>
<td>5700 Greenwich Rd</td>
<td>(757) 490-2002</td>
</tr>
</tbody>
</table>
Walgrens  
810 W. 21st Street  
Norfolk, VA 23517  
(757) 623-7213

Walgrens  
115 W. Little Creek Road  
Norfolk, VA 23505  
(757) 489-5291

Rite Aid  
770 W. 21st Street  
Norfolk, VA 23517  
(757) 627-5588

Farm Fresh Pharmacy  
601 Childrens Lane  
Norfolk, VA 23507  
(757) 624-3680

Sentara Norfolk General Hospital  
600 Gresham Drive  
Norfolk, VA 23507  
(757) 388-3000

Children’s Hospital of The King’s Daughters  
601 Children’s Lane  
Norfolk, VA 23507  
(757) 668-7000

Bon Secours DePaul Medical Center  
150 Kingsley Lane  
Norfolk, VA 23505  
(757) 889-5000

Gray's Pharmacy  
4712 Hampton Blvd.  
Norfolk, VA 23508  
(757) 489-4848
Del Vecchios
1080 W 47th St
Norfolk, VA 23508

La Herradura
4220 Monarch Way
Norfolk, VA 23508

Ynot Pizza & Italian Cuisine
1517 Colley Ave
Norfolk, VA 23517

Perfectly Frank
4408 Monarch Way
Norfolk, VA 23508

Sakura Sushi Bar
4300 Monarch Way
Norfolk, VA 23508

No Frill Bar & Grill
806 Spotswood Ave
Norfolk, VA 23517

Monarch Sports Grille
4500 Hampton Blvd
Norfolk, VA 23508

Chipotle Mexican Grill
1501 Colley Ave
Norfolk, VA 23517

Noodles & Company
1520 Colley Ave
Norfolk, VA 23517

The Dirty Buffalo
4110 Colley Ave
Norfolk, VA 23508
Old Dominion University
Student Recreation Center
Recreation and Wellness
4700 Powhatan Ave. Suite 1207
Norfolk, VA 23529
odu.edu/recreation
757-683-3384