



Dear Visiting Athletic Trainer,

On behalf of the staff at Western Carolina University, I would like to welcome you and your team to our campus for this upcoming year. To help make your stay enjoyable, the following information is given for possible medical and Sports Medicine needs. If you anticipate any needs other than listed below, please phone ahead and we will accommodate you.

Western Carolina University Sports Medicine utilizes two Sports Medicine Centers to carry out our mission. The Catamount Sports Medicine Center is located on the first floor of the Liston B. Ramsey Regional Activity Center, just off the turf of Bob Waters Field at E.J. Whitmire Stadium. It is utilized by football, men's and women's basketball, volleyball, baseball, softball, women's tennis, men's and women's golf, and Catamount cheerleading. The Camp Lab Sports Medicine Center in the Cordelia Camp Gymnasium serves men's and women's track & field, men's and women's cross country, and women's soccer.

The Sports Medicine Centers will be available for your use for practice and game needs. Should you need the facilities at any other time, please contact a staff member so we can make arrangements. The Sports Medicine Centers are equipped with whirlpools, ice, heat packs, ultrasound and electrical stimulation units. A fluoroscan machine is available in the Catamount Sports Medicine Center. If your team is traveling without a certified athletic trainer, please contact us in advance so that we can make any arrangements to accommodate your team's needs.

**Visiting teams will have the following:**

Sidelines

- Water
- Cups
- Injury Ice chest with ice and bags
- Towels
- First Aid and Biohazard materials
- Splints, Crutches, and AED will be on the WCU sideline

Locker room

- Water
- Cups
- Towels
- Postgame Drink
- Injury Ice

\*\*\*Our team physician(s) will be available on site or on call for the game. EMS and basic life support will also be on site or on call for the game.

We hope your trip to Cullowhee will be safe and enjoyable. If you have any questions or concerns please do not hesitate to call.

Sincerely,

**Steven Honbarger, MS, LAT, ATC, CSCS**  
**Western Carolina University**  
**Director of Sports Medicine**  
**(O): 828-227-2043**  
**(C): 828-226-5301**  
**shonbarger@email.wcu.edu**

# IMPORTANT NUMBERS TO KNOW

**Steven Honbarger**  
Director of Sports Medicine  
Men's Basketball

(office) 828 -227-2043  
(cell) 828-226-5301

**Brandon King**  
Head Athletic Trainer  
Football

(office) 828-227-2044  
(cell) 828-226-0324

**Andrew Browder**  
Associate Head Athletic Trainer  
Men's & Women's Track and Field/Cross Country

(office) 828-227-2369  
(cell) 252-339-4917

**David Pryor**  
Associate Head Athletic Trainer  
Baseball/Assistant Football

(office) 828-227-2044  
(cell) 828-707-2040

**Brian Angelotti**  
Assistant Athletic Trainer  
Softball/Asst. Football/Cheer

(office) 828-227-2304  
(cell) 610-304-5221

**Jessica Webster**  
Assistant Athletic Trainer  
Women's Soccer/Softball

(office) 828-226-2304/2369  
(cell) 240-304-5664

**Kassandra Mosely**  
Intern Athletic Trainer

(office) 828-226-2305/2369  
(cell) 910-330-7607

**Cheyenne Reynolds**  
Intern Athletic Trainer  
Tennis/Men's & Women's Golf/Asst. Football/Cheer

(office) 828-227-2305  
(cell) 607-229-6599

**Catamount Sports Medicine Center** 828-227-2305  
(FB, MBB, WBB, VB, SB, BASE, MG, WG, WTen, Cheer)

**Camp Lab Sports Medicine Center** 828-227-2369  
(MTr, WTr, MXC, WXC, WSoc)

**WCU Health Services**  
**828-227-7640**  
Hours: 8:30 AM – 5:30 PM M-F  
Hours: 9:00 AM – 12:00 PM Sat.  
Hours: Closed on Sundays

**MedWest Hospital - Harris**  
68 Hospital Rd.  
Sylva, NC 28779  
(828) 586-7000 (Main Number)  
(828) 586-7111 (ER)

**MedWest Urgent Care – Sylva**  
176 Walmart Plaza  
Sylva, NC 28779  
(828) 631-9462  
8:00 am- 6:30 pm (7 days/week)

## Directions to MedWest-Harris Regional Hospital

1. Leave the University (Take R onto Rt. 107 North)
2. Follow 107 N into Sylva (5.9 miles)
3. Take a Right immediately after Bogart's Restaurant (Big Red Barn on Right) following 23 North
4. Take a left at the 3<sup>rd</sup> light (just before the hospital) the emergency department entrance will be on your right hand side. (~1 mile)