



Dear Visiting Athletic Trainer,

On behalf of the Sports Medicine Team at Saint Mary's College, we would like to take this opportunity to welcome you to Moraga! In order to make your trip as smooth as possible, we have included all pertinent medical phone numbers and emergency contact numbers.

The athletic training room is located in Madigan Gymnasium and maintains normal office hours of 8:30am – 7pm Monday through Friday. Weekend and holiday hours vary based on game and practice schedules. The Athletic Training Room will be available for your use two hours prior to game time. Should you need the athletic training room outside that time frame, please let us know in advance. A certified athletic trainer will be present at all games.

In the event of an emergency, please contact SMC Public Safety at (925) 631-4282 from a cell phone or dial 4282 from any campus phone (campus phone located in lobby of McKeon, Madigan Gymnasiums). They have a direct line to Moraga Fire & Rescue and will handle all on campus arrangements.

Listed below are directions to the two major hospitals in the area, a local pharmacy within five minutes of campus, and a 24 hour pharmacy. John Muir Medical Center (trauma center for the Bay Area) and Kaiser Permanente are both approximately 10-20 minutes from campus. Please feel free to contact the athletic training room at (925) 631-4398 if you have any further questions.

Welcome and Good luck!

-The Saint Mary's College Athletic Training Staff

Tony Kearns DC, ATC	(Director of Sports Medicine)	MBB, WTEN, GOLF	(925) 878-9418
Emily Silva MS, ATC	(Assistant Athletic Trainer)	MSOC, BSB, MTEN	(209) 275-9899
Chris Jamero MA, ATC	(Assistant Athletic Trainer)	WSOC, SOFT, WLAX	(209) 620-3890
Shelly Taketa MS, ATC	(Assistant Athletic Trainer)	VB, RUGBY, ROW	(925) 876-7347
Jennifer O'Hara MS, ATC	(Assistant Athletic Trainer)	WBB, XCC/TK	(707) 853-2203

#### **DIRECTIONS TO JOHN MUIR EMERGENCY ROOM**

1601 Ygnacio Valley Road, Walnut Creek, CA 94598

(925) 939-3000

1. Start out going North on ST MARYS RD. toward RHEEM BLVD. (RIGHT out of campus) 2.01 miles
2. Turn RIGHT onto GLENSIDE DR. 0.62 miles
3. Stay straight to go onto RELIEZ STATION RD. 0.55 miles
4. Turn RIGHT onto OLYMPIC BLVD. 0.27 miles
5. Turn LEFT onto PLEASANT HILL RD. 0.70 miles
6. Merge onto CA-24 E toward WALNUT CREEK 0.85 miles
7. Take the I-680 exit on the left toward CONCORD/SACRAMENTO 0.43 miles
8. Take the exit toward YGNACIO VALLEY RD. 0.68 miles
9. Turn RIGHT onto YGNACIO VALLEY RD. 1.51 miles
10. Turn RIGHT onto LA CASA VIA 0.84 miles
11. The EMERGENCY ROOM is on the LEFT

**DIRECTIONS TO KAISER PERMANENTE**

1425 South Main Street, Walnut Creek, CA 94598  
(925) 295-4000

- |   |            |
|---|------------|
| 1. Start out going North on ST MARYS RD. toward RHEEM BLVD. (RIGHT out of campus) | 2.01 miles |
| 2. Turn RIGHT onto GLENSIDE DR.   | 0.62 miles |
| 3. Stay straight to go onto RELIEZ STATION RD.                                    | 0.55 miles |
| 4. Turn RIGHT onto OLYMPIC BLVD.  | 2.45 miles |
| 5. Turn RIGHT onto S MAIN ST.   | 0.29 miles |
| 6. The EMERGENCY ROOM is on the RIGHT.  |            |

**CVS**

1480-D Moraga Rd.  
Moraga, CA 94556  
Pharmacy Phone: (925) 376-5166  
Pharmacy Hours:  
Mon-Fri: 9:00am - 8:00pm  
Saturday: 9:00am - 6:00pm  
Sunday: Closed

From Saint Mary's Campus

- |   |          |
|---|----------|
| 1. Make LEFT out to campus onto Saint Mary's Road | 1 mile   |
| 2. Turn LEFT onto Moraga Road                     | .3 miles |
| 3. Longs will be on your RIGHT hand side.         |          |

**CVS**

(24 Hour Pharmacy) Phone: (925) 933-9474  
1123 South California Blvd., Walnut Creek, CA

1. Start at 1928 Saint Mary's Rd., Moraga going toward Rheem Blvd.
2. Bear Right on Glenside Drive
3. Continue on Reliez Station Road
4. Turn Right on Olympic Blvd.
5. Turn Left on Pleasant Hill Rd
6. Turn Right to take ramp onto CA-24 E toward Walnut Creek
7. Take the San Jose exit toward #14/ MT. Diablo Blvd
8. Continue on Mt. Diablo Blvd
9. Turn Right on South California Blvd