

# Lake Norman High School Men's Lacrosse Spring Break Information Packet

173 Sunrise Highway Rockville Centre, New York, 11570 1(800) 780-7234

This Rockville Centre hotel features easy access to a variety of local businesses and attractions including Jones Beach, the Tommy Hilfiger Amphitheatre and the Old Westbury Gardens. Guests will find recently-renovated guest rooms featuring microwave, refrigerator, cable satellite television with HBO® and high-speed Internet access.

The Best Western Mill River Manor offers a variety of full-service amenities including an outdoor swimming pool, fitness center, guest laundry and full-service business center. Hotel guests will enjoy free continental breakfast, coffee/tea in the common area and the onsite cocktail lounge.

Guests will be close to a variety of outdoor activities including hiking, horseback riding, sailing, fishing and golf. This hotel is just five miles away from beautiful beaches and seven miles from the Belmont Race Track. Hotel guests can visit Manhattan, just 30 miles away to see key attractions such as the Bronx Zoo, Madison Square Garden, Radio City Music Hall and the Statue of Liberty. The hotel also offers convenient access to Nassau Coliseum, the Hempstead Lake State Park, the Tennis Center-home of the US Open in Queens and Hofstra University.

# Popular Area Attractions

- 0.10 mile(s) from Parish of St. Agnes Cathedral, Diocese of Rockville Centre
- 0.50 mile(s) from Hempstead Lake State Park
- 4.00 mile(s) from Freeport Nautical Mile
- 5.00 mile(s) from Valley Stream State Park
- 5.00 mile(s) from Jones Beach Amphitheatre, outdoor summer concerts
- 6.00 mile(s) from Long Island Children's Museum (LICM)
- 6.00 mile(s) from Cradle of Aviation Museum, Long Island's Air and Space Museum.
- 7.00 mile(s) from Belmont Park® Race Track, horse racing
- 9.00 mile(s) from Old Westbury Gardens, formal gardens, museum exhibits, classical and summer pop concerts, Scottish Games, gardening classes.
- 10.00 mile(s) from Captree State Park, has the largest public fishing fleet on Long Island.
- 12.00 mile(s) from New York Aquarium
- 12.00 mile(s) from U.S. Merchant Marine Academy

- 14.00 mile(s) from Citi Field, (formerly Shea Stadium), home of the New York Mets Major League Baseball Team.
- 14.00 mile(s) from USTA Billie Jean King National Tennis Center, home of the U.S. Open in Queens
- 15.00 mile(s) from Old Bethpage Village Restoration, step back in time and experience mid-19th-century American life in this village.
- 18.00 mile(s) from Bronx Zoo
- 18.00 mile(s) from Barclays Center®, multi-use arena.
- 19.00 mile(s) from Madison Square Garden®, multi-use arena.
- 21.00 mile(s) from Radio City Music Hall®, multi-use arena.
- 24.00 mile(s) from Yankee Stadium, home of the New York Yankees Major League Baseball Team.
- 25.00 mile(s) from Statue of Liberty/Ellis Island

# **Nearby Restaurants**

Restaurant Name	Cuisine	Distance From Hotel
Cala di mare	Italian	Hotel
Tony Colombo's	Italian	0.1 miles
Vulcano 081	Italian, Pizza	0.1 miles
Dario's	Italian	0.1 miles
Parlay Gastropub	American, Pub	0.1 miles
The Pig and Queen	Barbecue	0.1 miles
Sangre De Uva	Spanish, Caribbean Latin	0.1 miles
Chat Noir	French	0.1 miles
Salsa Mexicana	Mexican	0.1 miles
Kookaburra Coffee Co.	Coffee	0.1 miles
Cannon's Blackthorn	American	0.1 miles
Monaghan's	American, Irish	0.1 miles
El Mariachi	Mexican	0.1 miles
Bare Burger	American	0.1 miles
Kashi Sushi	Japanese, Sushi	0.1 miles
Thai Table	Asian, Thai	0.1 miles
Greek Town	Greek	0.1 miles
Subway	Deli Sandwiches	0.1 miles
Taiko Japanese Restaurant	Japanese	0.1 miles
Golden Fortune	Chinese	0.1 miles
Press 195	American	0.2 miles
Aperitif	French	0.2 miles
International Delight Cafe	American	0.2 miles
Chadwicks American Chop House	American	0.2 miles

<sup>\*</sup> There are many more chain and specialty restaurant that approximate the hotel

Restaurant NameCuisineDistance From HotelFront Street Bake shopBakery0.2 milesBlue Moon RestaurantItalian, Pizza0.2 milesFranks SteaksAmerican, Steakhouse0.2 milesFive Pennies CreameryAmerican, Ice Cream0.2 milesDodiciItalian0.2 milesTum ThaiAsian, Thai0.2 milesFront Street PizzaItalian, Pizza0.2 milesGeorge Martin RestaurantAmerican0.2 milesBrew 7Pub0.2 milesWinston's Whiskey & Wine BarPub, Bar0.2 milesMr. Micelli PizzeriaPizza, Italian0.2 milesChurchillsAmerican0.2 milesRockville DinerDiner0.2 milesNick's PizzaPizza, Italian0.2 milesCroxley Ales Great AmericanAmerican, Pub0.2 milesMacArthur Park BarPub0.2 milesThe Beach HouseAmerican0.2 milesParadiso Pizza & restaurantItalian, Pizza0.3 milesViaggio TapasSpanish, Healthy0.3 milesPanera BreadAmerican0.3 milesOriginal American BurgerAmerican0.3 milesBigelow's New England FriedSeafood0.3 miles			
Blue Moon Restaurant  Italian, Pizza  American, Steakhouse  Five Pennies Creamery  American, Ice Cream  O.2 miles  Front Street Pizza  Italian, Pizza  Italian, Pizza  O.2 miles  Front Street Pizza  Italian, Pizza  Italian, Pizza  O.2 miles  Front Street Pizza  Italian, Pizza  O.2 miles  George Martin Restaurant  American  O.2 miles  Brew 7  Pub  O.2 miles  Winston's Whiskey & Wine Bar  Pizza, Italian  O.2 miles  Mr. Micelli Pizzeria  Pizza, Italian  O.2 miles  Rockville Diner  Diner  O.2 miles  Nick's Pizza  Pizza, Italian  O.2 miles  Croxley Ales Great American  American, Pub  O.2 miles  MacArthur Park Bar  Pub  O.2 miles  MacArthur Park Bar  Pub  O.2 miles  The Beach House  American  Pub  O.2 miles  Paradiso Pizza & restaurant  Italian, Pizza  O.3 miles  Panera Bread  American  O.3 miles  Original American Burger  American  O.3 miles  Seafood  O.3 miles	Restaurant Name	Cuisine	Distance From Hotel
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Bonefish Grill Seafood 0.3 miles	Golden Reef Diner	Diner	0.3 miles
	Original American Burger	American	0.3 miles
Bigelow's New England Fried Seafood 0.3 miles	Bonefish Grill	Seafood	0.3 miles
	Bigelow's New England Fried	Seafood	0.3 miles

Shopping and Activates

- RVC Lanes 100 Maple Ave
   100 Maple Ave, Rockville Centre, NY
- Hot Skates 14 Merrick Rd
   14 Merrick Rd, Lynbrook, NY
- Long Beach Ice Arena
   150 W Bay Dr, Long Beach, NY
- Fun Station40 Rocklyn Ave, Lynbrook, NY
- The Hub Billiards Club
   4060 Austin Blvd, Island Park, NY
- Crows Nest Miniature Golf
   741 S Ocean Ave, Freeport, NY

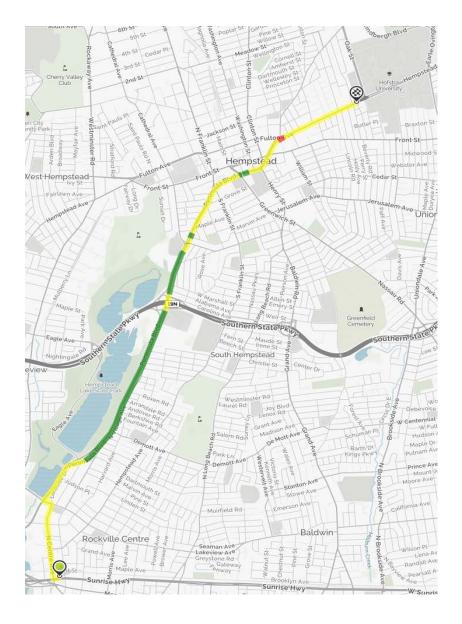
- Fantasy Movie Theatre
   18 N Park Ave, Rockville Centre, NY
- Roosevelt Field Mall
   630 old County Rd, Garden City, NY
- Mall @ The Source
   1504 Old County Rd, Garden City, NY
- Green Acres Mall
   2034 Green Acres, Valley Stream, NY
- Tanger Outlets
   152 The Arches Circle, Deer Park, NY

# Tuesday April 18 Agenda

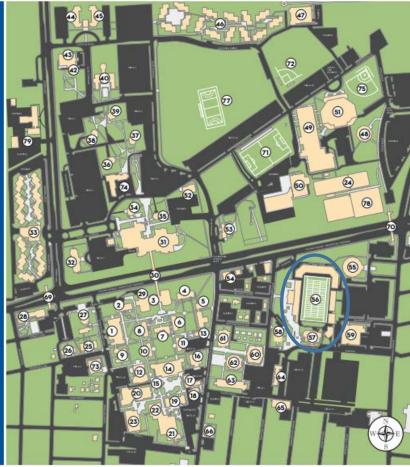
Time	Event	Location
1:00pm	Observe Hofstra Men's Lacrosse Practice	Shuart Stadium, Hofstra University
Before our Practice	Guest Speaker – Seth Tierney (Hofstra Head Coach & Assistant Coach 2018 US Men's National Team)	Hofstra University
4:30pm	Practice (2 Hours)	Shuart Stadium, Hofstra University
8:00pm	Group Meal	Hotel Restaurant

- Transportation Parent/ Guardian responsible for roundtrip transportation (carpooling recommend)
- Practice location Hofstra University Shuart Stadium 900 Fulton Ave Hempstead, NY 11549
- Commute to University 5 miles from hotel, approximate 15 minute drive
- Team postgame meal Athlete meal covered, per person charge for family members \$\_\_\_.\_\_ (TBD)

# Tuesday April 18 Maps



# H HOFSTRA



### Map Legend

Adams Playhouse	12
Admission Center/Bernon Hall	27
Au Bon Pain	18
Axinn Hall (Law)	66
Axinn Library	3
Barnard Hall	10
Berliner Hall	61
Bernon Hall/Admission Center	27
Bill Edwards Stadium	75
Breslin Hall	
Brower Hall	11
Bubble	78
Butler Annex	45
Café on the Quad	15
Calkins Hall	14
Career Center/M. Robert Lowe Hall	64
C.V. Starr Hall.	60
Davison Hall	
Field Hockey Stadium	77
Fitness Center, David S. Mack	
Gittleson Hall	63
Hagedorn Hall	55
Hauser Hall	2
Health and Wellness Center	
Heger Hall	4

he Lawrence Herbert School of Communication	20
ofstra Dome	48
ofstra Hall	7
ofstra Northwell School of Medicine	
at Hofstra University	50
ofstra University Museum	9
ofUSA	40
tuman Resources Center	52
ushner Hall	22
brary Technical Services and Resource Center	3
owe Hall	9
Aarojotta Hall	57
Nason Hall/Gallon Wing	5
Naurice A. Deane School of Law	
AcEwen Hall	17
Nemorial Hall	1
fonroe Lecture Center	62
oseph G. Shapiro Family Hall	73
Oak Street Center	79
edestrian Bridges	69, 70
hilips Hall	6
hysical Education Center, David S. Mack/Swim Cente	49
hysical Plant	59
ublic Safety and Information Center, David S. Mack	
oosevelt Hall	19
altonan Community Services Center	28
hapiro Alumni House	58
occer Stadium	71

Spiegel Theater	
Sports and Exhibition Complex, David S. Mack	
Stadium, James M. Shuart	56
Student Center, Sondra and David S. Mack	31
Tennis Courts	24
Unispan	30
University Club/Mack Hall	53
University College Hall/Skodnek Business	
Development Center	43
University Field	
Weed Hall	24
Weller Hall	16
West Library Wing	25

### Residence Halls

Residence Halls	
Alliance Hall	
Bill of Rights Hall	
Colonial Square	4
Constitution Hall	-
Enterprise Half	
Estabrook Hall	
Graduate Residence Hall	
Nassau Hall	4
Stuyvesant Hall	
Suffolk Hall	4
The Netherlands	
Visador Reel Hall	

# Wednesday April 19 Agenda

Time	Event	Location
	Family Time	
4:45pm	Arrive for Pregame Warmups	Southside HS Field
6:00pm	Game – Southside High School	Southside HS Field
7:30pm	Tentative – Team Meal Following the Game	Southside HS Gym

- Family Time ensure to factor in generous commuting/pubic transformation time. Athletes will need to be dressed and at Southside field by 4:45pm.
- Transportation Parent/ Guardian responsible for roundtrip transportation (carpooling recommend)
- Game location Southside High School 140 Shepherd Street Rockville Centre, NY 11570
- Commute to School 2 miles from hotel, approximate 10 minute drive
- Postgame Meal (Tentative) TBD

<sup>\*</sup> Items listed in Red text are not confirmed and are subject to change.

# Wednesday April 19 Maps

**South Side High School** is the only public high school in the town of Rockville Centre, New York. South Side serves grades 9 through 12 and boasts a variety of academic, extra-curricular and athletic programs, including the International Baccalaureate (IB) Curriculum in junior and senior years. As of the 2014-15 school year, the school had an enrollment of 1,092 students. The school's name reflects its status as the first high school on Long Island's south shore, east of Jamaica.



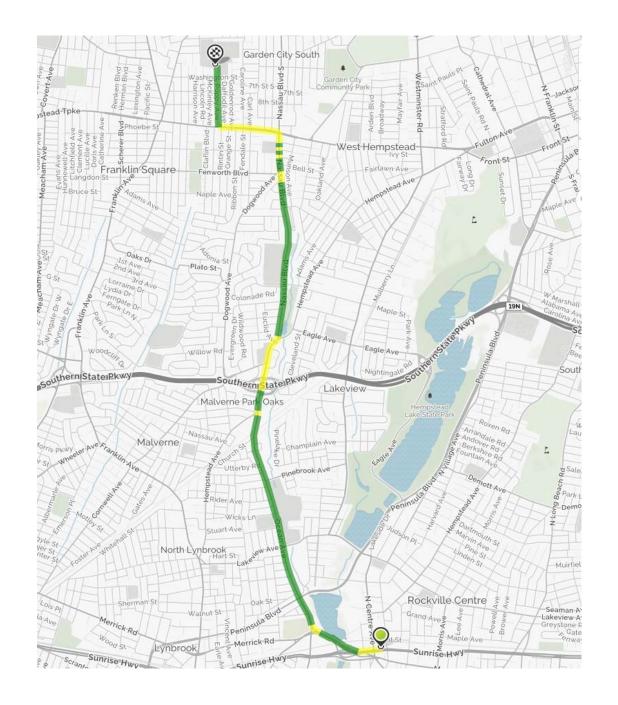
# Thursday April 20 Agenda

Time	Event	Location
11:00am	Group Lunch	Kasey's Restaurant
12:00pm	Guest Speaker – Larry Glenz (Coach Motivational Speaker)	Kasey's Restaurant
2:45pm	Arrive for Pregame Warmups	Carey HS Field
4:00pm	Game – Carey High School	Carey HS Field
	Dinner on your own	

- Transportation Parent/ Guardian responsible for roundtrip transportation for days events (carpooling recommend)
- Guest Speaker Parent/ Guardian attendance encouraged
- Lunch Athlete meal covered, per person charge for family members \$\_\_\_.\_\_ (TBD)
- Guest speaker and team lunch location Kasey's Restaurant 23 North Park Ave. Rockville Centre, NY 11570
- Restaurant location 1 mile from hotel, approximately 2 minute drive
- Game Location Carey High School 230 Poppy Ave Franklin Square, NY 11010
- Commute to School 5 miles from hotel, approximate 15 minute drive

# Thursday April 20 Maps

H. Frank Carey High School is a public high school located in Franklin Square, New York serving students in the seventh through twelfth grades from the towns of Franklin Square, Garden City South, West Hempstead, and Elmont. As of the 2014-15 school year, the school had an enrollment of 1,634 students



# Friday April 21 Agenda

Time	Event	Location
9:00am	Guest Speaker – John DeTommaso (US Lacrosse Hall of Fame)	Hotel
	Lunch on your own	
2:00pm	Team Bus departs for LIU Post	Hotel Lobby
3:30pm	Pregame Warmups	Hickox Field, LIU Post
4:30pm	Game – Sewanhaka High School	Hickox Field, LIU Post
8:00pm	End of Event Group Dinner	Hotel

- Team Transportation Roundtrip bus transportation will be provided for all athletes and coaching staff
- Family Transportation Approximately 32 seats will be available on the bus for family members
- Game Location Long Island University Post Hickox Field 720 Northern Blvd Brookville, NY 11548
- Commute to University 18 miles from Hotel, approximate 40 minute drive
- Group Dinner Location Hotel Meeting Room, Italian buffet

<sup>\*</sup> Items listed in Red text are not confirmed and are subject to change.

# Friday April 21 Maps

