



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

Team Hotel: Best Western Mill River Manor

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.

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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

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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 |

| Restaurant Name | Cuisine | Distance From Hotel |
|------------------------------|----------------------|---------------------|
| Front Street Bake shop | Bakery | 0.2 miles |
| Blue Moon Restaurant | Italian, Pizza | 0.2 miles |
| Franks Steaks | American, Steakhouse | 0.2 miles |
| Five Pennies Creamery | American, Ice Cream | 0.2 miles |
| Dodici | Italian | 0.2 miles |
| Tum Thai | Asian, Thai | 0.2 miles |
| Front Street Pizza | Italian, Pizza | 0.2 miles |
| George Martin Restaurant | American | 0.2 miles |
| Brew 7 | Pub | 0.2 miles |
| Winston's Whiskey & Wine Bar | Pub, Bar | 0.2 miles |
| Mr. Micelli Pizzeria | Pizza, Italian | 0.2 miles |
| Churchills | American | 0.2 miles |
| Rockville Diner | Diner | 0.2 miles |
| Nick's Pizza | Pizza, Italian | 0.2 miles |
| Croxley Ales Great American | American, Pub | 0.2 miles |
| MacArthur Park Bar | Pub | 0.2 miles |
| The Beach House | American | 0.2 miles |
| Paradiso Pizza & restaurant | Italian, Pizza | 0.3 miles |
| Viaggio Tapas | Spanish, Healthy | 0.3 miles |
| Panera Bread | American | 0.3 miles |
| Golden Reef Diner | Diner | 0.3 miles |
| Original American Burger | American | 0.3 miles |
| Bonefish Grill | Seafood | 0.3 miles |
| Bigelow's New England Fried | Seafood | 0.3 miles |

* There are many more chain and specialty restaurant that approximate the hotel

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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 Station**

40 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 |

Supporting Information:

- 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)

Wednesday April 19 Agenda

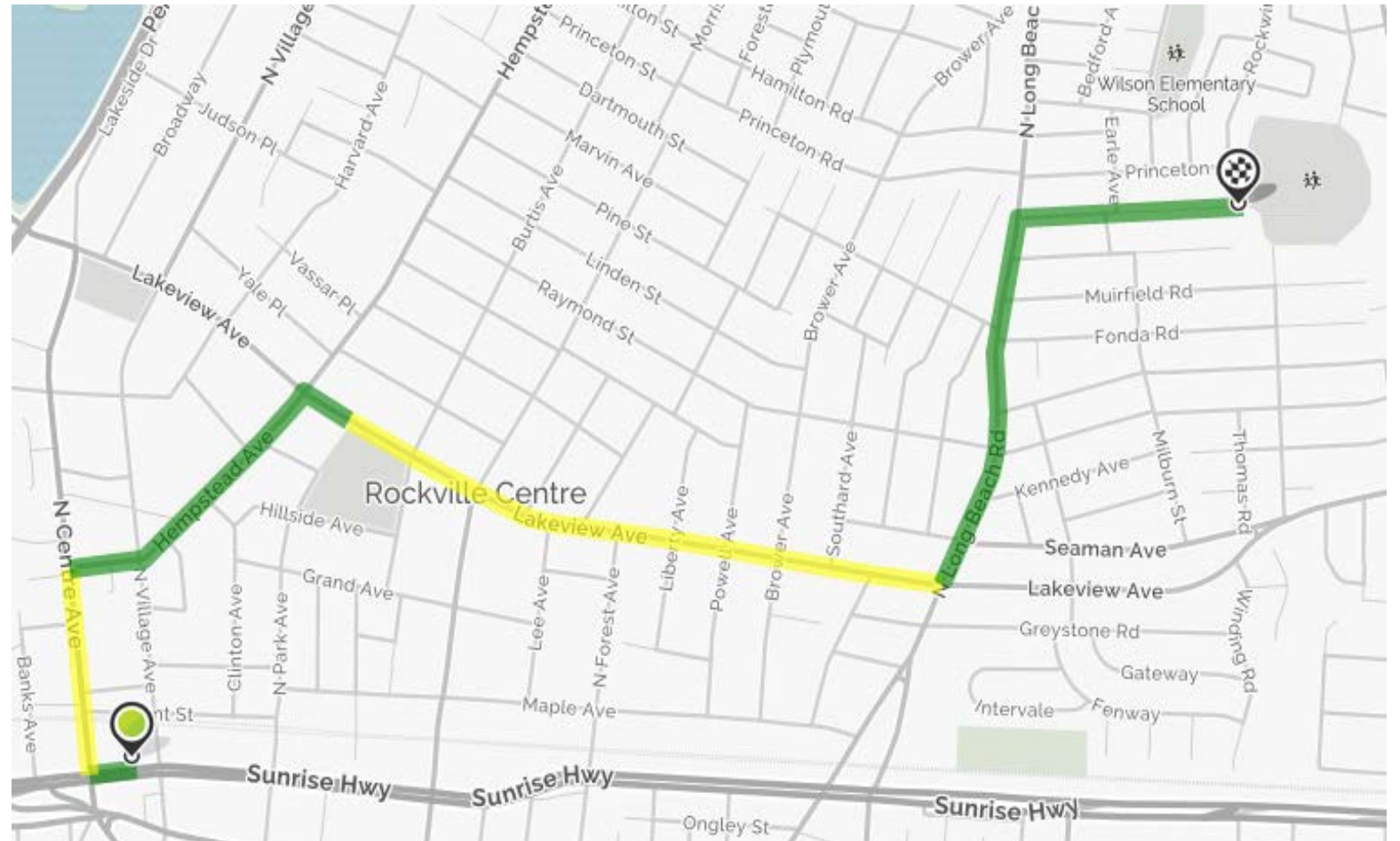
| Time | Event | Location |
|--------|--|--------------------|
| | Family Time | |
| 4:45pm | Arrive for Pregame Warmups | Southside HS Field |
| 6:00pm | Game – Southside High School | Southside HS Field |
| 7:30pm | Tentative – Team Meal Following the Game | Southside HS Gym |

Supporting Information:

- Family Time – ensure to factor in generous commuting/ public transportation 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

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

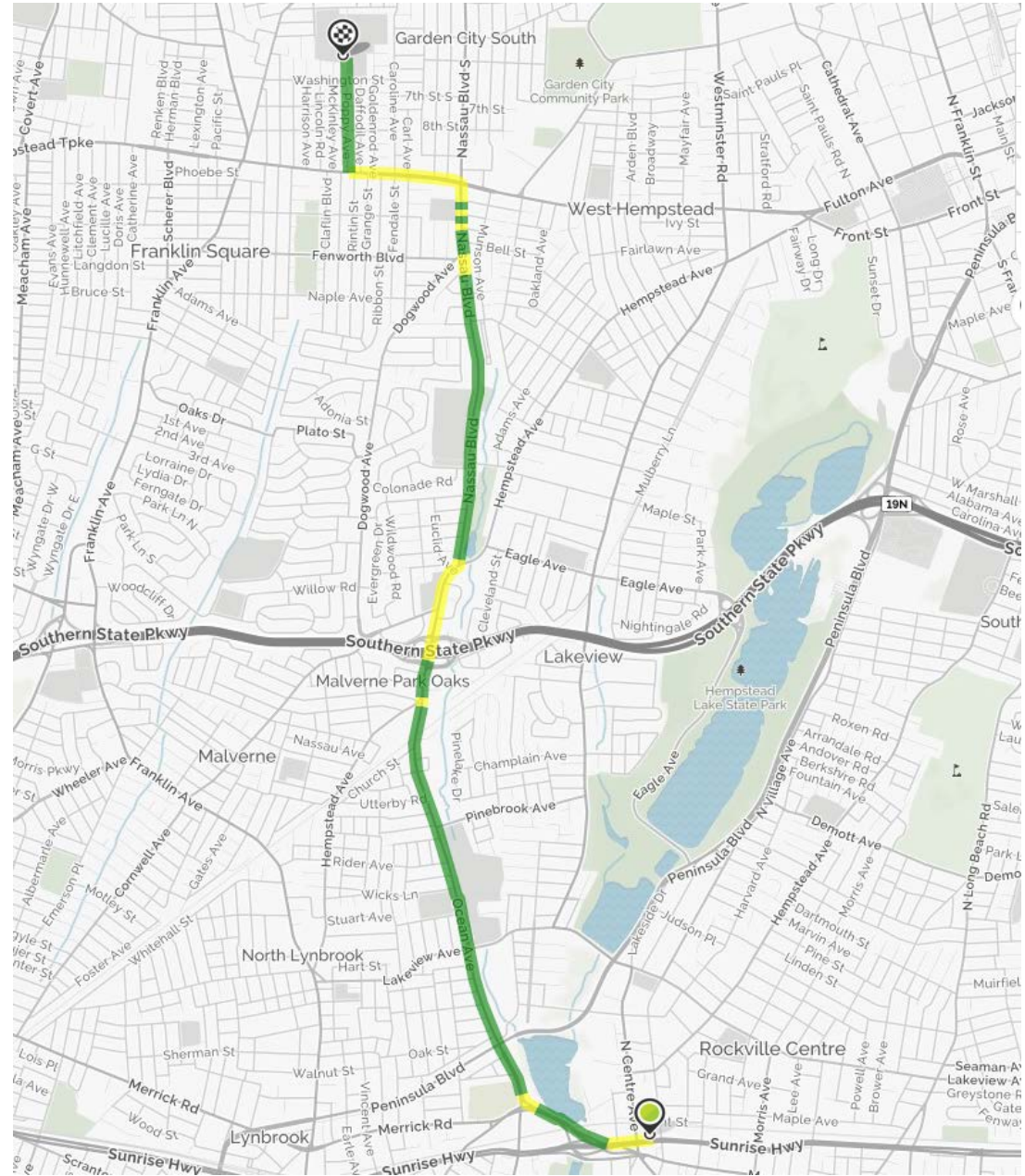
| Time | Event | Location |
|---------|--|--------------------|
| 11:00am | Group Lunch | Kasey's Restaurant |
| 12:00pm | Guest Speaker – Larry Glenz (Coach Motivational Speaker) | Kasey's Restaurant |
| 2:45pm | Arrive for Pregame Warmups | Carey HS Field |
| 4:00pm | Game – Carey High School | Carey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

Supporting Information:

- 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 |

Supporting Information:

- 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

Friday April 21 Maps

