



VISITOR'S GUIDE

2024-2025



Department of Intercollegiate Athletics
Dr. E.B Henderson Sports Complex
4200 Connecticut Ave., NW
Washington, DC 20008
Phone: (202) 274-5095
Fax: (202) 274-5065

Welcome to the University of the District of Columbia



Initially founded in 1851, the University of the District of Columbia has a rich history. Chartered in 1974, the University of the District of Columbia is the only fully-accredited public institution of higher education in the nation's capital. As an urban land-grant university, it supports a broad mission of education, research and community service and offers bachelors and master's degrees in the College of Arts and Science; School of Business and Public Administration; School of Engineering and Applied Sciences; and College of Agriculture, Urban Sustainability and Environmental Studies. Also included in the university system is the David A. Clarke School of Law. In August 2009, the University of the District of Columbia inaugurated a new, stand-alone Community College which offers more than 20 associate degree and certificate programs as well as over 25 Workforce Development programs to prepare students for successful careers and academic advancement.

As the District's alma mater, the University of the District of Columbia attracts students of every age from the Washington, DC region, the nation and the world—providing innovative, results-driven programs that enrich our city with educated, qualified students, ready to work and contribute to its overall prosperity and quality of life. More than 25 nations are represented in the student body. The University of the District of Columbia extends beyond its campus footprint, offering easy access to world-famous monuments, political intrigue and cultural attractions everywhere you look. An education here opens doors to opportunities that can only be found in the nation's capital

Directions to UDC Campus

From Washington, DC:

From Southeast/Southwest Washington- Take Pennsylvania Avenue West or South Capitol Street North to (I-395) Southwest Freeway-Follow the Southwest Freeway to the Maine Avenue exit- Follow Maine Avenue until it merges with Independence Avenue - Follow Independence Avenue to 17th Street, NW. – Turn right on 17th Street, NW and continue on 17th until it becomes Connecticut Avenue, NW. – Continue on Connecticut Avenue for approximately 5 miles to Van Ness Street, NW- Turn left on Van Ness Street, NW- The UDC Campus will be on the right-Turn right into parking garage entrance.

From Northwest Washington- Take Connecticut Avenue West to Van Ness Street, NW-Turn left on Van Ness Street, NW- The UDC Campus will be on your right. Turn right to enter the UDC parking garage.

From Northeast Washington- Take Michigan Avenue, NE to Irving Street, NW to Kenyon Street NW- Follow Kenyon Street, NW to Park Road, NW- Follow Park Road, NW until it bears right to become Tilden Street at a traffic light. Follow Tilden Street, NW to Connecticut Avenue, NW- Turn right on Connecticut Avenue, NW- Follow Connecticut Avenue, NW to Van Ness Street, NW- Turn left on to Van Ness Street, NW- the UDC Campus will be on your right-Turn right to enter the UDC parking garage.

From Maryland:

From I-95- Take I-95 South to I-495 West, to the Connecticut Avenue South exit- Follow Connecticut Avenue South to Chevy Chase Circle- Go through Chevy Chase Circle to continue on Connecticut Avenue, NW- Follow Connecticut Avenue, NW to 4200 block to UDC Campus Turn right on Van Ness Street, NW- Turn right to enter the UDC parking garage.

From I-270- Take I-270 to I-495 East, to Connecticut Avenue South exit- Follow Connecticut Avenue South to Chevy Chase Circle- Go through Chevy Chase Circle to continue on Connecticut Avenue, NW- Follow Connecticut Avenue, NW to 4200 block to UDC Campus- Turn right on Van Ness Street, NW- Turn right to enter the UDC parking garage.

From Northern Virginia West:

From I-66- Take exit I-495 East, to Connecticut Avenue South exit- Follow Connecticut Avenue South to Chevy Chase Circle- Go through Chevy Chase Circle to continue on Connecticut Avenue, NW- Follow Connecticut Avenue, NW to 4200 block to UDC Campus- Turn right on Van Ness Street, NW- Turn right to enter the UDC parking garage.

From Northern Virginia South:

From I-395 – Take I-395 north to 14th Street, NW in Washington, DC- Follow 14th Street, NW to I Street, NW- Turn left onto I Street, NW- Follow I Street, NW to 17th Street, NW- Turn right on 17th Street, NW and follow it until it becomes Connecticut Avenue, NW- Continue on Connecticut Avenue, NW for approximately 5 miles to Van Ness Street, NW- Turn left on Van Ness Street, NW- The UDC Campus will be on the right-Turn right into the UDC parking garage entrance

Visiting Team Bus/Van Parking



Visiting team busses and vans should park in the area next to the tennis courts in the circle fronting building 46, off Windom Place, NW. Windom Place is located between Yuma Street and Veazey Terrace on the University side of Connecticut Avenue, NW. Please call University of the District of Columbia Police with any questions or for further parking instructions at (202) 274-5050.



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| 32 School of Engineering & Applied Sciences / Architecture & Urban Planning / Mathematics | 52 David A. Clarke School of Law |
| 38 School of Business & Public Administration / Student Success Center / Bookstore | 56 Student Center / Wellness Center / Ballrooms |
| 39 Administration / Enrollment Services / Library / Campus Police | A Parking Garage Public Entrance |
| 41 College of Arts & Sciences / ISM | B Dennard Plaza |
| 42 School of Engineering & Applied Sciences / Visual Arts / Digital Media | C Greek Walk |
| 44 CAUSES / Life Sciences / Health Services | D Athletic Field |
| 46e Theater of the Arts | E Amphitheater |
| 46w Performing Arts | F Tennis Courts |
| 47 Sports Complex | G Loading Dock |

Dear Visiting Trainer,

On behalf of the University of the District of Columbia we would like to welcome you and your team to the campus of the University of the District of Columbia - home of the Firebirds.

If you have any special requests, do not hesitate to contact the Associate Director of Athletics for Sports Medicine, Brian Goodstein.

University of the District of Columbia's athletic training facility is located in the E.B Henderson Sports Complex. The training room will be open to participating athletes two hours before a scheduled contest. A Certified Athletic Trainer (ATC) will be on site for every home varsity contest.

- **Visiting teams should bring their own training supplies. None will be provided.**
- **Ice is available.**
- **A table is set up in the athletic training room for taping.**
- **Towels are not provided for the visiting team.**
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Sincerely,

**Associate Director of Athletics for Sports Medicine
Brian Goodstein**

Facilities Information

Locker Room

Locker Room facilities are only available in the E.B Henderson Sports Complex. Visiting teams need to bring their own towels and locks. The locker room will be secured during contests.

Practice Times

Visiting teams should contact Associate Director of Athletics for Internal Operations, Joel Phillip, to schedule practice times or for more information: joel@udc.edu.



UDC Gymnasium

Sports Information

Media Information

The Sports Information Office serves as the primary contact for the media to obtain information about the athletic program at the University of the District of Columbia. The Office provides news releases, final game statistics, schedules, media guides and other printed resource materials in support of the athletic program. The Sports Information Office also maintains the University's Official Athletic Web Site, and can be reached by telephone at (202) 748-3290, by FAX at (202) 274-5065, and by E-mail (marlena.wright@udc.edu).

Media Credentials

Requests for credentials should be made to the Sports Information Office at least 24 hours prior to each game. Credentials may be picked up prior to gameday at the University of the District of Columbia Sports Information Office in the Sports Complex (Bldg. 47), A-level, or at the ticket window immediately before the start of a game.

Media Parking

Media are welcome to park above the Days Inn garage on Yuma Street, across from the UDC Tennis Courts.

Interview Policy

Coaches and athletes are available for interviews. Please contact the Sports Information Office to schedule all interviews at least 24 hours in advance so that a mutually agreeable time can be arranged.

Game stories, schedules, results and other athletic related matters can be accessed through the official athletic site of the University of the District of Columbia, www.udcfirebirds.com, or the University's web site at www.udc.edu (click on the athletic link).

Please follow Firebird Athletics:
Web: www.udcfirebirds.com

Instagram: UDCAthletics
Youtube: UDCAthletics1

Staff Directory

Director of Athletics

Patricia Thomas
P: (202) 274-5024
E: pthomas@udc.edu

Senior Associate Director of Athletics for Compliance

Joseph Lang
P: (202) 274-6314
E: jlang@udc.edu

Associate Director of Athletics for Internal Operations

Joel Phillip
P: (202) 274-6796
E: joel.phillip@udc.edu

Assistant Director of Athletics for Communications

Marlena Wright
P: (202) 748-3290
E: marlena.wright@udc.edu

Associate Director of Athletics for Sports Medicine

Brian Goodstein
P: (202) 274-6269
E: brian.goodstein@udc.edu

Aquatics Director

Andre Myers
P: (202) 274-5343
E: andre.myers@udc.edu

Faculty Athletics Representative

Wynn Yarbrough
P: (202) 274-6216
E: wyarbrough@udc.edu

Administrative Assistant

Sandra Smith
P: (202) 274-5095
E: sjsmith@udc.edu

Coaching Staff

Men's Basketball

Head Coach

Mike Riley

P: (202) 274-6379

E: mriley@udc.edu

Assistant Coach

William West

P: (202) 274-6352 E:

william.west@udc.edu

Assistant Coach

Anthony Iati

P: (202) 274-6352 E:

aiati@udc.edu

Women's Basketball

Head Coach

John Nakpodia

P: (202) 274-6897

E: john.nakpodia@udc.edu

Assistant Coach

Kiara Colston

P: (202) 274-5085

E: kiara.colston@udc.edu

Assistant Coach

Jasmine Rich

P: (202) 274-6175

E: jasmine.rich@udc.edu

Men's Lacrosse

Head Coach

Matthew Marrett

P: (202) 274-5368

E: matthew.marrett@udc.edu

Assistant Coach

Stevens Cadet

P: (202) 274-5762

E: stevens.cadet@udc.edu

Women's Lacrosse

Head Coach

Zhane Ruffin

P: (202) 274-6297

E: zhane.ruffin@udc.edu

Assistant Coach

Keisha Gills

P: (202) 274-6024

E: keisha.gills@udc.edu

Men's Soccer

Head Coach

Matthew L. Thompson

P: (202) 274- 5074

E: mlthompson@udc.edu

Assistant Coach

Benjamin Mortimer

P: (202) 274-5382

E: benjamin.mortimer@udc.edu

Men's/Women's Tennis Head
Coach

Theodore "Dickie" Mahaffey III

P: (202) -274-5966

E: tmahaffey@udc.edu

Women's Cross Country/Track & Field

Head Coach

Simone Grant

P: (202) 274-5381

E: Simone.Grant1@udc.edu

Emergency Phone Numbers

Fire, Medical & Police	911
Metropolitan Police Department	202-727-4326 (Non-emergency)
District of Columbia Fire Department	202-727-4326 (Non-emergency)
UDC Campus Police	202-274-5050
UDC Athletic Trainer	202-274-6269

