WELCOME
The Vanderbilt Recreation and Wellness Center (VRWC) would like to welcome you to Nashville, Tennessee! We have created this visiting team guide in hopes that you will find it useful in planning your trip and during your stay in Nashville, Tennessee.

VANDERBILT RECREATION & WELLNESS CONTACTS
VRWC Welcome Desk
615-343-6627
VRWC website

Jessica Doughtie
Assistant Director
jessica.doughtie@vanderbilt.edu
Office Phone: 615-875-7509

Tiffanie Morgan
Associate Director
tiffanie.morgan@vanderbilt.edu
Office Phone: 615-322-7354

IMPORTANT POLICIES
• All visiting teams are required to adhere to all federal, state, and University laws, guidelines, standards and policies.
• All visiting club members must sign a Visiting Team Waiver (one waiver per team). Individuals who are not affiliated with an institution but are competing in a Vanderbilt Club Sports sanctioned event are required to sign a visiting team waiver as well. Contact your host or visit the VRWC Club Sports page for a copy of the form, which is also available in this packet.
• Clubs are expected to treat facility space with care. Please use the trash and recycling receptacles provided and clean up after yourselves. Leave the space cleaner than you found it.
• Respect all VRWC student and professional staff and the decisions they make in regards to weather, injuries, and/or other emergency situations.
• Follow all posted rules and facility policies.
• Please follow posted parking regulations. The VRWC is not responsible for parking fines. Please check with your host club or the DOTS website to see if there are special parking restrictions due to Varsity baseball or football games.
• Practice good sportsmanship and act in a positive, mature and responsible manner. The actions of your team and your fans are a reflection of your university and club sport program.
• Alcohol is NOT permitted at any Vanderbilt Club Sports event. This applies to both on and off campus sites.
• Vanderbilt University is a smoke free campus.

HOTELS
Please use this interactive map to view hotels near Vanderbilt University.
Vanderbilt Club Sports teams host competitions at the following on campus sites:

- Vanderbilt Recreation and Wellness Center
- Rec Field 1 (grass)
- Rec Field 2 (grass)
- Rec Field 3 (grass)
- Rec Field 4 (turf)
- Tennis Courts (North of the Rec off of 25th Ave)

Clubs that do not compete on campus: Rowing, Ice Hockey, Equestrian, Trapshooting, and Sailing. Visiting teams coming to Vanderbilt University for the above mentioned sports should be in contact with the respective club’s officers for exact locations and addresses.

**LOCAL HOSPITALS AND URGENT CARE FACILITIES**

**Vanderbilt University Medical Center**
1211 Medical Center Drive
Nashville, TN 37232
(615) 322-5000

**Saint Thomas Midtown Hospital**
2000 Church Street
Nashville, TN 37236
(615) 284-5555

**NeighborMD Urgent Care Green Hills**
2001 Glen Echo Road
Nashville, TN 37215
(615) 292-0012
## DINING AND ATTRACTIONS

### LOCAL FAVORITES

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Website</th>
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<tbody>
<tr>
<td>Biscuit Love</td>
<td>316 11th Ave S Nashville, TN 37203</td>
<td>biscuitlove.com</td>
</tr>
<tr>
<td>Hattie B’s Hot Chicken</td>
<td>112 19th Ave S Nashville, TN 37203</td>
<td>hattieb.com</td>
</tr>
<tr>
<td>Pancake Pantry</td>
<td>1796 21st Ave S Nashville, TN 37212</td>
<td>thepancakepantry.com</td>
</tr>
<tr>
<td>Double Dogs</td>
<td>1807 21st Ave S Nashville, TN 37212</td>
<td>doubledogs.biz</td>
</tr>
<tr>
<td>Hog Heaven</td>
<td>115 27th Ave N Nashville, TN 37203</td>
<td>hogheavenbbq.com</td>
</tr>
<tr>
<td>Smokin’ Thighs</td>
<td>611 Wedgewood Ave Nashville, TN 37203</td>
<td>smokinthighs.com</td>
</tr>
<tr>
<td>Edley’s BBQ</td>
<td>2706 12th Ave S Nashville, TN 37204</td>
<td>edleysbbq.com</td>
</tr>
<tr>
<td>M.L. Rose Craft Burgers</td>
<td>2535 8th Ave S Nashville, TN 37204</td>
<td>mlrose.com</td>
</tr>
<tr>
<td>Taco Mamacita</td>
<td>1200 Villa Place Nashville, TN 37212</td>
<td>tacomamacita.com</td>
</tr>
<tr>
<td>Pancake Pantry</td>
<td>1796 21st Ave S Nashville, TN 37212</td>
<td>thepancakepantry.com</td>
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### QUICK EATS

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<tr>
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<tbody>
<tr>
<td>Bread &amp; Company</td>
<td>2525 West End Ave Nashville, TN 37203</td>
<td>breadandcompany.com</td>
</tr>
<tr>
<td>Chipotle</td>
<td>2825 West End Ave Nashville, TN 37203</td>
<td>chipotle.com</td>
</tr>
<tr>
<td>Panera</td>
<td>2829 West End Ave Nashville, TN 37203</td>
<td>panerabread.com</td>
</tr>
<tr>
<td>Jimmy John’s</td>
<td>2318 West End Ave Nashville, TN 37203</td>
<td>jimmyjohns.com</td>
</tr>
<tr>
<td>Starbucks</td>
<td>2521 West End Ave Nashville, TN 37203</td>
<td>starbucks.com</td>
</tr>
<tr>
<td>Pizza Perfect</td>
<td>1602 21st Ave S Nashville, TN 37212</td>
<td>pizzaperfectonline.com</td>
</tr>
<tr>
<td>Taziki’s</td>
<td>3001 West End Ave Nashville, TN 37203</td>
<td>tazikiscafe.com</td>
</tr>
<tr>
<td>San Antonio Taco Co</td>
<td>416 21st Ave S Nashville, TN 37203</td>
<td>thesatco.com</td>
</tr>
<tr>
<td>Thai Satay</td>
<td>2412 Elliston Place Nashville, TN 37203</td>
<td>nashvillethaisatay.com</td>
</tr>
<tr>
<td>Jimmy John’s</td>
<td>2318 West End Ave Nashville, TN 37203</td>
<td>jimmyjohns.com</td>
</tr>
<tr>
<td>Starbucks</td>
<td>2521 West End Ave Nashville, TN 37203</td>
<td>starbucks.com</td>
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### TOURISM ATTRACTIONS

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<tr>
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</thead>
<tbody>
<tr>
<td>Country Music Hall of Fame</td>
<td>222 5th Ave S Nashville, TN 37203</td>
<td>countrymusichalloffame.org</td>
</tr>
<tr>
<td>The Grand Ole Opry</td>
<td>2804 Opryland Dr Nashville, TN 37214</td>
<td>opry.com</td>
</tr>
<tr>
<td>The Parthenon</td>
<td>2500 West End Ave Nashville, Tennessee, 37203</td>
<td>parthenon.org</td>
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*For more dining options and local attractions, use the respective interactive maps. [Nashvilleguru.com](http://Nashvilleguru.com) and [visitmusiccity.com](http://visitmusiccity.com) are also great resources for all things Nashville.
Release and Waiver of Liability
For Visiting Clubs/Teams

Institutional Affiliation: ______________________________________ Sport Club: ______________________________

Club/Team Officer: _________________________________________ Title/Position: ____________________________

Phone Number: _________________________ Email: _____________________

Date(s) of Participation: ______________________________________________________________________________

Is your club/team covered under a group/institutional liability insurance policy?:  ___ Yes   ____ No

Insurance Company: ____________________________________ Amount of Coverage: __________________________

The undersigned hereby agrees that in consideration of Vanderbilt University allowing the undersigned to use University
facilities and/or to participate in a club sponsored program, he/she does for himself/herself and his/her heirs, executors,
administrators and assigns hereby release, waive, and forever discharge Vanderbilt University, its Board of Trustees and
its officers, agents and employees, from any and all liability, claims, demands, actions, or causes of actions arising out of
or related to any injury or illness, including death, that may be sustained by the undersigned, or loss or damage to any
property belonging to the undersigned, whether caused by the negligence of Releases, or otherwise, while using
University facilities and/or participating in a club sponsored program.

The undersigned further hereby agrees to indemnify and hold harmless the Releases from any loss, liability, damage, or
costs, including court costs and attorneys’ fees, that he/she may incur as a result of using Vanderbilt University facilities
and/or participating in a club sponsored program.

The undersigned hereby voluntarily assumes full responsibility for any risk of personal injury or illness, including death,
that may be sustained by him/her, or any risk of loss or damage to property owned by him/her, as a result of or in any
way arising out of his/her use of Vanderbilt University facilities and/or participation in a club sponsored program.

The undersigned hereby acknowledges that he/she is solely responsible for any medical or other costs arising out of any
bodily injury, illness, or property damage sustained by him/her as a result of or arising out of his/her use of University
facilities and/or participation in a club sponsored program.

Name (print)       Signature       Date
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