



Welcome to Lake Land College

Dear Visitors:

Welcome to Lake Land College. It is my hope that your stay with us is enjoyable and that you feel completely at home here at LLC. Our staff will do what we can to accommodate your team and you while you're here.

All players, coaches, officials and spectators are welcome at our contests. Due to COVID-19 protocols, please see website (www.lakelandcollege.edu/athletics/) for the most up-to-date restrictions. We expect everyone to demonstrate respect, integrity and responsibility while on our campus. This creates a positive environment in which the student-athletes may participate, the officials may work, and the spectators may enjoy the event.

As student-athletes, coaches, event staff and fans, we are dedicated to representing Lake Land College, the NJCAA and the GRAC Conference in a responsible and considerate manner at all times.

This package is designed specifically to assist you in planning for your upcoming trip to Lake Land College. Please feel free to contact us if you have any questions or require special accommodations.

Travel safely and good luck this season!

Sincerely,

Bill Jackson
Director of Athletics
217-234-5296
Wjackson60312@lakelandcollege.edu



Lake Land College

General Information

School Lake Land College
Street Address 5001 Lake Land Blvd
Mailing Address 5001 Lake Land Blvd, Mattoon, IL 61938
Athletics Office Phone 217-234-5333
Fax 217-234-5460
School Web Site www.lakeland.cc.il.us/ss/at/athletics/
Enrollment 8200
Nickname Lakers
Colors Black and Red
Founded 1966
President Dr. Josh Bullock

Arenas and Fields

Baseball Lakers Field
Basketball and Volleyball Lakers Fieldhouse
Softball Lakers Field

Athletic Staff and Administration

President Dr. Josh Bullock
217-234-5222
jbullock@lakelandcollege.edu
Vice President of Student Services Valerie Lynch
217-234-5250
vlynch@lakelandcollege.edu
Director of Athletics Bill Jackson
217-234-5296
wjackson60312@lakelandcollege.edu
Administrative Assistant of Fieldhouse Operations Bri Roberts
217-234-5333
wroberts52500@lakelandcollege.edu
Head Athletic Trainer Brian Morris
217-234-5374
bmorris17236@lakeland.cc.il.us

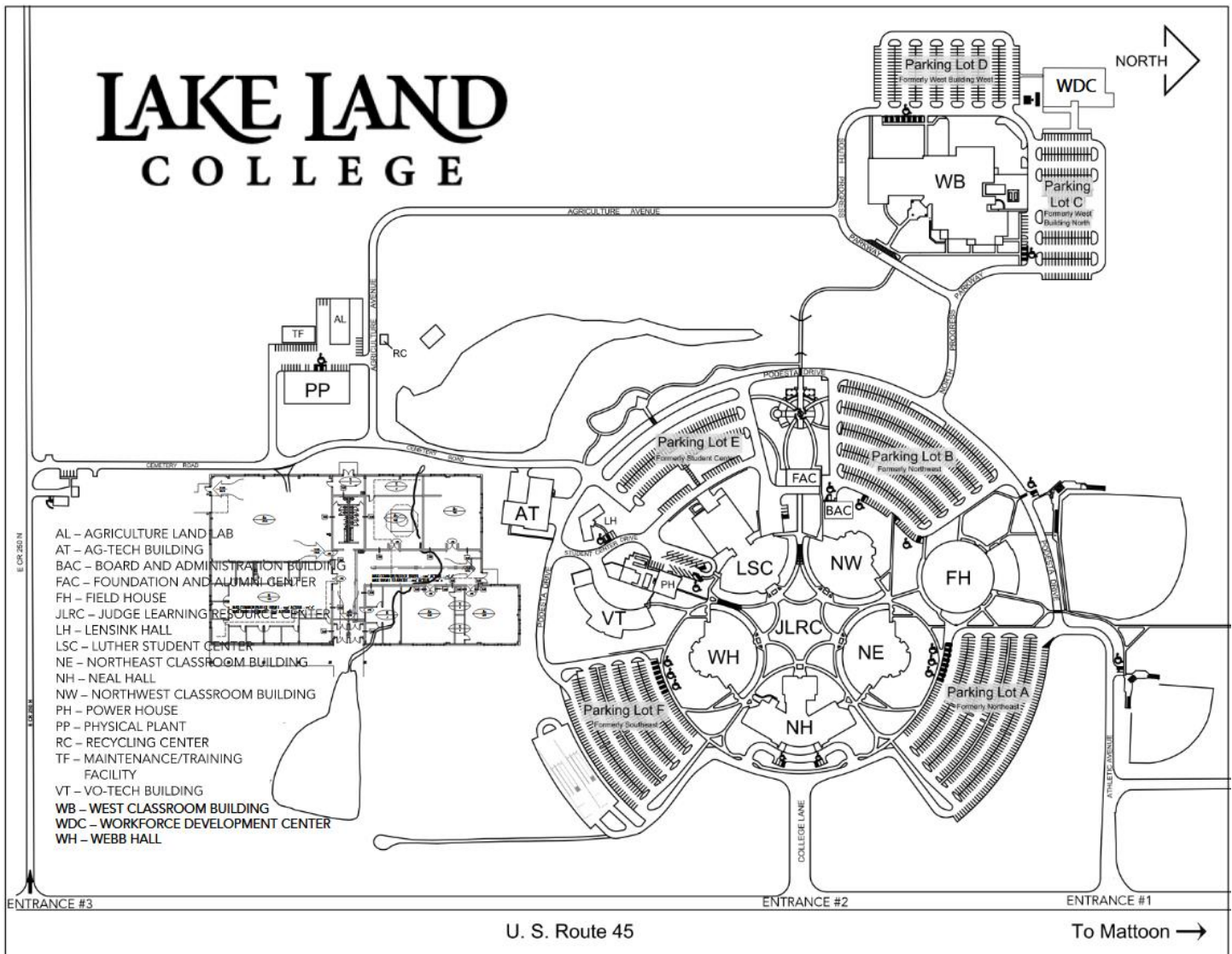


Coaches

Baseball	Julio Godinez 217-234-2709 jgodinez@lakelandcollege.edu
Basketball (Women's).....	Dave Johnson 217-234-5446 djohnson@lakelandcollege.edu
Basketball (Men's)	Julian Larry 217-234-5294 jlarry@lakelandcollege.edu
Cheerleading	Allison Schlau 217-234-5068 aschlau@lakelandcollege.edu
Softball.....	Nic Nelson 217-234-5332 gnelson@lakelandcollege.edu
Volleyball	Ashli Wicker 217-234-5416 awicker1@lakelandcollege.edu



Campus Map





Lake Land College Athletic Training

Location and Availability

The Lake Land College athletic training room is located in the north end of the field house. A certified athletic trainer will be available on site for all home varsity contests. During events the athletic trainer is available either on or near the Lakers team area.

If the visiting team trainer is unable to travel with the team, please let us know in advance and we will be pleased to assist your student-athletes. Please provide your own taping materials as well as a written request from your athletic trainer or team physician for modality treatments that may be necessary.

Game Day Services

The LLC athletic training staff provides the following services in the athletic training room before and after contests (and during events, if needed) accompanied by the proper paperwork (see above):

- Electronic Modalities
- Cryotherapy (ice bags)
- Taping

The visiting bench or team area will be supplied with the following:

- Water
- Water bottles
- Cups

Contact Information

Training Room	Fieldhouse 217-234-5374
Head Athletic Trainer.....	Brian Morris 217-234-5374 bmorris17236@lakeland.cc.il.us
Sarah Bush Lincoln Hospital.....	217-258-2525 1000 Health Center Drive Mattoon, IL Emergency Dept. – 217-258-2551



Lake Land College

Internet/Radio Services

All home contests are live streamed and can be found on the Lake Land College's Athletic page (www.lakelandcollege.edu/athletics/). For visiting teams that have radio broadcasts for their contests there is a hard line in the Fieldhouse. The number is 217-234-5076. During tournaments we do suggest that you bring a cellphone hook up though.

Area Hotels

Quality Inn and Suites Conference Center

4922 Paradise Road
Mattoon, IL 61938
217-235-0222

Days Inn

300 Broadway Ave
Mattoon, IL 61938
800-615-3107

Baymont Inn and Suites

206 McFall Road
Mattoon, IL 61938
217-234-2420

Super 8

205 McFall Road
Mattoon, IL 61938
217-235-8888

Comfort Suites

1408 E. Broadway
Mattoon, IL 61938
217-235-6745

Holiday Inn Express

121 Swords Drive
Mattoon, IL 61938
217-235-2060

Hampton Inn

1416 E. Broadway
Mattoon, IL 61938
217-234-4267



Area Restaurants

Alamo Steak House

217-234-7337
700 Broadway Ave. E.
Mattoon, IL

Angelo's Pizza

(217) 258-6066
1020 Lake Land Blvd.
Mattoon, IL

Arby's

(217) 234-7035
815 Charleston Ave
Mattoon, IL

Buffalo Wild Wings

(217) 258-9464
124 Dettro Dr.
Mattoon, IL

Burger King

(217) 234-8122
1508 Charleston Ave
Mattoon, IL

Cracker Barrel

(217) 234-9091
1101 Charleston Ave
Mattoon, IL

Dairy Queen

(217) 235-0911
913 Charleston Ave
Mattoon, IL

Dairy Queen

(217) 234-3644
320 N 19th St
Mattoon, IL

Don Sol Mexican Grill

(217) 235-1139
230 Broadway Ave E
Mattoon, IL

Downtown Diner

(217) 234-7770
1626 Broadway Ave.
Mattoon, IL

Freddy's Frozen Custard & Steakburgers

(217) 235-3820
917 Charleston Ave
Mattoon, IL

Fujiyama Japanese Steakhouse

(217) 234-7738
1320 Broadway Ave East
Mattoon, IL

Hardee's

(217) 234-3845
1117 Lake Land Blvd
Mattoon, IL

Jersey Mike's

(217) 508-4680
1021 Charleston Ave
Mattoon, IL



Jimmy John's

(217) 258-6400
900 Charleston Ave
Mattoon, IL

Jumbo Buffett

(217) 234-8888
700 Broadway Ave
Mattoon, IL

KFC

(217) 234-6886
1000 Charleston Ave
Mattoon, IL

Long John Silver's

(217) 235-5354
1208 Charleston Ave
Mattoon, IL

Luigi's

(217) 234-2268
1610 Broadway Ave
Mattoon, IL

McDonald's

(217) 235-3013
4212 Lake Land Blvd
Mattoon, IL

McDonald's

(217) 235-6438
103 Dettro Dr.
Mattoon, IL

Monical's Pizza

(217) 234-6442
815 Broadway Ave
Mattoon, IL

Papa John's Pizza

(217) 234-4744
801 Lake Land Blvd
Mattoon, IL

QQ Buffet

(217) 258-8838
108 Dettro Dr.
Mattoon, IL

Sonic Drive-In

(217) 258-8012
601 Lake Land Blvd
Mattoon, IL

Stadium Grill

(217) 235-0499
102 Dettro Dr.
Mattoon, IL

Steak 'n Shake

(217) 235-1318
1400 Broadway Ave
Mattoon, IL

Subway

(217) 258-7827
1502 Lake Land Blvd
Mattoon, IL

Taco Bell

(217) 235-1927
514 Broadway Ave E
Mattoon, IL

Wendy's

(217) 258-6272
1209 Broadway Ave East
Mattoon, IL