

## Contacting Regiopolis-Notre Dame Catholic High School - RND

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Mailing Address: 130 Russell Street, Kingston, Ontario, K7K 2E9

## Driving Instructions

### From 401 to Regiopolis-Notre Dame CHS

RND is located on the east side of Division St. between Russell St. and Concession/Stephen St. To get to RND take the Division St. exit from Highway 401 and head south on Division St. The school is about a five to seven minutes drive in from the 401 and is located 2 to 3 blocks after the seventh traffic light in from 401 on Division. Use the Cowdy St. entrance for all after school tournaments and events.

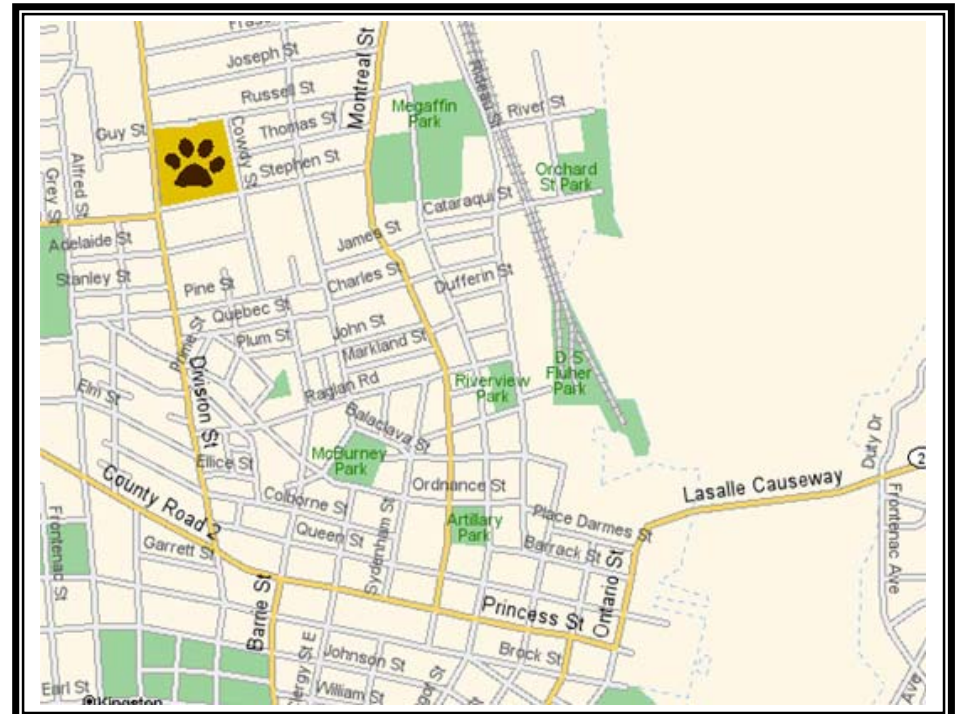
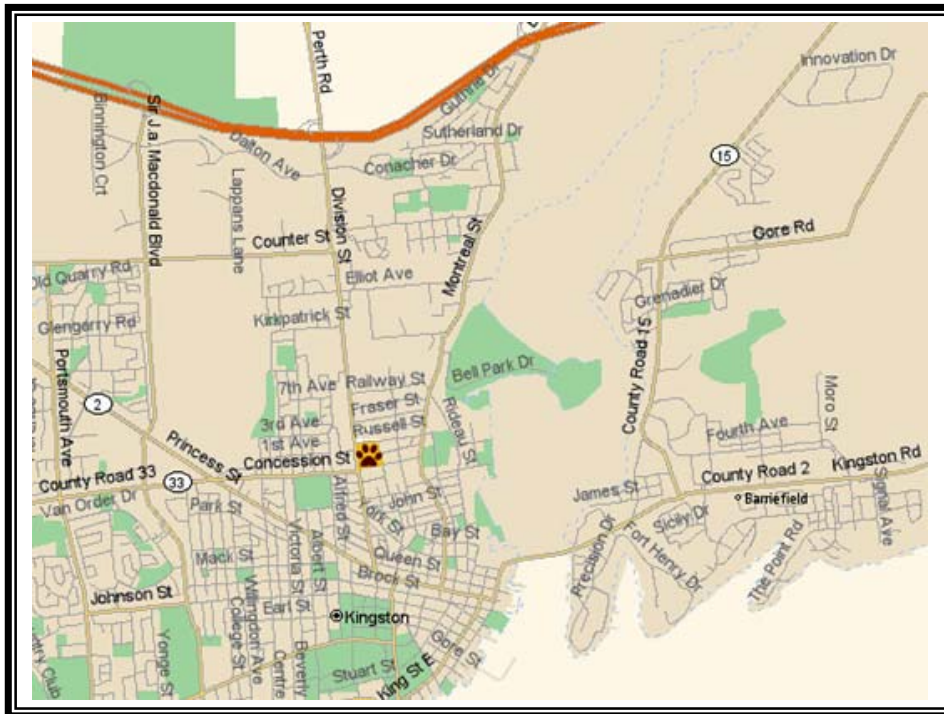
### From 401 to the Ambassador Hotel

To get to the Ambassador, exit from Highway 401 at Sydenham Road (Exit 613) and follow Sydenham Road south to Princess St. Turn left at the lights (end of Sydenham Road) and the Ambassador is located on your right at 1550 Princess, just beyond the overpass. The Ambassador's phone number is 613-548-3605.

### From the Ambassador to Regiopolis-Notre Dame CHS

To get to RND from the Ambassador turn onto Princess St. and proceed east. Follow Princess St. to its intersection with Concession St. (on the left) and Bath Rd. (on the right) Turn/Veer left onto Concession St. and follow Concession to its intersection with Division St. (three traffic lights). Cross Division (you can see the back of the school to your left) onto Stephen Street and follow Stephen to Cowdy Street (one block). Turn left on Cowdy and use the Cowdy Street entrance to the school for all after school tournaments and events.

## Maps to RND



## Warm-Up and Practice Balls

You must bring your own practice balls. RND will not provide balls for teams to use during warm-up.

## School Day

The school day and classes are of paramount importance at Regiopolis-Notre Dame. If classes are session during your tournament please instruct your players and fans to travel through the hallways in a quiet and courteous manner.

## Changerooms

Student Athletes should not leave any items in the change rooms at RND. Theft is not a common problem within our community, but it does happen.

## Food

The RND Cafeteria is open between 11:00 and 12:00. Pop and snack machines are located in an area very close the the gymnasium.

A Subway restaurant and Mac's Milk convenience store is located at the corner of Concession and Division street directly adjacent to our school property.

## School Uniform and Dress

Students within the RND community wear a standardized school uniform. RND students will wear this standard uniform during the school day. Hats are not to be worn at Regiopolis-Notre Dame during any part of the instructional day.

## Tournament Regulations

Specific regulations regarding entry, eligibilty and game play will be available at the tournament through the tournament convenor.

## First Aid and Ice

Basic first aid kits will be available in both gymnasiums. Ice is available in the Office of the new gymnasium.and in the Physical Education Office-Room 150.

