Welcome to High Point University! To help accommodate and assist you and your team during your stay in High Point, NC, the HPU Club Sports Department has created this guide to help you with any questions you may have throughout your visit. Also, please remember to have your team fill out the visiting team waiver, located on the HPU Club Sports website under the form tab.

Dear Visiting Team,

Club Sports Coaches from each team are your main source of communication for all game-related logistics. Should you need further assistance, please feel free to reach out to our Club Sports Administrative Staff.

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**Mailing Address**  
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Department of Club Sports  
One University Parkway  
High Point, NC 27268
Ballroom and Latin Dance (M/W)  
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Baseball  
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Basketball (M)  
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Basketball (W)  
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Bass Fishing  
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Brazilian Jiu Jitsu (M/W)  
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Field Hockey (W)  
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Gymnastics (M/W)  
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Ice Hockey (M)  
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Lacrosse (W)  
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Powerlifting (M/W)  
VACANT

Rowing (M/W)  
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Running (M/W)  
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Soccer (W)  
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Tennis (M/W)  
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Ultimate Frisbee (M/W)  
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Volleyball (M)  
Dan Turner  
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Volleyball (W)  
Sabrina Johnson  
sjohnso3@highpoint.edu
Best of Ballroom Dance Studio
Located in Winston Salem, the Ballroom and Latin Dance Club utilizes one of the Triad’s newest open dance studios for practice.

Congdon Field
Opened on HPU’s campus in 2019, the state-of-the-art field provides an additional practice and competition facility for many of our club sports.

Deep River Recreation Center
Baseball and Softball practice and compete at the fields located at High Point’s City Recreation Center. The center has 2 lighted baseball/softball fields and 1 lighted baseball field.

Fox Run Farm
The Equestrian team practices at the beautiful Fox Run Farm located just 15 minutes from campus.

Greensboro Ice House
Men’s ice hockey utilizes this multipurpose ice rink for their practices and home competitions. The facility is equipped with a mezzanine viewing area, pro shop and locker rooms with showers.

High Point Gymnastics Academy
This fitness and sports training facility provides an additional practice facility for men’s and women’s gymnastics. The facility contains state of the art gymnastics equipment.

Millis Center
Rowing, Basketball, Swimming and Volleyball use Millis Center for practices and competitions. Opened in 1992, the Millis Athletic and Convocation Center is considered one of the best facilities for men’s and women’s basketball and volleyball in the Big South Conference. The Millis Center also houses a swimming pool and athletic training and strength & conditioning areas.
Oak Hollow Golf Course
Men’s and Women’s Golf will practice and sometimes compete at this Pete Dye designed 18 hole golf course located about 5 minutes from campus.

Oak Hollow Marina
810-acre Oak Hollow Lake is the primary water supply for the City of High Point and also the home course and practice facility for the rowing team. The lake is only a short 5 minute drive or 3 mile run from campus.

Slane Student Center
Basketball, volleyball, and other club sports will use the student center for practices and competitions. The center includes a basketball court, aerobics room, cardiovascular center, fully equipped weight room and indoor running track.

Vert Stadium
Soccer, Lacrosse, and Field Hockey use the stadium for competitions and some practices. Vert Stadium has received consistent upgrades to become one of the best facilities in the nation for track & field, soccer and lacrosse.
For GPS navigation, please use this address:
One University Parkway
High Point, NC 27268

From the North (Southwest Virginia, West Virginia)/Traveling south on I-85.
Option 1: At Greensboro, when I-85 South and I-40 West split, take I-85 South. Shortly thereafter, take Business 85 (Green Shield). Exit at Highway 311 bypass. Exit the bypass at Eastchester Drive (Highway 68 South). Take 68 South to Oak Hollow Mall in High Point. At the mall, turn left onto College Drive. Turn right onto Lexington Avenue. Turn left onto West College Drive. HPU athletic facilities are on the left side. Option 2: At Greensboro, when I-85 South and I-40 West split, take I-40 West. When you see the airport signs, take Highway 68 South. Take 68 South to Oak Hollow Mall in High Point. At the mall, turn left onto College Drive. Turn right onto Lexington Avenue. Turn left onto Panther Drive. HPU athletic facilities are on the left side.

From the North (Southwest Virginia, West Virginia)/Traveling south on I-77.
Follow I-77 South to Fancy Gap, Va. Follow markers to 52 South. Take 52 South to Winston-Salem. Take I-40 East to Highway 311 South (Exit 196). At High Point, take the South High Point exit (311/Main Street). Turn left onto Hartley Drive (at Wal-Mart/Chick-fil-A). Hartley Drive becomes College Drive at Oak Hollow Mall. Continue and turn right onto Lexington Avenue. Turn left onto Panther Drive. HPU athletic facilities are on the left side.

From the Airport (Piedmont Triad/Greensboro-High Point).
Take 68 South to Oak Hollow Mall in High Point. At the mall, turn left onto College Drive. Turn right onto Lexington Avenue. Turn left onto Panther Drive. HPU athletic facilities are on the left side.

From the South (Charlotte and points south).
Travel north on I-85. Near Lexington, take Business 85 North (Green Shield). When Business 85 North and Highway 52 split, remain on Business 85. Exit at Highway 311 North (Main Street). Turn right onto College Drive. Turn left onto Lexington Avenue. Turn left onto Panther Drive. HPU athletic facilities are on the left side.

From the West (Winston-Salem and points west).
Travel east on I-40 past Winston-Salem to Highway 311 South (Exit 196). At High Point, take South High Point exit (311/Main Street). Turn left onto Hartley Drive (at Wal-mart/Chick-fil-a). Hartley Drive becomes College Drive at Oak Hollow Mall. Continue and turn right onto Lexington Avenue. Turn left onto West College Drive. HPU athletic facilities are on the left side.

From the East (Raleigh/Durham/Chapel Hill and points east).
Take I-40 West. At Greensboro, follow directions From the North.

Parking on campus between 6 AM and 8 PM is free and you are not required to have parking permits. Visitors must park in “visitor” parking spaces or any other unmarked spaces or lots.

Overnight guests parking on campus need to display a Visitor parking permit. Permits can be picked up from any Welcome Center or at either of the two Security locations (North College Administration or R.G. Wanek Center).
The following hotels are Corporate Hotel Partners with High Point University Athletics. Fans attending High Point University Athletic events are encouraged to stay with any of these select hotels. Also make sure to request the HPU Rate when attending any High Point University Athletic event.

**Courtyard by Marriott**
1000 Mall Loop Rd.
High Point, NC 27262
(336) 882-3600
1.3 miles from HPU campus

**Courtyard by Marriott Greensboro**
4400 West Wendover Ave.
Greensboro, NC 27407
(336) 294-3800
8.0 miles from HPU campus

**La Quinta Inn Greensboro**
1201 Lanada Rd.
Greensboro, NC 27407
(336) 316-0100
7.9 miles from HPU campus

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**Food Accommodations**

HPU campus is a ‘cashless campus,’ meaning that aside from major visitor weekends, the only form of payment accepted on campus is a HPU Passport Card. Please consider some off-campus nearby food options listed below.

- **Chick-fil-A**
  2700 N. Main St.
  High Point, NC 27265
  (336) 869-7280

- **Jersey Mike’s Subs**
  2200 N. Main St. Ste 103
  High Point, NC 27265
  (336) 885-3970

- **Sweet Old Bill’s**
  1232 N. Main St.
  High Point, NC 27262
  (336) 807-1476

- **Subway**
  1197 E. Lexington Ave.
  High Point, NC 27262
  (336) 889-2028

- **Barberitos**
  1231 Eastchester Dr. Ste 118
  High Point, NC 27265
  (336) 884-1285

- **Planet Smoothie**
  1231 Eastchester Dr.
  High Point, NC 27265
  (336) 807-1225

- **Publix**
  2005 N. Main St. Ste 101
  High Point, NC 27265
  (336) 905-8610

- **Harris Teeter**
  265 Eastchester Dr. Ste 121
  High Point, NC 27265
  (336) 869-6317

- **Food Lion**
  1107 E. Lexington Ave.
  High Point, NC 27262
  (336) 886-7872
MEDICAL ASSISTANCE DURING COMPETITION

The Club Sports Department will do their best to have an athletic trainer/EMS on-site for most competitions, however, it is possible that an athletic trainer/EMS may not be on-site. Should you feel the need for sports medicine assistance, please discuss this with the pertaining coach prior to your teams’ trip to HPU. We will do our best to accommodate these requests.

On-site Athletic Trainers can provide the following treatments:

- Pre-Event Taping
- Emergency Injury Management:
  - Injury Assessment
  - Splinting
  - Wound Care
  - AED
  - EMS Activation
  - Icing

HEALTH CARE IN HIGH POINT

On-Campus Emergencies: (336) 841-9112
Off-Campus Emergencies: 911

Wake Forest Baptist Health
High Point Medical Center
601 N. Elm St.
High Point, NC 27262
(336) 878-6000

Cone Health
Med Center High Point
2630 Willard Dairy Rd.
High Point, NC 27265
(336) 884-3777

CVS Pharmacy
1119 Eastchester Dr.
High Point, NC 27265
(336) 881-1040