

## Directions to Valdosta High School

From the PE Complex:

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1. Turn right out of the PE complex parking lot onto Sustella Avenue.
2. At the red light, turn right onto Baytree Road.
3. At the dead end (red light), turn left onto Oak Street.
4. Turn right onto Eager Road/Northside Drive.
5. Turn left onto Forrest Street (go past Bemiss Road)

There is one athletic training room at VHS and it is located in the building where the weight room is.

Turn right into the school when you see the following sign:



You will see the school guard shack. Stay to the right of the guard shack.



When you get closer to the building in the background of the above picture, turn left. You will follow that around and pass this building (it will be on your right). Turn right after you pass the building.



You should park on the side of this building if possible or on the side of the building out in the main parking lot. Walk down the left side of the building as you face it.

You will come to this building:



Take the sidewalk that goes down to the left. You will be headed towards the track at VHS. You will see this building next. The sidewalk you are now on passes in front of this building. Before you reach the fence that goes into the track, take a right. Follow that down to the set of double doors on the right before you reach the roll-up door. Go in the door, you are in the weight room. The only door on your left in the weight room is the ATR.

