

Facility: Hawkwood (School)

Last Updated: Oct 22
2019
Who: MS

Address: 650 Hawkwood Boulevard NW

Contact/Caretaker:



Photo #1

Photo #2

Photo #3

Photo #4

General Information

Parking: Players may **NOT** park in any reserved parking stall **AT ANY TIME**. Players can park in the lot on the West side of the building.

Entrance: Players should enter from the main entrance on the Southwest side of the building. Players should leave outdoor footwear at the entrance.

Gym Location: Inside the entrance continue through the main hall past the office. There will be a large open area and the gym will be immediately to the right from there.

Change room/Washroom:

Equipment

Sport Specific Equipment Location and details: They have 8 royal blue volleyball posts in the gym equipment room. 4 posts have a single crank and 3 have double cranks. ***Please use the 4 posts labeled 'BDM 1-4' written on white hockey tape. The CSSC owns the nets. They are located in the Plastic bin labelled "CSSC Badminton/Volleyball". The bin is kept in the same equipment room as the posts, and the bin is on the shelf to the left when you enter the equipment room.

Gym Set-up

Volleyball:

Step 1: Pull out posts 1, 2, 3 and 4 (labeled on white tape that says "CSSC"). Don't use post #6 because it tightens the top and posts 1 and 3 also do that. PLEASE PUT POST #2 BACK INTO THE CORNER OF THE EQUIPMENT ROOM WHEN DONE.

Step 2: #1 (tightens top) and #2 (tightens bottom) go together and #3 (top) and #4 (bottom) go together. Turn the post with 2 crank wheels (#2) so that it cranks the net on the opposite corner from the other post (one post tightens the bottom, the other tightens the top).

Step 3: Adjust the height of the upper metal sleeve and pin to the 2nd hole from the top.

Step 4: Tighten the top of the net by attaching the loop on the cable to the s-hook on the top of the post



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(not to the s-hook on the chains – the nets will sag) and then on the other side, attach the cable to the s-hook on the rope and then crank it tight. *Note: the nets may have a short length of chain on the top corner (put on by the school) – only use this if it helps with the set-up.*

Step 5: Repeat for the bottom of the net, but the rope and crank will be on the opposite side (#2 and #4).

Step 6: Do not over-tighten the bottom of the net – this will pull down the height so that it is too low.

Badminton:

Step 1: Posts labelled “BDM 1 and 4” will be used on one of the end courts. Post 1 will go at one end, post 2 will be placed between an end and middle court, post 3 will be placed between the other end and middle courts, and post 4 will be placed at the other end. All of the posts labelled BDM 1-4 have rope that cranks at the bottom. For the posts with 2 cranks, the higher post sleeve will slide down and sit on top of the lower sleeve.

Step 2: Adjust both sleeves on each post to the 5 foot setting. For the double crank posts, the post sleeves will stack on top of each other.

Step 3: Loosen the cranks on each side of every pole to give you about 3-4 feet of slack rope.

Step 4: Take each net and hook the loop at the top of the net to the s-hook from each pole. Tighten the net equally from each side of the court so that the net is centered. **DO NOT OVER-TIGHTEN!!**

Step 5: Repeat this step for each court.

Important Notes

Posts 1-3 do not have a hole to sit in inside of the equipment room. They are leaned up against the wall in the corner immediately to the right when you walk through the equipment room doorway.

PLEASE MAKE SURE THEY ARE PUT BACK HERE, AND DONE SO SAFELY!!!

