

Facility: **St. Ambrose**

Last Updated: **Oct 22
2019**
Who: **MS**

Address: **1500 Arbour Lake Rd NW, Calgary, AB T3G 4A8**
Contact/Caretaker:

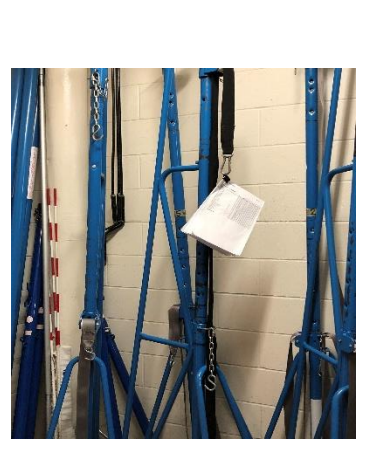


Photo #1

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 South side of the school.

Entrance: Players should enter from the doors on the South side of the school off the parking lot. These doors should be unlocked for our permit, if not, there is a doorbell that can be used. Players should leave outdoor footwear at the entrance.

Gym Location: Inside the South entrance, the gym will be just to the right near the front of the school.

Change room/Washroom:

Floor:

Equipment

Sport Specific Equipment Location and details:

Volleyball

Nets: The CSSC owns the nets. They are in a bin located in the gym storage room on the top shelf on the left hand side.

Posts: There are 4 blue volleyball posts located in the same storage room in the corner. 2 of these posts have top crank and 2 will have a bottom crank.

Badminton

Nets: The CSSC owns the nets. They are in a box labeled "CSSC Badminton" located in the gym storage room on the top shelf on the left hand side. This box may be placed in the same box as the CSSC volleyball nets to accommodate for more space.

Posts: There are 6 short, new royal blue badminton posts located in the same storage room in the corner. 2 of these posts have 2 d-rings with s-hooks on the top of each post. These 2 posts will go on the inner gym side of both outer courts. The 4 other posts will only have 1 d-ring on the top of the posts, each with an s-hook. These posts will go in the remaining post holes with the d-rings facing into each court.



www.CalgarySportsClub.com
Unit 180 - 4411 6th Street SE, Calgary, AB, T2G 4E8
403-244-PLAY(7529)

Gym Set-up

Volleyball

Step 1: Choose one post that cranks the net on the bottom and one that cranks the net on the top for each court.

Step 2: The net height is adjustable on each post – set it to the 3rd hole from the top.

Step 3: Each net has a cable loop on all 4 corners. Attach the top of one corner of the net to the s-hook on the top of the post and the other top corner to the s-hook on the strap.

Step 4: Repeat for the bottom of the net, but the strap and crank will be on the opposite side.

Step 5: Tighten the net on the top and bottom using the crank wheel. Do NOT over-tighten.

Badminton

Step 1: 2 posts have 2 d-rings with s-hooks on the top of each post. These 2 posts will go on the inner gym side of both outer courts. The remaining 4 posts will only have 1 d-ring on the top of the posts, each with an

s-hook. These posts will go in the remaining post holes with the d-rings facing into each court.

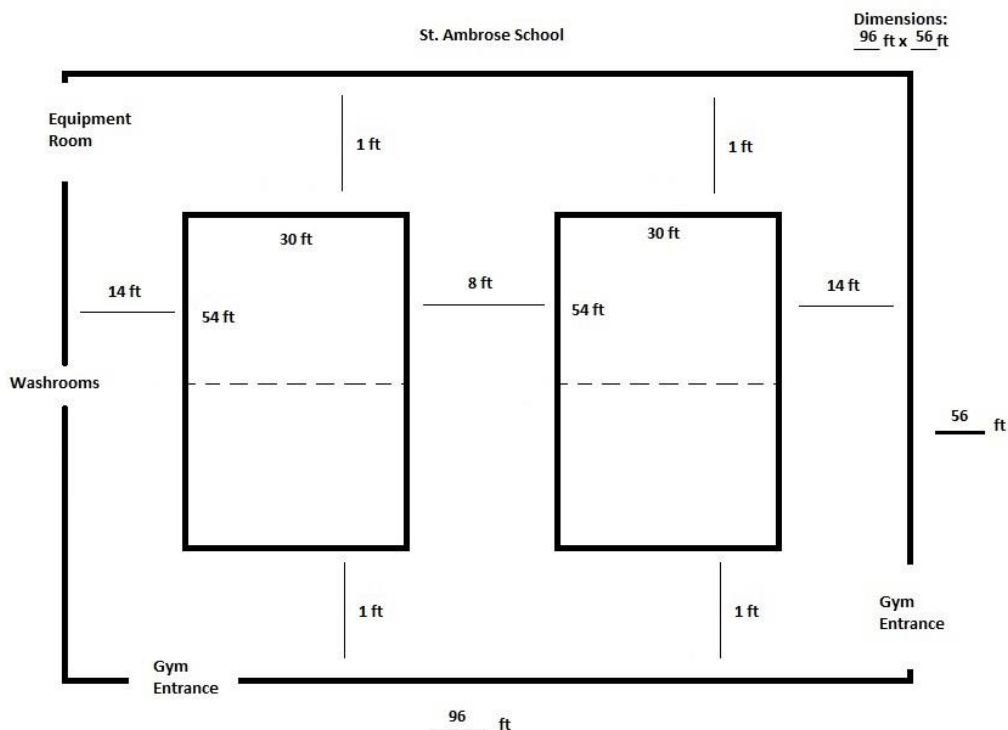
Step 2: All four nets are set to the same length with a loop wrapped with white hockey tape at both top ends. Hang the first net's loop onto the top of the post via the s-hook.

Step 3: Hang the other end of the net's loop onto the s-hook of the other post

Step 4: Twist either post if the net needs to be tighter.

Step 5: Repeat step 1 with the other 3 courts.

Gym Diagram



Important Notes

- Please DO NOT allow food, pop or juice in the gym – water only.
- Please ensure games are started and end on time to ensure we are out before the end of permit.
- If any equipment / benches are moved, please ensure they are returned to their original place before leaving.
- DO NOT put posts under the stage. Please ensure posts are put back in the equipment room located just outside the gym. You may have to find the caretaker to let you in to the equipment room.

