

Facility: Bishop Carroll (H.S.)

Last Updated: Sep 22,
2022
Who: JB

Address: 4624 Richard Road SW

Contact/Caretaker: 403-500-2056

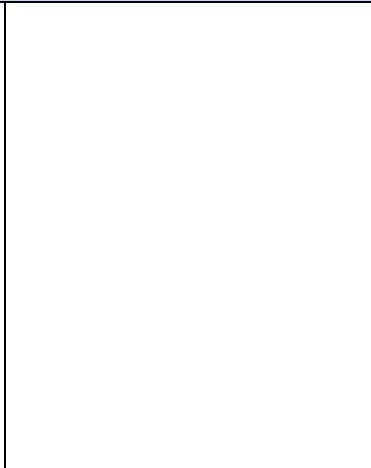


Photo #1

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 North end of the school.

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

Gym Location: Inside the entrance the gym will be just inside.

Change room/Washroom: Access is inside the gym

Equipment

Sport Specific Equipment Location and details:

Posts: There are 6 red posts. This is a different way of setting up volleyball courts compared to most other schools. You must read the instructions carefully. 4 posts are stored in one cabinet and 2 posts in the other cabinet.

Post Holes: There is one post hole on each side of all 3 courts.

Nets: There are 3 nets, all the same. Each net has 2 antennae attached. The nets are very unique and are designed to match the posts at this gym.

Court Lines: There are 3 full regulation size courts at this gym and the lines are green all around (some of the sidelines are not solid green, they only have green outline). If CSSC has only 4 teams playing, use the 2 outer courts (not the middle). This will help with spacing and minimize the number of volleyballs that enter into the other court.

Gym Set-up

Volleyball

Step 1: Pull out 1 pair of posts for each court that we are using. One post will have a winch/crank and 1 will not, for each court. It does not matter which post goes on which side of the court.

Step 2: Adjust each post to the desired height by pulling out the pin and sliding up the extension. (7



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feet, 11 and 5/8" or 8 feet). This is typically the second hole from the top.

Step 3: The top side of the net with a rope coming out and no wire or extenders, matches up with the post that DOES NOT have a crank wheel.

Step 4: On the post with NO CRANK WHEEL, pull the top rope on the net over the post wheel and clip onto the red downward pointing hook on the back of the post. Then wrap the rope around the hooks 2-3 times to lessen the slack on the net.

Step 5: On the other side of the court, pull the net cable over the top of the post wheel, let the strap all the way out of the winch/crank and then hook to the top connector on the net. Tighten the net using the crank wheel.

Step 6: Centre the net and antennae over the court lines. Do not remove the antennae!!

Step 7: Tighten each side of the bottom of the net by wrapping the green rope around the post and through the black plastic clip.

Step 8: Tighten the middle and top of the net as you just did on the bottom. There are 3 green ropes on each side of the net: bottom, middle, top.

Important Notes

READ THESE INSTRUCTIONS CAREFULLY AND MAKE SURE YOU DIRECT THE PLAYERS ON THE CORRECT SET-UP AND TAKE-DOWN PROCEDURES.

IF THE NETS AND POSTS ARE NOT TREATED PROPERLY, WE WILL LOSE THE RIGHTS TO PLAY AT THIS GYM. THE NETS MUST BE HUNG ON THE INSIDE OF THE CABINET BEHIND THE POSTS, NOT TOSSED IN THE BOTTOM.

PLEASE DO NOT REMOVE OR ADJUST ANY ROPES, CLIPS OR ANTENAE ON THE NETS. THE ONLY THING YOU WILL NEED TO ADJUST IS THE PLAYING HEIGHT OF THE POSTS.

