

Facility: Bishop Pinkham School

Last Updated: Oct 18
2022
Who: JB

Address: 3304 63 Ave SW

Contact/Caretaker: Len (Athletic Director)



Photo #1



Photo #2

General Information

Parking: You may park in the lot on the west side of the school.

Entrance: You may enter the school through the doors on the west side of the building.

Gym Location: Once you enter the building through the west doors, continue straight down the hall and the gym will be on the left about halfway down. The gym has multiple entrances, but use the first on the left rather than walking through the halls.

Change room/Washroom: Washrooms are located in the main hallway of the school (turn right as you exit the gym toward the main entrance of the school).

Equipment

Sport Specific Equipment Location and details:

Posts: There are 5 posts under the stage in the fourth (4th) cupboard from the right. All are high school caliber. Two posts have one crank wheel with a rope to tighten the net. Each post has one S-hook on the post and one S-hook on the rope to attach the net. The pins on the posts slide to adjust the height of the nets. Three posts have a crank wheel on both sides of the post with 2 sets of ropes, hooks, etc.

Postholes: Use the outside holes that are about 1 ½ feet from the yellow lines and then use the center hole – only 3 posts required at this gym.

Nets: Owned by the CSSC. Stored in a box labeled 'CSSC' in the cupboard under the stage. 4th from the right side. (The cupboard can be seen slightly open in Photo #1. The nets are labeled VN8080 and have cables across the top and the bottom. They have been custom fitted to the court dimensions at this gym. **You may have to slide the trolley all the way out to access the bin with the nets.** (As seen in photo #2, the nets are inside this cupboard but not always visible from the entrance.)

Court Lines: Yellow on the sides, red along the back.

Gym Set-up

Volleyball

Step 1: Place the post with 2 crank wheels in the center hole. There are 3 posts that could work.



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Step 2: Set up the 2 outside posts (they have only one crank wheel on them) in the holes closest to the court lines; then make sure the center post is turned so it cranks on the opposite corner of the outside post (one tightens top, one does bottom).

Step 3: Adjust the metal sleeve and pin on each post to the 2nd or 3rd hole from the top.

Step 4: 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 rope. **Tighten both nets at the same time so that the centre post stays straight. DO NOT OVER-TIGHTEN THE NETS.**

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

Important Notes

- Both courts must be set up to ensure proper tension. If one court finishes early, those players should be advised not to take nets down.
- Caretakers are very particular about muddy shoes, so players must bring clean indoor shoes and leave outdoor shoes on the mats at the door.
- School has moved the net location before. If they are not found under the stage, they could be in the small equipment room where the posts stand up. The door to this room is to the right of the stage, the light switch is outside.

